

/r/MarriedRedPill

TOP POSTS

www.TheRedArchive.com

ABOUT THIS ARCHIVE

The 1,000 most upvoted posts from **/r/MarriedRedPill**, as held by TheRedArchive.

About /r/MarriedRedPill. A community for red pill men that are dedicated to applying red pill concepts in marriage or in Long Term Relationships. TheRedArchive has archived 8,164 of its posts, collected since June 2014 and still growing.

About TheRedArchive. TheRedArchive is a free, public archive of the Red Pill community, built so that none of this writing can quietly disappear. It holds **1,738,212 posts** and **40,089,258 comments** from 45 subreddits and 58 blogs. Much of it survives nowhere else — the accounts deleted, the subreddits banned, the websites long offline. All of it is free to read, search and download, and always will be, at www.TheRedArchive.com.

Support the mission. This Red Pill archive is free — no paywall, no account — but keeping it online isn't. I pay for the servers, the storage and the bandwidth myself, so that this valuable knowledge stays online. If you want to support the mission and archive, become one of the people who help keep it online at www.TheRedArchive.com/#help.

Share this file freely, and keep a copy of your own. What sits on one server can be taken down; what sits on a thousand hard drives cannot.

Best regards,

/u/dream-hunter

Founder of TheRedArchive
August 21, 2026

CONTENTS

1,000 posts

I almost lost my marriage of 32 years and turned it around in 3 months.	21
Steel's Guide to Married Red Pill	24
Can You Keep A Secret? A Primer On Power	30
Divorce	35
Back after 8 years	37
Year One.	39
The Cheat Codes	42
Firstly, get the fuck out!	44
Here's Your Example	45
10 Ways to Keep Your Wife on Her Toes.	49
FR: Teaching a 16yo kid to Lift.	55
So... you got the "I love you but I'm not in love with you" (ILYBINILWY) speech?	57
10 ways to fail at MRP	61
Married Man Game	64
Validation needs that can poison your sex life	69
No More Mr. Man-Child	73
Field Report: I started MRP 3.5 years ago. My life is awesome now.	77
Lessons Learned from walking through Hell	81
Avoid arguments. Focus on your MAP.	83
STFU: A Comprehensive Guide to Shutting the Fuck Up (And Nine Other Things You Keep... ..	84
"Do you like my dissected boobs?"	90
Reminder : No One Cares	91
Timeline: Escaping Sex for Validation, and Quitting Porn	92
HornsOfApathy's MRP Cheat Codes to blow up your sex life	95
The shame and frustration of a fat wife after red pill awakening.	99
Quit being a fucking pussy	102
When was the last time you fucked your woman?	104
FR: The Spousal Support Scam	107
3 concepts for getting your wife's BJ	109
Good sex requires Emotion	111
Your Wife Is Not Your Mission	113
Men are horny. Women are bored.	116
What A Successful Mind and Marriage Looks Like	118
A Man Walks Up To An Empty Fridge	127
If you're not fucking, shut up about leadership	128
FR: The Importance of a Masculine Frame and, as a backup, STFU	129
Reddit has banned the Red Man Group sub	131
I have STFU and lifted for a year. What results?	132
[FR] An admission from my wife	134
Becoming "High Value"	135
Your woman's most wonderful gift: The Epic Test.	142
How to fix sex in your marriage	146
Depressive and Anxious Wives: How it's all your fault.	148
MRP Year Two - I Guess This Is Growing Up	152
You don't get a break from being the Oak	155
Cuddles are required	156
Take a Penny, Leave a Penny - Field Report	158
Sex and the obsession thereof	162
You can not fear her emotions	164
One Year In	165
How to divorce your wife	168
Dread Level 3 Supplement: Take Your Kids Away	170

FR: Spank your wife.	171
[FR] - The Affair	173
"Manning 101" and the MRP End Game	175
13 Tips For Developing A Solid Frame	179
How I Communicate Now, Without Words	180
The biological step-mother.	185
What a year of Owning Your Shit looks like	190
Please welcome our newest Moderator: Rollo Tomossi!	193
The Three Stages of Dread	194
You're supposed to be here because you were tired of jerking off, not because you want a... ..	198
Abundance	200
The Dread Contract and Scoreboard - how to frame improvement for YOU.	203
[Epic FR] 12 Months of MAP Progress	207
The Razor's Edge	217
[FR] My Affair, Her Husband, and Getting Caught	220
AWALT	223
Depressive and Anxious Wives: Converting Dread to Desire (Part 3)	226
A note for the Latter-Day Saints, Mormons, and frankly anyone from a traditional... ..	229
The SILENCE Here is DEAFENING	233
Stop. Thinking.	234
Your woman is one of your greatest creations	237
The Simple but Power Effects of Small Red Pill Behavior Adjustments	239
Yes, you too can easily fuck married women.	241
Quit Being a Lazy Cunt.	242
Own your shit to avoid her negative emotional intimacy	243
Conversation Strategies You Won't Find in WISNIFG	245
Success Stories	252
My First year in the Red Pill	255
Initiations: You're not that funny	257
How to Smell Amazing: A Man's Guide to Buying and Wearing Cologne	259
[FR] Passing a shit test well enough that even the Uber Driver noticed	266
How to fuck your wife's friends.	267
5 year Field Report - If you can't be vulnerable your frame is shit	268
MCT Rules for Pandemics	272
Married Man Game Part 2: Teasing	275
First year of MRP	278
Are you new? Let's have a conversation... ..	283
How MRP Helped Change my Mental Models and Led Me to Training My Woman to Cum on Command	285
Married Red Pill changed my life	289
Your wife didn't make you beta; YOU did	290
Why You Must Be Willing to Nuke Your Nuclear Family	292
Field report a few years after I filed for divorce	297
Most of you won't make it	298
You're Marriage Doesn't Define You —Merry Christmas!	299
PSA: Lockdown and You	300
The night before Christmas	301
Divorce brings it all full circle	303
Merry Christmas - I've put together my "Tricks of the Trade for a Fun Frame" list as... ..	306
I used to be Alpha	310
Why refusing bad sex works.	311
The Three Captains	313
The Book I wish was on the sidebar.	314
[FR] Fastest Attitude Change I've Ever Seen	316
The Mindset...of a Man Who Fucks	317
She Picked Out My Clothes	321
Neutralizing competitors	323

Fuck You , that's why	324
[FR] Initiate Often, Confident Always	325
Back to Basics – Mystery Method, The Game, and the Rules of the Game, Married Edition	327
FR: "None for me, Thanks"	337
MRP is not an identity	338
Quick links for all of Jacktenofhearts posts	339
Words of Weakness, Words of Strength	344
Make your fucking choice.	350
Stop letting people treat you like shit	352
Establishing an "Emotional Connection" With a Woman	353
A Practical Guide To Building Frame	358
[Married Game] If you're not flirting with/gaming your wife, you deserve celibacy... ..	368
The Second Kiss of Death	370
InChargeMan's Story	374
Actual conversations with "abuse" victims.	378
I got the "I love you but..." (ILYBINILWY) and solved it in 5 days	383
Red Pill Truth- Nagging LTR/Wife? You are the one at Fault. Not Her	386
We have all the weapons	388
8 years later	389
Verbal Intercourse is Optional	390
Our Journey	391
OYS posts are for you to own YOUR shit, not to blab about shit that's out of your control.	393
It works... ..	395
The Victim	399
FR: 50 OYS's	401
Whose game are you winning?	404
Power Phrases and Brevity	408
Stop Being Sitcom Dad (Practical Guide)	410
[FR] Holy Shit. Women really will do anything to fuck a man they want to fuck -... ..	412
[FR] Lessons from a Flywheel	414
I used to buy flowers. Sometimes I still do.	416
[FR] Got My Wife Back (For Now) - Thank You All	418
MRP Year One: How I Got Here and What I Did About It	424
FR: You're not the man I married	426
How to lead a wife that doesn't let you	427
[FR] getting better and seeing results (1 month report)	430
Farewell to my friend	431
[Things MRP already knows] Marital satisfaction is linked to women's sexual desire	432
How to respond to shit tests about other women (dread)	433
[FR] MRP explains my entire marriage	434
Married... with Children	436
Everybody wants to be an Alpha, but nobody wants to read the sidebar.	438
Stop Hamstering that your Wife is Nuts	440
A few thoughts from an OG	442
Be the Judge	444
A conversation between a father and son	446
A walkthru of No More Mr. Nice Guy	447
Stop Blaming Your Kids	448
A letter to my son	451
ALWAYS follow a compliment with a compliment	453
She acts like a child because she is happy	454
The better way to get the sex you want	455
[FR] Be Social with Everyone	457
Year 1 Complete	458
Loyalty to Hypergamy	459
Two Years MRP: Sharing notes on the Big Picture.	460

2 Year Field Report: Honesty and Action	463
Anger: Your best diagnostic tool	467
Depressive and Anxious Wives: Transformation and Building Escape (Part 2)	468
This Holiday Season- A Public Service Announcement:	471
23 Psychological Lifehacks - This should be basic to everyone by now	473
Own Your Shit - Own Her Sex	474
[FR] Catch and Release	476
Four Year Update	478
Your wife doesn't need to see you flirting or approaching other women for it to work	479
Stop keeping score	480
Lessons in Abundance: The Blonde and the Big Raise	482
Read a Fucking Book	484
The Courage to Be Disliked	488
Man-Building in the Gym: My Newest Plan of Action for all the Neophytes	492
Emotional Control	500
Depressed and Anxious Wives: Field Report.	502
My Idiot Boss Went Crazy - A "Story" About Rambo	504
My Red Pill Discovery	506
Cliff Notes: Primary Pointers for Beginners	508
You don't know how weak you are because you don't know what strength is.	510
Fuck The Red Pill	512
Hypergamy is Real	514
[FR] Six Months of MRP	515
Attractiveness	518
Doing things is better than not doing things	521
Give Me The Feels	522
FR: Leading your Woman	524
FR: Getting Caught	525
Don't argue.	526
The Financial Hustle	527
Purple. Blue. Purple. Red.	530
The Underhanded Nature of Covert Contracts	533
Emotions are not weakness. Weakness is weakness.	534
On being a better man	535
How to Own Your Shit :: A Guide for Retards	536
60 DoD Week 1: YOU MUST LIFT	538
A statement about my experience with MRP	539
The Contrast, The Polarity.	540
You are the only one responsible for what you put into your body, so STFU and eat healthy	542
Owning Your Desires Without Negotiating Hers	544
Acquiring Frame For Dummies	546
The Most Important Word in a Relationship	548
Attachment Theory and Applicability to MRP	549
MRP Year 3: Let's Take the Boat Out On the Bay	555
Keep it simple, stupid	557
Be less shit	558
Killing the Blue	560
[FR] the Panty Drop Pause	565
this sub seems dead what happened?	566
Don't fix her problem... ..	567
A Guide for Beginners to MRP	569
You're Only As Good As Your Next Choice.	571
FR: Go All In	573
What your wife wishes she could say to you but can't because you're a bitch	575
[FR] Be her boyfriend and husband	579
Handling a Fearful-Avoidant Wife	580

How not to give a F when kids are involved	586
Failure is the only option	587
Don't use a virus as an excuse	589
It's all your fault, wins included.	590
FR--Woman's Post on DeadBedrooms Confirms EVERYTHING We're Working Towards Here in MRP	591
Famed marriage therapist John Gottman and wife: The Good, the Bad and the Ugly	592
What I've learned from tracking my wife's cycle	596
[Theory] Firing the customer	598
Finding Frame and Curing Anxiety	601
New life Direction and rebuilding a life after total collapse	604
A Start	606
Communication Doesn't Work...or Maybe... ..	607
Plate/ Wife/ LTR says Xyz prompt	615
You guys are some entitled fucks	616
Date night stinks	617
The meaning of STFU and how it relates to Dread Level 4: Begin Conditioning your time... ..	619
Getting started? STFU	622
Fake it till you make it - an example	623
TRP Quarantined	624
I'm still single ... just married.	625
Henry Rollins on Iron	630
[FR] Then and now - the difference a year or two makes.	633
Maintain MRP's Standard	636
The Autist's Formula for Tingles	637
FR - Mental Discipline program	639
Time to fuck...you have been warned	641
One year field report	643
Be a Train, Not a Taxi	645
18 months in, first time reporting	647
Rollo Tomassi on the Joe Rogan Show?	649
Deconditioning the wife who is disgusted at your touch - 10 Levels of Kino	650
6 months in. This shit works.	654
Found MRP? You do you - or why you don't have "frame".	656
Hysteric Bonding	657
A high value man's guide to dread with a First Officer	658
The cruise. A field report.	662
"I think I was just raped"	664
Talking With Women - Always DARE, Never DEER	665
The End of the Beginning	676
Mirror Image of Alpha/Beta Behavior	677
Let That Shit Go	679
Hurricane Harvey	682
21st century me	683
[FR] My Main Event	684
What is the main event?	687
Building your slut: Part 1 - Anal	690
Thank you all!	693
6 Months of Owning My Shit: A Retrospective	695
It is all your fault - so man up.	698
Don't eat paint	699
"Why won't he be the king I know he is, the king I see inside?"	701
60 DoD: Hygiene	703
Validation and Interdependency	706
[FR] - A real main event	711
Giving her what she wants gives you zero points	714
Kino (for Hard Case Newbies)	715

MRP My First Year	717
How to Handle Apologies From Your Wife	720
I would do it again.	722
FR: Losing My Religion	724
The 90/10 Rule of MRP	729
STFU & medium tone	731
Post-MRP Life	732
On the Topic of Pornography	733
How she says "I'm Sorry"	734
Married Man Game Part 3: Sexting	736
[FR] Unstoppable Emotional Inertia	740
FR - A Week of Irrational Self-Confidence	742
FR: 18 Months Post-Nuke	744
Sex Addicted v. Sex Starved	746
1000 Foot Rope	749
Depressive and Anxious Wives: The Power of Your Mission and Greatest Purpose (Part 5)	751
Making a Change	754
Divorce, part II	758
Why we don't talk about fight club	760
How to fuck	761
Inner Game	762
[Married Game]. How to initiate quality sex by covertly communicating your explicit... ..	765
The Red Pill to save your Marriage - elevator pitch	767
A Chapter on Frame	768
The Best of luck strategy	769
A Simple Trick For Damaging Self-Talk	771
[FR] - You do not need me.	773
Game Theory	774
[FR] "Twist my nipples. I want to feel you desire me"	775
[FR/Testimonial] Got anal for the first time in 4 years. MRP is the real deal (long)	777
[FR] Sort Of - [CN2] - Cliff Notes 2, For Intermediates: What Happens Next	779
Very Basic "2-2 Dinner Party" Social Skills	782
FR: What happens if you divorce after MRP	786
Oldest Child in the House - Needs > Wants	787
Starting a little early, Welcome Rollo Tomassi Everyone!	788
[FR] "You have 10 minutes to get ready, wear something fun."	789
[FR] I put my wife in time out	791
(Un)Fucking Habits	792
Praise and Compliments should be worthless to you	795
Don't be me - I got cucked!	797
The Evolution of a Low Sex Marriage Male on Reddit	798
Ten Rational Male Posts by Rollo Tomassi that Changed My Life	802
Guy who rescued a deadbedroom after stumbling onto RP tactics is now angry and getting... ..	804
FR Spoke in Front of my Church	806
Confronting the Need For Validation	807
Own your shit isn't her autobiography	810
Field Report: Give that bitch nothing to do but fuck you	812
More Cheat Codes to blow up your sex life. [D & E]	814
Status Quo	820
A Happy Marriage Is Not Your Goal	821
Marriage 2.0, when is a marriage successful?	823
Before and After: Examples Illustrate Two Years of TRP Transformation. [xpost TRP]	825
Newbies: No, your wife doesn't "comfort test" you.	828
Happy New Year, Sons-o-Bitches	830
Starting, Developing, and Evolving Hobbies	831
Books for Raising Masculine Sons	834

Your wife really doesn't want your love...	835
Divorced RP after 50	836
Preempting the DV charge.	838
Most men's masculine ideal is not alpha	840
FR: On the brink of divorce	842
What if TRP is wrong?	844
[FR] It's Not What Is Said... It's Who Said It	846
60 DoD 2020: Week 3 Hygiene; or why it's about more than washing your ass.	848
60 DoD '21 - no quarter will be offered	851
For whom do you fuck?	852
About that wife who "lost her mind"	853
I've figured something out..Just be the adult	854
Speaking of boundaries	855
Latin Dance Lessons AKA "Alpha Dog School"	856
Lift, Faggot, Lift	857
Everything is about sex. Except sex. Sex is about power.	860
Dread-game may be the most important aspect of a Redpill LTR or marriage.	861
One year later	862
Part 1 - Signs your wife might have a personality disorder	865
Men of March: Day #1	869
The Role of Inspector Faggot: Open Casting is Today!	873
A how to guide to owning your shit	875
How To Get Jacked - A Beginner To Advanced Guide	879
Counterproductive Desire and the Fallacy of Unconditional Love	881
Remove the Man 2019	883
Wife Going Out To Socialize With Men	884
The Three Dysfunctional Captains and First Officers of Married TRP	885
Can you be humorously stoic?	888
From purple pill married to fully red pill: My Journey	890
Execution focus and self evaluation	894
STFU Ground Zero for Dummies'n'Faggots	896
FR: Weddings Are Fun	900
FR Motivation in the mirror	901
Stop initiating at bed time	903
FR - Qualities of a Good Husband	904
If you put her on a pedestal then she has no choice but to look down on you	905
[FR] The Power of STFUing	906
STFU and you	907
Fuck... the body...	909
Going to the Moon and MRP	911
Craft a vision and lay your balls on the table	913
Have you swallowed the Red Chewable Tablet?	915
Depressed and Anxious Wives: A Slower Approach: Field Report	919
The Second Anger Phase	923
Xpost From TRP: What my mother blessed me with.	925
The Lion and the Lion Tamer	928
[FR] Implementing WISNIFG for MRP; The Gift of Your Time:	930
Captain Rambo	933
Curing yourself of Butthurt-itis	935
Two Year Progress Report	936
Red Pill observations at a coaching seminar	938
Cuddles ain't free	939
Bitchy wife? Tell her to knock it off	940
Why Perfection Will Kill You	941
Incoming wall of text...on using dominance inside and outside the bedroom	943
Moderating self deceptive bullshit by disputing : "Your kids will be fine or even better..."	946

The Dangers of Information Addiction and Why to Avoid News!	949
Signs she might be a former carousel rider looking for a provider.	953
Welcome Subscriber Number 9,000 to Married Red Pill Where We Build Men and Better...	957
Introducing BPP's book: Saving A Low Sex Marriage: A Man's Guide to Dread, Seduction and...	958
1 year later, the Pill has side effects	961
An open letter to the wives whose husbands "bother" them for sex	962
Go Out, Test, and See Who You Are	965
The Bright Triad - a starting point for your list for qualifying an LTR	968
Straight from the Horse's Mouth	970
2 Year Plus FR - Urgency Is Ego	971
PSA A Shit Test Is Not Her Being Bitchy	974
[FR] - Wedding Ring	975
Financial Freedom - First Steps	977
FR: Reward positive behavior, withdraw from negative behavior	985
Welcome Subscriber Number 10,000 to Married Red Pill: Where we build MEN and Better...	986
[FR] I could never have negotiated this...	987
FR: Right alpha, right time, wrong husband	989
A recap on a founding principle. "You are not responsible for her emotions."	991
The journey from Blue to Red: BPP's first post in the manosphere	992
The Indispensable Role of Dread Level 3	995
60 DoD 2019 - Week 0 - Happiness is your long game	997
Alpha Widows	1001
Year 1 at MRP - Sex shame and anger	1002
When I get to the bottom...	1004
[FR] I got 99 problems but I made year-one.	1006
[FR] Shutting the fuck up	1008
A red pill man is happy	1010
FR: The more red pill I am, the more my wife encourages me to be red pill	1011
You Are What You Eat	1012
A tale of how you can imagine you are RP AF, get your ass handed to you, and a...	1015
Reality Check Time	1017
The Wrong Way: Don't Be This Guy	1020
Better Beta Divorce Strategy	1021
Proper interpretation of the Captain/First-Officer model	1025
FR: 1 year in - You Get Out What You Put In	1026
An anatomy of butthurt and the impact on frame	1029
Hypergamy for the Married Man	1032
Enter Chad	1035
"It Just Happened"	1037
Angry Sex - Lessons Learned	1039
FR: A few tips for life after divorce for the husband with no fault in the marriage	1040
A RP Journey Part 1: Reviving my dead bedroom	1042
The Power of a Masculine Male Role Model	1045
The Husband's Dilemma: When to Withhold Affection and play your "mean card" or What To...	1046
When to next your wife	1049
Azimuth Check	1051
60 DoD '22 - Eating for Health and Fitness	1052
For the in-experienced MRP Captains-in-training	1064
Notes from an awesome Dad "Primer on Children"	1066
Never Complain; Never Explain	1069
60 DoD Week 5: Game	1070
Always be willing to approach	1073
Thoughts on Frame	1075
Do the work	1077
What one year of MRP has shown me	1079
THE CHEATING GAME - post mortem, 180 degrees.	1082

45 Days Later	1085
"Do something about it or shut the fuck up."	1088
There, for the grace of RP, go you	1089
Sell me your penis	1092
Does she trust you to be a man?	1095
Depressive and Anxious Wives: Authenticity, Feelz 2.0, Shitty Comfort & Penetration... ..	1096
Musings After a Wedding	1100
So you think you are doing everything yet nothing is working as expected?	1102
"You don't know how badly I needed that."	1104
Bring a Gun to a Knife Fight	1105
Why defaulting to a negative view on women (e.g. "women are harpie bitches") is... ..	1106
Archwinger from over a year ago - Being Controlling is for Losers	1107
What did you think she was going to do?	1108
60 Days of Dread Week 8: Getting Social in your Exercise	1110
[FR] Role Playing with Rape Fantasy	1112
External and Internal Abundance	1114
[FR] - What the Fuck Have I Gotten Myself Into? Learning how to live a good life.	1115
What is Dominance?	1117
How to Handle a Compliment	1119
Flair	1120
Hero Worship (or why you still don't have Frame)	1121
A Key to Frame	1123
How meditation, the /r/marriedredpill and the work of Jordan Peterson are helping me... ..	1124
Dealing with the stressed wife.	1127
FR: This has changed my life	1130
Gain Control of the Treasury	1132
Fill your void	1135
On OI, abundance mentality and how being butt hurt is your biggest enemy.	1137
Women know what they want, even when they don't.	1140
The 12 Step Plan of Dread: Book excerpt from my work in progress: "A Man's Guide To... ..	1142
Case in point: generating those tingles is an indirect effect of taking care of business	1146
Sexual Selection and Existential Fear	1147
OYS. Go post now. Maybe find your Morpheus.	1148
'Should,' 'Shouldn't' and What do you Want	1150
Men in their 20s and 30s: How often do you have sex with your wife? What's the quality... ..	1152
Gender War	1153
Denial	1154
"The Lag" and Knowing When and Why to Escalate Higher Dread.	1156
Transactional vs. Validational Sex	1158
Don't forget to Incentivize	1160
What I Did On My Summer Vacation	1162
The Rational Male - Positive Masculinity	1164
Tips for saving your marriage for women- Laura Doyle has your back ladies	1166
Your life gets easier, the more than people want to fuck you	1167
FR I came here almost 3 years ago looking for a clue.	1169
[FR] The second try	1170
A man is his own judge	1173
How to really gauge your OI, DGAF, need for validation: Have your wife die	1176
Be Married Like it's Your Job (Career Beta-Bux? Get in here!)	1177
What's stopping you?	1180
Glossary of Notes to Increase Lifts: The Overhead Press	1182
Half Repping	1184
HOA's MRP Cheat Codes to blow up your sex life - Part 2	1185
Year 2 field report	1188
Everything is about sex, except sex. Sex is about power.	1189
"It's like everything is always on your terms"	1190

Here's your wife having an emotional affair on a girls' night out [X-Post TRP]	1192
[FR] You can't always get what you want. But if you try, you can get what you need. ~22...	1193
Trust in a Relationship	1195
FR - Teasing	1198
Sexual Tension	1200
From the Source..... How to Deal with Woman Being a Bitch	1202
OYS tip: Always Always Always be early.	1203
Mission Accomplished. Lessons Learned.	1204
Swallowing the pill is only the beginning. This is a years-long process. Internalize...	1207
[MRP Theory] The Main Event	1208
Where Sex Fits In: Thoughts on Mindset	1211
Well no shit	1212
You can't get better without doing. And you can't do better without thinking.	1213
So, you decided to try trying eh?	1216
Starting And Changing Your Habits	1222
Practical Female Psychology, amendment videos	1226
An Interview of Rian Stone	1227
STFU & the Benefits of Doing	1229
Be A Good Partner	1232
The Taming of the Shrew: A Red Pill Analysis (X-Post from TRP)	1234
Single Father v. Single Mother Stats	1239
Let's talk about your time.	1241
The Burden of Family	1243
[FR] Laughter is the Best Medicine	1245
It Felt Really Good to Write This	1247
Understanding the "Anger Phase"	1249
Divorce Doesn't Have to be a Nuke	1251
Why field reports are important.	1254
Why don't you cum inside me this time?	1257
5 yr FR/notes	1259
Field Report: Calling out shitty behavior, holding frame	1261
FIELD REPORT: COMFORT AND FRAME	1263
AWALT confirmed. A MRP FR	1264
Is this it?	1265
1 Year In, Looking Forward To Year 2	1266
FR: almost 3 years swallowing the pill. Personal reflections	1269
Cheating means you are a "Beta Faggot"	1271
A profound and surprising married red pill example	1272
Omega Chump to Man on a Mission	1273
FR: 8 Months into MRP Journey	1275
Let's define Hard Mode	1276
My Journey: What I learnt to do, or what *not* to do!	1278
Change or Die	1283
Ladies: Your husband is obliged to put up with your shit, not MRP	1284
MRP hazard: When IDGAF becomes too real	1285
The Value of Maintaining a positive frame especially for new guys	1286
[FR] Be a wild tiger.	1289
Thank you. No really, THANK YOU.	1292
[FR] Resurrected bedroom	1293
Only one month in, holy fucking shit..	1296
The lies we tell ourselves	1297
Why you shouldn't care if you wife doesn't apologize	1298
How I Took Back My Marriage	1301
"Asked my Opinion"	1304
DOD Week 0 Part 2 - How to be Happy - The 3 Step Guide	1305
Be a man - Go outside and scare yourself	1307

Mediocrity is your worst enemy - and too many men are mediocre in life outside their...	1308
Field Report: Lessons in Leadership - The Meatballs	1311
Parallels	1314
Hypertrophy is King	1316
[FR] - Busted	1317
Thinking Your Way to Misery - A Brief Guide to Action	1318
RP Theory : I love you	1321
David Takes on Goliath: Married Red Pill Relationship Coach Sues Our Social Media Host...	1322
Passive dread - be the prize	1324
[FR] The Styrofoam Cup	1326
The penis is a cruel master	1328
Alphas, Betas, Omegas, and Oaks: Let them NOT eat paint	1329
The Best Book The Manosphere Has Never Heard Of	1331
Use red pill to get out of a dead bedroom	1333
Shitlords from yesteryear.	1334
Requesting Advice: Wife texting other man, right on the line of ok	1337
She's Unhappyy,...	1338
FR- When she you realize she has fully entered your frame	1339
Do you have your "fuck you" money?	1340
Vetting and the Golden Calf	1341
Echo Chamber	1342
Fear	1343
The Work Is Mandatory	1344
Weak Things Break	1346
Why do men supplicate and use desperation tactics 25% more than women?	1348
Women Don't Care How Strong You Are... They Care How Strong* You Look	1349
The Burden of Family	1350
"What would I be doing if I were single?"	1352
A very, very dreadful Saturday	1354
The Trope of the Beta Male Married Husband	1357
Please Welcome Our New Moderator: Ian Ironwood, Author, Sex Nerd, and All Around Great Guy	1358
RP Truth from Dr. to wife: "No such things as low sex drive. You must be with the wrong...	1359
Things She Said, Things She Did and the Importance of Guy Trips	1360
Bring the Balance Back	1361
Three things I learned	1366
Same game, different devils	1367
The purpose of OYS - A reminder	1369
Are you new guys even trying to fuck?	1370
Hypergamy in the Movie "Dirty Dancing"	1372
Crying is weak. Don't.	1373
You're Being Cucked. What Do You Do About It?	1375
Unfucking yourself. 21 Convention. Orlando, FL	1377
The "Dancing Monkey" Attraction Improvement Programme	1378
The ultimate covert contract	1381
[FR] Ex-Wife sent me an email	1382
[Theory] Kintsugi *Highlighting what is broken*	1383
FR - One Year Progress.	1386
Shark Week Shower and Shave	1389
60 Days of Dread Week 8: Social Life	1391
60 DOD Week 1 Part 1 - Lifting	1395
Crosspost from TRP: Chateau Heartiste is GONE	1397
Teacher reflections on behaviour management	1398
FR: Game Development	1400
Field Report: Becoming a man with options	1403
The new set of rules and the importance of frame	1405
Women are awesome	1407

FR: Stick Up for Your FO	1409
Lingerie guide in 3 parts	1410
Holding Frame in Dread Level 12	1413
FR - From Up North	1416
Fogging, Amused Mastery, Agree and Amplify	1421
She doesn't know the rules have changed	1423
Mini-FR: "You don't have to grope me all the time."	1424
Who Are You?	1425
Rollo Tomassi - AMA 30 Sep, 2016	1428
Brand and Married Men	1429
The Rational Male is now available on Audible	1431
How to release the sex kitten within your wife?	1432
If you want a slut, find one or create one.	1434
Joy & Ego	1435
Said no thanks to the starfish last night	1437
Relationships are a woman's job	1438
Lifting Primer: Your Shoulders	1439
Stoicism as a Tool in TRP	1441
60 Days of Dread 2020 - Introduction and Week 1	1443
60 DoD Week 4: CLOTHES MAKE THE MAN	1444
The Law of Accommodation	1445
Some advice for those who are not seeing results or how it took me a year to really see... ..	1447
3 Year MRP progress	1449
Beta male puke; No frame, no positive masculinity and looking at starting over over 50.	1451
Men, women and their different reactions to the real masculinity	1452
[FR] Having Fun Playing 'MRP Wingman' and Helping Another Married Guy	1455
Purpose – The Rules of the Game/Way of the Superior Man	1456
Sleeping Naked	1458
[FR] Unintentional Dread	1459
The Grind	1460
A Husband's Entitlement To Sex From His Wife	1461
Welcome to The Red Pill on Hard Mode.	1462
60 DoD 2019 - Official kickoff	1463
My "First MRP Moment", I believe. It will never be the same.	1464
Communication and signals	1465
Control: What's your Locus?	1471
First you have to care to then stop caring	1472
When you Almost Die and Have Significant Medical Setbacks - Lessons	1473
Quick post on Testosterone	1475
Squat More to Increase Strength, Hypertrophy, and Mental Resilience	1476
The fourth tunnel	1479
Men of March	1481
STFU Already	1483
Deload, proper form.	1484
MRP Has Saved My Life and Possibly My Marriage	1485
FR: STARTING TO SEE SIGNS OF JEALOUSY	1488
The Real You	1489
Thoughts on the Betaization Process - Alpha Fucks, Beta Sucks and the need to cut down... ..	1490
Gravitational Centers - A Case Study on the MRP Journey	1493
A Complete Idiot's Guide to Conversation	1498
FR - Breaking and fixing your shit.	1509
60 Days of Dread 2023	1511
BPP Reads the "Complete Marriage Counselor": Confirmation Bias galore in the belly of... ..	1512
Why do we keep hearing the redundant "read the sidebar?"	1515
Here I Am	1516
Why I'm not afraid of divorce rape - and how to get yourself there too.	1518

Men of March: Day #2	1522
Your wife fucking you is a side-effect. Your wife *not* fucking you is a side effect.	1525
FR: Gains	1527
Greetings! And chill the f*ck out.	1532
Gentlemen, nothing has been more life changing then this.	1536
Man Up	1538
MRP Killed The Marriage Counselor	1540
[Editorial]: Why RPW Hates MRP, or, How All of You Failed a Large-Scale Shit Test....	1541
Let's Talk Body Language	1543
Marriage after Dread Level 12 (see also "Spin Plates with Caution" or "How to be Happy...	1545
60 Days of Dread Week 6: Finances - Part 2	1547
Opera, Tom Ford and Sex. Roll on the Weekend.	1549
A Teaser to Frame	1551
Shark Week	1553
[FR] The slipperier the branch, the firmer the grip.	1554
60 Days of Dread Week 1: Lifting for life	1555
Quick lifting FR for those who read this sub and don't act (like me)	1557
My wife makes life difficult for me	1558
I went a to a cheap commercial gym for a year	1559
"Celebrity pass" conversation I had with my wife today	1560
Shit test success story. Not perfect, but a landmark in my RP journey.	1561
[FR] Is a Wife Worth One Foot?	1563
Big Fish	1565
Hunter Drew (The Family Alpha) full video interview on The 21 Report	1566
Advanced techniques for defeating the Starfish	1567
Fuck you money and your marriage	1568
Divorce won't fix your relationship, you will	1570
Mini FR- Shit test and application of Law 36	1573
New mothers have less sexual desire for male partners who express empathy	1574
What did you think she was going to do?	1575
[FR] The three words every wife wants to hear: I'll handle it	1577
A Process for Letting Go of Anger	1578
Why would any woman complain about MRP?	1582
Blue Pill Boy Meets Red Pill World	1583
Porn, Fantasy, & Keeping the Gag on the table	1585
Lifting, it's not a choice you need to make.	1587
How to build boundaries during your transition	1589
You're an animal	1592
Getting Ass To Grass	1594
Brad Parscale cried during arrest, told officers his wife won't have sex with him - he...	1596
[60DOD] Week 8, Social Life	1597
Sabotaging the deal at the end	1604
3-2-1. Counting. Success or Failure?	1606
Male Authority – Be a "Man"	1608
Give Her the Opportunity to Provide Value	1609
Five things you can do right fucking now to increase your alpha and begin to tip the...	1611
Nagging Wife	1612
Traditions Will Set You Free	1614
The Red pill is training wheels for betas	1616
Men, Woman, Children, and Dogs - Why I Treat My Wife Like Man's Best Friend - Part 1	1617
The Art of Learning	1619
HOW TO PREPARE YOUR BODY AND MIND FOR IMMINENT VIOLENCE	1620
Outcome Independence & Validation from Others	1624
Less shitty than my last post	1627
[FR] You're a fucking asshole, you know that?	1628
The MRP Bait & Switch - don't say i didn't warn you... ..	1629

Wife Returns to a Main Event	1630
Welcome 8,000 Subscribers to Married Red Pill	1632
Turn off your brain	1633
E3D Time Management	1635
MRP: The Soulless Reddit that teaches men to game their wives- look at the hamster go!...	1640
[FR] Training Day	1642
Building your slut: Part 2 - Using your slut	1643
The Dual Mating Strategies of Men and Women	1646
60 DoD Week 5: FEAR IS THE MIND KILLER	1648
60 DoD week 2: THIS POST IS NOT ABOUT NACHOS	1649
Fake It Till You Make It	1651
Using Your Anger to Find Your Balls	1652
The Mods don't care about you	1654
Past Indiscretions	1655
On My Way	1656
Manage your bitches.	1659
What is MarriedRedPill, what is askMRP?	1661
Sex is currency	1662
Incels	1664
The Four Horseman of the (Divorce) Apocalypse according to Traditional Marriage...	1666
FR: 21 months on MRP	1668
AF:BB - A grown up's perspective	1670
It's science! Fat fucks have declining levels of marital quality compared to fit...	1671
Shit test win 6 weeks in. Big win.	1672
Fun and effective way to deal with shit tests	1673
A woman will never fully appreciate the things a man does for her. Learn to accept this...	1674
Holiday Reminder: Look out for numero uno	1675
3 little words	1676
Update on getting my son to stand up for himself	1678
Be attractive, don't be unattractive. The number 1 rule.	1679
FR: "I'm nervous. You seem to be going through some sort of phase."	1680
[FR] Unexpected benefit from lifting	1681
Sex and Blowjobs for the Busy Man / Tired Couple	1682
MERPERS Posting on RPW: Don't do it guys!	1683
TRP in The Atlantic	1684
60 DoD Week 1 - Part 2 Lifting For Life	1685
Narratives	1687
Wife has lost her mind. I'm new to this sub. Please grill me on what to do. I still love...	1689
Just be yourself	1691
One quote to hold onto.	1692
Halo Effect and Applying MRP	1693
Finding Your Mission	1695
Killing the ego	1698
Men with no frame and the things they do.	1700
[FR] A Failed Branch Swing	1702
Wow...I just totally lost my shit.	1703
Participation	1705
The Fast Train	1706
Noob Arena - Fearing Your Woman	1708
Application of MRP to a 'Good' Marriage	1710
Why you're lost	1712
Step One: Get Past Victim Mentality	1713
You will never have your bluepill dream girl	1716
[FR] Wife's cousin notices changes (in me).	1717
How to distinguish between a shit test and comfort test.	1718
MRP Beginner's Guide for the Career Beta	1720

Dates and Drama	1724
Put Your Ego in the Box	1726
Call-out posts	1735
Wife wants to go out with no explanation	1736
[FR] Game and frame	1737
Two years and counting	1738
Developing Rhino Skin	1741
The Important of Stoicism to Achieving Your Preferred Outcomes	1742
Blue Pill Trauma	1744
Situation is improving	1746
Why Am I So Angry? OI, Goals, and the MRP Anger Cycle	1748
Self-esteem, sidebar, lifting, STFU, and YOU	1756
Newbies - don't be this guy	1757
Watch out for your wife's friends.	1758
Dark Triad: Machiavellian	1760
Being Beta is Being Afraid.	1762
Don't Dare Her	1763
[FR] "Just spooning, no sex"	1764
Mr. and Mrs. Smith Syndrome	1765
Mr. Slippery's Dummy Guide to Married Alpha Status	1767
Even if you're Brad Pitt... ..	1770
[MRP 99] Remedial MRP: The Basics of DEER	1771
Why You Can't Negotiate Desire	1773
Response to AskMRP: 17-year Oneitis Marriage; You Can't Fix your Marriage... You Can... ..	1774
She doesn't love you like that.	1777
The Cheating Game	1778
Theory: Starfish Sex Is Different Than Sexual Withdrawal and Requires a Different Strategy	1779
Start thinking and acting like the Man you want to be, right now.	1780
Choose Wisely	1782
Don't Be Autistic	1783
Grandpa Easy's Guide to Giving Thanks	1786
PSA: Lockdown and You... Details... ..	1788
60 DoD 2020: Week 4 Style; Got Chucks on with Saint Laurent, Gotta kiss myself I'm so... ..	1791
No-one here owes you shit	1796
How to Define Your Mission: A Guide to Writing an Effective Mission Statement	1797
FR: Threesome Fantasies & Competition	1799
Widows & War Brides	1801
47/M two-year transformation story	1802
Life at 50	1803
[FR] Shit tests are for fun	1805
Extreme OYS and paying it forward - Go coach kids ball	1806
I'm ready to create MY slut	1809
Men of March: Day #3	1811
A kinder gentler oligarchy... Said no one ever.	1815
Swallowing the Red Pill (X-post /r/theredpill)	1817
Waste No More Time	1818
No substitute for doing it right	1820
Aren't they gonna show his wife?	1822
Fake Until You Make	1823
[Theory] How to build your road to safety	1824
The Paradoxical Marriage: A Welcome Message for Newcomers	1826
My married red pill success	1830
That man my wife wants to fuck	1833
Don't really give a shit about gaming new chicks	1834
Glossary of Notes to Increase Lifts: The Deadlift	1835
Replacing Apology with Appreciation	1837

Field Report: Horn's Cheat Codes: Dom 2 Beg, Var Beg 15	1839
Happy Thanksgiving!	1841
One Year In - Just Getting Started	1842
Marriage Therapy today is like 17th century medicine	1844
Can you ever know if it is desire?	1845
Men and Suicide	1847
Conditioning your wife: associating sex with ____	1848
Getting Over Your Relationship PTSD Pt. II: Give Love One More Chance	1850
Submission	1852
FR Spinning plates as a married man	1853
FR: female manipulation, shaming.	1855
New Books on the Sidebar: Practical Female Psychology & The Red Queen	1856
I'm tired. Read the fucking sidebar	1859
Sexy Wife	1860
Cancer is taking my wife; MRP has helped make things better, but where now?	1861
[Epic FR] Lessons From the Past; My Road to Zion	1863
Its not about her. Or: its a marathon, not a sprint	1871
YMMV	1873
Creating Your Slut	1875
Don't try to manipulate your wife	1877
It's action, NOT vows that keep a marriage together.	1879
Husband wants to know why men can "flirt" and women can't in a marriage (read: hypocrisy)	1880
[FR] Day one all over again.	1884
"I need you to fix my husband"	1886
Stoicism: A primer for how to be	1887
When Your Motivation Changed	1892
FR: A Conversation - Do I Have The Mettle?	1893
60 Days of Dread: Finances	1895
[FR] The Bride of Bigfoot	1897
Frame is impossible without abundance	1898
Your wife is a whore and you should divorce her	1899
FR: Absence Makes the Heart Grow Fonder	1900
FR : Its not about the candy. Its about Bear Hugs.	1901
The Useful Parts of a ButtHurt Episode	1903
Your greatest asset is also your greatest liability	1905
[Mod Announcement] No more posts only saying how "X Time since I took the pill" with a... ..	1906
The balanced check book of the relationship	1908
What we talk about, when we talk about Dread (1/3)	1909
Order your wife around	1913
The Wrong Girl	1915
Don't Fucking Let People Get Away with Shit, Ever... ..	1916
Text Game	1919
new here	1921
Lessons from two divorce cases	1922
How to Bang Your Wife - Rian Stone [Youtube video]	1924
Advanced MRP Course by the Coach	1925
A MRPer's Divorce Tale	1926
Blood in the Streets	1928
David Goggins Sums up MRP in 8 Minutes: Your MAP and Why You Have to Do the Work	1930
MRP and Watching Sports	1931
First ever* video of Rollo Tomassi - 22 minute full interview on The 21 Report	1932
The Trident of Masculinity	1933
"FR" about congruency	1936
The Best of The Rational Male - Year 6	1937
FR: The Conclusion	1938
[FR] A 6-Month Perspective on Owning My Shit	1939

[Theory] The Message is the Message	1944
Fuck It	1946
The Little Things solve the Big Ones.	1947
Give your 'self' a gift this Christmas.	1949
IRON AND THE SOUL - Henry Rollins	1950
Be unpredictable	1953
The Professor's Married Red Pill Basic Class	1955
The Elements of Frame 0 - Introduction	1956
How to become Outcome Independent using a Stoic trick	1958
Female Perspective on RP Transition	1960
An Epiphany about Mental Capital and Becoming	1961
FYI - the MRP sidebar is now also on the wiki	1964
Abundance Fatigue and "The Meaning of Life"	1965
I take your she statements and turn them into I statements	1969
Field Report: The Interview	1971
[FR] The things you see once your eyes are open	1974
60 DoD Week 6: Finances	1975
Book Review: 31 DAYS TO MASCULINITY by Hunter Drew	1984
Meditation's best kept secret: learning how to open to and experience pain. Befriend... ..	1986
FR: Strategic Application of Rambo	1989
Giving A Fuck	1991
Leading Sex	1992
Mind Control	1996
it doesn't always work, pull anchor and sail away	1998
Feel like I need to tell you who I am and why I am here - post happy hour anyway, no... ..	1999
My wife turned me down for sex, then got angry when I didn't care... ..	2000
Short FR on Wife watching me Calm her Friend down	2001
The Principal of Least Interest: The Core of OI and frame	2002
Enslaved by Emotions	2003
The Power of Visualization	2006
[FR] I met the hamster	2008
Building Confidence	2009
Avoiding being sexually manipulated	2010
Grip Training	2011
Shit tests and main events. They are NOT container words	2013
Confirmation of Progress	2014
Differentiating Between Her "Following the Leader" and "Stroking Your Ego"	2015
Setting \$250k+ on Fire	2016
Turning a shit test into a comfort test (mini FR)	2018
50/50 v. OYS/Value	2020
Start Small, Change Your World	2023
[FR] Simple and easy, but this stuff works.	2027
A Wolverine History Lesson	2028
Why Valentine's isn't the worst (or at least it doesn't have to be)	2030
[FR] Catch & Release pt 2	2031
Suspect wife is starting emotional affair	2033
[FR] Last Words and Enduring Death	2035
FR:Lifting is paying off	2036
Bros, Dogs, & Beer	2037
FR: Why the office girls are getting a divorce	2038
[Theory] The Toga Party Corollary	2039
This is what happens... ..	2042
She already thinks you're a fuck... Own it.	2043
Married Game - Is your woman improving herself? If so, make her FEEL appreciated, the... ..	2044
My wife was cheating on me (and I'm okay with it)	2046
Gentlemen; A practical thanks	2049

'PC' Parenting is Straight Garbage	2051
[FR] My first comfort test that I knew was real	2052
[FR] Lifting works	2054
Reasonable Requests versus Testing - False Positives	2055
Knowing When To Take A Knee	2056
[FR] Update- on main events and how far I have yet to go	2057
I encourage my American friends to be fully stocked, supplied, and able to effectively... ..	2061
OYS Announcement: Maximize your investment. If you ain't first, you're last.	2062
60 Days of Dread: Style	2063
[FR] Best attempt at game so far	2066
Initiate fool! Or "Passive dread and you."	2068
The Myth of the Alpha Female	2070
MRP, Feminism, Chris Hardwick and the #METOO Movement	2072
I don't need sex	2076
What It Means To Be A Leader	2077
Can you be alone?	2078
[FR] More Unintentional Dread	2080
FR: Testosterone and Righteousness	2081
"He can do better"	2082
60 DoD 2017	2083
MRP end game	2084
MRP Truth from Wife of Robert Greene, Author of "48 Laws of Power"	2085
Occam's STFU: Cognitive tool to calibrate how much or little to speak when in doubt... ..	2086
[Theory] Know your walk away point	2089
FR: Evidence the helped me detect a comfort test	2092
PSA: Reminder On Dread Game- New Guys especially! Don't be a dumbass with Dread Game!	2093
The real problem with me on r/Deadbedrooms, I waited too long.	2095
Because of an Air Conditioner....not really	2096
Practicing Frame Control for Dummies	2097
Married Game - The Coconut Spa	2099
Every morning you have a choice	2101
[FR] MRP and MMSLP work even when you are 52	2103
The Cockroach Theory for Self-development Response Vs Reaction. (aka Frame Simplified)	2105
Update -Wife wants to go work at a bar	2106
Alpha at Work for Your Career and Your Wife	2107
The Existential Fear - Men	2109
Container words, and you	2111
Heirs of the Blank Slate	2113
A Man and His Struggle	2114
The Coma Victim	2115
A letter to my BIL	2116
So you have ED, What are you going to do about it?	2118
Just want to say thanks.	2122
60 DOD: Week 7 Career - Understand the game, choose your purpose, gratitude for enough	2123
The Lighthouse and the Tide	2126
You Don't Have What You Think You Have	2128
Marriage, A Game of Frames	2130
[FR] Weekend alone... ..	2134
[FR] - One party, two women.	2135
FR: "You're making me jealous"	2137
She Doesn't Deserve the New Me	2138
Male Control	2139

512

UPVOTES

I almost lost my marriage of 32 years and turned it around in 3 months.

vabab8 · 25 October 2019 · Archived copy · Reddit

First off I want to thank both [u/SorcererKing](#) and [u/Over60_FireTempered3](#) for telling me to post this.

BACKGROUND

I have been married for 32 years (me 55 yo, wife 57 yo). I have two kids one daughter 22 years old and son 20 years old. My son is a special needs child. He has Angelman's Syndrome. He is missing his 15 chromosome. This affects his motor skill development and he is also undersized for his age. My son cannot walk, talk or is potty trained (he is in diapers). I guess the closest to Angelman's Syndrome would be Cerebral Palsy. This is important because my wife is a Certified Nurse's Aide and her full time job is to provide our son with all care he needs 24/7 365 days a years. When my son was born we went through hell because he had tactile defensiveness. This meant he did not want to be held and cried all the time (constantly) until he just ran out of steam and collapsed. He refused to drink milk and lost 2 lbs after being born. We went from Pediatrician to Pediatrician asking how to turn the "colicky baby" around because he was "failing to thrive". This led to extreme stress in our marriage as we were both exhausted from lack of sleep and the constant crying. During that time period, my wife felt it necessary to go to sleep with him because she was concerned about his health even though other families with Angelman's kids did not do that. I slept alone for 20 years. We fell into a deadbedroom (sexless marriage). I remained committed to marriage because of my religious beliefs but was lonely, sad, angry and resentful of my son because he took my wife away from me (completely irrational thoughts). Although this sounds weird, it was like my wife was having an affair with my son. She was no longer giving me any attention and was giving it to him. She was distant, bitchy and never happy. It was like me and my wife was roommates and not husband and wife. I had numerous conversations with her for over 12 years asking for her to meet my needs as a husband. She always agreed with me and said that she would "TRY". She would always say that she was in "mommy mode" and did not feel sexual. It was always her and not me. I tried to do more "choreplay" (do the dishes, vacuum, dust, cook etc.) and nothing changed. Brought her flowers, gifts and all of that and still nothing.

MAIN EVENT

Then last winter it all came to a head with a "main event" on Christmas 2018. When it was time to pass out and open presents what do you think my loving, devoted wife of 31 years (at the time) got me for a Christmas present? NOTHING, NADA, ZILCHE. She got everyone else hundreds of dollars of presents. I was hurt and embarrassed beyond belief. She said that she did not know what to get me so she just didn't think to get me anything. Folks the opposite of love is not hate It is indifference. At that moment I knew that she truly did not love me anymore. She did not love me or was "in love" with me. I wasn't even a thought to her except my paycheck. There was one incident 2 years prior in which I was demoted at work due to "political" issues. When I phoned her to tell her the news, what would you think her first words were? Were they "I am so sorry, how are you doing"? Nope, her first and only words to me were "did you get a pay cut". She never asked me one thing about how I was feeling. The only thing I was to her for years was "a paycheck" to keep her in her life style. Christmas day I threw a fit (like a little child). We got into a major fight and she accused me of ruining "her Christmas". Of course I did not give a shit and told her as so much.

EPIPHANY

In the past I had always reassured her that divorce was never an option and truly believed that up until that day. I realized that she took my commitment to her and this marriage for granted. She took me and this marriage for granted until I let her know that my commitment to this marriage is not guaranteed. The fights continued and also the discussions. I had a "cognitive disconnect" (AKA mental breakdown) at work and was offered "counseling". I was a broken man. Had no sense of self-worth, no confidence, no happiness. Even though I was in a deep hole, I was not going to go down without a fight. Counseling was stupid. All she did was let me talk and offered nothing. I

stopped going after 4 sessions.

MY SEARCH

I went on the internet and searched deadbedroom. I came upon Reddit. Did some searching found [r/marriedredpill](#). Started reading the sidebar. I also searched YouTube and found the Bluepillprofessor. I have a special place in my heart for him. Learned that my wife was not attracted to me because I stopped being the dude she fell in love with and married and had become a bluepill beta fat f*ck. I stopped leading my family. I found out and realized a family is like a ship and I am the captain. My wife is the first officer. She is very important but the ship is my responsibility not hers. She took over my duties (literally) and deep down resented me for it all those years. I was a drunk captain and she had to run the ship. I learned through the Red Pill and [r/marriedredpill](#) and bluepillprofessor to take responsibility for myself first and my family second. I needed to become my own mental point of origin. Stop being a “nice guy”.

GET TO WORK

I was a mess. 5'10" 225lbs and of fat f*ck and couldn't lift shit. I began to lead. Lift weights (now bench 260lbs max lift and 210lbs 8x3). I dress better. Act better. HELL JUST BE BETTER. Dropped 40lbs 3 months. Began reading. The first book that I have ever read cover to cover in my life was Rollo Tomassi's "Rational Male". I am currently working on No More Mister Nice Guy and others to follow. I run 3 miles a day. I am in better shape now than I have ever been (too bad I waited until 55 yo to do it)

THE SHIFT

OMG girls/women began to notice me. Never happened to me before (or at least wasn't aware). I didn't really understand what was going on but liked the attention. I could see my wife noticing. Especially when “Amy” walked up to me and gave me her number. The wife flipped 180 degrees in 3 months. No longer deadbedroom. Sex is back to the frequency when we were dating (33 years is a long time to remember). Now things that were never on the table (sexually) are now on the table with gusto. We are acting like we are dating again. We go out at least once a month (by ourselves, we hire a special babysitter) and I take her to dinner at a 5 star restaurants. I do not tell where she is going. I keep it exciting. I tell her that her job is to look pretty and have fun. For more years than I can remember she stopped wearing dresses. She stopped acting feminine. That has all changed. She has bought a new wardrobe of dresses. She now is concerned about how she looks (to me). We now have lots of fun. It is like we have started dating again.

REALIZATION/CONCLUSION

All that I have seen and read tell me that all relationships go through this. You start out the Alpha dog that got her interested in you. You get married and/or start living together and BAM!!! You get lazy. You get complacent. You gain weight. You stop the hobbies you once did. You dress sloppy (you know jeans with stains and holes and a faded teashirt). You now just sit around binge on Netflix. You become needy. You are thirsty for her attention. You got no options and you are like a needy child. She is busy with her own life. She now sees you as another child and mothers do not have sex with children. You get angry. Now the fights start or get worse. You go to your corner and she hers. If you're lucky, no one cheats. (but more likely give opportunity, someone does). Then it's over before anyone had the opportunity to really ask “WHAT THE HELL JUST HAPPENED OVER xxxxx YEARS”. I was fortunate, neither of us cheated (but oh how I was tempted). The day I realized that this shit works is this: my wife NEVER comes into the bathroom when I shower. We have a glass shower so you can see in. One day I was taking a shower and I turn around and she is standing there leaning against the vanity just staring at me. Then she just says “you have really stepped up” and she had the look, you know that look. That look of adoration that cannot be faked. I was freaking out. You always hear of thing that claim to work miracles. You try and try and all you get is disappointment after disappointment. You lose faith that there is something out there that really works. Over Christmas holiday season I gave one last chance before I filed for divorce. At that point you could have stuck a fork in me because I was done. I had resigned myself to failure.

WHERE ARE WE AT NOW

We do things now together now. I have to personally thank the bluepillprofessor for the “10 second kiss”. It’s my personal favorite. It sets the tone for the day. At first she said “what the hell do you think you are doing?” I just persisted, grabbed the back of her head along with a handful of hair and continued every day. Now she begs for it. We walk 2 miles every day with my son pushing his chair as we walk and talk. I took a chance not knowing exactly how to implement KINO and as she took her turn pushing our son, I lightly placed my hand on the small of her back and just held it there kind of showing love and support for her. One day I forgot to do that and she kept looking at me and finally asked “is there something wrong”? I looked at her with a stare and said no. She said that I wasn’t touching her and she thought that I was mad at her. Guys, **THIS SHIT WORKS**. It’s freaky how this works. My only regret is it took me 20 years to find out. I, for the first time in my life climbed a 14,000ft mountain (Mt. Evans). I zipped lined over the Royal Gorge (1500 ft drop). These are things I would never do last year. I am a new man, new life, new mission. That’s my story.

489

UPVOTES

Steel's Guide to Married Red Pill

SteelSharpensSteel · 5 January 2019 · Archived copy · Reddit

"This is your last chance. After this, there is no turning back. You take the blue pill - the story ends, you wake up in your bed and believe whatever you want to believe. You take the red pill - you stay in Wonderland and I show you how deep the rabbit-hole goes." – Morpheus

Steel's Guide to Married Red Pill (A)

Given some of the recent changes and the jump in subscribers, it is a good time to give a brief overview of MRP. Hey dude, got a minute? (A)... Let's have a conversation (A).

What Is The Red Pill

For an answer to this, take a gander at [podcast #31](#), start at 22:40.

Rollo's answer - It will always be about intersexual dynamics.

Rian Stone – Game is red pill. You have to understand why things are happening and the way they are happening. He references [this post \(A\)](#) from back in 2009.

Rollo – Red pill is the theory, game is the testing of red pill.

Donovan – Not only understanding a woman's true nature, but being man enough, or having the balls to act on what you know with red pill awareness.

Steel's answer – The red pill, to me, is the truth behind intersexual dynamics between men and woman, and taking action based on that truth. Simple as that. The red pill is not "sit back, relax, and keyboard warrior away", nor is it a wretched hive of scum and villainy. No, scratch that. We're taking that label. MRP – A Sexual Wretched Hive of Married Scum and Villainytm.

Too many people are trying to define red pill, or have corrupted the definition. Make it simple. Intersexual dynamics and Game. That's all.

What Is Married Red Pill

From the FAQ:

"We are men that subscribe to The Red Pill (TRP) philosophy of sexual strategy, and are dedicated to applying it in marriage or in Long Term Relationships. This sub was created independently to address the needs of married men to discuss relationships issues.

Our approach is different from [/r/relationships](#) and [/r/deadbedrooms](#) because those don't work. Instead, here we focus on how to become stronger men to lead our marriage and LTRs to happiness."

Married Red Pill first is a locker room. There will be trash talk. Married Red Pill also is a laboratory. There is practical advice here. But sometimes you get a lot of spaghetti thrown up on the wall to see if it sticks. Keep that in mind.

Ultimately, Married Red Pill is a bunch of men swapping notes on what works and what doesn't from a married perspective. If you don't like that, don't let the locker room door hit you on the way out.

For additional perspective on MRP and AskMRP, [read this \(A\)](#).

Rule Zero

Rule Zero: [Stay On Topic](#)

From ye olde TRP forum – “TRP’s mission is to discuss men’s identity, sexual strategy, and options in the context of our current global culture for the benefit of men. Anyone who does not share that goal will be banned the instant we detect them. We are not interested in debating or defending our experiences to those who disagree with the red pill, nor do we want to clog up our threads defending the morality of our choices.”

So, what does that mean for MRP? Rule Zero there is the same as Rule Zero here – mostly though we are married. Stay on topic. If you do not stay on topic, you will be banned and your post deleted.

If your post does not add value, your post will be removed. The moderators will continue to work to ensure the signal to noise ratio is correct.

What Do I Do First

You are expected to read the sidebar – all of the sidebar. You are expected to **SHUT THE FUCK UP**. You are expected to get up off your fat ass and go get a gym membership, and actually go to the gym. You are expected to lift heavy weights until it hurts so good at least three times per week. ~~You are expected to stand outside on the porch for three days without food and endure all sorts of humiliation.~~ Well maybe not standing on the porch. But you get the idea.

What don’t you do? Get an itchy trigger finger and write up a post without having done these items.

What do you do? You [read this guide \(A\)](#).

[You chill out \(A\)](#).

You start your work on the sidebar and wiki.

You make a decision to get better.

You make a damn plan.

You get to work.

STFU

If you are new, and reading this, I guarantee you that you have no idea how to STFU. Even guys who have been here a while still struggle with their STFU.

First of all, let’s cover this: you do not talk about fight club. **You DO NOT TALK ABOUT FIGHT CLUB. YOU DO NOT TALK ABOUT FIGHT CLUB!** However you want to phrase it, you STFU about fight club. There’s no point in stepping on your own dick.

Second, when your wife is fighting with you, you do not engage. Do you think that arguing with her and having verbal diarrhea of the mouth is going to get you anywhere? No. Are you trying to argue with a woman’s hamster? Newsflash: women’s hamsters eat logic and shit more hamsters. You need to STFU unless you want to deal with a shitton of hamsters.

Third, don’t open your mouth if what will come out of it is unattractive. [Be attractive \(A\)](#). Don’t be unattractive. Call it the attractive filter on your mouth. Don’t say stupid stuff. Don’t say stuff that makes you look bad. Just shut up.

Fourth, don’t go to your wife for validating behavior. So you lost five pounds. You fixed the things around the house you said you would. You bench-pressed more than the bar. You took the car for repairs and an oil change and got it running again. Good for you. Take that cup of STFU and drink it deeply. You shut up. You don’t talk about the stuff that you should have been doing anyway. You act like a man who has their shit together. Let me repeat that: **YOU ACT LIKE A MAN WHO HAS THEIR SHIT TOGETHER.** Men don’t go to mommy and say “Look at me and how well I did.”

Fifth, with regards to shit tests, if you are a beginner, you need to learn how to STFU. You will be tested once you start making positive changes in your life.

Sixth, **verbal intercourse is optional (A)**. (Note - read the comments as well as the original post).

Seventh, you have to calibrate your use of STFU. You don't eat paint and STFU like someone with autism. Adjust and modify your use of STFU as appropriate. This is **one of the best definitions of STFU out there (A)**.

Eighth, if you are new, **you are not doing enough STFU (A)**.

From our resident **RP philosopher (A)**:

"We tell you to STFU because you play the victim, you overshare your fee-fees, you ruin any respect people might have had for you. As you learn, you want to get validated: Look, I'm figuring it out! Don't do that. If you do, you'll undo your progress. Cue bad feelings, poor self-concept."

Drink your cup of STFU. Wash it down with some more STFU. And don't forget to STFU.

Lift

Lifting is not optional. Lifting is your foundation for what you are doing here. If you have been a fence sitter, reading the books, but not doing any lifting or taking any action in your life, you've done nothing.

You need to get up off your fat unhealthy BMI ass and get to the gym.

Let me give you an example from a recent **u/OsmiumZulu** post:

"Pick up artist **Owen from RSD** and fitness YouTuber **Connor Murphy**.

Both of these guys get a ton of response from women. Owen overcomes his sub-average appearance by having extraordinarily tight game. If you watch some of his in-field videos you will see that most of his pick-up goes like this: 1) Approach 2) Resistance and a gauntlet of fitness tests 3) Hold frame 4) more tests 5) eventually she becomes attracted to him despite his appearances. On the other hand, Connor's physique works like a cheat code in a video game. His approaches basically go like this: 1) Approach (or get approached) 2) take shirt off 3) Get number close, kiss close, F close, whatever. "

Now I'm not saying that you are going to look like Connor Murphy. But let me ask you this question. If you were fit, hot, and in shape, do you think that it would be easier to attract your wife?

Would you be attractive to all women?

Just sayin'.

The sidebar has **some information here (A)**, but you'll find more on places like the **Stronglifts subreddit** or other similar subreddits. Similarly, you can find **more information here**.

You want some comparison lifts? **Here you go (A)**.

And absolutely do not get **fuckarunditis (A)** at the gym. You have to understand, **the iron will never lie to you (A)**. You need to focus, have a plan, do it right. Here is a **great lifting post and plan. (A)**

Personally, there are lots of choices for your lifting program, but I believe the best program is the one that you can stick with, the one that gets you to open that gym door over and over. **u/bogeyd6** said it best, **75% of your problems can be fixed by lifting (A)**.

One final note. You will not be able to outlift a bad diet. You need to figure out what are macros – **these**, not **these** (this place needs more Excel jokes). You need to eat right. Check out the references below for some links (60 DoD section). Calculate your **TDEE**. Decide for yourself whether the food you are eating is helping you or hindering you. I'm a big fan of keto, but you have to figure out what's best for you.

Sidebar

Here are the sidebar links:

The FAQ -

https://www.reddit.com/r/marriedredpill/comments/7t5yly/guidelines_and_faq_updated_january_26_2018/ (A)

Glossary of Terms - <http://archive.is/nxTLB>

Other common MRP Terms -

https://www.reddit.com/r/marriedredpill/comments/9g4edy/other_common_mrp_acronyms/ (A)

Guide for Beginners - https://www.reddit.com/r/marriedredpill/comments/2vykau/a_guide_for_beginners_to_mrp/ (A)

MRP Wiki (*DO NOT SKIP THIS*) - <https://www.reddit.com/r/marriedredpill/wiki/index>

Posting Quality Guide -

https://www.reddit.com/r/marriedredpill/comments/4z84w5/posting_quality_guide_for_rmarriedredpill/ (A)

Course Prerequisites

No More Mr. Nice Guy, by Glover - <https://www.amazon.com/No-More-Mr-Nice-Guy/dp/0762415339> , \$15.47 on Amazon

The Married Man Sex Life Primer, by Athol Kay -

<https://www.amazon.com/Married-Man-Life-Primer-2011/dp/1460981731> , \$18.99 on Amazon

When I Say No, I Feel Guilty, by Smith - <https://www.amazon.com/When-Say-No-Feel-Guilty/dp/0553263900> , \$7.19 on Amazon

Red Pill 101

The Rational Male - <https://www.amazon.com/Rational-Male-Rollo-Tomassi/dp/1492777862> (note, get the paperback, because it's harder to get rid of paperbacks than electronic books), \$10.02 on Amazon. The website for Year 1 is free - <https://therationalmale.com/the-best-of-rational-male-year-one/> , but I recommend getting the paperback.

The Mindful Attraction Plan -

<https://www.amazon.com/Mindful-Attraction-Plan-Practical-Creating/dp/149045151X> , \$16.99 on Amazon

The 16 Commandments of Poon - <http://archive.is/tbNzv> , free

The Book of Pook - <https://bookofpook.neocities.org/> ; <https://bookofpook.neocities.org/TheBookofPook.pdf> , free

Red Pill Sidebar - <http://www.redpillhandbook.com/> , free

"I get it!" "No, you really don't." - Triadis3 -

https://www.reddit.com/r/askMRP/comments/7n0jcx/now_i_get_it_but_should_i_next_this_bch/dry5fsn/ (A)

I'm just going to pause for a second. Sidebar books cost \$68.66. Think you can afford it? The real question you've got to ask yourself is, do you want to get laid? Well, do ya, punk?

Graduate Level

The Way of the Superior Man – David Deida - <http://deida.info/the-way-of-the-superior-man/>

The 48 Laws of Power, Robert Greene - <http://www.amazon.com/The-Laws-Power-Robert-Greene/dp/0140280197>

The Sex God Method, Daniel Rose

Advanced Reading List for MRP (A)

Moving to the **General Awesome Guy Shit** section:

The Red Pill Room - <http://theredpillroom.blogspot.com/>

How To Win Friends and Influence People, Carnegie –
<http://www.westegg.com/unmaintained/carnegie/win-friends.html> (A)

A River Runs Through It and Other Stories, Norman Maclean

Zen and the Art of Motorcycle Maintenance, Robert M. Pirsig

IRC Chat Room For MRP Members - <https://www.irccloud.com/#!/irc.quakenet.org:6667/#marriedredpill>

Reference to [/r/redpillfatherhood](#) with your Daddy issues.

MRP also has a **Video** section on the sidebar:

BPP's Book and Video Class on MRP - <https://bluepillprofessor.wordpress.com/2015/05/22/hello-world/>

RPC's Advanced Video Class on MRP - <https://www.youtube.com/channel/UCRCcXsJSfWYHP5kHJqNbg>

Entrepreneurs in Cars: Guys, Girls, and the 21 Convention - <https://www.youtube.com/user/EntrepreneursInCars>

Previous Sticked Posts that have been on the Sidebar

SteelSharpensSteel's Breakdown: The Mystery Method -
https://www.reddit.com/r/marriedredpill/comments/7aeibr/back_to_basics_mystery_method_the_game_and_the/
(A)

You Are What You Eat - https://www.reddit.com/r/marriedredpill/comments/3e3qc4/you_are_what_you_eat/ (A)

Body Language - https://www.reddit.com/r/marriedredpill/comments/3qkonn/lets_talk_body_language/ (A)

Don't fix her problem..Fix her feelz - <http://archive.is/rZ7DN>

New? Panicked or feeling Punch-Drunk? - <http://archive.is/bAidd>

dondreadpirates notes on plates while married - <http://archive.is/pp1qm>

Under **Divorce Advice** we have:

Red-Curious' Divorce Prep Guide -
https://www.reddit.com/r/marriedredpill/comments/6tsban/why_im_not_afraid_of_divorce Rape_and_how_to_get/
(A)

Red-Curious' Follow up 5-step functional introduction -
https://www.reddit.com/r/marriedredpill/comments/79n1mz/and_so_my_journey_must_begin/dp3mr2o/ (A)

Red-Curious' "Beta" Divorce Strategy Planning -
https://www.reddit.com/r/marriedredpill/comments/9j5cus/better_beta_divorce_strategy/ (A)

The Art of War Sun Tzu explains how to handle modern relationships and Divorce -
<http://classics.mit.edu/Tzu/artwar.html> (A)

Pre-empting the DV Charge -
https://www.reddit.com/r/marriedredpill/comments/7cwvyk/preempting_the_dv_charge/ (A)

Tactics to minimize alimony. -
https://www.reddit.com/r/marriedredpill/comments/7tic4x/fr_the_spousal_support_scam/ (A)

The **Precursors to TRP** section has the following:

Practical Female Psychology: For the Practical Man -

<https://www.amazon.ca/Practical-Female-Psychology-Man-ebook/dp/B00RR6RNO6>

The Red Queen: Sex and the Evolution of Human Nature -

<https://www.amazon.ca/Red-Queen-Evolution-Human-Nature-ebook/dp/B006O4227U>

The 60 Days of Dread can be found in the References.

I would also add the following to your readings:

Top MRP Posts - <https://www.reddit.com/r/marriedredpill/top/?sort=top&t=all>

Gilded MRP Posts - <https://www.reddit.com/r/marriedredpill/gilded/>

You might ask yourself – why do these guys keep saying read the sidebar? -

https://www.reddit.com/r/marriedredpill/comments/7ewrwd/why_do_we_keep_hearing_the_redundant_read_the/
(A)

Next Part

471

UPVOTES

Can You Keep A Secret? A Primer On Power

BarracudaRP · 18 December 2019 · Archived copy · Reddit

Can you keep a fucking secret? That's not a rhetorical question.

When you tell no one about your plans, you eliminate your chance for external validation. That is a great first step for the newly unplugged man. We quickly learn that our domain is action, not words, and begin making large scale changes without a lot of talking. Actions without words create secrets by default. This is good, because we're likely to make a lot of mistakes, and our frame might not withstand much criticism even when we are succeeding.

But what's next? Self-validation is healthy, and STFU is good advice to follow - but even those rules will be displaced as you become your own mental point of origin. A high value man with an indomitable frame may not care about secrets, and that freedom is our end goal. While that frame is being built, there are good reasons for the developing man to keep his mouth shut.

Learn to keep small secrets now, because they will be greater in your future. Realizations about your own frame, your plans to fire your boss, your next BJJ belt, your mission. Maybe you have goals that are so grand, you don't dare speak them out loud *yet*.

Learn to keep secrets because you are *The Natural* - the kind of man who just *gets it*. "How is he owning his shit at home, killing it at work and still waking up at 5? Why does it seem like things are *just working* for him?" Like a jacked Gandalf, you pull good things out of nowhere. It will seem like magic to others - because they will see your results, but none of your effort.

Secret #1: Fight Club

48 Laws of Power, **Law 30**: Make your Accomplishments Seem Effortless

"Your actions must seem natural and executed with ease. ..When you act, act effortlessly, as if you could do much more."

One of the first things you learn in the **sidebar** is to STFU about Fight Club. Maybe you mistakenly followed the advice in NMMNG and told your spouse about the book. Maybe your wife found your Reddit account. It's still not too late for your personal progress to be kept secret.

Remember that most people aren't capable of making large changes and maintaining them, especially in silence. If you've been **Owning Your Shit** for 90 days, you've kept a habit longer than most people - your wife included. But once you've been working your MAP for a year without stopping? Or you celebrate 18 months of passing shit tests, or two years of going to the gym regularly? 99% of the people in your life won't be able to fathom that kind of commitment.

You should be a man who has his shit together, as though it comes naturally to him. As though it always has. The guys in OYS know that your progress has only been made through blood, sweat, tears and a little cum, but why does anyone else need to know that? Your wife doesn't care *how* you're finally learning to be a man - it may as well be magic. Why would you tell her otherwise? When you tell other men about your personal lessons, you may be casting your pearls before swine. That's not an insult against Blue Pill men; it's advice that you shouldn't dispense your powerful secrets to those who won't understand their value.

Law Of Power 30, Continued:

"Your actions...(and) all the toil and practice that go into them, and also all the clever tricks, must be concealed.... Avoid the temptation of revealing how hard you work - it only raises questions."

Use headphones when you're practicing the guitar in your basement. Don't tell randoms about your crazy effort at

the gym. Tell none of your friends about your new side hustle idea, until the business has been registered for 6 months and you've landed your first client.

One day people will notice that, when they weren't watching, you got your shit together (you're probably more attractive too, which doesn't hurt). Don't ruin it by blabbing about all your hard work to get here - keep the wizard behind the curtain. Act like you didn't read this in a book, because it's true - you're a natural. This is just how you are, right? *Damn* your wife is a lucky woman.

Secret #2: Your Defense, Explanation, Excuse and Rationalization (DEER)

Law 9: Win Through Your Actions, Never Through Argument

I have had the perfect excuse, a really valid justification for my actions. It would have disarmed the other person, and lessened the sting of their criticism. But I didn't offer it up - not now, and not 6 months from now. There are good explanations that I'll carry to my grave. Why? Because defending myself is *weak*, even when it's *true*.

Whatever bullshit you would have normally spewed to lessen the conflict, or reduce the sting of disappointment in their eyes - you never say it. Don't assume that because the other person has stopped talking, you must speak more. The awkward silence you create will speak more about your frame than your last 10 OYS posts. Every time you *don't* DEER (to your spouse, your coworker, [u/SBIII](#), your son/daughter, your parent, your plate) your frame grows a little stronger.

Secret #3: Your Plans

Law 3: Conceal Your Intentions

As a man, *you should be capable of making drastic changes to yourself without telling anyone* about it before, during, or after.

You know that guy at your office: he's constantly announcing his intentions to join his next gym, ask out that pretty girl he's friend zoned, or get his motorcycle license. Did you notice that he never commits to anything longer than 30 days? His gym membership is unused, he never got the motorcycle, he won't talk to the girl, and all for the same reason:

He already received his pleasure from the goal by talking about it.

Talking about your goals before you start them might make you **less likely to achieve them**. This was certainly the case for me. It feels good to announce goals, and receive validation for them (from your wife, your friends, or MRP). But that is taking pleasure now, at the expense of delayed gratification later. We need that delayed gratification, because it is the foundation for virtuous habits - the good things we do every day to make our future better than our present.

Law 6: Create An Air Of Mystery

You should absolutely be going to the gym *but no one should hear about it from you*. Instead, let them notice your arms that magically appear next summer. The magician knows that the only "magic" is lifting hard and eating right, but explanations aren't sexy. You should absolutely be riding a motorcycle - but let people find out when you arrive on your Harley. Don't show anyone that you learned 3 chords on your Fender; let them see you on stage ("I didn't know he played guitar!") as the wet spot forms in their panties.

Are you seeing the pattern? You make a commitment, tell no one, and start grinding. For new guys: *This is the way to earn your own approval*, which is a necessary replacement for the validation you formerly sought from others. Do it once and feel badass. Do it twice, and you'll find that your own approval is worth more than the approval of your wife.

Once you know that you can take a mission from inception to completion entirely in secret, then *telling others about your plans becomes a powerful invitation*. You're no longer sharing a goal with the hope that it will succeed - now

you're bringing someone else on the journey with you. You're a proven entity now, because you've done it before, alone.

Don't be transparent by announcing your plans to everyone, especially to those who don't matter. Leave them wondering: "I wonder what else he's up to?" while accomplishing your goals in secret.

Secret 4: Your Journal

Dear diary,

Diaries are fucking gay.

You keep a record of your lifts at the gym to show progress, to keep yourself accountable, and because you'll forget. You take pictures to compare the progress you've made on your physique. Why wouldn't you do the same with the progress in your frame? **If you are not keeping some kind of journal, you are missing out.**

Your journal does not care about your day or your crush. This journal is for YOU to selfishly grow in two ways: *Writing That Shit Now* and *Reading That Shit Later*. As an added benefit, the practice of keeping a journal should make your OYS posts shorter, better and easier to read (or maybe that's just wishful thinking on my part).

Write about your failures. Write about how your frame is making your life different. Notice what you're grateful for, and write it down. Be honest about what you did that makes you cringe with embarrassment, be honest about what keeps you awake at night. Write it down. You might surprise yourself with new connections that you hadn't put together before, and you'll remember a lot more of what you write. You'll find you write about important things, especially if you make this a habit.

Reading my journal from the past is like passing cheat codes into my own future. I realize things like:

"I used to struggle with that? That's weak. What am I struggling with now, that might seem easy in the future?"

"Many of my desires have not changed in years - maybe I should seek out those things as being meaningful to me. Maybe those desires aren't as shallow as I thought."

"Where I am today is far from perfect, but *damn* I have so much gratitude for how far I've come."

"I completely forgot this part! I had to work really hard to make that a habit, now it's automatic. That's why systems are so important - I can do that again."

"There is no way I could have handled my current situation with that old frame."

"LOL I had oneitis for that girl like a faggot. Now I barely remember her name."

It may be helpful to read your own journal like it was the biography of someone else. See the past years and realize: you've had little gains, incremental wins, and the audacity to wake up every day. You've journaled through hard times. Maybe some of those times were so hard that you never quite recovered the same way. Maybe now you're a different kind of beast with scars because of it. Listen to your story objectively and realize you're still here - with more successes than failures, if you're being honest. Read your own words from two years ago and think: If I saw someone else make it through all that shit, wouldn't I believe that they are going to succeed in the future? What advice would I give that person, if they wanted my advice and I cared about them? Now, give that advice to yourself. *That* is a secret worth keeping in a journal.

Secret 5: Your Successes and Your Failures

Law 4: Always Say Less Than Necessary

"Powerful people impress and intimidate by saying less."

In my former life, I would tell Mrs Barracuda about my bad days at work. I would have defended it as "healthy communication" so that we could "solve problems together". It was actually "me seeking sympathy and agreement"

about my "whining, stressed frame." I would tell her about my good days, too - seeking a little acknowledgement from mommy for doing a good job. I was ruining any chance I had of being perceived as a guy who "just gets it". Saying these things made me appear weak, so I stopped. When my wife asks about my day, regardless of what happened at the office: "It was good!" And I mean it.

If - by Rudyard Kipling (excerpt, emphasis mine)

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And *never breathe a word about your loss*;
...If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

We all fail. When we're growing, we might fail even more.

Do you wallow in your failures, inviting others to celebrate your pity and blame outside forces? Or do you weaponize failure as your own secret source of power? I remember why I failed last time. When the opportunity presents itself again, I'll make a different choice, because *I want a different outcome*. This motivation is stronger than shame, it's my own endless desire to be better. Next time, I won't fail to ask for the sale, to dance with the girl, or to stand up to my boss.

Secret 6: The Good, Upstanding, Virtuous Shit You Do All The Time

It needed to be fixed, so you fixed it. Your wife forgot to restock that important thing, so you did it without a word. That guy who needed lunch, the flat tire on your daughter's car, and that bill that would have become a collection.

You took care of it all, and no one noticed, and you're fine with that. This is exactly the type of accountability that will make your wife think you have magic powers - but you're not doing any of this for her. You're a high value man who takes care of the necessary things in *his universe*, and that puts you in a better position to do more for yourself and others. You're living by your own standards these days, right?

Law 38: Think As You Will But Behave Like Others

"If you make a show of going against the times, flaunting your unconventional ideas and unorthodox ways, people will think that you only want attention and that you look down upon them. They will find a way to punish you for making them feel inferior. It is far safer to blend in and nurture the common touch. Share your originality only with tolerant friends*."

* *or intolerant misogynist strangers*

You're becoming a man of quiet power, and you're giving from a place of abundance. In fact, you may be giving far greater gifts than lunches and errands - but you don't need to tell that to anyone. The silent gratitude you have for your own life is more valuable than the desire to share your secrets with others.

Conclusion

Become a high value man whose massive frame doesn't care about secrets. On your way there, leverage those secrets to your advantage. Don't reveal the source of your magic powers, and don't brag about your efforts. When you share with your inner circle, do it wisely. Stop saying things that make you appear weak, and consolidate power by controlling your own mouth first.

358

UPVOTES

Divorce

Working-Essay-9868 · 1 August 2024 · Archived copy · Reddit

This is my field report, written by a guy who never seriously entertained the idea that his wife would cheat on him or that he would end up divorced. I'm writing it for myself, and in the hopes that if even one guy reads this early enough in his own troubles he can right the ship and save his kids from enduring a family breakup.

I first brought my problems to MRP two years ago. At that point I had endured around a year of extreme disconnection in my marriage: very little sex, mounting displays of disrespect, and a gnawing feeling that this was more than garden variety marital turbulence. This was made more perplexing by the fact that my career was going very well, and I was often complimented by her family and mine as a model husband and father. I was fit and always had been and was a provider in a HCOL area. At the time I didn't understand the real dynamics of attraction and assumed I could cash the "good husband and father" chips in at the "sex with your woman" table. Wrong.

What lead me to MRP? Around the end of 2020 my wife began to stay out late and get super drunk, often without me. We had both partied a lot early in our relationship but since having 3 kids in quick succession I had assumed those days were behind us. Her excuse for going out was that the pandemic had negatively impacted her and she felt extremely isolated as a SAHM raising our 3 young kids. I acknowledged her need for her own time but privately seethed and began to passive aggressively criticize her partying. Sex slowed to a trickle and like a petulant child, I complained about that too. After a year of this we had a blowup argument in which I accused her of actively seeking the attention of other dudes and she called me insecure. The next morning I woke up and decided I needed to change myself.

Google brought me to a variety of marriage coaching blogs for men and I even hired one for a month with mixed results. Then I discovered MRP. I devoured the sidebar, diligently reading and rereading the books and blog posts. I started a journal and learned about OODA loops, documenting what worked and didn't. I started to do jiu jitsu, reconnected with old friends, built a social life away from my wife and her family, and travelled for work at every opportunity I could, often internationally. I got promoted. I had always been an involved father but I took this to 11 and loved it, still do. I posted sporadically in OYS but stopped because I realized I was doing it more for the "atta boy" than anything else. Instead I confided in 3 or 4 close friends about what was going on and what I was doing to fix my life. I was very focused on how much sex I was having with my wife - during the first year of changes things got up to about once a week, but never more. If it trailed off I still got irritated, but was getting better at killing the butt-hurt baby stuff, and now I had a life away from my marriage to enjoy.

Nonetheless my marriage was not meeting the standard I wanted. My changes hadn't "fixed" my wife and I began to get frustrated again, and that's when I realized I had been doing the dancing monkey improvement program. Throughout all of this time my wife continued to party more and more and ratcheted the disrespect higher, which you can see if you look at my post history. After one egregious night out I told her it was time for her to explain to me what was going on. She dismissed me and I met with a lawyer the next day.

A month after I met with my attorney to map out the potential divorce I was on a work trip. My phone lit up with a Ring camera notification and I saw that a female friend of my wife's was at the house, which I thought was odd. This was more of a drinking buddy than a real friend, and it was a weekday morning. I went back to doing whatever I was doing but it stuck with me. That Saturday we hosted a large birthday party for our sons and after all the guests left I was cleaning the house while my wife slept off the drinking she had been doing all day. Normal shit for her. As I was wrapping up she came out to the kitchen and asked to talk.

Tearfully and still half drunk, she confessed that 3 years prior she had banged a married dude in our friend group, the husband of her drinking buddy who had stopped by earlier that week. Apparently this information had slowly become known by her family and some of our friends, and finally reached the guy's wife who had come over while I was out of town to confront my wife about it. And now my wife was telling me, last of all, 3 years after the fact. I doubt this affair was an isolated incident, it was simply the one that became known.

The ensuing conversation was replete with "fuck yous" but overall I got that shit out of my system within a few days, and never acted in a way that I am ashamed of considering the circumstances. We made a few feeble attempts at marriage counseling but I knew from the moment I heard the confession that the marriage was over. I've spearheaded the divorce effort which my wife has heavily resisted, insisting that we can remain married and just "do our own thing", kind of like the female version of not buying the cow but getting the milk for free. I filed in the spring and with a little luck I should be moved out and done by Sept 1st.

When I look back at the last 3-4 years of my life one thing sticks with me: I allowed my wife to bring shitty people into my life, and into my kids' lives. I have always believed some version of the phrase "You are the company you keep" - I was raised in a household where character was important and taught to surround myself with people who held your same standards of behavior or suffer negative consequences. When my wife began to set her criteria for friends to "has a pulse and will get drunk", I didn't do anything about it because I didn't want to upset her. I should have held my own standards, and instead I let her set them for me and my kids. I am paying for that mistake which is fine, but so are my kids which is not. That's life.

As a kid you're taught to stand up to bullies, but it's never explained that you must sometimes stand up to the people you love, or who should love you. That's what boundaries are. Without boundaries in a relationship respect erodes and the relationship dies. My marriage has now died but my life in many ways is just getting started.

312

UPVOTES

Back after 8 years

Ok_Independence_7077 · 24 November 2023 · Archived copy · Reddit

Backstory: My wife and I are early 40s, 3 school-age kids, suburban professionals. I hit a low point on all fronts in my life ~8 years ago. Typical story - lack of leadership, dead bedroom, aimless going through the motions in life. I found this and other resources (Rational Male blog was my favorite) and turned things around.

Current Situation: Things are firing on all cylinders, but always room for improvement. The trend has been up over the last 8 years, but there has been regressions from time to time. Rome wasn't built in a day. In the spirit of giving back, here's some of my practical guidance/advice on what's worked for me. Your mileage may vary. I see a lot of friends struggling in their marriages and this is the advice I give them.

Disclaimer: I forgot a lot of the MRP jargon, so bear with me.

Advice bullet-points:

- Say "No" more often, don't justify
- Be ready with decisions - she's asking because she does not want to have to make the decision. You know these questions are coming. "What should we eat tonight?" "New kabobs restaurant, call the sitter" - not "I don't know, what do you feel like? Or how about take-out pizza?".
- Buy some new clothes once in a while. Order CalvinKlein underwear (or something noticeably nicer than target/hanes and asking your wife to pick it up for you) and have it delivered to your house.
- Handle your shit and call her out when she's not handling hers, it's okay to get angry once in a while. Angry - not disappointed, pouty or hurt.
- Flirt with your wife. Watching TV w/ family, text her or whisper in her ear "I'm getting hard just looking at you"
- Social - you need to have adult relationships outside your wife, keep text chains going with friends
- Don't initiate in bed at 10pm right before she wants to go to sleep
- Talk during sex - reconnect your mouth to your brain, say whatever you're thinking (yes, a transcript of what you said would be cringeworthy, but all that matters is feelings in the moment. Get over the worry about saying stupid shit.)
- On sex, she knows you want pornstar sex. You're not getting it because she does not want to fuck you. You can't go from 0 to 100 here, move in increments: 1. No Sex, 2. Intermittent Sex, 3. Regular Sex, 4. Things you thought were off the Table. You can't skip a step. Telling her you want [X] or trying [X] after having not fucked for a month isn't going to happen. If you've fucked every day for a week and you're already 10min into action, then it's a different story. Be honest about what step you're at.
- Lifting: you just have to make it routine and un-skippable (that 99% of the battle); do compound lifts and all the rest (sets/reps/pyramids/isolation) is advance shit that 99% of men will never get to the point where it matters
- Looking decent/good: 80% of it is getting lean (20% of it is muscle mass). If you're skinny-fat, you've got to cut the fat first. Getting to 15-18% body fat will take hunger pains. Nothing worthwhile is easy.
- Don't consult w/ your wife on work troubles - she doesn't want to hear why it's not your fault that a client fired you or someone else got a promotion. "How's everything? Great, awesome quarter"
- PSA - if your business suffers, she will start looking to replace you ASAP
- Fix stuff around the house or call contractors to get it done. Don't wait till you're nagged into doing it.
- Health - get it fixed. Snoring - investigate solutions. ED/PE - read up on it or see your doctor. Don't let things linger
- Quit Porn. Rubbing one out w/o aids will improve your sexual functioning
- My Opinion - play video games w/ your kids only. Likewise, limit TV

- Be an adult - follow-through on promises, make plans and act, own your mistakes, keep your frame, don't diminish your thoughts, pursuits or opinions for sake of harmony
- Break your routines from time to time - “Why is he up at 6am on a Sunday?”
- Always have a personal goal you’re working toward - fitness, learning a skill, learning a language, coding, building something
- Lastly, this is a journey not a destination. This is simple but not easy.

285

UPVOTES

Year One.

SubPrimeMate · 17 November 2016 · Archived copy · Reddit

Field Report: Year One.

September 2015: I turn 40. Wife throws me a big party. Tons of family and friends filling my house, yard and driveway. My parents come and my dad grills fifteen pounds of flank-steak for tacos. Kids everywhere, margaritas, bonfire. People tell funny stories about me into the night. I love my friends, my three sons, my life, except...

October: Except my wife won't have sex with me. I can't sleep. Spend hours in the night negotiating, pleading, crying on the edge of the bed. Escape the pain with alcohol, weed, porn. Google tells me "low sex marriage" is extremely common, and a leading cause of divorce. I find Ironwood's blog which leads me to MRP. Eureka! Finally, some people with answers and an action plan. Except, wait, it's MY fault? And I have to do WHAT? Ok, fine. I read MMSLP and the Book of Pook. I take a good look in the mirror and now I can see the dad-bod, the beer gut. I wouldn't fuck me either.

November: Fuck. My dad goes in for bypass surgery on November 17th. Complications ensue in Intensive Care, and he's gone. The mid-life crisis I avoided on my birthday comes crashing in. I plan the funeral, write the obit, re-evaluate my life. I am now the oldest man in my family. I have to stop being the Prince (and the frog) and start being the King. Suddenly I can see how the sex is not the issue, but a symptom. Choking. Down. The. Pill. My dad was the Man. Now he's dead. I must become the Man. At least I have a MAP, I read the Mindful Attraction Plan, but I am mad.

December: Anger. I walk into the gym for the first time. Listening to Professor's podcasts, Art of Manliness, Order of Man. I had been TRI (athaloning) ing for years but lifting heavy weight is different. Read NMMNG and skimmed WISNIFG, that sucker is long. I Learn enough to stop DEERing, start to STFU and begin to establish something called "Frame." I start noticing the principles in daily life and popular media. Still fat, sad, and angry. Recognizing shit tests, still failing.

January 2016: Start passing shit tests. My wife senses something is different, chalks it up to grief. Shit tests increase, so do feelz. Sex goes from once a month to once a week. I experiment with OI, which is new to me. I still appear butthurt, can't STFU, and am not even close to a DNGAF attitude. Still a huge amount of my self-worth wrapped into my marriage. Read The Rational Male 1 & 2, also Fight Club. Starting to control the anger, replacing it with sore muscles. Starting to enjoy the journey and the pain, but still digesting. Nothing internalized.

February: Start improving diet and wardrobe. At least paying attention to them by controlling portions and ironing clothes. Realize I have been self-medicating with porn, so I give that up easy. Feel the hunger, how it energizes. My wife starts working out more, shit tests intensify, but she's starting to be less harpy and more sweet. She is still pretty hot, hard to keep up. We have sex twice in one weekend. But I'm still a bitch and I take it as validation. There is still a part of me that is doing this for the wrong reason: her. Visiting my mom more often, a few hours drive. I realize her happiness is not my responsibility either, but she needs help so I help. Take advantage of those weekends to lift, journal, read, and start approaching women. Begin reading Way of the Superior Man. Holy fuck. Mindset changing.

March: Mindset changing. I have a huge realization that my anger has all come from fear -- the fear that I am not in control. I realize I can take control if I take responsibility -- If I decide to be the Captain. For me, this is the beginning of understanding Frame. That if I can start acting, I can stop reacting. I am the Captain, the spirit of the family begins with me. If I want something to turn out a certain way, if I want a vibe of respect and joy, I must embody that. I make friends with the anger. I read Meditations, slowly, and consider the power of stoicism. I realize the Rage has always been there, and always will be. But I can channel it into heavy weights and the pedals of my bike -- not my kids, my wife. Springtime.

April: Spring forward. I begin my first cut. Low carb, low calorie. Lots of water. I cut back on masturbation, stop

chugging beer and start sipping whiskey. I am enjoying the hunger, it energizes. I am enjoying the feeling of exercising my body and my will. I feel in control. People are starting to notice me, and I notice them. I had not allowed myself to really feel attracted to women in years, but now I am getting hugs and giving them back. I have now lost 25 pounds of fat and probably gained 10 pounds of muscle. 6'1, 190lbs. My pants are too big, my belts are too big. My wife is MUCH calmer and more receptive to my advances. I am still getting hard No's on a regular basis, but also a lot more openings. Now, I have a new struggle: ED. What? I realize I am still WAY too focused on sex (it's now ME who can't relax). I have a long way to go. I read Models and Billie Lynn's Long Halftime Walk.

May: The test. On a warm Friday night I stay home till my family is in bed. Restless, I head back into town. Great band at a local bar, tons of people, great energy. I have always been a good dancer, so I'm having fun. It's weird going in to a party scene with all this new knowledge of game, SMV and Laws of Attraction. Dancing with lots of cuties, lock into one in particular. Young, blonde, HB7. She invites me home for a backyard fire with some friends. I help make the fire. We sing songs, she cuddles up to me. It's late and we are pretty drunk. She says she is tired and invites me in. I walk her inside and she is on me. There in the doorway, she kisses me like I haven't been kissed in a long, long time. Whoa. What just happened? I tell her I should put out the fire and goodnight. Another kiss. Next day I text her that I'm leaving town with my wife and kids. Wife and kids? I don't remember what I read in May.

June: Man-cation. Once a year my boys from back in the day pick a random city to meet up in. We have a fantasy football league and spend the year conspiring about where to go and what to do. It's great. I recommend mancation to any MRP guy trying to re-boot. It's so fun to just totally screw around and remember my roots. I can't bullshit these guys. One friend asks me what's up and I explain some of the journey, and about kissing the girl in May. He confesses that his wife caught him with an escort last month and they are on the brink of divorce. We are not alone, guys. Some of my friends want to see strippers but I convince them it's more fun to go to clubs and talk to real girls. We have a great time getting shit-tested by some babes at a pool hall. One can't stop feeling my shoulders and arms. I have a great run at pool winning like 8 games in a row before losing the table and my boys drag me out of there. When I get home my wife, surprisingly, missed me "a ton." She lets me know with her actions as well as her words. I read One Flew over the Cuckoo's nest -- MRP principles abound.

July: My family flies out on an extended trip overseas. Something we had planned for a long time. A little bit of work and a lot of traveling, exploring, adventuring. Cool to see my kids adapting to new cultures and countries. My wife and I traveled a lot in our early days, and I remembered what it was like. When we first met, I had the vision, I bought the tickets, I lead us to amazing places and experiences. We had crazy fun and crazy sex. What had happened? Life, I guess. We came home, found stressful jobs, started raising babies. Somewhere in there, I stopped leading and started to defer to her. Attraction went down, distractions went up. I can see it now. And now that we are on a new adventure I am in the lead again. The excitement is back, and the laughter, and the sex. Finally, I understand what it means to have Abundance Mentality. I had forgotten how wet she could get, and how hard I could get. The ED is long gone, because the pressure is gone. We are having so much fun, doing things in bed we have never done before. Afterward, I have to ask if she is OK. Of course, she smiles. Of course. I read the Martian and the War of Art.

August: Off course. While we were out of the country, I lapsed on exercise, ate too much food, and drank too much beer. Gained back some fluff, lost some gains. Not only that, but we are now back to work, back to school, back to the grind. More stress equals less sex, and the honeymoon, as they say, is over again. Then, while I go to visit my mom, , my wife finds a document on the laptop where I have been journaling and drafting OYS posts. She discovers The Red Pill and devours it for a weekend while I am gone. When I get home, I know something is up because she is being a shrew and, strangely, we have sex every night for a week. Then she tells me that she read everything. I hold frame and don't hide. I'm sorry you had to see that, now you know and you can't not know. Now we have to talk about it. It takes a while for me to explain the difference between TRP and MRP. I tell her how I found it, and why, and that I credit this sub for helping me get my head out of my ass and my ass into the gym. Yes, it's harsh, but so is the fact that over 50% of marriages these days fail. You may not like it, but all this work, all this reading, started out as a way to keep this family together. Finally, she gets it. She realizes that she likes what's

happening and it's none of her business what I am reading or writing. Exactly. I get back to work on diet and lifting. I read No Country for Old Men.

September: Forty-One. So, here I am. From the outside, things are much the same as they were a year ago. Same job, same wife, same dog, same bed. From the inside, though, everything is different. I have a mission and a MAP, I sleep well. I Initiate almost every night and still get turned down half the time. The difference is, the hard No bothers her more than it bothers me. More importantly, there is a lightness in my house. We have fun, mess with each other, flirt with each other. My kids are much calmer and happier and we have genuine conversation and laughter daily. I have internalized OI, abundance mentality, and I have FINALLY STFU (my biggest hurdle. As you can see by this post, I have a tendency to be...verbose), and I am actually starting to NGAF. As in, I feel in control of my destiny, my household, and my temper. I can visualize a life on my own, beholden to no-one, master of my domain. Sometimes I fantasize about that freedom. But for now, I am happy with hard-mode. I enjoy the company of my family. I will continue to take care of the shit I need to take care of and improve myself every day. Currently reading The Fountainhead and Manson's Subtle Art of Not Giving a Fuck.

Thanks for reading, and for writing the posts that saved my marriage, possibly my life.

276

UPVOTES

The Cheat Codes

Praexology · 27 February 2025 · Archived copy · Reddit

1. Tension Seeks Release

Build tension with firm eye contact, but don't release it with humor, pestering, frustration, or desperation. Never ask if they feel it—stop trying to dissect your own tits, there's no fun for her in understanding how the magic is done. Create tension, express desire, have sex.

2. Define the World Around You

Things are good because you like them. Things are bad because you don't.

Avoid caveating yourself or seeking validation. State your preferences and judgments as absolute facts, without hesitation or apology.

3. Not All Touch Should Lead to Rome

If every touch is an attempt to immediately escalate, you will condition her to feel pressure from your touch.

4. Being Annoying Isn't Cute

When you make being annoying the joke, you get too comfortable being unfuckable, trading attraction for tolerance.

Humor should enhance connection, not push boundaries. Don't use being annoying as a form of humor—it erodes respect and attraction.

5. Give a Fuck How Others Perceive You

DNGAF isn't an excuse to act recklessly, it's a reminder to ignore the opinions of people who don't want what you want, but don't use it to be socially retarded.

"DNGAF" is for ignoring those who don't matter in the pursuit of your goals and mission. Don't hide behind it to justify poor decisions or a lack of self-awareness—own your actions. When you do this you aren't Marcus Aurelius. You're Mr. Bean.

6. Being Gross is Gross

Just because she doesn't visibly recoil when you fart, burp, or dress like a slob doesn't mean it's cute or endearing. No one's fantasizing about getting with the guy who just shit himself.

Comfort with someone doesn't mean you get a pass to be disgusting. Acting like this just makes you less attractive, no matter how chill she seems. Stop using "being yourself" as an excuse to drop standards. Or did you forget, there's a reason she stopped sleeping with *you*.

7. Be Evil Because You're Evil, Not Because She's a Bitch

Make your choices based on your own beliefs and desires, not as a reaction to someone else's behavior. Don't use her actions as an excuse, reason, or justification for yours.

8. It's Not Her Fault You're Not Attractive

Stop punishing her for disrespect. You've earned exactly what you get.

Mainstream masculinity has tried to convince you that pouting and being butthurt is actually “punishing bad behavior.” You withdraw because you don’t want to be around people who suck, not because you want to force them to stop.

9. Address Often, Reset More Often

If something bothers you, call it out—but don’t let it screw with your energy. Be a place where people can land when they want to cooperate. Don’t make them grovel to get back in your good graces.

Deal with shit as it comes up, but don’t let it throw off your vibe. If they want to step up, let them—don’t make them jump through hoops to prove themselves.

10. The Cure to Butthurt is to Just Be Hurt

When you're hurt, own it. Don't make it everyone else's problem. Feel the pain, deal with it, and move on without seeking validation or sympathy from others. If someone asks be honest, but short - but don't offer it up unprompted. Everyone can smell when you're trying to suppress your shitty feelings. Being obtuse about your mood ruining the vibe is extremely unattractive.z

275

UPVOTES

Firstly, get the fuck out!

fuckmrp · 1 February 2019 · Archived copy · Reddit

When she cheats on you, you burn that shit down. The only position of power after being cheated on is to scorch the earth and allow time to regrow new fruit.

I'm seeing too many guys coming in here letting their women rug sweep infidelity and controlling the outcome of their disloyalties, fuck that.

Even if you want to give her a second chance, you burn that shit down. She gets demoted to negative priority and can audition amongst the new pussy you're now entertaining. If she's truly remorseful she'll crawl through shit to get back into your good graces, if not then the truth is exposed.

I'm not proposing this as a plan to take her back because I'm willing to bet once new pussy is in play and the smoke clears the fields, any man of value will have moved on.

Beyond that most of your wives won't put in the effort, beyond lip service, to get back to being worthy of your time. They are not willing to do much more than continue to try and manipulate you, wake the fuck up!

And realize any resistance to this is derived from your weakness. So much of the problems I read here are rooted in weakness. Your need to seek comfort and unwillingness to accept immediate pain is the reason for your suffering.

Lean into the pain, learn to be grateful for it. It's there you'll find change, growth and progress.

262

UPVOTES

Here's Your Example

GargantuaBlarg29 · 31 December 2016 · Archived copy · Reddit

"Give me an example". The easiest rebuff to any statement you could possibly make for any argument. Recently one of our men was thrashed when he tried to help others who are in a situation many of us found ourselves in. "Give me an example." was often shouted. And there's no easy way to sum up one man's progress. Well, I've been here about a year and a half, and after the introspection I did after reading both DB and TBP comments and thinking to myself, "what has TRP done for me", I'm going to give you an example. Buckle up, because I'm about to take you on a journey to a low you may not have thought was possible.

Lifting: I did not lift before MRP. I ran, a lot. I still run, a lot. But I didn't lift because I was *afraid* that I did not know what I was getting into. I was *afraid* of tough guys at the gym, what they would think of me, and if I would look stupid not knowing what to do. I was *afraid* I would hurt myself, that my friends would think of me as trying to change into someone I'm not. Do you see that none of those reasons involve anything about not lifting because I don't like it or because I wouldn't like the results it would give me?

I lift now. I did the research on **what exercise works what muscle** as well as **how to perform compound lifts correctly**. And from within the *depths of my soul* I will tell you that every time I am finished a workout, I feel better than when I started. And that feeling lasts for at least 24 hours. And there are times afterwards I feel like a GOD. I look at myself in the mirror and see each and every muscle ripple and I see all the *hard work* I put into myself and I AM PROUD. The emotional good vibes I get from staring my limits dead in the face and pushing through are insane. MRP convinced me to lift. I mean, it stuffs this message into your brain how could you not?

Eating Right: I had some experiences with dieting and calorie counting before MRP. But a lot of it was me flying by the seat of my pants. It helped me know how to slim down (calories in v. calories out), but I did not really pay attention to what I was putting into my body. I ate a lot of sugar, and was hungry often. And when I get hungry, I get HANGRY. And it's bad.

Now I have done the research on how much protein I should be getting. That I should refuel with carbs before and after my runs. That lean meats and whole grains will make me feel fuller and that eating 4-5 smaller meals a day combined with protein will keep me from getting hungry. I cut chips entirely. I cut any sugar drink entirely. It's milk and water now. I researched **documentaries** and studied how different types of sugar are actually broken down, what they are broken down into, and how they are used by the body. How eating certain sugars enough leads to metabolic syndrome. How certain sugars like alcohol don't break down to the glucose your muscles need. I got myself down to 5% BF and have been hovering between 5 and 10% for 6-8 months now. The combination of lifting and eating right got me from **this** to **this** and I honestly cannot pass a mirror without it boosting my pride. It's not about vanity and how I must look for others (although that's a bonus), but it's about the *pride* I feel in MYSELF. MRP pushed me to take that control.

Hygiene: I did not wash my crack when I took a shower. I did not wash my feet when I took a shower. There I said it. Just never did. I used whatever soap was on hand, because soap is soap right? I let my neck hair grow when I felt too lazy to shave it. I had ear hair, and a rat tail. I had nose hair. And I shaved my facial hair on and off whenever with no real reason for it other than to change things up a bit now and then. I used Axe deodorant but never researched an antiperspirant before, and I sweat a lot. When I would smell someone out in public that stunk I would look at them with disdain, but somehow I thought it was okay when I climbed into bed to fuck and a cloud of funk wafted out from between my legs.

My feet and shoes stink a lot. I notice this now. I manage the smell with Lysol whenever I take them off now. I

wash my entire self now in the shower. I took notice of my hair and how idiotic it was to keep drying it out with head and shoulders and not using conditioner. MRP mentioned using conditioner. I use conditioner now (big difference). I took a few *weeks* this fall to drive to the mall on the way home *every day* to sample a new cologne, to pick one that worked for me. I found a **website** that breaks down what scents are in each cologne so I can track what I'm smelling and try to pick out the smells I like. I picked up a body wash to match my cologne so smells don't conflict. I now have a spring/summer smell (C.O. Bigelow White Elixir) and a fall/winter smell (Armani Code, it's simply insane how good I smell now). I have an antiperspirant now. It works when used right (at night before bed people). I cut my nails, trim body hair (nose, ears, crotch, unibrow) weekly. I have an alarm set to tell me to do it. MRP taught me ALL these things. You are saying to yourself, "There's no way MRP had a hand in all this, this is common sense". **It really fucking wasn't.** I told you we were going low. MRP pushed me to take notice of myself and to improve. It asked me **Would you fuck you?** and made me admit, No.

Hair/Looks: After college when I cut my long hair short, I did not style it at all. How I woke up was how it looked that day. Sometimes it was oily from not washing it (see hygiene above). I wore jeans with holes in the knees. I wore shirts that I had been wearing SINCE HIGH SCHOOL (I was 29). My underwear also had holes. I wore white socks with my shoes, which were always running shoes and had my pinky toes bust through the side. I did not own a belt.

MRP convinced me to put in the work to actually look good and take pride in it. I went to the store and tried on *every single* number style of Levi's jeans in every waist and length size near what I had been wearing to find out what actually fit. 501s 541s 505s 511s 514s 34-32 33-32 skinny jeans, slim jeans, boot cut and tapered I know what all this means now because **I DID THE RESEARCH**. I bought belts for those pants...which matched my shoes, shoes other than for running like the nice black boots I bought for winter, or the boat shoes I bought for summer. I started shopping clearance racks to find polos and button down shirts because I had an entire high school wardrobe to replace and knew it was going to be expensive. I gathered mens' opinions on /r/malefashionadvice and searched "mens fashion fall 2016" or "mens outfits black boots" or "mens button down shirts summer 2016" and picked outfits I thought actually looked really good. And they looked really good on me. A talk of hairstyle on MRP got me to research **face shapes** and what kind of hair style would suit me. I grew my hair out a bit and went with a killer short mow hawk variant for the summer and toned it down to a combed front spike-up for the winter. MRP pushed me to do all this, to take pride in the way I look. To put in the research.

Social: I am an adrenaline junky. I am a fit, active guy. But I wasted DECADES of my life playing video games. I was literally addicted. I would come home from work, fire up Call of Duty, play for 4 hours, and by the end I was MAD. Like head hurts I may have a stroke mad. "Fucking campers sitting around corners and dealing with game lag and fuck you and your noob tube you AWP no scope camping f@gg0t." At one point I actually kept saying to myself, "Why am I playing this if it makes me mad??" But the truth was I had no other hobbies and I was addicted. I got in with a circle of friends but always felt like the outsider. I was very quiet and reserved at gatherings unless I got enough alcohol in me. I had this mentality that I'm still trying to shake that I don't want to hang out with this or that person because they're losers and I'm better than them. But MRP made me realize it really is just my *fear* of getting out there with people, and that in fact *I* was the loser. I used to be paralyzed by the fear of people judging me, or not liking me. When I would meet another person with my group of friends I would always confide in them later: "I think (new person) doesn't like me." and they called me out on this a few times.

After finding MRP I joined a co-ed social sports club in a city near me. I play everything from soccer to volleyball to flag football with them now. The social club pushed the team to go to the sponsor bar afterwards for drink specials, so often we do that. I use that opportunity to practice talking to people, stringing conversations along, studying conversational dynamics (how to stay on topic, when to let a topic go if we've switched to a new one, when to let them talk and when to push myself to talk). Since I'm around bars, even if no one goes out after, I'll explore

the city and other bars not only to converse with complete strangers, but to scope out spots I can take my wife. And there are a few spots I found that have made great dates since then. I picked up meetup to go out and meet people. It doesn't matter who they are now, my viewpoint now is that everyone out there has potential to give me joy in my social life, so let's see what I can find. The local board game club is meeting for trivia? Shit I'll go. 30s/40s group going to play paintball? I'm there. By examining mine and others' social dynamics and allowing me to really get inside the head of other people, MRP allowed me to push myself confidently out there and meet new people and do new things.

Self Worth: People live by the golden rule: "Do unto others as you would have them do unto you". I lived by the Platinum rule: "Do unto others, as they want done unto them". My wants were completely cast aside. Someone said jump and I said how high? Then wondered if it was good enough. I thought I was accumulating brownie points. I thought one day all these points could be cashed in. I was completely selling myself, my wants, my goals, my desires out for other people. I used to rush home from work, like literally skip out early and rush home to 'relieve' my wife from watching the kids. I would make covert contracts that if I did this, or if I watched them for the night, or if I cleaned up real good, that she would repay the favor or have sex with me. I actually had that thought process, and got mad when she didn't.

I learned how to say no. I learned that it was okay to say no. That your friendship would not fall apart because you did not feel like helping build some guy's party patio that day. I saw how illogical covert contracts were. I often, when deciding whether to do something, live by the mantra: "I am single, I don't have a wife" to avoid slipping back into making decisions based on someone else's happiness. This doesn't mean I snub her or ditch her for selfish reasons, I'm talking about situations where: Hey I want to go look at shirts at the mall on the way home...but what will the wife say?. So I go to the store to look at shirts on the way home. I also learned that everyone is out there living for #1. I said in a [post](#) recently I used to say to myself, "Why am I doing things for everyone else but no one seems to want to do anything for me?" I learned life is a hard lonely road to walk. You absolutely walk your road alone. That's not to say your road doesn't meander through the paths of other people, and sometimes you can walk parallel on different paths at the same time. But at the end of the day they walk theirs and you walk yours, and if those paths diverge then that's life. MRP taught me that. That if I become the person I want to be and others don't like that [that's OK](#). That you take pride in what YOU do and what YOU are. That's self worth. I learned that from the MRP sidebar books.

Do you realize that everything I've written so far has NOTHING TO DO WITH WOMEN. MRP pushed me to better myself in all these ways. Guys when we say MRP's focus is to make better MEN and not better MARRIAGES we fucking mean it.

I'm going to skip writing about my problems with women and how MRP is solving them save for this last piece. A lot of times we question whether 'another way' is better, since we've never tried it before. I'm here to remove the doubt:

Ladies (but mostly gentlemen) I USED TO BE A BLUE PILLER: In high school I used to **HATE** with a fiery passion the alpha guys. I saw how they got the women. I was even planning to beat one up (with my stick sized arms) once just because of the persona he had. I thought pickup was manipulation and wrong. I thought flowers and feelings were right. I was an orbiter. I was a friend they could cry to. No really, I often had women cry to me about how bad their guys were, then go back and date them still. Some guys only read about this stuff in The Rational Male and MMSLP. I *lived it*. I fucking lived it all. (Let's go lower) I would confess to women I dated for a few months how strong my feelings were. The word love was used. I believed so hard in that fairy-tale crap. They were disgusted. (Let's go lower) After 1 month of 'going out' with a girl in high school I bought her a rose, gave it to her

in front of her group of friends at school. They all awww'ed and said I was sweet. When they walked away to give us some space **SHE DUMPED ME RIGHT THERE...**Rose in hand. And walked away. I threw it in the trash completely baffled. (Let's go lower (Someone screams "No blarg don't to it!")) I had a conversation early on with my wife once about how if I died before her she wouldn't really remarry right? I mean if there was a heaven, I would wait for her at the gates and wanted her to be devoted to me forever and ever." I saw her *recoil* at my almighty omeganess. Can I go lower? I actually can. And time and time again, through gritted teeth, I can tell you:

IT.

DIDN'T.

WORK.

But wait, there's more:

Ladies (but mostly gentlemen) I USED TO BE IN A DeadBedroom: And maybe to your disappointment I'm not going to sit here and say that I went from sex once a month to sex every other day. I didn't. What I will tell you is that the reason I used to need sex that often was because it was the only way to get some kind of validation in my life. Sex meant that I was actually *worth* something to someone. MRP showed me that sex shouldn't be my end goal. And now I get a feeling of worth every time I look in the mirror at my body or my style, every time I go out and be social, every time I get a random woman to laugh or smile in public, or every time I cross something off my to do list. And if you had told me a year and a half ago that with RP I wouldn't need sex as much now, I would have called you a liar. If you had told me that with RP my success rate for initiating to fucking would go from 10% to 85% I would have told you to *shut up you liar*. If you would have told me that with RP my wife was willing to do new things, get into sex, or talk dirty to me during sex I would have told you to **fuck right off you fucking liar**. And none of this ever came from me forcing myself on her. I come home now and kiss her hard for 10 seconds and she *likes* it. I warp my arms around her and she's melts into them. This comes from a relationship where I had "the talk" at at least 5 solid times, 3 while dating and 2 while married. She said she would change, she was sorry, she felt bad, she cried, but then **nothing changed**. I actually had times where she would push my hand off her leg when I weakly initiated, or when she would *physically recoil* when I wrapped my arms around her. These stories are sometimes written about by Rollo or in DB and I've *lived this shit*. This all happened to me.

Until RP. Guys. Look at what I just wrote. It *was* all my fault. And RP helped me get out of it. TFA helped me. Whinomoreplease helped me. Jacktenofhearts and stone and BPP, cholomite, persaeus, whitetrash, schreech, Shockley, Rollo, Roissey, Ironwood, Pook, christ everyone who posted and inspired that manly fire on our boards helped me. The kindling was there, RP lit the fire. I feel more satisfied, more complete, more accomplished and capable that I ever have in my life. And I'm not done. Not even close. I have big plans for me. Stuff to keep working on. I often think of Hunter S. Thompson's quote: "Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming "Wow!"" And I can tell you if this last year and a half was any indication, it's going to be the latter.

261

UPVOTES

10 Ways to Keep Your Wife on Her Toes.

TrainingTheBrain · 31 August 2015 · Archived copy · Reddit

If you are reading MarriedRedPill then you are with a Woman who is either your wife or LTR. When it comes to daily interactions with the same person the possibility of complacency is amplified. It is human nature, the more you're exposed to a stress the more you adapt to it ultimately becoming desensitized.

This is why, as the **Family Alpha** you need to consistently change the stress you're exposing your wife too (*Mix It The Fuck Up*). This post spawned from an observation I had made reading /u/theultmatecad 's post [here](#) where he and RedPope laid out these two gems:

"However loyal, faithful, and dependable you may have been -- I have no doubt you were a great father and provider -- after 19 years of daily companionship, your attention is valueless to her." - RP

&

"Women dont love men. They love how men make them feel" – UC

I responded to these points with a comment that can be found in the cited post talking about not becoming complacent, etc. Then /u/BluePillProfessor mentioned making a sort of list where we can all drop some of our best 'Things I do so my wife is never comfortable with Me' moments.

I will provide 10 and I encourage any and every Man on this sub to share what *you* do to keep your wife's *Fire of Tingles* from going out.

Before I share my 10 actions and let you see inside /u/TrainingTheBrain 's marriage, I want to reiterate something to you. Women do **NOT** Love you in the manner you love them.

As Men we are the more Romantic of the Sexes and it only makes sense that the burden of keeping the *Fire of Tingles* alive lands on our shoulders. Do **not** be discouraged by this as women are simply acting in accordance with their nature. As Masculine Men we embrace challenge and find comfort in the discomfort of knowing society is against us and our success. We still, **do not give a fucking fuck** we will act in the manner that Men act and whether it's viewed as acceptable or not, we do not care. Our successful Marriage will speak for itself, fuck approval from the majority.

This list is something you can take and apply, *today*, in your marriage. I hope others contribute so we have a thread of ideas that will keep marriages from getting stagnant for years to come.

Keep what you think will work, disregard the rest.

1. Sex Outside The Bedroom

One of the biggest 'routines' that couples find themselves in is *only* having sex in the bedroom and at night.

You are adults; you no longer have to sneak around your parent's house to fuck. You are (probably) living in your own place, claim it all. Fuck in every room, on every piece of furniture, at every point of the day.

- Kids are napping? Fuck on the couch.
- Kids are watching a show? Sneak downstairs to get a blowjob.
- Wife is doing dishes? Pick her up, carry her to the garage, pin her to a wall, and makeout with her hard and fast; then just fucking leave and go sit somewhere with a book. She'll be in the garage dripping wet wondering what in the actual fuck just happened to her.

The reasoning behind this action is twofold. Not only are you breaking routine by fucking in a 'foreign' place, but you're also making new 'sexy' inside jokes & memories with your lady.

For Example: When you have company over and someone asks if the table they are leaning against is sturdy, you and your wife will flash back and smile to the time you were railing her on that exact table. Whenever you see any room or piece of furniture in your house, it will have a story.

2. Surprise Vacations

The routine of wake up, go to work, come home, do whatever, weekend time, start again is all too common in our day and age.

People get stuck in these loops, I **hate** loops. In the Navy I called it, '*Redundancy without Progress*' and in the military there is quite a bit of that, but I digress...

To break the loop I had saved some cash specifically for this trip, didn't tell the wife anything. On a weekend where I knew we had nothing going on I booked us a room at the *Great Wolf Lodge* a hotel that is aimed towards kids (waterpark, arcade, interactive stuff, etc.).

I then messaged my wife that when she got out of work (this was Friday) that she needed to pack our stuff for 3 days and be sure to include bathing suits and that we'd be spending our Weekend at the Lodge.

She responded with, "*well what about the cat & dog?*" (I'd handled it) "*& Money*" (I'd handled it) "*This is short notice*" (I told her that I've given her instructions as to what I wanted done and that when I got home she needed the gear packed, kids ready to go, and everyone standing by)

She had them ready, the trip was awesome, and she kept ranting and raving about how excited she was and that it was an amazing adventure, sex was awesome the entire time.

(Follow behavior, not words)

3. Removing 'Vanilla' Sex

There is a time and place for your standard missionary position. That time is not *every* time. You need to make sex your fucking play place. It is completely fair game to turn your sex into something from a Lewis Carroll Novel.

Yesterday I bought a bunch of those glow sticks that are necklaces. We were at the Dollar Tree and I saw them and an entire fucking fantasy filled my mind. Without telling anyone why, I put them into the cart.

Fast forward and it's getting dark so I let the kids crack them and run around the yard playing. The kids get put to bed then I tell my wife to go to the room and get undressed and that we'd shower together.

I cracked the rest of the glow sticks and hung them from everywhere inside the shower. The shower head, the water knob, the bar that holds the shower curtain and then I through a few on the ground.

She came in and it was fucking game on.

I then got out and took the glow sticks with me. She was drying off and I staged them in our bedroom. I had them hooked to the fan, everywhere. Sex was had again and she said at one point she "*Didn't know which way was up*". It was awesome.

This can be done in any way you'd like, I recently got some white rope, new white boxer briefs(fancy), installed black lights in our room and tied her hands up while I stood over her in white and had my way shooting my glowing load like a shooting star over her.

If you are in shape and **own your shit** your wife will do *anything*, and I mean anything.

4. Be Mysterious

When guys on MRP give the advice to just, *Get Out and Go somewhere Alone* I think some people think it is this complex Rubik's cube of advice.

Let's clear it up now.

Men, when another Man says something, obviously think it over as to whether it is good or bad advice. If the person giving the advice has proven their worth, just fucking listen and don't become some fucking scientist looking for all of the how's and whys, just follow the advice.

Men Do, Women Talk.

Let the women ponder all of the ramifications, you can just **do**. So don't over think it like a woman - "*do what? Go Where? Do I tell her? Etc....*"

I will just leave and do anything randomly. The kids go to bed or some other opportunity where you know you aren't needed, it should go something that 'roughly' follows this outline:

Man: "*Hey babe, I'm heading out, I'll be back in like an hour.*"

Woman: "Where are you going?"

Man: "*Out/Who knows/I'll figure it out when I get there/To Slay Dragons/To pick up a hooker/etc.....*"

Woman: "HamsterHamsterHamsterHamster"

It doesn't matter if you fucking drive to the closest parking lot and read a book or you go to the bar or you get a hotel room and call an escort, you do whatever you need to do ensure that you're making time **For. You.** It's healthy and it allows your wife time to *miss you*. (Stolen From /u/IanIronwood)

Your wife needs to miss you and more importantly you need to have an aspect to who you are as a Man that she is not involved in. If she isn't involved and you aren't spewing your life to her daily, then there is an element to you that she doesn't know, and that is a *good* thing.

Mystery fosters the growth of tingles.

5. Being Romantic

I won't lie, my most recent 'romantic' action was ripped completely from TheRedPillRoom's **Perfect RedPill Date**. The kids went to bed and I told my wife to throw a hoody and booty shorts on. She asked why, as she was looking to just sit and read. I told her to just do it and I'd be back.

I went into our basement and opened the bulkhead which leads to the back yard where I had pre-staged a picnic.

I lit tea candles on the steps leading up to the yard, the moon was full, and the sky was clear. It was sweet, I brought her down to the basement and towards the bulkhead door; She was overwhelmed by the candles before she even saw the blanket.

The sex was awesome.

As Men, we are the Romantics. If I ever text her 'I Love You' I always capitalize the words, I go out of my way to make the 'little things' line up for her, and a whole host of other things. It will be dependent on the Man, but remind yourself that you're doing these little things for **you** not her. She is a woman and won't see your actions the way you do.

She'll appreciate them, but it won't hit as deep as it does in your heart. That's fine, she's a woman and you're doing it because you find joy in doing romantic shit, Own It don't make covert contracts just own your role as a Romantic Masculine Male.

6. Goal Setting/Leading

You are the Family Alpha, the leader of your clan. How are they supposed to flourish under your guidance if you are unwilling to set aside time to their development?

My wife is a PreSchool teacher; she's very organized and has a solid understanding of Early Childhood Development and dealing with special attention kids, as well as their parents. What she lacks is the ability to set

goals for herself and take actions towards those goals.

She says she wants to weigh a certain weight, run a certain time, and achieve a certain life goal. But when I ask *how* she is making progress towards those goals, it's aimless actions (See: Redundancy without progress).

I sat my wife down and together we grabbed a notebook and wrote down what our short term goals were individually. One of hers is to write a children's book so we'll use that as an example, I then had to create a rough timeline/map towards her achieving that.

Now, she's well on her way.

Your wife needs **YOU** to help her stay on the straight and narrow. If she is stagnant, don't come to MRP saying my wife is unmotivated, sedentary, etc. Because that's your fault for not motivating her and if she doesn't give a shit and has no passion for life, what value is she bringing to yours? If there isn't an answer to that question, then why are you keeping her around?

Because it's easier, ??? Fuck that, step up and make it happen.

This isn't just your wife. Are you putting the necessary time in with your kids as well? Your entire family is operating under *your* guidance. Set the time aside to mentor, assist, and guide them all to where you/they want to go.

7. Educate her

I believe that as Men we are all walking our path alone. What I say will work and won't is based **solely** off of my experience.

I'm not guessing, these things have worked and I have used them in real life **With MY Wife**, your mileage may vary, especially when it comes to discussing sociology, psychology, etc.

I wrote a post a while back about how my wife had told me straight up that she wanted to be a submissive women and has been reading about Dominant/submissive relationships. I told her I thought that was what we had going and she said it is, but that she wanted to tell me that she's always wanted to be a submissive woman and be told what to do and that she feels that is wrong.

I have always taken the Dominant role in the relationship, never saying, "*I don't know*" always taking point and leading to where we needed to be. I've used the word Dominant to her and on these forums, but I realized that she's never spoken the title 'Submissive'. She hadn't *owned it*.

It was then that a few things clicked and while she was crying like a son who had come out of the closet as gay to his dad, I knew I had an opportunity at a critical moment to make a lasting impact.

I explained how all of the modern day feminists had warped the word submissive, how all of the SJW who make a domestic wife a bad thing are fucking wrong, and I clarified to her that her biology as a woman makes her more submissive where mine as a Man is more dominant and that she was simply at the point where she wanted to be open about the dynamic of our relationship.

Your woman may not understand *why* you are making the life improving changes that you've implemented. Share some of it, educate her on why you're eating better, lifting more, reading more, fucking more.

Don't let it just be the 'new you' let her understand that you're raising your standard and tell her that never again will she be forced to assume the leadership role of your clan.

Women do **not** want to wear the pants and when your weaksauce behavior forces them to, they build resentment. You may even want to explain that aspect so she understands why she feels angry towards you.

This is *entirely* dependent on your woman, but explaining these things made my wife not feel alone like she was the *only* woman to have these feels. It allowed her to embrace her submissiveness towards me and not make her feel

ashamed when she says, *I follow TrainingTheBrain's lead*. Now, she *owns it*.

You have to understand your wife and how her hamster works, then you make the call on what knowledge would make her better understand the path you're taking her and yourself down.

8. Text Game

A lot of guys here keep texts to logistics and for 90% of the guys, I agree. For those who know how to use texts as a sort of IV drip of arousal until you see her in person, I think texts have their place.

For example, one morning I fucked my wife. It was nice hard sex followed by a shower then off to work.

A few hours into the day I was rock hard daydreaming about the sex. So I went to the bathroom and took a dick pic and sent it to my wife telling her apparently I didn't get enough that morning.

Her response was, "It looks as hard as granite, I love when you're that hard inside me, I feel it spread me wide." Then I went radio silent, 15-20 minutes later she sends me a text saying how wet she is, then she sends a pic of her tits, then a message about if I like them, etc.

My text elicited the response that sent her down the rabbit hole all day and solid sex was had when I got home.

If you do it right and don't come across as needy or creepy, you can use text and pics to set the stage. Do **not** solely rely on texts, but you can certainly use them as accessories to your arsenal of weapons that are employed to reach your end goal.

9. Fuck With Her

I fuck with my wife constantly. You know the whole, *Pick on the girls at the playground* concept? I do that and I have since we were together.

Why?, because it fucking works.

Talking shit, pulling pranks, just straight fucking with your wife **in a tactful way** leads to a solid relationship. I would never pull the chair out from under her as that would make her look stupid in front of everyone or she'd break her ass. But I **would** replace her incense with a sparkler.

I'll hide shit, put things where she can't reach them, refuse to give a direct answer or give an overly complicated answer to any questions that she should know.

There is a fine line between being a mischievous Man and being a Dick. Be mischievous in your dealings and always have her looking over her shoulder. It can also be sexual.

We were having a barbecue and I saw my wife go inside to get something. I snuck in, pulled her to the bathroom, fingered her to *just before* she came, then I hopped out of the bathroom and heard her yell how big of an asshole I was. The rest of the party she was giving me the 'angry eyes' with a head shake showing she was pissed, she came hard that night.

10. Refuse to Lower the Standard From Which Excellence is Measured

You set the bar Gentlemen.

You set the bar from which your wife will judge other Men and you set the bar from which your family will perform to. If you are out lifting and improving yourself, then your family should reflect that.

If you are doing all of the steps provided, then your wife should be so busy trying to keep up with your next move that she doesn't need the 'newness' of another Man.

It's on you.

I have shared some insight into how I've kept my wife leaking and craving my dick for the past 7 years of our Marriage and I hope to get some ideas from you to help me keep it fresh.

As of right now this post is roughly 3,000 words. That's irrelevant as I could write a novel, if we do not **apply** what we read and write, then it's useless.

Acta, Non Verba

253

UPVOTES

FR: Teaching a 16yo kid to Lift.

HornsOfApathy · 23 March 2020 · Archived copy · Reddit

At the beginning of last summer I asked a 16yo kid named Aaron that lives down the street to mow my grass. Every time he finished, we exchanged a few words – I asked him how he was doing in school – he asked me about my motorcycle in the garage - and he told me a story about how he was saving up to buy one. I wished him luck and gave him a quick piece of advice: “Best decision I ever made was getting a bike at 16. Couldn’t keep the girls off of me.”

“Yeah, Mr. Horns.... I don’t even know how to get a girlfriend. That would be so cool.”

In the next few weeks he bought a used bike. I guess he mowed 15-20 yards a week. The next time on early Saturday morning he showed up on time and began mowing. I went to lift in the garage and when he was done we had our usual exchange. Except this time he asked me: “Mr. Horns – do you lift weights a lot?”

He was 5’10” – 150lbs. Shaggy hair, loose oversized t-shirts with baggy jeans.

We chatted a bit and I told him exactly why I lift weights. He said he *thought* about doing it before but only the athletes at school lifted and he wasn’t really into sports... didn’t really know what to do... and he had gone to Planet Fitness a few times that summer since it was free for students but just kind of messed around. I told him that didn’t matter – and if he wanted someone to show him the basics I’d be happy to. He was enthusiastic. He joined me in the garage gym next week and I showed him Stronglifts and gave him my copy of **Starting Strength**. At the end of the summer he was talking about how much stronger he felt – how he was going to “get big like The Rock” and other silly things teenagers say. He even let me know he got a girlfriend finally, and I saw him walking down the street with her a few times afterwards.

His girlfriend had a nice face, but was chunky and unattractive. She dressed in baggy clothes every time I saw them walking and holding hands around the neighborhood.

The rest of that summer and fall he would stop by weekly and would ask me questions about things he was doing lifting, what should he be eating, shit about girls, I just dumped whatever knowledge on him that I knew to give him what he asked for. He kept lifting 4x a week all summer and I started to notice he was getting noob gains. At the end of the summer I showed him PHAT and PHUL programs.

Fast forward to last week - a year later. He sent me a text and asked if I still needed him to mow my grass this year. I shot him a text back and let him know that yes, next week would be about right. He said OK, and then asked if he could come lift with me since all the gyms had closed for Coronavirus. I told him 5pm would work.

Aaron drove up right on time as expected in a late 90’s mustang that he told me he had saved for a year to buy. What stood in front of me blew my fucking mind. I asked him – “Holy shit. How much weight have you gained, son?”

“Oh, Mr. Horns... I don’t know... I guess last summer I was 150lbs before you showed me how to lift weights. I think I weigh about 185 now?”

He looked all of it. As we lifted together he updated me on his life since last summer. His last girlfriend dumped him because of some stupid teenager reason. He said he was upset at first but then after about a month he got over it and started dating a lot of other girls at the same time. Then he “picked one” he liked the most and they’ve been together for a few months. We talked about his lifting – and we traded sets on the benchpress of the same weight. He had been going non-stop since last summer and told me that he could never stop lifting the rest of this life. He loved the way it made him feel and he was noticing that other dudes respected him more. He also noticed that he got way more attention from the girls. He thanked me numerous times for showing him the ropes and I just told him that I wished someone had done it for me when I was his age. His dad had started to lift weights with him about 2 months ago because “he is fat and feeling like he was behind”. And then he said something that blew my

fucking mind:

"You know, Mr. Horns, it's like.... I dunno... I used to care about what everyone else thought of me and made me do before. Like my ex-girlfriend... when I was with her I wasn't even like.... being myself. I was doing all these things that weren't me and I was like... a whole different person. But now it's like I don't care what they think."

"Oh. I see, Aaron. Ha! Kind of like.... you don't give a fuck?"

He perked up quick. *"Yeah! It's EXACTLY like that! I just don't give a fuck."*

Then he proudly showed me this bracelet that his new girlfriend had made for him out of some kind of yarn or some shit. On it she had put some beads and letters. "Check this out, Mr. Horns."

It spelled BIG CHAD.

I told him that until this Coronavirus stuff blows over he is welcome to come lift with me anytime. Or if I'm not home or busy I'll open up the garage for him with enough notice.

I saw him yesterday walking down the street with his new girlfriend. She's prettier than the last one. But something was noticeably different. He still had his shaggy hair, but he was wearing a solid form fitting v-neck shirt that showed off his pecs and biceps with athletic cut jeans on.

All it took was a kid to start lifting and another man giving him some pointers to figure all this shit out without a sidebar, MRP, TRP or anything. If a 17yo kid can figure out how all of this intersexual-dynamic shit works, so can you. He didn't know shit, so he just STFU, Lifted, and figured out what worked. He bought a cool car like every teenage boy and *just had fun*.

Be like Aaron.

It's not that fucking hard. It wasn't meant to be hard.

Of course I'm envious of him having figured out what took me 35 years to realize, but I guarantee you that if he asks more questions I'll give him the truth.

And no shit – before I could even finish this post – he just texted me: **"Are you lifting today?"**

Of course I am, Big Chad.

252

UPVOTES

So... you got the "I love you but I'm not in love with you" (ILYBINILWY) speech?

HornsOfApathy · 12 March 2020 · Archived copy · Reddit

Sucks. You got the “**I love you but I’m not in love with you**” speech? Around here we use the acronym ILYBINILWY – because it’s a very, very common thing for women who are unhappy with the men in their lives to tell those men... and it often arrives VERY unexpectedly in your lap and you're thinking "what the fuck?"

[/u/KoolAidMan7980](#) said it so perfectly:

Most of us who have heard those words instantly think they can save the marriage if they lift more or stfu more or do something else more. That our wife is different or our situation is different. I think its mostly ego trying to shield us from the fact that our situation is no different than the 10,000 guys that have heard it before us.

Maybe you even found MRP by googling this term. What does this mean?

It doesn’t mean you’re *fucked*.

It means your woman *is*. **Your woman is fucking someone else.**

And if by the grace of a unicorn-woman-God and the power of leprechauns in the sky she *isn't* fucking someone else *right now*... it doesn't matter. **Your relationship is already over.**

Look dude, I know. It sucks. I actually am giving you an internet bro-hug right now... I really am. I wish I was lying to you, or had a better outlook, or something positive to tell you – but I don’t. I’m just going to straight up tell you the truth. That's what you really want, right? Your wife is 95% fucking someone else, 5% thinking about fucking someone else, and 100% has someone that she is wanting to fuck other than you.

There have been thousands of men JUST LIKE YOU who got the SAME SPEECH. You are not a special snowflake. You are no different than those other men. In EVERY. SINGLE. EXAMPLE.... it was the same outcome.

How do I know this? When your woman gives you this speech it usually means that all of her feelings for you have not only been drained, but she is also actively seeking to get feelings from someone else. Women run their lives off of getting feelings fulfilled (good or bad) and you just aren’t cutting it for her anymore because she found a better participant (95% of the time) or prospect (100% of the time) to fulfill her feelz needs.

You just don't do it for her anymore *like another man has*.

For that last 10 years I’ve been listening to men tell me their stories of how they got the ILYBINILWY speech from their wives. Because guess what dude? **I got one too.** Yep. You’re looking at him. Even this guy here *right here* once got the ILYBINILWY speech a very long time ago in another life with a different woman. Would you like to hear my story?

My Story:

I don’t talk about this often here – *because it doesn’t fucking matter* – but when I was much much younger, I knocked up a 19yo girl and married her. My alpha quickly wore off and the beta faggot underneath emerged as expected. She lost tons of respect for me, and over the course of a few years I had the ILYBINILWY speech a couple of times. Each time in my gut I suspected something was going on, but could never prove it. I lied to myself every time. I let my ego protect me from the fact that I *knew something was off*.

At one point I exposed or thought I had found an EA.

But she doubled down it wasn't that - sort of apologized - not really - we stayed together. This just got her better at

hiding it.

On Father's Day she sat me down and gave me the ILYBINILWY speech (again).

6 months or so later, I got a phone call from Chad. I was getting ready to sign over 50% of my salary for 10 years and 100% of my assets that morning. He called me and said, "*Dude, you don't know me, and we're never going to be friends... but I've been fucking your wife for a year. And I know of at least 3 other guys she has been fucking too. I know you're going to sign paperwork today. Don't do it, bro.*"

He handed over all the proof I needed. Even Chad had some bro-honor that day and refused to let another man go down in flames - no matter how pathetic I was.

I never once suspected a physical affair, even though I had the exact same red flags as you. I fucking SWORE 100% she would never do it. She cried anytime I brought it up. Or accused me of being paranoid. Or accused me of cheating. Tons of **gaslighting**. I begged her just to fucking TELL me she was cheating so it would make sense in my head. Instead, my years of beta worrying and behavior made her better at hiding it. So yeah - I've been there. **And I am not projecting on you**. I have seen this hundreds of fucking times at MRP and even lived it myself. We're just men here sharing notes. You can take it or leave it.

What to do?

When a faggot arrives here at MRP, I internally debate this every time this situation comes up and he asks for advice or tells his story. Presume he reads this post in all scenarios we tell him to get a divorce.

- OP sidebars. Gets a divorce at the beginning. Retains time, sanity and may become less of a faggot.
- OP doesn't sidebar. Gets a divorce at the beginning. Retains time, sanity and is probably still a faggot. Will repeat past.
- OP doesn't sidebar, waits until Chad fucks her. Lost time, sanity and is still a faggot. Might divorce her.
- OP sidebars. Divorces her anyways later, but loses time and sanity.

The only thing that matters in these scenarios is sidebar. So I'm writing this post to tell you this: *Dude, I just want to give you your time back and tell you to sidebar no matter what.*

Bottom line: I think time is a man's most valuable asset. I think in the cases of betrayal such as infidelity, my observations are that the male ego prevents 99/100 men from internalizing it was their fault.

This is why I struggle with the advice here. I've been in your shoes. And I burned it all to the fucking ground (eventually when I found out) like most men do. Do I give the advice for the guy to bail now knowing he'll never get it (right now) and save him time? He'll still get the suffering and heartache. Or do I just say, "*Yeah dude, sucks. Hang in there, waste your time, you still won't get it.. but hit the sidebar*"

Truth is I can tell you all day that your woman is fucking someone else, but you won't believe me.

So, rather than just TELL you what's going to happen and has happened before you, I'm going to show you, Neo. Just this morning I searched all of MRP and ASKMRP for the term "ILYBINILWY" and I've put ALL the stories here that I could find with a quick and cursory search.

This is what ILYBINILWY looks like:

[/u/aita2899 - Wife being nice during separation?](#) – got ILYBINILWY, she moved in with affair partner after knowing him 11 days. Fate: She divorces him.

[/u/themerovingian01 – What's next?](#) – got ILYBINILWY, wife wanted "space" and moved out. He discovered she fucked another guy, did not take her back. Fate: He divorces her.

[/u/processedfoodkills – A little more every day](#) – got ILYBINILWY, two months later wife has "gone out with her

friends to watch a movie at their apartment” DRESSED UP while she is ovulating. Later he finds her email open and **conversations with another man** and finally had proof. She slept there multiple times. Fate: He divorces her.

/u/mikeMRP – ...looking for Feedback – got ILYBINILWY, right after she had a weekend “away at a festival”, stalked the guy after, he snooped around and found out - confronted her and sex dried up. He posted for a few months at MRP then disappeared. Fate: Unknown.

/u/RecoveringBPAddict – Passed 1st Major Shit test – 18 years married, high earning beta bucks. Wife suddenly moves out saying ILYBINILWY. Then moves back in later when branch fails. Last we saw he was being re-deployed in the military but right before, wife suddenly suggests trying anal and “**was proud that she could**” on the *first try*. Fate: Stays married.

/u/fruitylad – Thanks MRP – got ILYBINILWY, then things were getting better and his wife even wanted anal sex for the “first time”... and then 5 months later he discovers **she’s had an affair** the entire time. Fate: He divorces her.

/u/Diesel_Dragon – Wife approaching the wall and wants freedom... - got ILYBINILWY, She said “I know we have had this conversation before but I don't feel like kissing other people is really considered cheating.” Six months later, he is on vacation with his wife where she magically can have anal sex for the very first time effortlessly, but then **sticks her tongue down another guys throat** in the same bar as her husband. Fate: He divorces her. Edit: **Post-divorce update**

/u/stay_plan_is_go_plan – How to tell if this is a divorce shit-test – got ILYBINILWY and hasn't had sex for a year. Her sister got divorced 18 months ago, and she would spend hours every day “supporting her sister” then suddenly his wife starting having a “**midlife crisis**” . He sticks his head in the sand believing that if she's not fucking him she is not fucking someone else. Fate: TBD.

/u/BootySlayer911 – Wife suddenly left him – got ILYBINILWY, wife **unexpectedly filed for divorce**.

/u/keepingittogether20 – His OYS #2 – got ILYBINILWY, wife moved into the other master bedroom and asked for divorce. Has not had sex since. He attempts to hide from everyone at MRP that an affair did not go on – but reveals eventually it was **just an “emotional affair”** with a coworker. We get him to dig deeper and he reveals it was actually kissing, holding hands, and another man grabbing her tits. As far as he knows. Fate: TBD.

/u/purpuhtr8or – His OYS #1 – got ILYBINILWY after gaining 50lbs, didn't have sex for years, then averaged 3x year for 4 years. Fate: TBD.

Edit - Update: 3/31/20

/u/elgath3 - His OYS #1 - got ILYBINILWY after giving everything up for his woman he met in college, ending a 6 year relationship where she cheated.

/u/AlohaMaui808 - Wife cuts off sex 11 months ago - got ILYBINILWY, requested to be added as an example. Finds MRP after a year in a deadbedroom. Makes great progress but then finds evidence wife cheated. Doesn't tell her. Fate: **He divorces her**.

/u/Westernhagen - requested to be added as another ILYBINILWY example. She cheated. Fate: He divorced her.

Edit: Update 4/17/20

/u/DrBeaufort - His OYS #1 - 9 years ago his wife "kissed another guy" and almost left him. Has spent last 3 years being beta, recently got ILYBINILWY speech and wife expressed interest in being a lesbian. Continued to DEER she was just depressed, but after discovering some new hidden sex toys - the **sex toys went to work** with her after the Coronavirus quarantine lift. He admits she has been cheating. Fate: TBD.

I know it sucks, brother. Really, I know what it's like. But I know you probably won't believe any of this and your ego will think your situation is different. That's OK. Keep posting here. Keep grinding. Keep sharing your story. I'll edit this post and add you to the list someday so that you can become one of the other notes we share with men here

in this place.

But deep down - in the part of you that is most painful and scariest to confront - you know the truth. You do. Stop hiding from it.

Strength, motherfuckers

250

UPVOTES

10 ways to fail at MRP

Sepean · 25 May 2019 · Archived copy · Reddit

I've been here for years and it's the same shit that trip up new guys. Instead of repeating their mistakes, read this.

You don't lift hard enough

Lift. Not work out, lift.

And by lifting we mean lift heavy free weights with compound movements, and either be on a bulking or cutting diet. You should see your strength increase, if not you're not pushing yourself hard enough in the gym or your diet is off.

You should see 2lbs gained per month when bulking (most of it muscle, and with newbie gains double that, can last 6 months for untrained guys). You should lose 1lbs per week on a cut (fat guys can diet much harder). Track your weight daily, track your calories, if your moving 2 week weight average isn't hitting your goal, adjust calories.

You mistake your idea of a real man for being alpha

Men have a lot of ideas about what is important: success, money, being a leader, honorable or a good father. Good for you, you do you. But don't for a second think any of that is alpha, it will not make girls wet.

Alpha is frame, game, and looks. A dumb poolboy or a lowlife criminal can hit peak alpha.

So don't whine about how she doesn't respond to what an amazing leader and entrepreneur you are. Focus on alpha.

You listen to your wife

Don't. Listen. To. Your. Wife. It's that simple.

What she says has no relevance to making you or her happy. It's not a guide to a better marriage. In fact, it's the opposite. Anything she says about you and your marriage is all deception and traps, it's shit testing.

The only thing you should listen for is hooks for your A&As. Other than that, you don't need to give her answers and under no circumstance should you actually do anything based on what she says.

For the autistic: you can still have normal conversations about stuff other than you or your marriage. But you're not supposed to some frameless dancing monkey performing the ordered act.

You're upset your wife is angry

First off, you shouldn't worry about her moods.

Second, the end result of MRP is usually a happier wife but the process to get there sure doesn't make her constantly happy. You'll be upping your alpha and she'll be shit testing you like crazy to make sure that you're actually becoming fuckable. She'll throw anger, tears, and scorn at you to see if she can find flaws in your frame. She'll say she's unhappy, that you're a cold asshole, that she needs love.

Don't expect her to welcome your changes, in fact she'll fight them. There will also be times when she's sweeter and more horny; it's perfectly normal that she'll be responding to your higher alpha one day then being a shit testing harpy bitch the next.

Her cycle goes like this:

- hmm, maybe he is more alpha than I thought, better shit test him harder than last time
- He passed, that's hot!
- Repeat

Get used to the cycle. Learn to see her increased bitchiness as an interesting challenge to your frame, as flirting, as the lead up to better sex.

It's not until the Main Event that she'll calm down and submit. Until then, expect a rollercoaster.

You think your wife is a puzzle you have to solve

Sometimes guys come on here and explain how his wife does X and maybe it's a sign she wants Y. No, she doesn't want Y. She wants what it says on the sidebar. She's not a snowflake, she's a human female who gets wet from alpha and comfort from beta.

Even if she has physical or mental problems, she still functions like a human female. Her issues can result in other behaviors manifesting in addition to what we describe here on MRP, but it is in addition to. The fundamentals of attraction remain the same.

You're angry at how women are

Yeah, it's fucking unfair. Grow up and deal with it. No one gives a fuck about the female imperative or hypergamy outside of internet forums. Don't talk about it, don't get butthurt over it. It won't fix you, it won't improve your sexual strategy, it won't convince your wife to become submissive.

Also, no one cares that you wife should have told what made her wet, or that you should have figured it out yourself, or whatever is making you bitter. It's called the sunk cost fallacy because it's stupid to worry about it but for some reason we're wired to do so. Now be a man about it and move on.

You go rambo

Let's first talk about what going rambo is not. It's not putting all the effort you can into lifting, dieting, doing fun stuff, being social. Some guys suggest that going rambo is putting in too much effort. It's not, effort is good.

What is not good is expecting your wife to come around before you've seen the results of your work. Rambo is initiating too hard and getting angry at rejections, it's talking dirty when your SMV can't back it up, it's thinking your wife is a bitch because she's not submissive, it's telling her to fuck you or fuck off because you've been hitting the gym for 2 months.

Relax, man. You're supposed to build attraction. Be more attractive, don't rage or be creepy.

You won't play dread

You have to play dread. That doesn't mean walking around and overtly flirting with women. But you should be social, talkative, demonstrating high value and seeing women respond with IOIs towards you. There's a number of reasons for this: your own abundance mentality, your wife's response to experiencing it, and as a measure of whether or not you're actually high value. If strangers aren't sexually interested in you, why the fuck should your wife be? Lack of IOIs is a clear sign you're still unattractive.

You half-ass it

Some guys waste months twiddling their thumbs, working out a bit, trying to be funny, then wonder why it isn't working.

Look, we're not being hyperbolic when we talk about how we do things here. We can do one armed push ups. We grab our wives by the pussy. We make fun of them when they're angry. We don't give a fuck what they think. There's a level of effort applied here that some guys for some reason think is unrealistic. It isn't. Apply yourself.

You don't switch into dominance and boundary enforcement

Eventually, she'll be attracted to you but attraction will only take you so far. There will come a time when you have to become more dominant and enforce your boundaries. Some of her final resistance is next level shit testing, some is learned behaviors or issues she has. You have to power through that. Once she likes sex and affection from you, you're going to plateau until you step it up and demand submission from her.

Becoming a high quality man with a horny wife is just phase one.

244

UPVOTES

Married Man Game

donedreadpirate · 13 September 2017 · Archived copy · Reddit

I've been asked before on here about strategy. I am slightly conflicted about posting this for two reasons.

1. You probably aren't ready.
2. If you are, you probably don't need this.

I'm not putting this here to say you should do this, but because I think there is value in here. I enjoy reading the theory and philosophy in the sidebar and experiences of others in this subreddit. I have taken away many lessons by reading your stories and the comments. I wake up every morning at 5 and study for an hour or so. That could take the form of reading a book, or browsing TRP/MRP. Many forms. Either way, I have taken a lot of value from this place so I have decided I want to share my experience with the goal of adding some value back. I approach women as a married man.

You will see some parallels to the 12 Levels of Dread and other concepts in this community. This is essentially how I tied it all together for myself. I encourage everyone here to take this through Phase 3, but the final step is not something I'm going to ever encourage or promote. These are phases, but they augment each other in sequence. What I mean is, you don't STOP Phase 1 when you enter Phase 2. This is not to be done at a certain pace. You will know when you have graduated a phase. Although I am calling this Married Man Game, I'm actually not going to talk a lot about the actual process of gaming a woman or OPSEC. These are covered.

This is about you, and how you can progress through the phases of your journey towards being a man with options. You have to decide what you want to take from this.

Married Man Game Phase 1: Get Comfortable

When you're new to this, getting started, it's a lot to take in. You're angry, your world is crashing down around you, there's a ton of material to read, and you're overanalyzing everything. The problem is that it's easy to enter analysis paralysis. We say: lift weights, get your anger out in the gym. Read. Lift. STFU. Yes, you should do that. The problem is, you're not going to get anywhere just reading. You really have to do the work, as I covered in my last post. At this stage, it's simple, and **you are not going for K or F closes**. Very important.

Game your wife

You should be practicing game on your wife. AA, AM, STFU, Cocky Funny, etc, Come on. You have a woman here who knows you better than anyone, who you've probably been a complete fucking mess with, who is going to be the hardest woman in your world for you to game. Practice on her relentlessly. Your wife should always be the woman you are running your highest levels of game on, as long as you are married, period. So read your books, ask your questions here, and game your wife. As the 12 Levels state, learn to recognize and pass shit tests.

Small talk with strangers

The goal is to become a natural at talking with people you don't know. We get in these bubbles where we see the same people every day, have the same friends, do the same routine. It's not good. There is a huge world out there for you to experience. As I said in Do the work, if you're not putting yourself out there, being vulnerable, sharing your gift with the world, you are a virus in the human social sphere and should be ashamed of yourself. I spent years like that. My God. What a waste. Start frequenting places. Get to know a barista at your local coffee shop, or a bartender. Learn to observe people, notice things like the hat they are wearing or a piece of jewelry, and open them. Get comfortable with being like "Hey, I have to run but you seem cool we should grab a beer (*or do X activity we happened to have in common*) sometime. What is your number?"

Last night I just walked up to some dude and was like "yo, what beer are you drinking?" Next thing you know we're having a 10 minute conversation about travel and the West Coast. Another guy walked up besides me and I heard his accent: "Australia? You must live here now since you're wearing that American flag hat." Then we're having a 5 minute conversation about his investment company and the Hurricanes in Florida. It's simple. You can master this like anything, but you won't if you don't ever get in the world and make the effort. I talk to everyone. I'm like that guy who gets in line at the Post Office and starts chatting people up. Some people think it's annoying but most people are happy that someone with a good, positive vibe is noticing them and making them feel special. My wife has witnessed this and pulled me aside: "How the fuck do you do that?! Is there a book?! Teach me how to make friends!" Read Patrick King's Conversation Tactics series. Make sure you are small talking with women as well as men, obviously.

Get Fit

You aren't going to be running shit for Married Man Game if you're a fat and ugly lazy dude so handle this during this phase. Make a diet plan, workout routinely, etc. Everything you need for this is on the internet, so figure it out. Jesus, just lift weights man. We put a lot of value on that here but let me tell you the reality is that in the real world almost no one works out. You're going to stand out majorly. I'm a tall, fit guy, but I'm not a professional weightlifter. It's extremely rare that I see anyone, ever, in better shape than me other than on the internet. I live in a big city too. Not at the beach, not at the bar, nowhere. Most men (90% I'd gather), their weekends consist of sitting on the couch watching football and eating junk food. Most men are AFC's and it's so prevalent that it's pathetically easy to stand out. Even the 10% who are in shape, most of them are still Blue Pill. You have to understand what an advantage you have.

Married Man Game Phase 2: Build Your Character and Get Sexual

Know Who You Are (Build Frame)

You need to know who you are, what you're after in life, and what you enjoy (hobbies). What makes you different? No one is boring. I used to think I was boring but the reality is I just value things differently than most modern men. For example, I like artistic pursuits and writing obscure music with dark lyrics. I like landscaping. I like doing renovation projects. I like experimenting with diets and trying different food. I've traveled to interesting destinations for business. I don't watch sports, rarely watch TV, and never go to the movies. I give absolutely no shit about Fantasy Football. This makes me more interesting actually, because people are so used to meeting basic dudes. So, find yourself a little bit and be okay with setting a definition of who you are for yourself. This is fluid, you should always be building and refining your character. This is where your frame is cultivated.

Elevator Speech

You should be able to describe yourself to someone in the same amount of time it takes to ride an elevator (30 seconds). Write this down and practice it.

Cultivate a Style

This is simple, but cultivate a style. My style is I look like a business guy who could also walk into Home Depot and start slapping 2x4's together to build a shed in the middle of my office to store my hiking gear and motorcycle. All girls think I have tattoos. I don't. My clothes conform to my body. I never wear a shirt with a logo on it. I have a few different types of boots I wear, a nice pair of white sneakers, one pair of jeans, a few pairs of shorts, dark dress socks, a few pairs of dress pants and a handful of button down shirts, as well as some more casual shirts I rotate through. Keep it simple, but you should have a "look" to you. Not just a basic dude wearing your baggy jeans, New Balance sneaks with white socks, and matching 49ers hat and t-shirt. I was with a girl last night, sitting next to her, she was complaining about all the dudes in the restaurant and how they all looked boring. Then she confessed she hasn't had sex in almost a year. Don't look boring. This bitch would literally rather have no sex for a year than have

to fuck a guy like you. I don't blame her.

Mirror Game

If you're going to get good at this, you need to practice seduction and presentation. This is cheesy, but you need to put in some time in front of a mirror practicing your expressions. AM can be done completely with expressions, not a word said. Know how to pull off a seductive eyebrow raise? What is your expression when you are sitting by yourself somewhere, or walking around? You should know how you appear to other people, and you should know how to look sexy. I walked into a place last night and a girl just walked up and handed me her number before she left. We had no conversation. This was done completely by how I carry myself. I'm easily 2 points above her SMV, but this doesn't just happen to someone who doesn't know how to have sex appeal. My first text to her was "Nudes or we never met". Study up on posture, power positions, etc. All the info is out there. It's covered in a lot of the sidebar material even.

Game Other Women

All the strategies of gaming women are covered here and TRP sidebar material. You should be N closing at this phase with regularity.

Always wear a condom

Buy a condom and carry it with you while you're out socializing. The idea here is that you are allowing the conditions for sex with someone other than your wife. You'll likely feel very weird about this. That's a good thing. If you aren't doing things to push your comfort zone, you're not doing this right. If you can't even walk into a store and buy a condom, knowing you are not getting it for fucking your wife, you won't be able to push to other levels. This is a mindset thing that helped me a lot. Reminds me of that post from TRP that was taken down where the guy said he walks around imagining himself with a massive set of antlers. I still do this.

Ditch the ring at first, if you must. I did.

You're going to also probably be uncomfortable hitting on women while you're wearing a ring. As you get comfortable with talking to random women (small talk), you'll start to see openings for making it a little sexual or flirty. Take them, that's good, but you need to get comfortable with overt sexuality and it's best to do this with women you'll never see again who have no idea you're married or else you will likely have a mental block up (and so will she) because the BP Angel on your shoulder is going to be like "Hey! You're married! Don't even look at another woman!" and she's going to sense your apprehension. You might even feel guilty about it. It's insignificant. This is simply a step for you to unplug. If you already don't give a shit and can be overtly sexual with women while wearing your ring, just skip this advice.

Married Man Game Phase 3: Two in the Kitty

At this phase, you are going to be gaming women openly, overtly, sexually, as a married man. You should be fucking the brains out of your wife at this point, or else I seriously hope you are about to give the FMorFY speech. If not, and you have a good reason that you have decided is right for you, then fine. **The point is still not to K close or F close.** Either way, Commandment VII of the [16 commandments of Poon] (<https://heartiste.wordpress.com/the-sixteen-commandments-of-poon/>): Always keep two in the kitty. If you don't have some women you could easily go fuck, regularly, if you and your wife got divorced, you're pussyfooting about and she's your only option. You're holding back and not making the effort. My opinion.

Know Your Story

Why are you being so sexual with this woman? She's going to want to know about your marriage. If it's a shit test, you shouldn't answer her, you should tease her. You'll know if it's a shit test. If you want two in the kitty, well, girls man, they want to know they have a chance at locking you down. That's their fantasy. Bagging a high value male.

So what are you going to say? They're probably going to ask if you're *happily* married. If it's a comfort test, I say, "Look, there's no sob story. I got in a serious relationship very young, before I knew myself, and then got married. I have kids now, so things are complicated. The judicial system isn't exactly built in my favor, and it's very important to me that I have influence over my children's lives on a daily basis. I don't know what will happen, but I'm just trying to make the most of it. It is what it is." I say this because it's true.

Maybe your story is "I'm very happily married, period" in which case there's absolutely no room for plausible deniability, the relationship is only about sex (which she can get easily), and you have to understand that women are BP conditioned and will be turned off by this in the majority of cases. I'd leave some room for plausible deniability, as you always should when it comes to women.

Accept Rejection

You are going to get rejected *a lot*. You have to be purely OI and DNGAF at this stage. You are going to get shit tested like crazy. This is TRP on hard mode, not because your wife is hard to game, but because you are going to be met with so many more challenges than you ever would experience as a single guy. Get over it. This is good for your character. Most of the girls won't even let you N close because of that ring. The key is that, for most of them, it's actually pretty exciting to get hit on by a married man so overtly and they're going to be very curious. At the same time, they are conflicted. This is good, but it means you likely have to be more persistent and much more OI, as I said.

For example, I was with a girl last night. I'm extremely OI with this chick. I'm not like following her on Facebook and texting her to hang out all the time. I told her straight up, "I'm attracted to you and I'm not ashamed of that". She told me to keep her in mind and contact her if I get divorced. This was months ago. Then I randomly talked to her Sunday and next thing you know she's setting something up for a few friends and I... and her and I are flirting. Slapped her ass before I left and she said she wants to see me soon, just us. I planted the seed, and I just let it go. She saw that I was okay with being rejected. She still shit tests me relentlessly. I don't care. Things are moving the direction I want them to, and I don't care how long it takes because I have other options, like, duh, my wife.

Accept the Risk

There's always the risk one of the girls you hit on is going to track down your wife and tell her. It is what it is.

Married Man Game Phase 4: Spin Plates

As I said, I will not be promoting this. This is new territory for me, but all the information you need is in the sidebar. This is you running TRP sexual strategy as a married man and there are consequences for these choices. I'm not encouraging this. This is on you, and once you get through the other phases, you will know if it's what you want. Here are some lessons I'm learning.

You're Losing Time With Family

Something to consider here, how important is this to you. Every date you go on with another girl is a date you could have taken your wife on. Every minute you're away gaming other women is a minute you could have gamed your wife (and a minute where another man could be gaming your wife). Every dinner you eat alone, you are not eating with your children. Think about this.

You Care Less About Connecting With Your Wife

You'd think having options would make it easier with your wife but in a way it makes it harder. For example, I have this girl texting me "Omg you're so fucking hot and bad and I love it, I can't wait to get you alone!" and I'm getting a text from my wife at the same time that's like "Well, I just cleaned throw up off the couch again!". My wife sends

me the dirty texts too, but with the other girl it's purely sexual and low effort. You will be less invested in your marriage, which is good in many ways, but it has side effects.

Conclusion

I'm going to continue to refine and update this on my journey and as I think of things I forgot to include. My purpose here is not to write a guide to say *This is How You Cheat On Your Wife!* I hope there are some helpful things that you can pull from my experiences.

232

UPVOTES

Validation needs that can poison your sex life

man_in_the_world · 31 December 2018 · Archived copy · Reddit

The Red Pill has made us all very aware of the basic Beta Bux covert contract of provisioning for sexual access to his wife. Swallowing the red pill means giving up this covert contract. There are other, less apparent validation needs and covert contracts common to many new men here that will also poison your sexual relationship with your wife, which you must also recognize and remove before you can have the great sex that you (and your wife) desire.

Attraction validation

Many a husband takes every word, action, or denial regarding sex by one woman (his wife) as a profound affirmation or rejection of his attractiveness, or even his fundamental worth as a man. For some, this may be confounded with unresolved self-esteem issues as nerds or "losers" from their formative teenage years, conflating their value and status as a person with their sexual success.

Many people pointed out that I had my wife on a pedestal, but it was more than that - I'd built my entire self-identity around being "the nerd that made good and got the dream girl." I felt like I'd won at life...and having that ripped away was a direct attack on my self-image. Which is why you shouldn't build your self-image on a foundation of validation from others. Lesson learned.

This is all wrapped up in validation as well, because I don't FEEL attractive because she doesn't ACT like I think she would act if she felt I was attractive, so I give in order to get that reaction. No reaction, no validation, hurt feelings, etc. Best to stay in the comfort zone in order to avoid that.

These men often orbit their wives seeking sex *more for affirmation of their self-worth* than from authentic desire. This is toxic to their sexual relationship for several reasons:

- Their neediness for validation and lack of self-confidence is unattractive.
- Their wives sense the lack of authentic desire to be responsive to, and lose their own validation and motivation for sex.
- The need of the husband for signs of attraction and desire from his wife makes sex tiresome **emotional labor** for her, in which she has to regulate or fake her emotions and response to validate him. This makes sex unappealing, inauthentic, effortful, and emotionally risky for her should her act fail to provide the validation comfort he seeks.
- Both husband and wife are incentivized to stick to an unchanging, comfortable sexual script: he to be assured of getting the validation he needs, and she to avoid the danger of misreading a new situation and failing at her emotional labor of providing the signs he needs to feel attractive.

These issues make sex unappealing and unrewarding for the wife, so she avoids or rejects sex with her needy husband as much as possible, and strongly resists any change to their standard sexual script.

Even if she agrees to sex and performs well all desired acts, he may be unhappy if he didn't perceive her to be sufficiently attracted. Many such husbands want their wife to initiate sex as further validation.

Diagnostic: If your perception and enjoyment of a sexual encounter depends on what you imagine your wife is thinking, you have a validation problem. Stay out of your wife's head!

Good or giving lover validation

Validating their prowess or performance as a lover, or as a generous lover who takes care of his wife's "needs," is

important to the self-image of many men. For example, giving his wife an orgasm often becomes a symbolic metric validating the husband's performance, so he insists on making her cum every time *even when she would prefer not to*. This leads to bad sex for her and makes sex an emotional labor in which she feels pressured either to fake an orgasm, or tolerate and perform a sexual act she doesn't desire then. It also objectifies the wife as a female orgasming machine that the husband "plays" like a video game to induce orgasm and thereby win his validation, making their sex impersonal rather than intimate.

Paradoxically, the more the wife cums, the worse the sex may be for her.

By all means bring your wife to orgasm if she wants one or more, but don't force it on her, or pressure or shame her about her sexuality just to meet your own unhealthy need for validation.

Special sex act / submission validation

It's quite common for an insecure beta to seek validation through the performance of specific sex acts, where the symbolic validation matters more to him than the physical sensation or the quality of the overall sexual encounter.

- "If she *really* loved me she'd allow me anal sex."
- "I'd be OK without anal if she had refused all previous boyfriends, but she let her boyfriend Chad fuck her ass, so as her husband I should get it, too."

Obsession with being validated by her submission to a specific sex act can hold the entire sexual relationship hostage to its performance, ensures resentment on at least one side, and at best deadlocks the sexual relationship into its current poor state while they struggle over that one issue.

This case often arises when the existing sexual pattern is locked into a narrow range due to the various issues discussed here, or by the man's limited range of sexual expression **within his sexual comfort zone**, so the desired act assumes outsize importance as the only safe way he can see to add novelty or variety to move the sexual relationship forward. In my own experience, as I've developed a richer palette of **Emotion and Variety** to play with, I care less and less about any specific sexual act; there's always other interesting new things to try.

Respectful good guy validation / Nice Guy covert contract

Mainstream society promotes the ideal that men be polite, respectful, and chivalrous with women, and that courteous men avoid open discussion of personal sexual matters and desires. (Nice Guys create covert contracts that such behavior should itself entitle them to sexual relationships with women, or their wives.) Many of us, including myself before MRP, have unthinkingly carried these polite social conventions over into our LTRs, and paradoxically have frank, intimate discussions with our wives about everything *except* sex, which should be the most intimate of all.

These public conventions of politeness and respect made me avoid dirty talk, frank sexual discussion, and **uninhibited expression of Emotion** as in SGM with my wife, until reading NMMNG pointed out the complete incongruity with all other aspects of my life and marital relationship. Now we speak openly about sex, and I **talk with Emotion during sex** with my wife.

Egalitarian validation / Reciprocity covert contract

Some guys build their self-image as a good person on being scrupulously fair and egalitarian. Many are also Nice Guys who build covert contracts expecting complete sexual reciprocity and symmetry from their wives

- "I never deny her sex, so it's not fair that she rejects me."
- "I give her oral, so she should give me blowjobs."

- "Each of us should initiate half of the time."

and then resent their wives for not fulfilling these hidden expectations.

I still, even after so long, find my wife's attitude towards sex difficult. Even now, when we're having more sex than I ever really thought possible, it's always me focusing on her. She never goes down on me, doesn't focus on my pleasure outside of PIV, etc.

As with Good and Giving Lover validators, these Egalitarian validation-seekers may impose bad sex and emotional labor on their wives in the name of strict fairness and reciprocity in order to validate their self-perception as fair, egalitarian partners. The Reciprocal Covert Contractors will experience the usual disappointment, resentment, anger, and butthurt as their wives resist or reject bad sex.

Hypocrisy is common here, as the "fair" Nice Guy generally only "gives" in ways that he sexually enjoys, and then expects a second reward for his "sacrifice".

Intimacy

I'm not sure what sex without any need for external validation even looks like. At that point, is anything that produces a similar physical experience equivalent? Is having sex with a robot the same as having sex with your wife, or having sex with a stranger, provided they produce similar physical feelings?

The great advantage of LTR sex over a ONS or STR is its potential for *intimacy*; sex with the deep emotional and physical interplay based on profound knowledge of and raw, unfiltered interaction between each others' bodies, minds, and emotions. Validation-seeking and covert contracts **prevent** intimacy because they are *self*-focused rather than focused on open, uninhibited interplay with the *other* person; they make sex transactional and constrained within limiting boundaries. Great sex requires eliminating all covert contracts, and all need for validation and ego support, to create the conditions in which intimacy can emerge.

Diagnostic scenario

The following scenario may help you identify hidden needs for validation or covert contracts that are limiting *your* sex life:

You come to bed after a long day, shortly after your wife. You find yourself incredibly horny, so you initiate sex. Your wife says "Honey, I had a long and difficult day, and I'm totally exhausted. I don't want an orgasm, I'm not up for giving you a blowjob or handjob or riding you or even moving ... but I would enjoy just lying here passively and letting you take your pleasure with my body."

Could you embrace her offer, or would you refuse because

- "receptive starfish" sex doesn't validate you? [Attraction validation]
- her refusal to perform a blowjob or other acts of obedience or submission doesn't validate your ego? [Special sex act / submission validation]
- not giving her pleasure fails to validate your sexual prowess? [Good lover validation]
- you're profoundly uncomfortable focusing on your own pleasure rather than hers? [Giving lover, or egalitarian

validation]

- you're unable to believe her statement that she *wants* you to? [Attraction validation]
- you're too uncomfortable with your own sexuality to express or expose it without the cover of pleasuring her? [Respectful validation]

Would you "accept" her offer like a Nice Guy but

- then push for more from her during the action to try to get your validation or fulfill your covert contract?
- not fully enjoy it because of butthurt about not getting validated?
- not fully enjoy it because you worried about what she was thinking or feeling?
- not do what you *really* desired for fear of what she might think?

Could you [overcome your need for Egalitarian validation and] fully embrace and fully enjoy her offer, by

- turning on the lights and uninhibitedly telling her every dirty thought, feeling, and desire [Overcome need for Respectful validation] as you stare at her naked tits, stroke her hair and skin, slowly insert yourself inside her, and focus on having the perfect orgasm? [Overcome need for Good or Giving Lover validation]
- eating her pussy *entirely for your own pleasure* without making her cum [Overcome need for Good or Giving Lover validation], while telling her how she tastes and feels? [Overcome need for Respectful validation]
- climbing right on and pounding away, if that's what you really desire at that moment? [Overcome need for Good or Giving Lover validation]

You're not fully comfortable with your own sexuality or with hers, or you're hung up by validation needs or covert contracts, if you couldn't.

This post grew out of a discussion with [u/resolutions316](#) following [his most recent OYS](#), at the suggestion of [u/weakandsensitive](#).

230

UPVOTES

No More Mr. Man-Child

AlphaWolfLion69420 · 17 February 2022 · Archived copy · Reddit

TL;DR

Lifetime Drunk Captain reads Rollo and gets mad. Reads NMMNG and applies tools intended for Nice Guys, not Drunk Captains. Realizes he's actually a Drunk Captain, gets his shit together but does it for his wife. Gets mad when she doesn't appreciate it. Stumbles into competence, self respect, and congruence through effort, while applying assertive tools and rights in WISNIFG. Relationship with wife and life in general improves.

Background

34, Wife 33 married almost 8 years. Wife has one son and I have fathered one son. It's the same kid. He's 3.

How I ended up here

After the kid was born, I found myself in a mostly dead bedroom with a resentful mommy wife.

Drunk Captain Man Child

Throughout the relationship, I was your prototypical drunk captain man child. Between my easy job and my hobbies I could hardly be bothered by the status and direction of my household. I smoked weed everyday. I could barely tell you the cost of any bill. I didn't plan the vacations or getaways. I did the bare minimum around the house and in the yard and anything I did, I would have to be prompted like a little boy and usually threw a fit because "I just wanted to relax". I punched holes in doors and walls and broke things if I got called out. If something around the house needed to be repaired, her dad would fix it. I was essentially useless in the context of home life.

Shortly after the kid was born, I read Rollo. Like an idiot, I started projecting all of the labels and archetypes on myself and my wife and our situation in general. And, I got mad. I got mad that I already broke 6 of the 9 "rules" before I even knew they existed. I assumed that simply by marrying me, my wife must think I was the beta bucks and there must be an Alpha Chad out there she couldn't tame and I got mad. I got mad because "if I had known about this when I was 18 or even 24, hell, I'd be the baddest Alpha Wolf Warrior out here". If you peered inside my retarded mind at the time, it would look like this:

Alpha good. Beta baaaad. Should I be spinning plates? An Alpha God King Lion would. Marriage is gay. Gotta kill the beta. LOL look at these fag white knights everywhere. Couldn't be me. Wife just gave birth, haha, you're welcome for my alpha seed bitch now its time for overt dread!

Emboldened by this "awareness" I couldn't wait to go out in to the world and run my fucking mouth about how smart I was about the interseggssual dynamics. I peaked into this place and saw a bunch of fat fags. Nah, not for me, I'm better than this, and off to YouTube we go to regurgitate "HyPeRgAmY DoN't CaRe SiMp".

All the while, my relationship was ass. I had a bitchy and resentful mommy wife and a dry dick. This all came to a head during the kid's first birthday party, which of course, was totally planned and coordinated by my wife. The day of, she sent her little man-child to pick up the cake while she got ready and her parents set up the tables in the garage. This was extremely inconvenient for me because "the game" was on. When I got back, I set the cake on the main table and as my wife looked at it, she hit the floor in despair like a girl from A League of Their Own when they find out their husband was killed in battle. Turns out, the kids name was spelled wrong. I didn't even notice. At the time, I was like, "no-one else will notice or care why are you so upset?". Obviously, it was never about the cake.

Respect and Entitlement

If there was one thing I learned about being an AlphaLion, it is the importance of respect. I knew that Alpha Soldiers were respected by everyone around them, especially their wives. The wife of an Alpha could be seen gazing in admiration at her man on Rollo's twitter page #AlphaTells. The Alphas always had Rivelino's green line leaning towards him, never away. The Alpha's wife would be kneeling before him waiting to suck his cock right as

he got home.

Obviously, I didn't have a wife that treated me this way. Not even close. And how dare she? How dare she be so ungrateful when I could leave her at anytime? You want to give me shit 24/7? How does that sexual market place look for a post wall single mom these days? I would not stand for being in a relationship like this. I am entitled to better because Im an Alpha god dammit.

Insert NMMNG

So I came back here with my tail between my legs to figure out why my wife was such a bitch and started lurking. Fine, I'll read the sidebar. I started reading NMMNG and I LOVED it. But why? The early breaking free activities call on you to ponder how and why Nice Guy behaviors develop, and you discover that it was the people and experiences in your early childhood that made you feel like you weren't ok the way you were. Whew, it's not my fault I'm an asshole. Then, it's about letting go of approval seeking behaviors. People can still love you if you have flaws. Love me for me! I don't have to change. BFA's 9,10 and 11? Holy shit I'm awesome and should toats do more for me. Where should I go on vacation for ten days by myself??

Turning Point

Now, I don't really have some romantic rock bottom scene where I remembered some Rocky quote and "I suddenly realized..." but I eventually came across J10's Drunk Captain post, and this was the closest I came to a 'holy fuck' moment.

The Problem: *If your story starts with saying, "I was alpha, met my wife, and turned beta," this is probably you. But your wife didn't turn you beta, you did. In other words, you're the Drunk Captain.*

It's not about the groceries. She's berating and henpecking you because she's pissed off that you haven't stepped up as leader of the household. She's reluctantly had to take the reigns, because she feels the ship will crash otherwise. She's no longer telling you what structural improvements she wants -- she's given up completely on your ability to execute anything meaningful. So all your attempts to "help" are looked at almost with contempt. No amount of running errands or doing chores will make up for the major deficiencies you've allowed in your life.

Luckily some fucking saint compiled all of his posts and comments into one place and I devoured them.

Another Gem:

But then there are a variant of the unplugging men here who are "man-children," essentially, our proverbial Drunk Captains. These guys are Alpha +0, Beta +0. And these are the men with wives who nag and henpeck them to death because those men can barely muster enough competence to dress themselves every morning and get to their mediocre job on time(ish). That's it. That's the extent of contributions to their household and value they bring to anyone besides themselves. Otherwise, they come home from work, watch TV and/or play videogames, and then come here grumbling about why their wife is such a nagging shrew who won't fuck them.

*Those men are already utter failures as Captains, and so when they perceive their first unplugging steps as "do what you want to do and who gives a fuck about what she thinks" -- **those men have literally been doing that their whole life!** So this isn't exactly going to inspire gina tingles in your wife. It's just going to make your wife think, Well, he's mostly useless but at least he does whatever I say. Wait, now he's not even doing that anymore?*

This whole time I have been thinking and acting like I was this victim-of-the-Gynocentric-Social-Order-Nice-Guy when in fact, I was neither of those. I was a bum. I had zero congruence behind these tools and techniques. I had no leverage. From then on, I operated under the framework of being a reforming Man-Child.

What would you do if your wife was gone?

This has been echoed here and was a very helpful for me to get going. A great question to ask if you don't know what to do.

I decided I would do everything. I was going to outwork my wife to the point of absurdity and see if I could land somewhere sustainable. I cooked. Cleaned. Fixed what needed to be fixed that was put off without calling for help. Figured it the fuck out. I picked where we'd go eat. Took the kid to do fun shit. Not that I wouldn't before, but now I was making the schedule and arranging activities. I pretended I was a single dad. I moved my gym time to 530am so I could be home, get stuff done and be present when they were awake. I made decisions. Some worked out, a lot didn't. Stopped smoking weed. Stopped hiding in the shitter for 30 minutes at a time, beating off until my ass was numb with the toilet seat imprint. I came home, put my phone in the drawer and got into the nightly grind. I actually applied myself to the status and direction of the home.

On one side of the coin, I gained a lot of confidence. In addition to the daily household duties I stepped up with, I got our outdoor landscaping in order, remodeled our patio, made the kid a play house. I handled all the paperwork and red tape for refinancing our home. With the help of google and YouTube, ended up fixing nearly every appliance in the home. Audited finances and cut unnecessary expenses. I even got a side gig of sorts and increased our income by 50% with one deal. I was going out in the world and making an impact and owning shit at home.

BUT at the same time, I was deeply frustrated and felt more hopeless than ever. I'm sure the vets on here could guess why. Essentially, woven within all of these improvements was a covert contract:

If I get my shit together, my wife will respect me.

Since I was the Man-Child and my wife's nagging and resentment was fair, I fell into the trap of making her my judge. I looked to mommy for a pat on the back and an atta boy and I experienced crippling anger when she would criticize me or not show appreciation. It seemed like I couldn't do anything right. I would pick out an outfit for the kid. "That doesn't fit him anymore". When I cleaned, "you missed a spot". I was not prepared for how shitty I was going to be at these things at first and the criticism that would follow. It makes sense, I didn't really practice living my life this way. I fucked up a lot. I burned food. I shrunk the kids clothes on accident. I paid the wrong bill at the wrong time. I bought the wrong parts for the refrigerator and had to send them back. Shit like that. I wasted money and time and my wife dunked on me every step of the way. Coming to terms with my incompetence was extremely uncomfortable and was rooted in the covert contract.

Putting It All Together With WISNIFG

I've always had some things going for me. Stayed in good shape. My hobbies are athletic based and my jobs require good social skills and I have a lot of friends and social contacts from both. I can shoot the shit with anyone and have been jokingly accused of "running for mayor" when we go out because we live in a small enough town that it's not uncommon we see someone we know.

From here, I looked at my situation and I felt I was at least outworking my wife, I was raising my standards of when and how to get shit done. The effort and consideration in regards to leading family matters was there. Andrew Tate might call me a simp and I guess you could say I was just chore playing but I did what I had to in order to look myself in the mirror at the end of the day and earn some self respect. Slowly, really fucking slowly, I started achieving a level of *competence* in all areas of my life which gave me some authority. Once I had earned some authority, I could righteously exercise my assertive rights and apply those tools like fogging, NI, and NA congruently. I started to make decisions on purpose, and with consideration and acceptance of consequences either way. I made observations on whether or not those decisions led to the outcome I wanted, and adjustments were made accordingly.

Results

I've gone from fucking my wife in one place, in one position our whole relationship, to bending her over and sneak fucking her in the kids closet while he plays in the next room. From floating in the abyss of indecision about where we should eat, to telling her where we are going, what to wear, what color her I want her toenail polish to be and getting road head on the way home for the first time.

If I did have a cathartic moment, it was seeing that once I had genuine self respect, I didn't NEED my wife's or anyone else's. All it takes to get rid of a covert contract is to become aware of it. These assertive rights gave me a new level of confidence. I became keen on how the people around me and the world in general will try to manipulate me into foregoing them for their own benefit, even at the expense of mine.

Forgive me as I wander into the faggotry container words, but it's obvious now that I have to win and be a winner. Not for the wife, not for the kid, not for society. The wife will benefit from being on a sick ass ride with a fun and competent man, that can also be an oak and create an escape.(Thank You HOA). I can be a purple ranger power dad on social media all I want in order to be perceived as a "good father", but If I really care about my son, I will make sure his dad is not a bitch, and win. There is no shortage of dudes "sacrificing" their goals and vision for their kids and it's just another covert contract and a sneaky way of punting responsibility. Wait until the kids grow up and resent them for being a fat loser. They will turn around and blame them because they could've been this and that if they didn't cap themselves on behalf of their kids. I don't want to be that guy. And fuck society. Nobody gives a fuck about me, really. I am alone and nothing is mine forever. She's not mine, my son isn't mine, my house isn't mine. I'll sell or die and someone else moves in, and down the line it goes. The only thing that is mine is deliberate choice and the more of those I have the more valuable I am. I know it never ends and I have to keep going. I realize these improvements I have made are just basic shit. I've gone from shitty to average but the subtle shift in framework has got me results nonetheless.

Many thank you's to the guys sharing their notes, specifically HOA's Depressed and anxious wives series. Rian Stone has come out with awesome breakdowns of J10's Drunk Captain posts over the last 6 months that have really helped me internalize the mentalities and tools.

This is just a long field report from a retard that realized those posts were about me more or less. Maybe this resonates with some and is valuable and/or you can tell me how I'm full of shit. Either way, I win.

230

UPVOTES

Field Report: I started MRP 3.5 years ago. My life is awesome now.

Dunlop60 · 17 September 2024 · Archived copy · Reddit

EDIT: I've had enough DMs now asking for the original wordy pile of shit version of this post to realize that I was right all along and so I'm restoring it. That's what I get for not just trusting myself like I normally do.

Three and a half years ago, I shut myself into the bathroom for my evening toilet jerk and shower while my stressed and overweight wife went to corral our kids and put them in bed. We looked like **this**. I was depressed. Insecure. Anxious. Feeling like I was treading water in life. Acting like the creepy fat guy eyeing every woman he sees. And all the while wanting nothing more in the world than to feel wanted and desired by my wife. Wanting to have some of that spark and fire we had back before we had kids. Craving her validation. I spent years seething that she would never just read my mind and initiate sex or give me a blowjob out of the blue. I was insecure and jealous about her body count vs. mine – and given that my teens and early twenties were spent as a well-behaved Mormon kid, I had a body count of 0 and the game to show for it. I was a whiny, insecure little cunt about it and everything else in the world. At one point after rejecting me one night, she even gave me the “I love you but I’m not in love with you” speech.

To make it worse, my boys saw this shit example of a man and a father every day.

I was miserable. Everything in my life just felt off. I was stagnating and swirling the toilet drain, stuck with a woman who wasn’t attracted to me at all and who I didn’t have the frame to handle, inching closer and closer to a dead bedroom.

The thing that was different about that night was that I finally googled “how to make my wife want to fuck me”. Eventually I wound up reading The Rational Male, and reading some Rian Stone articles finally led me here. I lurked for a couple of months and eventually started posting – and then I almost got permabanned because my dumb ass thought it would be a good idea to start a thread on Jungian Masculinity. As if I actually had something insightful to say that wasn’t just a standard field report about how much of a dipshit I was.

So now I’m writing you this. A real field report of what was the pivotal moment in all of this for me, something that got everything to finally click into place. And I’m not trying to navel gaze here or jack myself off in front of everyone, but honestly my life fucking rocks now and so I’m gonna provide examples. It’s a very abbreviated highlight wheel, it only really barely scratches the surface of how different and better my life is now.

This journey is endless. This journey is difficult. It took me too long to realize that I’m not competing against the other guys here, I’m really competing against myself. I fucked up over and over and over. I did and said a ton of dumb shit – but how else was I gonna learn? I had to start putting my ego aside so I could own my fuck-ups and use them to grow. At times I wanted to throw in the towel. At times I DID throw in the towel, because I was weak and giving up is weak shit.

I spent about a year doing OYSes, and was even doing decent here and then one day I just stopped. I certainly hadn’t “made it” yet, but at that point I felt like I’d acquired enough of the tools to try to strike out and do it all on my own. Maybe I didn’t want to be as embarrassed of myself in case I reverted to my old ways.

Things had improved greatly for me at that point. Lifting was a part of my life, my physique was pretty decent. Sex was pretty much on-tap, there was a veneer of stability and in my head I was “making it.” I liked my wife, I loved my wife, and I saw it in my best interest to keep everything together.

However, every few weeks, almost like clock work, she’d stir up some drama and threaten to divorce, and I kept failing that shit test. I kept thinking I had frame when really I had nothing. I still had oneitis when I thought I didn’t. It was frustrating, and entirely self-inflicted. My ego was out of check and I was not at all honest with myself about

where I really was at.

And then one day last summer I had a particularly intense fight with my wife. It wasn't a fight, it was me failing yet another divorce threat shit test. I was so angry that I stormed out of the house and went on a mile walk around town. Fuming. And then I realized something:

I like my wife. I love my wife. She's usually a pretty good girl. But, I don't care if I divorce her. I will be okay. I'll be able to get another girl. These threats are bullshit and need to be treated as such.

I understood that my wife is one girl of 4 billion and that if I really didn't like her, I could always end shit, go live my life and spin plates. It was a thing I'd outwardly said a million times to myself before. It was the kind of thing half the guys here end up learning when they realize their wife is a drain and they can do better for themselves. And finally, I'd internalized it.

See ya later, oneitis.

Rian said it best: "You've gotta hate your wife, just a little bit." This is absolutely true. I had to knock her down off of a pedestal I didn't realize she was still on.

And so that failed shit test turned into a passed shit test. And from then I came home and laid it out to her: I like my life better with you in it. We get along together pretty well, but the divorce threat shit is over. Bring it up again, and I'm going to make it happen. And I meant every word.

It was probably the first time I'd acted like a leader in my marriage.

It's never come up ever since. She didn't want the capitulation or the "I love yous" or any of that pussy shit I'd been doing over and over before. All along she'd just been wanting me to tell her to shut the fuck up and really mean it. She wanted to be put in her place. All of her cajoling was to get me to a place where I finally would. Women only respect strength. None of my wishing otherwise was ever going to change that.

Around these parts we like to say that "women want to submit to a high-value man." At least, we used to. I haven't been here for a while, I'm not sure if that's changed since RP really took off into the mainstream and now it's been aped by hundreds of anonymous twitter accounts run by Indians trying to make a quick buck off retard autists.

I like to phrase it differently: ultimately, women want to be conquered. You have to be indomitable yourself in order to be a conqueror. The point of MRP isn't to get you to conquer a woman or "fix your marriage", it's ultimately to get you to conquer yourself. You figure your shit out from there. If what you want is to conquer a woman, that's not going to happen unless you've completed the pre-requisite. If you want to lead your family, give your kids a good example to look up to, protect them and provide for them and discipline them and love them and have fun with them – how can you expect to do that if you haven't first conquered yourself?

The real value you get from a woman in a relationship is that she keeps testing you to make sure that you still are that conqueror. That's what makes her feel safe.

All of this stuff is a self-perpetuating positive feedback loop. My life has basically been an uphill trajectory ever since. And now my home life is better. I'm the oak tree in my house. My kids are all doing better. I'm a lot more patient and loving to them. I understand better which of their levers to pull, how to motivate them more, how to make punishments into constructive learning experiences. My middle son is always asking me when our next gym session is. My youngest son loves it when I pick him up from school now because "you look so strong" (and I do absolutely mog all the other dads at my kids' school).

The upward trajectory also showed me a lot of other areas in my life where I wasn't being honest with myself.

At that point I'd had a solid 2 and a half years of lifting in. I'd gotten to the 1000 pound club, but I had a torn rotator cuff and tennis elbow to show for it. And I'd been going everywhere looking for validation from other

people in the form of getting checked out.

So I started chasing progress again, and found my validation in the form of being in a better place than I had been before. Right now I've got a goal to cut to 12% bodyfat, and I want this for ME. That's the only thing that really matters...I'm I happy with my progress?

Lo and behold, the mindset shift happens and then I start noticing that a lot more women are eyeing me for just a split second too long when they're at the gym with their husbands, or out about in town. One woman, who I'd seen at my local rec center pool and gym several times with her skinny and weird looking husband, asked me if I was single one day when I was hitting the hot tub after a workout. It's nice, and I'm definitely having my fun with it – but I'd be perfectly content without it as well. These are certainly Ws, but they're really more icing on the cake than anything else. They're indicators that I'm going in the direction I want to be going. What matters the most to me is that I'm happy with my own efforts.

As a side effect, I realized that I'd still been looking for validation from my wife. So I stopped. Lo and behold, not only is she way more attracted to me because of it but she also piles on complements like never before. And I laugh at myself because I used to crave that so badly.

Be attractive, don't be unattractive. It's that simple.

My wife has become an absolute slut who is deep in my frame. I do less for her now than I probably ever have and she loves me more than she ever has. She is insatiable for my cock – it's her sleeping pill, her wake-up pill, her anxiety pill, her sad pill, her happy pill – she is an extremely well-fucked woman. She had a major hip replacement surgery last summer and she begged for me to fuck her mouth her first night back home post-surgery. I coached her into anal one night a few months back after years of waffling about it, and now she's my anal slut. Our sex gets primal, sometimes the bite marks I leave in her back are still visible days later. Our roleplaying is shit that would put me in jail. She is on the menu anytime, anywhere. She's out of town right now, and in a few days she's going to a baseball game with a remote control vibrator in, and I'll be here at home 500 miles away making it go off whenever I want. I wanna see if I can make her moan loud enough to get picked up in the crowd noise on the broadcast. Before she went out of town, as a parting gift I fucked her throat so hard that she had a canker deep down in the back of it. And she loved every second of it, especially the day after when she could barely swallow.

I went on a rafting/kayaking trip with my brother-in-law and had the greatest time of my entire life. Down there, I nearly fucked an absolute 10 Instagram model, just because I wanted to see how close I could get the deer to come to the stand. Just for fun. To see if I could. I'm not going to fuck other women, but having reminders every so often that I absolutely could if I really wanted to does a lot.

Really I only bring those examples up to say this: this shit is kind of mundane to me now.

If I went back to another lifetime, to that fat me rubbing one out one the toilet, and I showed him that he looks like **this now** (6'1, 210, 18%bf and I'm aiming to be down to 180 before the summer next year), and that women eye him wherever he goes – and not just because he looks good, but because he absolutely exudes Daddy Energy – I'd have shit a brick. If I told him that he'd get a promotion because he was willing to bet on himself, I'd have fallen off the toilet. If I told him that his sex life would become that sex life all the guys who “made it” talk about – sex on demand, your wife molded into your slut, so much fucking that you need Cialis to be able to keep up, acting out every fantasy and scenario you'd been holding in the deepest darkest parts of your mind – I'd have been a sobbing puddle on the floor.

If that fat me from a lifetime ago knew that his youngest son would look up to him because “Dad you look so strong” I would have bawled my eyes out.

I'm not saying all of this to brag. This is just normal life now. It isn't a big deal to me anymore. This is the product of countless fuckups and setbacks and terrible nights that eventually started turning me into someone who could be

honest with himself and then learn the kind of lessons that would actually benefit him. It was a grind.

And this is just the beginning. My foot is still firmly on the pedal. I just keep moving forward. I'm never truly done. I don't feel as if I "made it", I just got to the next step up. But now I understand that I will still fuck up – I'll always fuck up somewhere, somehow. But I can own it. I can see fuck-ups for the learning opportunities they are. At some point I stopped being a total dumbass and graduated to being a plain ol' dumbass. Now I'm on the way from being a plain ol' dumbass to being just kind of a dumbass.

This shit sucks. It's fucking hard. Most of us are all starting from a really bad spot with a lot of really bad mental models and an entire culture that has trained us to always go against our self-interest. It's a grind. But nothing worthwhile is ever free or easy.

And on the other side is a better life, the one where you're getting what you want.

Go find your balls and fuck your wife.

228

UPVOTES

Lessons Learned from walking through Hell

IncitingDramah · 20 January 2022 · Archived copy · Reddit

Hello brothers,

I'm not sure any of you may remember me or my story. It's been almost two years since sharing or posting. I was the guy who's shit show of a marriage came to an end when my special needs son died. He spiked a fever of 109 degrees and cooked his brain. We took him off life support, all while my wife was too busy being a whore and fucking around during this time. It was the worst time of my life, but thanks to a lot of what I've learned here I've emerged from the fires of hell more refined. I want to give back and share some of the foundational learnings and lessons I've had along the way.

No one cares

Let's start here. This was the harshest of realities given the situation. None of my friends checked in on me, my job didn't give a fuck, even family bailed on me. For example, my mother told me taking my son off life support was "euthanasia". This was a wild lesson for me to learn, because I assure you it cut deep. In general people care more about their lunch than anything that might resemble a struggle in your life. The lesson here, is there is a why behind STFU. You STFU because nobody cares, and because no one cares complaining it pointless.

The Volume is turned Down

After burying my son, it felt like the volume was turned down in life. People would complain about things, and I would always think to myself "These people have no fucking clue what problems are". They have no clue of the value of their own time, time with children or relationships, and are honestly just pretending to be socialites. The world is filled with so much pointless audio clutter you often get lost in it, and forget to ground yourself and focus on what's real and present. The lesson here, the world is loud. Ignore it and focus on what's important to you. The rest will be there... making that same fucking noise.

Blue-Pill Habits

This is honestly what hurt me the worst. Prior to my son dying I was literally on my ascension to God-hood. My money was getting right, I took care of my son better than the doctors, I fucked my whore of a wife, I fucked other women, I was getting more ripped by the day, and I was a fucking ROCK in my mentality. However, burying my son nuked everything. I lost my identity, my mission, my purpose, my health (Lost 40lbs in less than a year), became depressed, and basically picked up every shit coping method I'd ever learned in my life. All of this was nothing more than a cycle of depression feeding itself. The lesson here, you know what habits are detrimental to yourself. Identify them and FUCKING STOP IT.

Women

Now, I won't lie to you guys. Given my circumstances, if I decided to share with a woman about what happened it was cat-nip. Women assume they can fix you (if you're attractive). I fell into a relationship with one of the women I was fucking prior to the divorce. She was one of the few in my life that showed me kindness and empathy through the storm. However, the truth is she wanted to change me. Change me into someone I'm not. Shame me into doing handyman stuff at a house I don't even live. To guilt me for not committing as much as I had in the past to other women. Name calling to tear down self-esteem to ensure they keep you in your lane. She tried to play the long game here, but unfortunately, I saw the writing on the wall. The lesson here, is AWALT. They will be solipsistic even at most down and out. If they see a chance to scoop up a "good dude" they will literally do anything to make it happen.

Spinning Plates

Easiest thing to do when you realize the basics and don't over think shit. These women today are more thirsty than you are. I literally fucked a "lesbian" in the ass because she was having problems with her girlfriend. Shit has never

been this easy. They say fly shit, thinking their slick waiting... LITERALLY WAITING for your to check their ass. Frame is everything, check their ass and then destroy her ass. Lesson here, be attractive and don't give a fuck.

Gym

This is the most important part of everything involving TRP/MRP. The iron temple, the place you get to praise yourself with the blood and tears. To grow physically, as well as mentally. Working out sucks, it's hard. A lot of the stuff is heavy, and it takes a lot of effort to pick those stupid things up only to set it back down. However, the benefits are so stupid there's no argument to be made. Mental health is associated with physical health, as above so below. It helps with hormones, confidence, mental health, and literally makes you sexier and stronger. Most men don't work out, and if they do, they're fucking around in there playing with their dicks or something. I've had more woman check me out, compliment me, beg to fuck me, and do dirty things all because I have the discipline to go to the gym. The lesson here, just go to the god damn gym and stop fucking around. This is the first building block to being a stronger version of yourself.

This isn't anything amazing, but this is just some of the lessons I learned from trying to escape my personal hell. I hope some of you find this useful, probably not. I hope you men are out here protecting your peace and mental health. Strange times we're in, enjoy the decline.

225

UPVOTES

Avoid arguments. Focus on your MAP.

mdjfodiepcklrn2 · 4 September 2023 · Archived copy · Reddit

If you're in a dead or lacking bedroom, you don't have the power to survive an argument. Your spouse is essentially telling you that they don't find you attractive as you do them. They don't think of you as often, they don't desire you as much. They likely have less respect for you than you do them as well. In other words, your spouse holds the power in your relationship. They are more willing to walk away.

This will impact everything in your relationship. They'll be less willing to listen or compromise. They'll be less appreciative. They'll have a shorter fuse, higher standards, less interest in intimacy, and less to bring to the table. You'll seem to constantly be messing up. You may face anger, the silent treatment, neglect, and other poor treatment. They have the power. They are the prize right now, not you. They are higher value. Your treatment reflects your standing in the house.

This can fuel a lot of hurt, resentment, and anger on your end. It can lead you to lash out, hold grudges, or endlessly try to communicate your needs and wants. You can be as objectively right about your grievances as you want, but **NONE OF THIS WILL HELP**. If you communicate your needs from a losing position, here's what you'll face instead:

1. Empty promises to shut you up, but no real change
2. Your partner getting angry in turn at your audacity for saying this
3. Your partner accusing you of being too emotional, sensitive, needy, etc.
4. Your partner ignoring you or otherwise being a brick wall to your feelings
5. Your partner saying they're already doing that, never did anything wrong, etc.

What you **WILL NOT GET** is the caring and effort of an equally interested partner. **YOU WON'T**. You'll only make yourself even less attractive in their eyes, especially because they will now know that you have needs/wants that they aren't meeting, and yet you stay. It communicates low value and desperation. In addition, difficult conversations will make your relationship more of a burden and stressor, rather than a fun escape and partnership. You will associate negative emotions with your presence. Impacting attraction, yet again.

You can't talk your way into respect and attraction. As long as that's lacking, your needs and wants will not be treated the way you wish they would be. Your mission should be to work on yourself and then evaluate where the relationship stands after some time. See how she is treating you when you are objectively leveled up and more confident, when you have options, and when your behavior communicates that you have standards without you having to say a word. When you have equal attraction and, thus, equal footing and power in this relationship.

When you're on this new equal footing, you may not even be dealing with the issues that hurt you so much now, or may have a different perspective on them. If you still have issues with her, you can then bring up some concerns and expect them to be taken seriously because you know your worth and so does she. However, you will do nothing but sink further by starting a serious conversation or argument from a losing position, no matter how you feel or why. Focus on you and STFU.

225
UPVOTES

STFU: A Comprehensive Guide to Shutting the Fuck Up (And Nine Other Things You Keep Forgetting)

RevolutionaryBox3728 · 2 May 2026 · Archived copy · Reddit

Disclaimer: This post is for entertainment purposes only. I am not a therapist, a lawyer, or your father. Nothing here is professional advice. If your marriage is on fire, call an actual professional, not a bunch of anonymous dudes on the internet. Anything you do with this information is on you. The author and this community are not responsible for what happens when you try to hold frame at Thanksgiving dinner.

A Reminder of What We Agree On

Or: Everything You Already Know But Apparently Need to Hear Again Because You're Out Here Defending, Explaining, Excusing, and Rationalizing to Your Wife About Why You Joined a Gym.

Listen up. Every week, some guy wanders in here with his dick in one hand and a copy of The Rational Male he clearly skimmed in the other, asking questions that the sidebar answered three years ago. So here's your periodic reminder of what this place actually stands for. The core principles that, whether you've been here six days or six years, we all nod our heads to.

Consider this your Married Red Pill cheat sheet. Tattoo it on your forearm. Or don't. I'm not your mom.

Number One. Shut the Fuck Up. The First and Greatest Commandment.

Before you lift a weight. Before you read a book. Before you do a single goddamn thing, shut the fuck up.

This doesn't mean go mute and stare at your wife like a serial killer. As [u/SteelSharpensSteel](#) put it in his guide, and I quote:

"Don't say stupid stuff. Don't say stuff that makes you look bad. Just shut up. Take that cup of shut the fuck up and drink it deeply. You don't talk about the stuff that you should have been doing anyway."

Think of it like this. You know how every time you open the fridge, the light comes on? Shutting the fuck up is unplugging that light. Your wife doesn't need a play-by-play of your internal transformation. She doesn't need to know you read Chapter Four of No More Mister Nice Guy and had an epiphany about your mother. She needs to see a different man standing in front of her. Not hear about one.

The things you should not be talking about.

Fight Club. Don't talk about Married Red Pill. Ever. Not to her, not to your buddy, not to your therapist who "seems cool."

Your feelings about the relationship. She doesn't want to process your emotions. That's what your Own Your Shit post is for.

Your plans to change. You know who announces their plans? Politicians. You know who executes? Men.

Your reaction to rejection. You got turned down for sex. The correct response is to go do literally anything else without a shred of butthurt on your face. Not to explain why you're disappointed.

As Rian Stone wrote in Praxeology, and I quote:

"If you go down the shut the fuck up route, which you should be, you just say nothing."

That's it. That's the instruction manual. Elegant in its simplicity.

Number Two. Lift. The Iron Never Lies to You.

If shutting the fuck up is the first commandment, lifting is the sacrament. Every single success story on this sub has a barbell in the background. Every. Single. One.

Here's what the iron does that your words never will. It gives you objective, undeniable proof that you're not the same guy you were last month. The scale doesn't care about your feelings. The bar doesn't negotiate. As Henry Rollins wrote, and gets quoted here roughly once per fiscal quarter:

"The Iron never lies to you. Two hundred pounds is always two hundred pounds."

[u/bogeyd6](#)'s Sixty Days of Dread, Week One lays it out simply. Get on a program. Stronglifts Five by Five, Starting Strength, whatever. And stop getting fuckarounditis at the gym. Don't be the guy doing seven variations of bicep curls while your squat is still at one thirty-five.

Here's your analogy. Lifting is like compounding interest for your body. The first month, you barely notice. The third month, your shirts fit different. By month six, your wife puts her hand on your stomach and says, "where did these abs come from?" And you, remembering Commandment Number One, just smirk and say nothing.

From an Own Your Shit field report in the archive, and I quote:

"Wife hadn't initiated during her period in over a year. Wife put her hand on my stomach and said, 'where did these abs come from?' Wife finished me off and wanted me to finish her, so I did."

Nobody types that story starting with "I read three more chapters." It always starts with "I've been lifting consistently for four months."

The beauty of lifting, as Rian writes in Praxeology Volume One:

"Lifting weights leads men to naturally develop a superiority complex. The guy in the mirror getting the pump from twenty-five pound barbells on his eighth set knows what narcissism is. He embodies it!"

Good. Embody it. You've earned every pound on that bar.

Number Three. Frame. Your Reality Is the Only One That Matters.

Frame is the lens through which you see the world and, more importantly, the lens through which others experience you. When you have strong frame, people enter your reality. When you don't, you're a leaf blowing around in everyone else's.

Think of it like this. You're the director of a movie. Everything that happens on set is interpreted through your vision. When your wife throws a shit test at you, something like "You've been acting different lately," a man with frame sees that as a scene in his movie. A man without frame panics and rewrites the script to match her movie.

Rian Stone, Praxeology Volume One:

"The actions that make up the acronym D.E.E.R., defending, explaining, excusing, and rationalizing, are submissive actions. When you make a decision, you are your own judge. When a wife, girlfriend, or parent demands that you justify your decision, they aren't asking for an explanation. They want you to submit to them as an authority."

Read that again. They're not asking you to explain. They're asking you to submit. The moment you start D.E.E.R.-ing, defending your gym schedule, explaining why you're going out Thursday, excusing the fact that you made a decision without consulting her, you've handed over the director's chair.

What does holding frame look like in practice? [u/CaptainWasHere](#) nailed it:

"Shut the fuck up. Hold frame. Bat shit tests. Fix her feelz. Ignore the rest."

And when she calls you "infuriating"? As one classic commenter put it:

"Last night, my wife called me infuriating. I had to leave the room to give myself a high five."

That's frame, gentlemen. When her frustration is your entertainment, you've arrived.

Number Four. Kill Your Covert Contracts. You Are Not a Vending Machine.

This is the hardest pill for Nice Guys to swallow, and it comes straight from the gospel of Doctor Robert Glover's No More Mister Nice Guy:

"I will do this blank for you, so that you will do this blank for me. We will both act as if we have no awareness of this contract."

You've been running covert contracts your entire life. You do the dishes hoping she'll touch your dick. You plan a date night expecting sex as the closing act. You say "I love you" and wait, expectantly, for the echo. As Rian Stone broke it down:

"Saying 'I love you' and waiting expectantly for our beloved to respond with 'I love you too' is a perfect example of a covert contract."

Here's the analogy. A covert contract is like putting coins in a vending machine that isn't plugged in. You keep feeding it quarters. Chores, compliments, quality time. And then you stand there staring at it, wondering why nothing's coming out. And then you kick it. And then you write a post titled "Nothing is working."

The machine was never plugged in, brother. She never agreed to this deal. It was all in your head.

The fix? Do things because you want to do them, or don't do them at all. Clean the kitchen because you want a clean kitchen. Plan the date because you want to go out. If she happens to jump your bones after, great. If she doesn't, you still had a clean kitchen and a good steak.

Number Five. The Dancing Monkey Attraction Improvement Program. Don't Be This Guy.

Two years. It's always two years. Some guy shows up, reads the sidebar, makes a checklist, and starts ticking boxes like he's filling out a T.P.S. report.

Lift weights. Check. Shut the fuck up. Check. Dress better. Check. Initiate more. Check. "Be more alpha." Check.

And then two years later he's back, bewildered. "I did everything right and she still won't fuck me."

Rian Stone has a name for this, and it's devastating:

"These new men gaslight themselves by looking at this laundry list of mental models and tools like it's an Alpha Male checklist, like commandments in some new secular bible. After working on their dancing monkey attraction improvement program for around two years, they run into a wall."

[u/SteelSharpensSteel](#) defined it bluntly:

"Don't waste your time just sprinkling alpha with a solely attraction-oriented Dancing Monkey Attraction Improvement Programme that avoids the challenging parts of Married Red Pill. It. Will. Fail."

Here's why. Because you're still doing it for her. You lifted, for her. You dressed better, for her. You held frame, so she would notice. The monkey dances, the crowd claps, the monkey dances harder. But nobody respects a dancing monkey. They just throw peanuts at it.

The man who succeeds here is the one who does all of this for himself and genuinely does not care whether she comes along for the ride. Which brings us to...

Number Six. The Stay Plan Is the Same as the Go Plan.

This is the line that separates the men from the boys in Married Red Pill. From Praxeology Volume Two:

"Dread is not about learning to fuck your wife. It's about becoming more fuckable. Dread is not planning to save your marriage because the stay plan and the go plan are the same plan."

Read that until it sinks in.

If you stay, you need to be fit, financially solid, socially active, mentally sharp, and leading your household. If you leave, you need to be fit, financially solid, socially active, mentally sharp, and ready to build a new life. They're the same list.

The moment you truly internalize this, a switch flips. You stop negotiating from a position of fear and start operating from a position of abundance. You're not improving to save a marriage. You're improving to save a man.

As Rian wrote:

"You can't save a marriage, you can only save a man."

And:

"None of these cases are failures even though they may seem like it to you. They are all conscious, deliberate choices, and that's ultimately the point."

Whether you end up in the best marriage of your life or walk away clean, if you did the work for the right reasons, you won.

Number Seven. The Thousand-Foot Tow Rope. Patience, You Impatient Bastard.

You started lifting three weeks ago and your wife hasn't ripped your clothes off yet? Shocking. Truly. Let me introduce you to the thousand-foot tow rope.

From Praxeology Volume Two:

"When you've lost a bunch of weight, made yourself fuckable, fixed your mental health, and become a high-value man of abundance, you did it quietly. A man improves his life the way a captain rights a ship."

"Your life is your ship. You have been floating aimlessly for a long time while your woman has been either adrift with you or dragging you in her direction. As you begin to take control of your life, you slowly move towards something better. Connecting the two of you is a rope one thousand feet in length."

Think of it like turning a massive cargo ship. You crank the wheel hard to the right. The bow starts to move. But the stern? The stern is still going the old direction for a long time. Your wife is the stern. She's a thousand feet of rope behind you. She's still seeing the old you. The guy who sat on the couch and asked permission to hang out with his friends.

It takes roughly six months, sometimes longer, for her to even notice the ship has changed direction. As Rian said in his Extended Syllabus:

"It takes six months for a girl to notice you're getting in shape, being more flirtatious, cleaning up your house, basically acting as if she died and she's not in the house anymore."

So stop checking the scoreboard every week. Stop treating her reactions as your metric for success. The rope will tighten. Or it won't. Either way, you're heading somewhere better.

Number Eight. Dread. Passive First, Always.

Dread is the most misunderstood concept in this community. Half of you hear "dread" and immediately want to flirt with the waitress in front of your wife like some kind of socially retarded peacock. Stop it.

Dread has levels. The first five are all passive, meaning they're things you'd do for yourself anyway.

Level One. Pass shit tests. Build unshakeable frame.

Level Two. Develop an action plan. Get your life in order.

Level Three. Build a life apart from your wife. Hobbies, friends, purpose.

Level Four. Condition your availability. You're busy. Act like it.

Level Five. Upgrade your appearance. Clothes, grooming, presence.

As Rian writes:

"Passive Dread is about the things that you do that will be beneficial for you in a general sense. Active Dread is the things that induce anxiety or starve your woman's rewards when she takes you for granted. Passive Dread works well and is often the only thing a man needs to do to turn his life around."

Most of you will never need to go past Level Five. And that's the point. You're not manufacturing dread. You're becoming a man worth dreading the loss of. There's a difference between a man who's attractive to other women because he's genuinely high-value, and a man who's trying to make his wife jealous by commenting on the barista's eyes. One is a luxury brand. The other is a used car salesman.

"Active Dread always becomes Passive Dread if you're honest with yourself and your progress."

Number Nine. Own Your Shit. The Weekly Confessional.

Own Your Shit isn't just a weekly post format. It's a philosophy. You are the captain of your ship. Everything. The finances, the fitness, the parenting, the sex life, the leaky faucet, the career trajectory. All of it is your responsibility.

Not half your responsibility. Not shared responsibility. Yours.

That doesn't mean you do everything yourself. It means when something goes wrong, you don't point fingers. The captain doesn't blame the weather. He adjusts the sails.

[u/jacktenofhearts](#) broke this down beautifully in his Captain and First Officer model:

"While you're becoming the Captain of your own ship, you're going to become a shitty First Officer on hers. You're no longer knee-jerk following Her Plan For Us, so you're going to quickly butt heads."

Good. That means it's working.

Number Ten. Acta Non Verba. Actions, Not Words.

The Married Red Pill motto. The whole thing in three words. As [u/RuleZeroDAD](#) put it:

"The slogan here is Acta non verba, but it could just as easily be, What have you done for me lately?"

Judge her by her actions, not her words. Judge yourself by your actions, not your intentions. And for the love of God, stop announcing your intentions. As the Book of Pook teaches:

"Judge by her actions and not by her words. Judge by what she does rather than by what your mind wants to see."

Nobody cares about your plan. Nobody cares about your epiphany. Nobody cares that you "finally get it." We care about what you did this week. That's what Own Your Shit is for.

Rollo Tomassi said it best:

"A woman will invariably condemn you for your weakness, but expect understanding for hers."

So don't show weakness through words. Show strength through action. Quietly. Consistently. Without fanfare.

The Reading List. Because You Clearly Haven't Finished It.

Stop asking what to read. It's right there on the sidebar. But since you're here.

Number one. No More Mister Nice Guy by Doctor Robert Glover. Your covert contracts live here.

Number two. When I Say No, I Feel Guilty by Manuel J. Smith. Boundaries. You don't have any.

Number three. The Rational Male by Rollo Tomassi. All four volumes. The foundational texts.

Number four. Married Man Sex Life Primer by Athol Kay. The playbook for attraction in marriage.

Number five. The Book of Pook. Ancient internet wisdom. Still hits.

Number six. Praxeology Volumes One through Three by Rian Stone. Frame, Dread, Field Reports. The applied Married Red Pill canon.

Number seven. The Way of the Superior Man by David Deida. For when you're ready to go deeper.

Number eight. The Forty-Eight Laws of Power by Robert Greene. Because you're playing a game whether you know it or not.

Let's wrap this up. The whole damn thing in sixty seconds.

One. Shut the fuck up. Stop talking. Start doing.

Two. Lift. The barbell is the only honest relationship in your life.

Three. Hold frame. Your reality. Your movie. Stop defending, explaining, excusing, and rationalizing.

Four. Kill covert contracts. You're not a vending machine. Stop expecting change for your quarters.

Five. Don't be a dancing monkey. Do it for you or don't do it at all.

Six. The stay plan equals the go plan. You're saving a man, not a marriage.

Seven. The thousand-foot rope. It takes time. Stop scoreboard-watching.

Eight. Passive dread first. Become the prize. Stop trying to manufacture jealousy.

Nine. Own your shit. All of it. No exceptions.

Ten. Acta non verba. Shut up and show us the work.

Now close this app, go to the gym, and shut the fuck up.

223

UPVOTES

"Do you like my dissected boobs?"

Sepean · 2 July 2019 · Archived copy · Reddit

Imagine this.

You're alone with this hot girl, her tight sweater suggesting a perfect rack underneath. You slide her sweater up to take a better look and find a pair of perky, bouncy tits. She looks at you seductively and says "let me show you more".

She pulls out a scalpel and cuts off the nipple, pointing out the many nerve endings. She peels off the skin and goes through the layers of fat and muscle, explaining the anatomy.

I'm a guy who likes to know how things work. Stars, enzymes, engines, I want to know how they do what they do, I love seeing their inner workings exposed and understanding them.

But a pair of hot boobs, they're only hot when they're put together. A dissected cross section doesn't do shit for me, on the contrary. In the context of the girl in front of me, seeing their bloody inner workings is revolting.

As a man, your frame is your biggest asset for attracting girls. The poise and calm, the easy dominance, it's like crack to them.

When a girl shit tests you, that's like you pulling off a girl's sweater. She's doing it to get a better look at your frame. Flex your frame, pass the shit test. She'll like that.

But some guys, they just can't help themselves. They think she challenges them because she wants to see the inner workings. So they pull out the scalpel and begin dissecting their frame: "this is my vision for our marriage, I'm doing this to become a better man, I said X and you said Y but then did Z and that's unfair, yadda yadda".

Stop fucking doing that. It's all over the side bar - STFU, don't DEER, hold frame, pass shit tests, don't listen to your wife. There's a reason for that. She wants a cocky guy that's above her little games, not some beta chump she can pull around by demanding that he justify his actions.

So don't do it. Don't take her shit test, her probing of your frame, as a request for you to explain your magnificent vision, great plans and deep understanding of relationship dynamics. Not only does she not give a shit, she's disgusted by it.

Keep that image in your mind. You DEERING is like her dissecting her boobs. It's revolting.

220

UPVOTES

Reminder : No One Cares

Taipanshimshon · 1 December 2018 · Archived copy · Reddit

There is a long story to my life. But the lesson from it is “no one cares”

People only see what you are now.

They don't care that you grew up poor as shit

They only see the nice car and house

They don't care about the risks you took.

They only see the winnings.

They don't care whether you had to literally try to overcome a crippling physical impairment.

They only see you as you are now.

They don't see your struggles, your addictions (for you drinkers and druggies).

They don't care about your anxiety or that your Mom or Dad or whatever set you up for failure despite or because of good intentions.

There are no points for working hard or trying hard.

Your wife doesn't care. Your kid doesn't care.

Your dog may care though.

So for those of you who still think that you deserve a thing because you worked hard-

No one gives a shit. They can't. Not in a way that will matter to you.

So go forth and make your own plan and your own mission and be your own judge.

No one will ever know how hard you worked for it. And if they do?

Those aren't chips you can cash in.

I promise there is a story to this.

What it is doesn't matter.

What matters is what you did today to make your life what you want it to be.

219

UPVOTES

Timeline: Escaping Sex for Validation, and Quitting Porn

HornsOfApathy · 21 January 2021 · Archived copy · Reddit

Timeline of Escaping Sex for Validation

I am going to safely presume that you've been hitting the sidebar, been in the gym 3-4x a week minimum, and most of your MAP has been identified and actions in motion. You are a man on his way in the intermediate stages of MRP.

Each of the stages last approximately 1 month. (*Edit* - see notes under Stage 2 it's exception.)

Stage 1 - The Problem: Recognizing sex for validation

Validation needs kill your sex life.

I'll just presume you've read that link a few times and agree you fit a few of those categories. This is how you've always fucked your woman. In fact, you've probably NEVER fucked your woman for anything other than validation and so what happens? **When was the last time you fucked your woman?**

Your dick becomes absolutely confused as to why it would want to fuck a woman. If there's no validation - or you're trying to cut it out as much as possible - your dick will look up at you every time you're aroused and say, "Hey, big man upstairs. Are you a man who fucks? No? I ain't fucking this woman just so you can feelz good about yourself. Fuck off." And your dick goes and hides deep between your legs because it's disgusted at you. Often I observe that stopping the use of porn for most men is the quickest way to realize your long-standing "sex for validation" mental model.

Stage 2 - The Grind: Extremely low libido, repeating mistakes

You've recognized the validation and agree to stop. You'll go through a period of extremely low libido. Your brain begins to rewire itself, figuring out how to make your dick work again because now it can only be activated on desire alone. No quick validation release anymore. It doesn't exist.

You'll get depressed. This is normal. Keep trying to listen to yourself and your body and trust it.

You'll be extremely short and annoyed by your woman. You'll probably rarely want to talk to her. With the drop in libido, you'll fail comfort tests often because without the drive of wanting to fuck this woman, you DNGAF how she feels. She will withdrawal emotionally, you will withdrawal physically - and a stale mate will set in until you are willing to act on that desire.

But you'll occasionally slip into old behaviors and try to reconnect with her by fucking for validation as a litmus test of the relationship. Sometimes those validation seeking initiations are successful because she is grabbing anything to generate feelz in the emotional stalemate.

\Edit* note*: If you slip into old validation seeking behaviors with this litmus test you automatically regress back to the beginning of stage 2 and start all over. It is common for men to be trapped in this cycle for months... if not years.

Stage 3 - The Progress: You start to discover your own genuine desire

Genuine desire to fuck a woman for the right reasons begins to grow within you. It begins in small ways - sometimes by staring a little longer at your woman's breasts and purposefully getting caught, or catching the eye of

a woman at a store and winking back. **Your imagination begins to wander for the first time in a very long time.** You fantasize about walking up to your wife, whipping your dick out and telling her to suck your cock while she is on the floor on her knees cleaning up coffee grinds (specific, I know, but true).

You start to recognize those weird thoughts as *genuine* because that is your masculine imagination at work. It is no longer snubbed with fantasies while watching porn, or trying to recreate things not born of your own sexual masculine imagination.

This imagination that has been awoken is a gift. A gift for you to give freely to your woman in the form of a hard cock, pulling her into your world you've created with that imagination, however small or large, nice or slutty, or wet it will be. Your gift to her is the invitation on a trip into the imagination of a strong, masculine man's sexual desires.

Relating to the sidebar: The sexual concept of DEVI as written about in Sex God Method - these lingering thoughts inspire genuine *variety*. And *dominance* is usually a natural masculine sexual way of acting on them. If you begin to take action on these desires by inviting her into your sexual frame, you create *immersion* that originates with your *emotions* of genuinely desiring this woman. You just can't help yourself.

Think about the feelz that generates. It is the a rollercoaster of emotions where you are in control of creating the track.

And when you are boiling over with desire to fuck, horny as you've ever been just BURNING inside with a desire to FUCK...

Your woman will test this with sexual denials to see if it is real.

Final Stage - The Resolution: You are a man who fucks

If it is real desire, you two will fuck. If it is validation or you initiate like a pussy? No sex. This will be a worthwhile test from her. It is a gift.

And when I say "fucks" I mean - you're a man who fucks holes, not his hands while *pretending* he is fucking holes. You may not be physically fucking at this point - but you **are** a man who fucks.

But what I've observed here at MRP and in my own journey is that when I discovered my genuine desire the likelihood that I would be rejected while leaning into this uncomfortable desire (at first) was extremely low. **And when I was rejected I had zero butthurt...** because I am a man who fucks and she gets the *first* shot.

Anecdote - Beating your meat to porn:

Look, I'm not here to tell you how to live your life dude. You make those choices, but can I ask you a question?

What kind of fucking man are you?

- A sad pussy of a man that fucks his hand (himself) and pretends he's fucking a pussy that's being fucked by another man (on a screen)... and gets off being a cuckold to those men fucking women you'd like to be fucking?
- Or are you a man who fucks?

Most all men arrive here at MRP with some porn usage. It's either a problem or not. You decide. I'm tired of repeating myself.

[Like here.](#)

[And here.](#)

And here.

So you can be a cuckold yourself if you want, but this is what I wrote that explains why your woman will always fuck you less if you jackoff for sexual release.

You're no longer a man that fucks his hand. You're a man that fucks holes. You'll find you boil over with raw energy wanting to fuck (if you haven't already). THAT is what women want to feelz. That's great masculine energy. Initiate hard. If denied hit the iron temple. Sweat cum out of your eyeballs. Take that denial and frustration straight to gym and convert it right into muscle instead of **fucking your hand which gains you nothing**.

I promise you this because I've lived it: your woman can smell when you fuck your hand instead of her and it just reaffirms you're a beta male that can't get laid and refuses to power through that masculine energy and drive. It literally signals to her and her feelz that you aren't a valuable mate. Why would she fuck a man that can't get laid elsewhere? You're an interesting and attractive man that has options, aren't you? I don't know how they do it, but they do. Hypergamy can play into your favor here.

Stop porn usage and see how it affects the connections in my mind between orgasm and validation-seeking.

So, you've decided to stop using porn and jacking off. *What's going to happen?*

Usually when guys here stop (myself included at one point), it takes roughly the timeline above before they start to recognize their genuine desire for a woman which they haven't felt before. But it all begins with you not knowing how to fuck her because your entire sex life is wrapped up in validation, because it's always easier to get that sexual release exactly when you want it. Likely watching porn. That's easy. That's what dudes who can't get laid have to do.

But if you can recognize that all this porn usage helps fuel sex for validation - It's probably only 2-3 months to change your life forever and become a man who fucks holes. I laid it all out for you so you know what to expect. Having this knowledge may even help you accelerate the mental models required to get here.

Strength, motherfuckers.

217

UPVOTES

HornsOfApathy's MRP Cheat Codes to blow up your sex life

HornsOfApathy · 30 September 2021 · Archived copy · Reddit

Retards! Gather 'round! **Here comes dynamite.**

/u/Blarg_Risen recently **made a comment** to say the following:

I see a lot of OYSs 10 and under. I see a few less OYSs 10-20. And even less above that. And one thing that I'm really noticing for the newer crowd is them getting lost in the amount of information and stratification of guys here. As J10 mentioned long ago, there really is different levels to this whole game. And getting lost in the nuances of the upper levels, in my opinion, is holding guys back from doing what they need to do: faking it, fucking up, and especially introspecting on where they are and where they want to go.

There's no doubt the testosterone level has dropped in here with respect to new guys. I haven't seen a guy come in and blaze a trail to success since Horns. And that's not necessarily a dig at newer guys. It's the result of us guys at the top reigning in that unstructured chaos, and you guys at the bottom falling in lockstep rather than blazing your own trail.

I think Blarg is right, and since I'm one of those vets trying to help guys reign in that unstructured chaos, I think it's time we give some dynamite in polarity. The first step was putting a rule 9 moratorium in place. Next step? **Let's take it back to rule zero.** Fuck leadership, fuck self-improvement, fuck not jacking off, fuck validation, fuck all of it. Let's get back to being a man who does shit, fail or succeeds, but learns how to become a man who fucks and trades notes about it.

The point of all this is to STOP thinking and START doing shit and testing yourself.

I have an incredible sexual imagination that I give to my woman as a gift. From the years I've been here I am convinced that most retards here have dull and boring sexual imaginations. So I'm here to share my notes with you dudes.

All of the following Cheat Codes™ **have been personally tested by me over the last 4 years, and everyone of them has been a successful and great sexual encounter.** So line up, pick a #, and go do some shit. You'll maybe fail, maybe not, but who the fuck cares? The worst that's going to happen is your dick is dry and you fail a shit test. Just like before. Oh, and shit tests? They will happen. Deal with it however you want.

Horn's List of Successful Sexual Cheat Codes:

I've chosen to model all of these under the structure of DEVI, which in the sidebar is covered by **Sex God Method**. Even better, I've put all of this into a spreadsheet for those of you with a spot of 'tism even rated by difficulty. I've made it easy for you.

I want to be clear about one thing though - you **MUST** give each attempt your full undivided 100% effort. **Otherwise, it will not work.** Go read a field report here from a dude who actually *tried something* that I wrote about.... and it worked.

I would like to finally add that you'll read below a lot of words being exchanged between you and your woman. They aren't necessary, but rather I have included them here so that you can imagine the frame of mind required to make them successful. In other words, **you can do all of this without communicating a single word at all.**

DOMINANCE

DEVI Concept	Frame Required	Number	Item
Dominance	Beginner	1	"Keep that up and maybe I'll let you XYZ me tonight, you've been a good girl lately." (give me a backrub, suck on my cock, cuddle me) - it's all about giving the prize out.
Dominance	Beginner	2	Pick her up, carry her upstairs, throw her on the bed, rip her clothes off, and fuck her. Without saying anything.
Dominance	Beginner	3	"I want to see those nice little/big/milky/perky (something with praise) tits of yours. Now."
Dominance	Grinding	4	"This pussy belongs to me now." Said in the throws of you in a dominant fucking position.
Dominance	Grinding	5	Tear her shirt off down the middle exposing her breasts and caveman her.
Dominance	Grinding	6	Try #5 during a "fight" where you generally DNGAF and she's emotional. Fuck the bitch out of her. Get dramatically angry over the top.
Dominance	Grinding	7	Hang her head over the bed (face up) and face fuck her
Dominance	Hard	8	Give her safewords, blindfold her, then tie her up. Leave the room. Come back as a different person who's kidnapped her and is going to molest her. Or tie her up in the shed at knifepoint like /u/red-sfpplus does and watch her piss herself.

EMOTION

You will notice that emotion begins around the intermediate level of experience and frame. This is intentional, as there is rarely any emotion involved without you first understanding Dominance and implementing it.

DEVI Concept	Frame Required	Number	Item
Emotion	Grinding	9	As she's getting tired, be the big spoon and rub her asshole as she falls asleep gently, telling her that you know this relaxes her and she NEEDS it to fall asleep.
Emotion	Grinding	10	During a BJ: "Oh come on, we know that you can suck cock better than that." Say this with authority, almost humiliating. Watch.
Emotion	Hard	11	Lay two toys and a paddle out on the bed. Maybe a wood board. Just leave them there. Wait until she says something. When she does? Command her to go pick one. Don't put the other ones away. STFU. Broken record.
Emotion	Hard	12	Text this meme to your woman. And STFU. Wait for a response. Later call her by her choice, or " Princess Slut " works fine. Other results here and here from MRP vets having fun trading notes.
Emotion	Hard	13	WARNING: Cuckhold Trigger.....Right before penetration, stop. Get off her. Slap a suction dildo loudly to the floor and say, "I want to see you fuck this little dick before you fuck mine." Make sure it's a small dildo. It will feel like humiliation to her, which requires alot of Dominance here, but praise her like a good girl as she fucks it, encouraging her to do better so she can "have the real thing"

Variety

The spice of life. Are you boring? It's time to add some variety.

DEVI Concept	Frame Required	Number	Item
Variety	Beginner	14	Take her hand in bed and put it on your dick. Bonus if you tell her "Babe, you'd sleep better with your hand on my cock at night." Do not escalate.
Variety	Beginner	15	"I'll be home in X hours. When I come home, I want you wearing XYZ, with red lipstick, a tiny bit of mascara, and ABC" - be extremely specific. If she asks why, your answer is "because that's what I want." Don't ask.
Variety	Beginner	16	Add things to the shopping list, like "blowjob". When she notices it's on the list, "We will talk about this later." Act like she put it on there. Gaslight her. Tell her she's dirty. Make her believe she added it. Then later, ask her for the list, scratch it off, and pull your dick out. STFU.
Variety	Grinding	17	Stick your finger or thumb in her asshole during sex and talk dirty about how tight her virgin asshole is and how you just might take it for yourself. Usually works better the first time during caveman sex from behind.
Variety	Grinding	18	"If your panties get wet at all today you must text me a picture of them. Do not try and hide it from me. I will know." This works because it sets up for her to follow your directions, or you'll be "checking them" later that night, no questions asked.
Variety	Hard	19	Fuck her like a whore. imagine you are paying a woman for sex and tell her to do everything you want. When done, jokingly leave and say "You were worth every penny, sweetheart."

Immersion

Immersion is a difficult thing to conceptualize - but this is basically it: you have your woman in another world, where she gets to play the part that you design. All elements of DEV are required to accomplish immersion (usually).

DEVI Concept	Frame Required	Number	Item
Immersion	Beginner	20	Randomly come up behind her. The kitchen works great because she's distracted. Run your hands along her hips and then turn her around quickly. WHILE SMILING, press your hand into her throat and push her somewhat forcefully into the door/cabinet whatever where her head is resting against something with your hand on her throat. Whisper, "You're all mine. Later."
Immersion	Beginner	21	During foreplay, only put the tip of your dick in there. Waller it around for a long time and tease her. Act like you're going to deeply penetrate her but never do. Make it sopping fucking wet and then tell there's no way it's going to fit. STFU. Watch.
Immersion	Beginner	22	Have her lay down sitting up with her back against your chest between your legs. Take her tits out and just play with them for a long time. Enjoy it. Praise them. Put them back. Don't escalate yourself. Do this several days/nights in a row. You can choose to fuck her or not - but this method is not meant to be foreplay.
Immersion	Beginner	23	Go and buy nice panties. Things you like on her. For a solid month, pay her for fucking or sucking on you with panties. Do not negotiate with her. Just give them everytime. Lots of room to treat her as a good girl, a whore, or a slut here. Some of you will go broke. Victoria Secret often has good deals and no woman ever turns down VS panties.
Immersion	Grinding	24	"Why are your panties so wet, babe? Have you been thinking bad things again?" Ask randomly as you grab 'er by the pussy.

DEVI Concept	Frame Required	Number	Item
Immersion	Grinding	25	Right before you cum, grab her phone. Blow a load on her face or tits or whatever and record it from your POV. Hand her the phone back and say, "You can watch this anytime you need to. But you must tell me immediately if you do." Bonus points if you ran the Holy Grail of Cum retarded science experiment for yourself.
Immersion	Hard	26	WARNING: Cuckhold Trigger..... Have her sell something online. Message the listing from your own name. Jokingly pretend to inquire about the listing. Ask if you can come pick it up sometime soon, preferably when her husband is out of town. Game her. Pretend you don't have any money but can pay her in "other ways". Then show up at the scheduled time and say "When's your husband get back?" Play. The. Game. Fuck her and leave. Come back home as the husband later and if you're really ballsy - fuck her again and ask why she's so wet already.

This is all men trading notes. In time I will add to this list of cheat codes if necessary, but posting your feedback in your OYS or on this post will help calibrate what works and doesn't work. **All** this shit works for me. Take whatever you want, leave the rest.

Strength, motherfuckers.

211

UPVOTES

The shame and frustration of a fat wife after red pill awakening.

CharlesPoon · 11 December 2017 · Archived copy · Reddit

Both mid-40's. Married 16 years with 2 kids, 10 and 11. Grew up with a hard-working and dedicated beta father and stay-at-home alpha mother. My father taught me a lot in life, but nothing about sex/women/marriage. I married an average girl with average looks and average weight. I was scrawny, good personality, +\$100k job and no sexual experience. I didn't know the potential I had. She loved me and gave me sex and was my best friend, but we were both clueless about what passionate, toe curling sex was like. I knew I had an orgasm when I stuck it in and that was it. The idea of great sex, teasing all day, wanting each other was the stuff of movies.

We married and both gained 20lbs. I lost all of it plus a little more – she lost 10lbs and stopped. I should have seen the rest coming.

Before kids we went to the gym together off and on. Over the her weight went up and down with various stress levels and child responsibilities. She has always been a stay at home mom (great mom!) and I always made ~\$100k and was active. I was never in stellar shape usually soft around the middle because I never lifted, but I ran and played basketball all the time. We moved to Dubai for my work 8 years ago and enjoy living overseas tremendously. Over the last 4 years her weight has steadily gone up and up. My weight probably got a little low because I went through a love-to-run phase in the hot Dubai weather.

4 years ago when I saw her weight going up I got her a full-time housekeeper and the kids started going to school full time. I thought the free time and her seeing me exercising would motivate her. It did not. She complained about her weight. I told her 80% of weight loss is food, but she was unconvinced and the weight increased.

3 years ago she started getting foot pain and knee pain and she can't run because of the pain. When I said it might be weight related she went ballistic and said her doctor told her it wasn't. She's 5'6" and ~180lbs at this point. I'm 6'3" 195lbs, but little muscle. Sex is fading fast and I soon I need Viagra to get an erection because of the size of her naked. I don't tell her, hoping she'll self-motivate with me staying in shape.

2 years ago I'm asked to take a 9 month contract in Djibouti. Good for my career and wallet. She and kids stay in Dubai. I tell her I'm going to really start working out so she can have a hunk of a man when I'm back. Between her full time maid and kids in school, and stay-at-home status I'm sure this will be the turning point for her body. A week after I'm gone she takes a part-time job as a secretary with my same company so she can "stay connected with the community while you're gone." We have no financial need for her to be working. I have a bad feeling there will be no change. I get to Djibouti and every morning I'm up at 5am lifting, running, eating right. Sometimes I work out twice a day.

I come home to visit after 3 months and everyone is floored. My shirts are busting at the seams and my pants falling off so loose. Everywhere we go people are complementing me on how muscular I look. My kids go crazy feeling my biceps and seeing how many times I can do pushups with them sitting on my back. She is proud of me. Her weight is the same and her foot pain has increased. I'm still up at 5am running. When I get back from running I make the kids breakfast and help get them to school. She does no exercise and says she's eating right and can't figure it out. I'm disappointed and frustrated and start popping Viagra to do my sex duty for 2 weeks before I go back to Djibouti. When we have sex she's feeling on my muscles and loving it. I'm distracted by the "thwap thwap" of my body slapping against her fat gut. I'm now 6'3" and 210lbs with a lot of muscle.

Angry and frustrated I go back to Djibouti. Within a week of getting back, a divorced Filipina-American with no kids, no boyfriend in a long time, same age as me, and really into yoga tells a friend of mine she thinks I look good. She knows my status and can be discreet. I politely decline as I'm married....even if unhappily so. Next day I see her coming out of yoga class after I'm through lifting. We're both sweaty and amped after working out...and we start talking...and we start kissing and she's back in my room and we're fucking like crazy. Same thing the next night and the next night and for the rest of my time in Djibouti. Every day, often twice a day we were fucking.

She's buying school girl outfits and surprising me; we do roleplays; we fuck in our offices and in stairwells; we spent one evening trying to get my cock in her ass just cause neither of us had ever done it. We licked sucked and fucked every way possible. We were so sexually compatible (and fell very, very much in love, but that's another discussion). When you read about women wanting to be led by a strong man...she was it. She took care of me and that made me take care of her. We were both sexually and romantically neglected for so long that we did everything possible to make each other happy. It was beautiful.

Three months after my return to Djibouti (now 3 months left in my assignment) I'm still lifting and getting bigger. My wife sends me a picture of her and the kids. My jaw dropped...she's even heavier. I went online and found a nutritionist in Dubai and workout coach and sign her up for a 10 week program. I tell her I found someone online who can help her and she agrees to contact him, but never does. I get the guy to call her cell and she signs up for the 10 week program. Over the next 10 weeks she loses 10 lbs....I'm thinking this is the 10lbs she had just gained. Her foot and knees still hurt and that prevents her from activity. She claims she's eating right, but I know she's snacking.

I finish Djibouti assignment and back home with the family August 2017. So happy to see my great kids. I'm very depressed at the loss of my affair partner and angry at my fat wife. First day back and I'm popping the Viagra and she says lets' try a new position. She's really never been up for it and after just having 6 months of multi-orgasmic sex with a yoga babe – I'm up for anything other than missionary. She wants to try 69 and the view of her huge ass and hanging stomach as she put her elephant leg over my head made me gag. Not even a full 100mg Viagra could keep me hard. I apologized and said I was tired from the move back home and we just did missionary the next day.

Everything that's gone on has left me depressed and angry like I've never felt before. Were it not for 2 wonderful kids who love their mom and dad, love Dubai, and love the closeness of the family – I'd be gone...even after 16 years of marriage. I went to an British marriage counselor and told him everything. He is very sympathetic and we end up having a group counseling session to talk about the marriage problems and why I'm frustrated. I tell her about the weight gain, but not the affair. I say I love her, but my sexual and physical attraction is less when she has so much weight. We all know her reaction – unconditional love you shallow asshole, etc... Why don't you love me anymore? Blah, blah. She doesn't talk the next day. The following day another session and I'm still a shallow asshole. The counselor pulls me aside and said I need to make a choice to stay or go. I agree to keep trying – after 16 years and 2 kids I can't give up yet. I agree to help her through weight loss, not be so focused on appearance and she agrees to do better with eating etc...., but she still has the caveat that her foot hurts even though diet is how you lose.

Back at my Dubai desk August 2017 and every day at work I'm googling "hate fat wife" "help wife lose weight" etc....I'm trying to find hope and to stop thinking about my affair partner. September 2017 I stumble on red pill...best and worst day ever. At 43 years old, 6'3", 215 lbs, muscular, good dresser, abs starting to show, making ~\$150k per year, speaks 3 languages, knows how to cook...I learn about SMV. I learn I'm the prize. I burn a whole day at work reading. I'm a solid 7 and when I'm confident an 8. She's a 3 or 4. That's a huge gap and it's a problem. We go to places and I'm dressed better than 90% of the guys. Confidence like crazy expect that I'm with a fat woman and I know I'm being judged. She's very personable and friendly great mom, but 5'6" and just shy of 200lbs I'm guessing. Large flowing shirts to cover body or (even worse) sleeveless dress which makes her look terrible with bingo arms. The extra weight makes her look in her 50's and slightly masculine and over the last year she's got a layer of peach fuzz on her face that I feel when I kiss her. Several of my buddies have Asian wives that have kept their figure...I know they pity me.

She's a great mom and my kids don't know any of the problems. The kids are thriving here in Dubai and are getting a top notch education and learning French and Arabic and all sorts of great things. They snuggle on the couch with us at night to read together after dinner. This is why I stay, but I'm seething.

I want to leave, but leaving would break me financially and I'd have to go back to the USA to be with the kids. They'd be in public school in Oklahoma with all of the dumb fucks. Sex is down to 1 time per two weeks only because I feel like I have a duty to give it to her as a man. Glad I can get Viagra here without a prescription. But I

can feel the resentment building up. Once a month I'm going to a backroom massage parlor and getting happy endings from a Thai girl just so I can have some good release with a pretty girl. Regular porn user now. I have a video my affair partner and me fucking. I jack off to that to remember the good times. Wife emailed me yesterday and said she realized she was stress eating and that's why she can't lose weight. Stay-at-home mom, kids in school, full time maid, part time gardener, she now volunteers for an NGO 8 hours per week and helps in the school library, I make breakfast every morning for the kids, every Saturday I take them to swimming practice....and yet she's stress eating. And then she says please don't discuss this with her as she figures out how to lose weight and deal with what I said in counseling about her weight. I write back and said I'm here to help. She does spin class twice per week. That's great. Yesterday I found a Starbucks receipt that included a chocolate chip cookie. I know she's undermining the gym with snacks.

I'm fearful I will reach a breaking point and tell her off – I mean nuclear because I have so much anger inside. It'll set off a chain reaction that will lead to my children's lives unraveling and going back with her to Oklahoma and me settling for a "regular" job so I can be with the kids. Even more horrifying, if she ends up as a middle-aged, fat, divorcee with kids – she's going to attract an equally wretched man and I don't want that kind of man around my children. THAT scares me the most. For now I keep it bottled up. She has a habit of eating the kids French fries if we go out to dinner. I keep my mouth shut and go home and do planks or jumping jacks. She eats a cookie, I go do 3 minutes of planks.

That's how I deal with it until I can figure out what to do. Let me have it guys....skewer me cause I'm at a loss right now.

210

UPVOTES

Quit being a fucking pussy

BobbyPeru · 18 April 2019 · Archived copy · Reddit

Ok, you “swallowed the pill 3 weeks ago,” whatever the fuck that means. You used to be like tooooooo totally alpha, but you got in a relationship and you caught feelz. And now you’re not alpha anymore. You’re in “great shape,” but you don’t back it up with any stats like height, weight, and lifts. Your wife is “legit” 9, and she is 42 yrs old. Of course, no numbers on her either.

Next, you want to go into a long play by play assessment of what happened between you and your wife over the last week. It reads like a train of thoughts from a drunk person. You may have even had a “main event” or a mini-main event, whatever the fuck that is. Your story is filled with your DEERING, and you even DEER to us because getting internet strangers on your side is very important, maybe even **vital** to your self esteem.

You talk about she... and her... there are 50+ She’s and hers in your rambling autistic, overthinking essay. Now, you just need to find out how to be alpha again. She’s sleeping in a different room than you because she finds you repulsive physically, mentally, and emotionally. She has tested your fitness as a leader, and you continually fail to even recognize them as fitness tests because you’re a drunk ass captain (figuratively and possibly literally). You react, engage, and you play her game **on her home court..** By the way, her home court = her frame.

You want to know how to stop reacting.

We tell you to STFU, but you continue to DEER and engage in meaningless power struggles that only exist because your leadership is non-existent, and you live in her frame.

Sound familiar?

Here are your solutions, but they might not be complex enough for you:

- 1) **STFU** This does no men go mute and brooding. It means to not let her trivial BS shake your frame. Simply change the subject, Use fogging, A&A, or AM.
- 2) **lift** I mean lift, really lift... several times a week. If you are skinny, increase your caloric intake and hit heavy weights. If you are a fat-ass, decrease your calories, and hit the weights 5 times a week.
- 3) **Read the whole fucking sidebar** don’t just read WISNIFG and NMMNG over and over. That won’t get you very far. Read the whole thing, and then reread it. Rinse, repeat. The sidebar material will work alongside your experience and you will start to get intuitive answers to all situations
- 4) **Slow the fuck down, Rambo.** You won’t make big progress until at least a year in, and that’s if you are working extra hard. **There is no fucking graduation. This is a lifelong journey, and you need to continually recommit.**
- 5) **Don’t overthink it** Also, don’t make big sweeping changes right off the bat. Your changes should be almost undetectable, and then one day you wake up and realize you’re a fucking stud. Other women will probably see it before your wife, so be ready for that. I’ve had a few women try to fuck me just in the last couple weeks. MRP is amoral, so do as you wish. I choose to remain faithful because my wife fuckks me whenever I want, and she follows commands.... if I say “suck my cock” she just does it, gladly. I’m not bragging- it’s just a fact... but, it took time and work to become an attractive high value man where she **wants** to follow commands. Also, she knows that if she doesn’t, another woman will. I don’t need to verbalize it. She just knows. She also adds a shit ton of value in many areas. She’s no fucking unicorn, but she adds way more value than when I first started this journey.
- 6) **Mission first** Always
- 7) **Don’t be a pussy** Don’t complain **about anything** Make it a habit to not complain. It will transform the way you think and act. It will help you be the man you want to be. You will start to believe there is nothing you can’t do with some smart effort, focus, and drive. You will Transform your life in all areas.

So, make up your mind today. Do you want to be a pussy, or do you want to be a gladiator. Own your life circumstances, and if you don't like them, get off your ass and change it. Unplug from the matrix, one connection at a time.

The choice is yours. You are the architect of your life, and you are the reason for your current circumstances.

Make up your mind to **Quit being a fucking pussy**

210

UPVOTES

When was the last time you fucked your woman?

HornsOfApathy · 25 May 2020 · Archived copy · Reddit

When was the last time that you actually fucked your woman HARD and FAST with reckless abandon like a wild man looking to shoot his hot load inside of her?

When was the last time you ravished your woman by absolutely demolishing her little body into a pulp, perhaps even turning her ass red, curled up in the corner of your bedroom, and maybe some exhausted tears running down her face?

When was the last time you fucked your wife so hard that she stopped being able to talk or communicate during sex, and you let out a primal roar as you grabbed her hips and thrust yourself inside of her repeatedly?

When was the last time you grabbed your woman by the hips, threw her down on the bed and ripped her pants just down to her knees and pounded her from behind like a man who has been dying to fuck?

How long?

Take a minute.

I once asked a guy here once who *ironically quit* (**Edit:** stopped posting to MRP for 3 months after doing exactly what I'm writing about here and updates us below in comments), /u/ice_walker, that same question who had been here at MRP for 2 FUCKING YEARS. You know what his answer was? "A year and a half I think, something like that". What was his problem?

*The relationship is an escape from the everyday life, a waterhole to replenish energy, a safe place for two individuals to meet for **sharing their sexuality***

*she doesn't feel **connected** and hence she doesn't want to be close etc etc.*

*I think what she means is "play by my rules, be more at home and I might give you a little bit of **closeness***/sex/whatever."**

That blew my fucking mind. Here we had a faggot that was on his journey for nearly two years and hadn't figured out that he used sex to feel "close" and it validated his emotional needs. That's not what sex is for, or at the very least it's not until you figure out how to kill the **validation needs that can poison your sex life**.

Say this to yourself: I do not receive the feeling of being close to a woman through sex (right now).

When I began my journey I didn't really fuck my wife hard and fast and *ravish* her. Maybe every once in a couple months. I thought that she wanted good and passionate sex that would give her emotions. I was only partly right. I was fucking her in her frame.

Sure – your woman wants to have sex full of emotions, but not the kind that you think.

Go read SGM, it's on the sidebar. It talks about DEVI concepts. Dominance. Emotion. Variety. Immersion.

There are many ways to incorporate these concepts but if you're not getting the first one down in the beginning (dominance) you're not going to get anywhere with your mental models since she is the **most responsible teenager in the house** and you will continually be in her frame during sex.

What kind of woman wants to fuck themselves anyways?

It all harkens back to the one fundamental principle guiding male-female relations: Chicks love submitting to

powerful men.

So if you want to spend your time learning about different ways to finger her and hit her G-spot, or maybe quietly play with her tits in the bar, or have sex with her in the backseat of the car, or light up the bathroom with candles and draw her a warm bath and slowly carress her body while playing your wedding song in the background – if you ain't fucking her hard on the regular like you are a man that wants to fuck – none of that matters.

You woman WANTS to be taken by you. She WANTS to submit to strong, powerful, masculine man. She WANTS you to take her body as your own and do with it *as you wish to please yourself*. She wants her body used as a vehicle of your pleasure, disregarding her own, and in that process submit to your desire to drain your sweat, balls, and every inch of who you are *into her*.

That gives her the feelz she desires. Then you learn to use this concept of dominance in other ways that aren't perhaps so... in your face. Speaking of which. Cum on her face. That's a good dominant move.

You know how I keep harping here all the time that your woman can *feelz* through all of your bullshit and your inner most fears and ego? She can also *feelz* this too... and these are the types of feelz we talk about when SGM talks about emotion and immersion and dominance. Variety is easy.

Through your giving of yourself to her – giving her everything you've got and living on your edge of reckless abandon – you are taking exactly what you want. But at the same time giving her your authentic self sexually and she feels through this. If you're hiding that part of yourself from yourself during sex, she will feel that as well. If you're stuck in your head about “*maybe I should insert one more finger and give her the spiderman for 60 seconds followed by a little tease of my tongue against her clit*”... she's going to feel that. Like a robot, dude. And that's shitty sex for everyone no matter how many EVI ways you try without the D.

So get out of your fucking head. Just go FUCK your woman. Fuck her until her eyes roll back into her head and she's blabbering nonsense. If there's *anything* you should be saying inside your head during this it should be along the lines of: “I love demolishing this little fucking body with my cock. You dirty little slut. Fuck you.”

Use some controlled anger if you have to. Use those pent up emotions you've learned to control with a cup of STFU and let them explode *through you and into her*.

Then once you get that down? Do it again.

And again.

And again.

Free yourself sexually first

Inside of every woman is a little slut that is begging permission to be freed. Either she has met her before, or she has been chained inside of her for the entirety of her sexual history. This is the part of her that wants to be unleashed in the bedroom – and ironically the part of a woman that you want unrestrained as well. Women just want *permission* for it to be OK.

You give a woman permission to do so by freeing yourself first from all insecurities. As I write often: The masculine grows through challenge. It's ultimate reward is freedom. Break through the barriers of your fears and beta-shit-goblin on your shoulder saying, “*She isn't like that. She doesn't like it when we have rough sex.*”

You're a liar.

A woman doesn't like rough dominant sex with a man that is inside his own head and doing it for *her*. She wants that primal, raw, unfiltered sexual version of you. The same you want out of a woman.

So fuck her hard. Then you won't care about the spiderman, or some other crazy sex move you read about in SGM or saw in a porn (you've stopped watching porn by now, right?)... because you won't have to. You will have given

her the gift of Dominance and if accepted, your woman will complete the mutual cycle of gifting through her submission – which you gave to her as well.

That's why we advocate often here that you caveman. Especially when your woman is giving you faked submissive duty sex. Take it. And take it how a man would. With hasty carelessness, without consequence, and the way that a strong masculine man would. Remind yourself that you're a man. A man who is full of power and uses that power to penetrate his woman as he does the world.

Then you can do the chocolates and bathtub music if you like for some variety, but don't expect her to fuck you like the little slut I know she is... and I guarantee she is... who's been stuck in a sexual prison because you put her there.

Yes, it's all your fault your woman sucks at sex (with you) or doesn't like it (with you).

Break yourself free first. Then like a good woman normally does - she will follow your lead. Or maybe she won't.

And if she doesn't? Doesn't matter, got laid.

Good sex is your responsibility.

197

UPVOTES

FR: The Spousal Support Scam

Red-Curious · 28 January 2018 · Archived copy · Reddit

As many know, I practice divorce law. I also recently watched the red pill documentary on Hulu - definitely worth the watch, although it addresses the MRA side as its primary focus. Some of the stories got me thinking about the financial inequality in many cases working against men - even more than what I'd previously believed (though for reasons beyond what's explained in the documentary).

So, I decided to try an experiment in court and my client was on board. Rather than just explaining, I'll make it fun and give you an abbreviated approximation of the transcript.

RELEVANT STATUTES

As background, the law in my state specifically says: "Each spouse shall be considered to have contributed equally to the production and acquisition of marital property." Now, at first glance this looks like it shouldn't affect spousal support, but the spousal support section has the following two among other factors: (1) "The standard of living of the parties established during the marriage," and (2) "The relative assets and liabilities of the parties, including but not limited to any court-ordered payments by the parties." Because the equal contribution law so heavily ties into these factors, it is imputed in our case law as a spousal support rationale as well.

Our case law also specifically says that a primary purpose of spousal support is to equalize the standard of living of the parties. Because of the equal contribution presumption, the court must assume that the value of the wife's house work is equal to the husband's financial contribution.

Other jurisdictions may not have parallel laws, but for those that do, track with me. Even if you don't, the principles might still apply.

THE HEARING

Within that statutory framework, I was handling a textbook case - guy's the breadwinner for 22 years, wife stayed at home and took care of the kids (not at issue because the youngest will be 18 in a few months). I had my client (guy) on the stand and coached him to try this new line of testimony for the first time ...

- Q: Do you agree with Ohio's equal contribution law that this court should presume your wife's contribution to your joint standard of living was comparable to yours?
- A: *No* [I let him explain why for a bit, since the presumption is technically rebuttable]
- Q: Do you understand that the court has the ability to make a decision under the statutory framework regardless of everything you've said? [This question could have ticked off the judge, but it was worth the risk to set the stage.]
- A: *Yes*
- Q: Under that framework, what do you believe would be an appropriate allocation of support?
- A: *Well, if both of our contributions are considered equal, then to maintain both of our standards of living, I should give her 50% of my paycheck after the divorce just like I historically did during the marriage, which would be \$4,748.55 per month ... and she should come over everyday and do all of my housework, laundry, cooking, etc., just like she historically did during the marriage.*
- Q: Now, legally the court can't compel behavioural performance, as that would be too akin to forced labor. So, what alternative do you suggest?

- A: *Well, if after the divorce she doesn't have to maintain her contribution to the marriage, i shouldn't have to either - at least to the same value as her contribution. So, if our contributions are deemed equal by law, then if she doesn't have to contribute X value in service, I shouldn't have to contribute X value in financial support. By making me pay any support, that would be an acknowledgement that our contributions to the marriage were not equal.*
- Q: And if the court decides to proceed on the presumption of unequal contribution? [Hand out an exhibit and have it marked]
- A: *I prepared this document [he authenticates it] demonstrating the variety of services she performed during the marriage and how much it would cost me to pay someone else to do these things, and relevant classified ads as proof of the market rate.*
- Q: And what is the significance here?
- A: *I'm expected to work to the same degree as before and now also to do everything around the house that she used to do, so I'm doing my job and hers. She won't likely be expected to work given her years out of work and her age, so she'll just have to take care of her house and collect my check - her job but not mine. So, to even the lifestyle balance I should get a discount in support by the cost for me to get that housework done, otherwise our lifestyles wouldn't be equal. [We then calculated that difference and proposed a new number that equated to around an 85/15 split of the joint income, other factors involved too.]*

The judge (female) let out an audible "Huh" with a bewildered tone like she'd never thought about that before.

THE RESULT

Result? My county has almost never deviated from their 50/50 to 55/45 split range (one of the worst in the US). In this case the judge did a 67/33 split in my client's favor, which is unprecedented.

My interpretation is that if she went too much more in my client's favor she couldn't justify it against historical case law and would get reversed on appeal. So, she found a middle ground that would preclude reversal, given that there are other counties in my state that will do a 65/35, so it's not totally beyond historical precedent in other jurisdictions in my state.

This isn't necessarily a groundbreaking argument (and it's far from perfect), but this judge had clearly never considered it before - and it may have just changed how she allocates support in other cases going forward, giving the other judges a precedent to follow in her footsteps as well.

Conclusion? Maybe you can't get a prefect result, but a novel argument (at least from your judge's perspective) can go a long way with appropriate documentation to back up the math. This is the best result I've seen from any argument yet (other factors notwithstanding). Don't give up hope.

197
UPVOTES

3 concepts for getting your wife's BJ

dawgsen · 9 July 2022 · Archived copy · Reddit

In the recent 6 months I improved my marriage. From declining amounts of sex to fucking wild and getting my dick sucked after lunch.

Being married to me became a spiritual battle. I used 3 concepts based on Red pill theories that I implied on my daily marriage life and it improved my married and sex life a lot.

1. SRD

I created a own social life outside of my marriage including my children. For a lot of locals in my area, Sport mom's, waitresses they assumed (some still assume it) that I'm a Single Raising Dad. For months I took my kids to their sport, family friendly restaurants, even weekend trips. My wife didn't even know the name of my kids team, because she took the feminist agenda "Me" time and I did not complain. I flirted with the single moms, the waitress, was small talking with everyone. Regardless if she was a milf or a random 4.

After months of doing so, my wife saw women greeting me on the regular and she had no clue who they were. Kept interviewing me who these women are.

"Hey you again, how you doing? How are your kids? Oh, thats your WIFE?"

Wife: "WHO IS THAT?"

"Hey whats up? That workout you recommended kicks ass. Your nutritional advice was spot on."

"Nice. How is your business going you said you want to....? Btw this is my wife"

These conversation happen 1-2 times per months, my wife has no clue who these women are.

Well after doing this for 4-6 months, there is no "me" time. She is there every practice with her kids, I used to take the kids say "bye, have fun relaxing". Now she is our shadow and guess what, im fucking the shit out of her, she literally starts grabbing me to bed and can't wait until the kids go to sleep. Yeah, I was a masturbating husband, that complained about his wife not wanting sex, like the other fat fuck father's around my neighborhood. I talk with my neighbor's wives every now and then, some litteraly laugh and lightly pull my shirt by the sleeve while laughing, with 0 self awareness. My wife's notices it, because she mentions it as soon as we get back home.

1. LBM

I'm sure you hear her nagging voice already "Can you take out the trash?" "Did you forget the milk? Again?" "The dishwasher is empty, why didn't you use it?"

Living By Myself. I act like I live by myself. That means, I have a standard. I try to keep it 100% of the time, but I fail sometimes in the chore department and still need improvement. However, most of the time I meet my standard. I cook healthy for myself and the family. I do important daily chores like I'm living by myself. After im done with everything, I enjoy the evening and do whatever the fuck I want. "We need xyz for tomorrow can you get it now?" "No!" "But...." "If it's that important go get it for yourself, leave me alone for today thanks." And I go on doing whatever I was doing. After my daily standard is met, im done. Regardless of what load she tries to put on me, or guilt trip, I literally don't care.

1. GTFU

Get the fuck up! Do something for your body. Get fit! The gym was dull for me after a few years. After deadlifting for 340 for reps, squatting 240 and benching 200. I looked fit, but still felt that void. Well, martial arts filled that gap. I literally left last year afer my first muay thai class and said "That's it! You dumb fuck why didn't you join earlier." I got a new circle of friends. We watch fights together, sometimes I join the single young dudes when they

go to the club. Gave me some new self confidence boost, because young women still flirt with me and some try to fuck, I'll leave it at that.

Recently we met after work. We went for a massage after lunch. The night before we had sex. We had to pick up the kids afterwards, I told her "first we go home real quick!" (Was on our way) "Why?" "You gonna suck my dick and then we go on with our day!"

That being said, there have been main events. She even went psycho one day, told me I don't care about her so much, I'm selfish, only thinking about myself (which obviously is not true because is spent the majority of time for my family and my kids development), some more emotional random accusations. I took the divorce papers, told her to get a grip and keep the family together or shut the fuck up and sign right here. I signed everything, just needed her signature. That was the last Main event, the next day she never mentioned it and for now I have a few months of harmony, but I'm married long enough to know it won't last.

TL;DR - Act like you're a single raisins dad. Act like you live by yourself and pick up a martial art.

196

UPVOTES

Good sex requires Emotion

man_in_the_world · 26 December 2018 · Archived copy · Reddit

I found [r/marriedredpill](#) while looking for ideas to spice up my boring, same-thing-every-time sex life with my postmenopausal wife.

I've naturally followed most MRP principles throughout my 30+ year marriage, with the notable exception of those directly related to sex (flirting/game; behaviors toward and during sex). The very predictable result has been an otherwise great relationship with a wife who respects and likes me, who rarely rejects sex, but who claims to have zero sex drive (for me?) after menopause, with purely **responsive desire** and very slow arousal during sex.

The big new revelations for me from MRP have been *The Sex God Method* and DEVI, Chapter 10 of NMMNG about sex, and Game. My still-poor application of these ideas has already improved sex with my wife. As I progress, I'm beginning to appreciate the primacy of Emotion over the physical in sex and sexual response, *especially for women* for whom sexual arousal is primarily mental and emotional. As from *Practical Female Psychology*

"A woman is dependent upon the actions and attitude of her man with respect to how aroused she is able to become. ... in order for her to be sexually receptive, she still has to find within a man a combination of ... male sexual dominance, and the skill of verbally stimulating emotions within a woman"

As I see it now, effectively SGM's DEVI is at root all about emotions: the strong feelings surrounding submission or resistance with Dominance; stimulating different emotions through Variety; experiencing these emotions to their fullest through Immersion.

Emotionally limited sex

For the recovering Nice Guys of MRP, sex is primarily about covert contracts and **validation**. To avoid upsetting or offending their wives, their emotional expression with sex is both very limited and inauthentic. (This may often account for much of her lack of interest in sex with him.) As he struggles to avoid DEERING and validation-seeking, demonstrate OI, and STFU, the MRP novice often brings even **less** Emotion to the bedroom. This leads to bad sex that fails to engage her emotionally, which very often leads to

- **relationship improvement but without much sexual improvement**
- **unenthusiastic wives who resist any sexual changes**
- wives who feel emotionally disconnected and **"you only want me for sex"**
- more Dread-induced *bad* sex that wives eventually reject, with a **return to a dead bedroom or divorce**.

Like most guys, I'm most comfortable with the physical aspects of sex, and purely physical sex is at least momentarily satisfying, so in the past I focused primarily on physical acts and stimulation. Reading SGM convinced me to immediately add more Dominance and Variety to sex with my wife (as well as Emotion, which was less clear to me), but it was mostly *physical* Dominance without much emotional effect. Variety to me was also at first about different positions/acts/body-parts/holes. After an initial increase in sexual interest and response (which I now realize was mostly an *emotional* response to the novelty), it tapered off again for my wife, and for me as well. I soon found that without a strong emotional component (whether accidental or intentional), Dominance and Variety have limited effect and are mostly an irritation or a distraction from the better sex I sought for me and her.

Sex with Emotion

I eventually realized that seeking variety only through different physical acts was mostly about **allowing me to stay**

within my own (physical) sexual comfort zone *by pushing her out of hers*. Now, I'm mostly pushing myself beyond my own comfort zone in learning to use emotion effectively in sex.

- Before this change, I was a silent lover. Now, I work at talking before, during and after sex; and not just over-the-top phony dirty talk as in porn videos, but to engage a variety of emotions such as laughter as well as "sexual" emotions. I express my raw thoughts, pleasure, and desires rather than censor them during sex.
- I've introduced a lot more variety and novelty in "foreplay" activities with emotional context, instead of just physical stimulation. I've also added "preplay", a variety of physically active sexy or sexual things that I lead my wife to do (such as sexy games or dancing nude, often outside the bedroom) that turn me on and engage my wife's emotions, only some of which involve physical contact.
- I focus on the emotional content of Dominance, Variety, and Immersion, and often choose what I do for a desired emotional effect.
- I try to engage a variety of emotions when flirting and gaming.

Learning to bring Emotion to sex has been a challenge for me and I still suck at it, but to my initial surprise it has already brought me more interest and sexual satisfaction than "unlocking" another act, hole, position, or location. (And I don't think this is just because I'm getting old.) This also places positive change within my control, not hers. And when I'm successful at bringing Emotion to sex, my wife is much more easily aroused and sexually responsive.

Many guys here seem obsessed with getting their wife to perform some specific sex act. I suspect this focus often arises from a lack of Emotion, leaving them stuck with boring sex and only new physical acts to provide validation or Variety. As I've made sex a richer and more varied emotional experience, I've found that I care less and less about specific acts; by the time we get to the physical sex, the specific act or position is usually incidental to the predominantly emotional experience.

This post grew out of a discussion with [u/resolutions316](#) following [his most recent OYS](#), at the suggestion of [u/weakandsensitive](#).

196

UPVOTES

Your Wife Is Not Your Mission

HeckleandChide · 9 December 2019 · Archived copy · Reddit

This is not new information, this is MRP 101. Most of the newcomers here still need to read this.

Your wife is not your Mission. Your Mission is your Mission.

What do I mean? I mean that if we were to sort your thoughts by category in terms of time spent, many of you would have your wife as #1 or #2. You guys simply spend too much time thinking, worrying, guessing, complaining, resenting, etc. about your wife. Take your focus off of her and put it on your Mission.

Your Mission and the small steps you take to execute on it should take up almost all of your focus.

~~How to be a Fagot~~ Signs You Are Too Focused On Your Wife

Why shouldn't you spend so much time thinking about her? Here's why. If you are focused on her...

1. Then she knows she is the prize, not you.
2. Then you don't have goals bigger than sex or a "peaceful" home.
3. Your frame is guaranteed to be paper thin.
4. Your life is boring.
5. You are needy.
6. You are weak.
7. It's unattractive.
8. You are literally drying her vagina out.

There's more but you should get the point by now.

Ignore the Disney / romcom / Twilight nonsense where a guy wins the girl via his undying devotion. That's emotional spankbank stuff for young women who don't know what they really desire. Women don't want your undying devotion / affection for more than about 6 minutes, and even then only if you are attractive.

She Wants To Be On An Adventure, Not The Main Attraction

Your wife wants you to be a man on a mission which pulls her and the family in a positive, fun direction. She wants to be a part of the adventure, the hot damsel clinging on the buff guy's arm, not the treasure at the end. Why? Because if she is the treasure, then the movie is over when the hero gets her. That's boring and limiting. However, if the hero merely has her as part of the team, then she knows there's always more around the corner. Plus, she knows all her own shortcomings. She knows that she really isn't all that great so someone who is willing to settle for her as the capstone of his life must not be that great himself. Ironically, that means he's not even worthy of her.

~~Incel Fantasy 101~~ The Sexbot

Here's a different way to approach it. Recognize that, as a man, you are wired to appreciate feminine submission far more than a woman is wired to appreciate masculine submission. So picture the hottest girl you know, in real life or media. Imagine she is 100% into you and will do whatever you want. Any sex act, with complete passion. She is completely yours. The only downside is that she is also incredibly needy. She calls you all the fucking time. Blows up your phone. Tells you what she ate and how much she worked out. Asks your opinion on everything and gets extremely emotional if you don't cater to her every whim, fantasy, and emotion. And it doesn't stop. 24-7-365.

How does that sound? To me, it sounds fun for about 3 orgasms and then she's gone.

But that's how at least half of the new faggots around here sound when they come in, moaning about their wife and how bitchy / cunty / mean she is. They do everything for her, cater to her 100%, and she's still a shrew. Of course she is. They are an overly needy faggot. And it's 100x worse than the fictional sexbot situation above because a) women are naturally repulsed by needy behavior and b) these newbies aren't attractive. The analogy isn't even apples and oranges, it's apples and hand grenades.

~~Faggotry 101~~ Wives as the Mission

Here are some examples of how men make their wives their mission.

1. They spend too much time thinking about how she feels or how she will react (or how she did react) to certain events.
2. They have a need to run their schedule past their wife before executing (can I go out with the boys Friday night).
3. They think their lives would be radically improved if their wife was horny and happy.
4. Their own mood is affected significantly by how their wife treats them.
5. Their own self-image is affected significantly by how their wife treats them.
6. They need validation and approval from their wife in terms of sex (quantity, quality, certain acts, etc.) or other forms of affection (compliments, etc.).

There are others but these examples are recent to this sub.

How to Get a Mission

Maybe this is striking a chord with you. If so, here's my recommended next step. Grab a pen and write all this down.

1. Admit to yourself that you have made her your Mission.
2. List examples of how you currently make her your Mission.
3. Brainstorm on some better Missions (include a brief Why on why that Mission is important to you).
4. Pick the top 2-3 Missions and merge them into one, usually by broadening the terms.
5. Write out what it looks like to achieve that Mission. Quantify that shit.
6. Put those quantifications into a time line (i.e. I will have \$2M in the bank by age 43).
7. Make time oriented subgoals that support these bigger goals and then back into yearly, monthly, and weekly targets to hit your goals.
8. Put it all on your Calendar.
9. Grind Daily.

On your Mission, it should touch every area of your life. Fitness. Social activity. Charity. Finances. Family. Legacy. Personal Improvement. Spirituality. Hobbies / Skills.

If you have areas of your life that are important to you that aren't touched by whatever Mission you come up with, then your Mission is too small or too narrow. Broaden it to where you can reasonably say that everything you are doing fits into that Mission.

Zero Sum Calendar

If you want to get really focused, then fill your calendar for one week with zero sum. That means schedule every 30 minutes to be filled from Sunday when you wake up to Saturday when you go to sleep. Driving, work (broken down into projects, if possible), all of it. Then see if you really want to spend 6 hours on Saturday watching TV or 14 hours across the week playing Call of Duty. Do those support your Mission?

I've Talked Long Enough

Here are some closing thoughts. Life is tough. Life throws you curve balls. Cancer happens. Carwrecks happen. The universe can be cruel. We can't control anything during our lives except how we choose to face each day.

With that in mind, if you are set on your mission, then you will be better positioned to endure/overcome when the inevitable shitstorms of life pop up. Godspeed.

191
UPVOTES

Men are horny. Women are bored.

redpillrobert · 17 April 2018 · Archived copy · Reddit

Put another way: Men want sex. Women want fun.

"But," the fool sayeth "sex IS fun. Ergo... women want sex!"

No, simpleton. For women, sex is not fun. Fun is fun. Sex is the price they pay for fun. Fun is what they're after. And they fuck the guys who give it to them (alphas) in order to convince them to keep giving it to them.

Likewise for men, fun is not fun. Sex is fun. Fun is the price they pay for sex. Sex is what they're after. And the smart ones (alphas) offer fun to beautiful girls knowing full well the reward for doing so.

So if women want to have fun, it behooves them to be beautiful.

And if men want to have sex, it behooves them to be fun.

Well, we know what beautiful is, but what is fun?

Fun is that which an alpha male provides.

And what is that?

A plan.

And what kind of plan?

Any plan that gets her out of the house, out in public, trying new things, meeting new people, testing her limits, facing her fears, and accomplishing her goals.

That's what an alpha male provides: a life. a fun fucking life.

Can an alpha have muscles? Yes. But there are alphas without them.

Can an alpha have game? Yes. But there are alphas without it.

Can an alpha benefit from the sidebar? Yes. But there are alphas who haven't read it.

But what an alpha has to have in order to be an alpha, independent of all other things is this: Plans. And the will to carry them out. And his plans involve other people. Because alpha is a comparative term. It refers to the one in charge, the one who leads, and thus, without others present, he can't be an alpha.

So he has a socially-centered mind. He's the king of the world and all are his subjects from whom he knows he derives all of his blessings and power. So he loves bringing them together and making sure they have a good time because doing so opens him up to every single opportunity and possibility imaginable.

He's a facilitator of fun. And women are bored.

So...to MRP. I'm glad you're lifting. You should be. I'm glad you're avoiding arguments and reading the sidebar. That's great.

But if your marriage sucks and your bedroom is dead, let me ask you: What kind of life have you given your wife?

How often do you take her out? What kinds of things do you go do together? How often do you go somewhere new? Meet someone new? Try something new? How many friends do you have? What kinds of friends do you have? How often do you make new friends?

What kind of novelty, variety, and excitement do you offer your wife outside the home that makes you think you deserve the kind of novelty, variety, and excitement you crave inside the bedroom?

Oh! You work hard at your job. How brave!

Oh! You go to the gym, own your shit, vacuum your own room, and wipe your own ass. Super!

For those feeling like they got the marital bait and switch in the bedroom, how much you wanna bet your wife feels like she got the same thing with her whole fucking life?

What kind of life did you make her think she would have with you when you were dating? Did you do what you do now--she sits at home all day watching babies, you come back from work tired, hangry, and annoyed. Grab a beer. Watch a game. Then make a last-ditch grab for sex right before bed. Was that how you locked that shit down?

Probably not.

So go on and lift your weights. And comb your hair. And clean your room. And STFU. And learn "game." Be my guest. All that stuff is great and there's no reason not to do it. But without plans, without the will to carry them out, without a life that men can envy and women want to be a part of, you'll never be an alpha anywhere but reddit.

Plus that shit takes time. Sometimes more than some of you have left in your marriage. And yet the standard advice from the MRP manchurian choir no matter the situation is "lift, STFU, sidebar."

Which is great, but not one peep about what will buy you time TODAY. Improve your relationship TODAY. Improve your sex life TODAY. I'm all for the long game, fellas, but a good golfer doesn't just know how to drive. He can putt as well.

So...do you know what you're doing this weekend yet? Is it different from last time? Did you line up a babysitter? Have you called any friends? Have you made any reservations? Do you have any fucking clue whatsoever what you're going to do for fun with your wife this weekend at all?

Do you ever?

It's not rocket science. Men are horny and women are bored. Give her the fun alpha life she thought she was getting and she'll do damn near everything in her sexual power to make sure she doesn't lose it. Because that's all she's ever wanted.

191

UPVOTES

What A Successful Mind and Marriage Looks Like

Blarg_Risen · 27 June 2019 · Archived copy · Reddit

Hey all. Long time veteran deciding to come back to give you all some perspective. I see there's still a very large number of users here trying to "get it", and a small group of approved guys who actually do "get it" in the sense that they've got a model that works. But I wanted to give a perspective to old and new alike, who want to have more than an amorphous idea of what life at the end of the tunnel looks like coming from a marriage that actually works now, one that didn't end in a savage divorce, as well as offer a path to those more experienced who may be doing all the right things and reaping all the right rewards, but who still has some internal conflict about themselves, life, and who they are.

And just to be clear, this is a (long) post talking about living the experience. You're not going to learn anything new here related to MRP, but you'll be able to relate to the end game with a better understanding, which is important because no one really talks about it. The material you get here is all about getting from one place to the other. But nothing talks about living it. It's a silently accepted mental burden. And it's kind of why we all got here at MRP in the first place, because no one talked about actually living this stuff.

Just for the reference, [here's](#) me 1/3 through my transformation, [here's](#) me 2/3 through my transformation, and [here's](#) where I left awhile ago to go put this stuff to the test, and really find what happened when I asked what I wanted of the world unconditionally.

What Happens When You Ask Unconditionally

Basically the universe has opened up to me both externally and internally in a way that I basically dreamed it would since I first started. There's this global understanding of others and myself, and our possibilities, and our limitations, that has made it so that I feel not only empowered, but can actually read the code in the matrix for what it is.

There's a buzzphrase that used to go around here and that is that we shouldn't be worried about the why, MRP teaches the how. But I don't believe the why isn't important. You shouldn't just be looking for the instruction manual, the right "moves" you need to do in life to get to where you want to go.

You should want to get to a point where you understand why all these tools work the way they do. In that way, you come to a better understanding of other people as well and how they are flawed, and how you are flawed, and why we end up like this. Don't just be a puppet, understand what's going on.

And the reason I include "our" in that last paragraph is because of one key idea that, since the beginning of my journey in August of 2015, that I've kept asking myself through reading all the books and all the posts and all the experiences. And that idea is:

What if the misunderstandings, the unguided, lethargic, ad-hoc approach that men are applying to their lives and failing with that seem to bring men in here to ask "how do I unfuck my life and mental models", what if that is not a men problem?

What if the Disney fairytale isn't just believed by men? What if it is a HUMAN problem? What if the fact that people as a whole were left to grow from child into adult without any kind of guidance whatsoever except the

mainstream strategies that the media bombards us with, and the strategies that we come up with are merely our best attempts to make life work with what we know?

And this really doesn't go against much of the behavior Rollo talks about in a lot of his books. But I dare you to go back and read/listen through them again and at each example think to yourself..."do guys do this kind of thing too?"

Women Have Been Lied To As Well

I know. Because we all grew up watching Disney films where all a princess has to do is twirl a few times and bat her eyes at a guy and he gets it. (A butchered quote from a woman, on women's misunderstanding of how to flirt with men, found on reddit).

Consider for a moment the analogy of the matrix. And how you were raised from a child to believe in Disney fairytales, happily ever after, and the undying love of a woman. And how after growing up and realizing that a lot of what you told was just some bullshit feel-good to help you stay in line and be kind to one another caused you to find some place like MRP to unplug you from the matrix, after which you saw that life really had different social dynamics than you originally thought.

Now consider for a moment, would it REALLY be a stretch, for even the POSSIBILITY that MAYBE women too were also groomed with lies in such a way as to have a near completely flawed understanding of how relationships truly worked, and that their actions were merely efforts to live their lives in a way that tried to understand the truth between what they've been told, and what they're seeing in real life?

Is it that much of a stretch, that women, too, are living in a type of matrix?

Think about it. You never see (in a Disney sanctioned film) Bell getting her ass reamed out by Gaston. Or Cinderella swallowing a load from Prince Charming. These parts of a relationship aren't taught in the Disney fairytale. Literally the idea of hot fucks that she does in her college dorms and the guy she's going to live happily every after with are two different constructs in her mind.

And not because of the hypergamous alpha and beta shit. It's because she never learned that they can be the SAME PERSON. So when you lead her to a new reality, where these ideas are broken, it's literally like unplugging her from her own matrix.

And this doesnt mean there aren't differences between the sexes. There are. Chemically, biologically, socially. But the fact of the matter is, we are both flawed. And we both need fixing. And once you realize this, that what your wife is trying to do is simply maximize what she gets out of life given the limited available set of tools that she has in her mind, you see a very clear parallel between the person you were when you began this journey, and the person she is before she starts trying to catch up.

You also realize that in order to catch up, it doesn't simply require a falling in line. The end game, for me anyways, to ensure desire driven compliance instead of negotiated compliance, was to have a wife who also understood the dynamic that we BOTH work off of, who is also intelligent enough to see what's going on and how we both erred, and to change into the person she wants to be to make the dynamic work.

It Works...For Both of You

See, a lot of what I see in this place is still taking place from the perspective of "I'm the prize, you just need to bring enough value to capture my attention". And that in itself is full of conflict. AND MAKE NO MISTAKE, YOU NEED TO HAVE THIS MINDSET ON THE JOURNEY UNTIL SHE COMES ALONG.

But her end drive shouldn't be one of "I need to get enough value points to stay on his good side" but "I need to understand myself and him, to the point that we both work".

I don't want a relationship based on conflict. I don't want her to just fall in line. I want a relationship based on mutual understanding. I want her to understand why we were flawed, and develop herself how she needs to to make this work.

In the end, I want to say that "we're the prize". And it's funny because now that I got to where I am, and she got to where she is, we do say that. Often. We tell each other "we so work together" when we understand each others buttons and how we operate. We say "we are totally hot" when we point out each others muscles and talk about the flabby men and women we see out in public. We say "No one else is even trying" when we talk about people with no lives.

Anyone who remembers J10, he once wrote about the three levels of the relationship where in level 1 you're keeping score, level 2 she's keeping score, and level 3 she finally asks where the scoreboard is, and you tell her "oh that dusty old thing, it's in the back". Well level 4 is when she looks at you and says "and that's where it should stay".

There's no questioning that the old ways of doing things were not the right way. She's not a passenger on the ship, she's helping to run it because she wants it to go to the same place.

I cannot tell you how many times I've seen myself lead my wife into some new territory sexually, emotionally, in the way we talk to each other, in the way that we search out the joys of life, that right before I make that breakthrough with her, she lets out some acknowledgement of "I'm sorry" or "I didn't know it could work this way".

In fact more times than not, the growth of our relationship has come NOT from me finally adopting some manly role (that I'm truly doing for myself) that finally clicks with her innate need for that kind of man, but from me leading her to ways of life, trains of thought, methods of communication that she just did not know existed. I'm literally, very slowly, unplugging her from her programmed matrix. And she's loving me for it.

The kicker, and I come back to my phrase of "A man doesnt desire complaince, a man desires desire" is that actions due to ignorance are a better fit to the adjective of compliance, whereas actions driven by choice are a true measure of desire.

When I unplug my wife from some small part of her matrix, when she sees both the way things operated in her matrix, and the way I showed her things can operate, and chooses to now operate in my frame, THAT is desire.

What isn't desire, is if you raise yourself to a standard and do things truly for you, but that also click into her pre-programmed illusion that is her matrix. That really is just her complying with the reality that she's been forced to live in so far. Compliance, not desire.

That said, we don't go into the future living in the post apocalyptic wasteland that is the unplugged matrix. I don't explain it to her down to the depths of taking her to the vats of harvested humans every time we interact. That level of explanation is just depressing. That's autistic. Instead, i show her just enough of how there's another way that i open the door. After she chooses to walk through it, to create an even more powerful bond, we then both step back into the matrix with the knowledge that we have now, and play with the previously imposed ideas as if they were a GAME.

When I act macho and she giggles, it's not because I'm fitting her hypergamous model of acting macho and she's fitting my validation need for giggles, we both understand the roles we play and the meaning behind it on both levels, plugged and unplugged.

And that's all I have to write about the successful marriage. And you might be thinking that our pie in the sky marriage is totally the place to be and easy to live with. It is. But at the same time, it isn't. The success of my life now comes with the knowledge of infinite potential, and infinite work.

I'm Flawed

You know the phrase "It's all your fault?" It's that, rephrased to "You have the power to do whatever you want, like WHATEVER you want, if you are simply able to take on the work, risk, and negative baggage associated with that." And I don't mean associated negative baggage that comes from other people's thoughts and opinions.

But it's an understanding that anything we do, from lifting, to socializing, to internalizing, comes with some form of, with no other way to put it, shit that we have to deal with, and take on, in order to achieve it. You want to learn to X? Here's a list of baggage you'll need to carry. Can you carry it?

And that's the shit I'm going to talk about in this second part. See the main purpose of this part of the post is to level with you, newer guy, and to relate with you, more experienced vet, about what getting what you want actual means both internally and externally.

Because we often look at people that we think have 'made it' and get wrapped up in the social media bias that what we see on the outside IS everything that's going on. There's no negative, that guy just gets to reap the benefits of being totally jacked all the time. There's no negative, that guy can pickup any chick he wants with 100% success. There's no negative, that marriage is perfect.

But that's not really what's going on. What's really going on is an unseen level of sacrifice and risk and personal strife the likes of which we just cannot fathom until we've walked in those shoes.

But I'm going to give a warning, and this is my only warning, that when I open up to you, and when I relate to you, if you choose to use that as an EXCUSE to not achieve...then, it is all your fault.

Why am I doing this? I'm doing this because I compare myself really closely to the personality of Owen from RSD, who has said he found himself to be lightly autistic growing up, but with an unnatural ability to just fucking grind in career, socially, in relationships, and whatever he set his mind to, to arrive at the success he has today.

And Owen most related to me and meant something to me, and I connected with his internal struggle when he tells

not of the conquests he's had, but when he shows the actual human mind behind those conquests. The one who, while he looks like a god on the outside, is still building, and following mental models on the inside that attempt to guide him to peace, happiness, and success continually.

The relatable characteristics made him human. And the fact that I saw him as human, and also as a man with the ability he has, allowed me to relate and further push myself because there was no barrier of "this guy's different" anymore. He's like me, so I can be like him. And so I begin:

Looks: I am god damn sexy. No, like really. Like fucking really. I have heard this through both guys, and girls directly, and heard through friends and my wife, that people will stop them and comment on it.

I keep myself fit. I lift heavy and often. I run a lot. I trim and style and groom myself to a point where, when commenting on it online, people have said that behavior is well past obsessive compulsive and no one in their right mind would be able to duplicate it. I am absolutely aware of how good I look. I catch people, men and women, looking me over as I walk down the street. And I bask in the gloriousness of my success. When I run, and take my shirt off, I honestly believe it provides a standard that guys think "wow I need to get in shape like that" and women honk their horn and shout as they drive by. Yeah, it happens.

But I'm going to level with you: I go through periods of body dysmorphia. I will look in the mirror and see right past my 6-8 pack and giant pecs and v shape and adonis belt and see something I'm just not happy with. I keep myself below 10% bf and will totally believe one day that I'm set to be the best looking mf on the beach, and then stress the next day over an extra 100 calories I ate with dinner. Those calories you cannot even see, if they actually made it to any fat cell I have and if I didn't really underestimate what I burnt that day after working out, running 10 miles, and rock climbing.

Chicks are thinking about how good I look? No way I tell myself. I just succeed because looks don't matter I tell myself. That girl that was giving me fuck-me eyes, a fluke I say.

Lesson: I truly believe that what we find pleasure in in life is the journey and the change, and so when you're at sub 10% body fat and are everyone's 8/10 or above, that feeling is great some moments, but other times the glory of it fades. You're still heads and tails above everyone else, you know it, you're happy for it, but that happiness is not sustainable. It comes and goes.

Men who are at this level will relate to both the good and bad that comes with this experience and understand that the act of being at the top entails all the positivity AND negativity that comes with being at the top, while those who are not at this level will simply look at good looking guys and say "It shouldn't matter that you battle this feeling every now and then, you're gorgeous."

It's some shitty way of saying "be grateful". And part of that negativity is feeling that you're garbage, even though you know at the same time you're the prize. It's not a healthy thought. But it is part of me and is a thought. I accept it, and move on.

Socially: I am the guy who's throwing an awesome party. Who's hanging with all the guests, men, women, and kids and having a blast. I'm the guy going around to everyone and talking, saying hi, making friends out of nowhere, and generally being open and outgoing. I'm the host that your wife will whisper to my wife "I wish my husband threw events like this and gave that amount of effort."

I make it a point to always be more outgoing than what I see people doing in the normal world. When I walk up to a bar, into a room, or out with a group and I see people looking at their phones, into their drinks, or generally around the room I am the guy who says to himself "I'm going to open you, just to share the social bliss I know you're suppressing."

But I'm going to level with you: I'm still fucking scared to approach people. If I haven't been social that day up to that point? I walk into a room of people and sometimes I say in my head "Fuck, I don't want to do this." Or "Maybe I can just lay low." Or "Everyone's already made friends and I'll just fail anyway so why bother."

No scared doesn't mean I don't do it. It just means those negative emotions you get, that you base your excuses on like "I feel afraid, and feeling afraid is bad, and I shouldn't do things that are bad, therefore I won't" are bullshit, because we all have them.

Lesson: Owen said it himself, you never lose that approach anxiety. You just look at yourself and believe that regardless of it, you'll succeed anyway. You succeed in spite of it. Not because it's gone. Not because you have control of it. But in spite of it.

No one conquers their approach anxiety. We have it, and we approach anyway. So while I am the guy who will approach, that doesn't mean I'm not having any kind of negative feeling in my head. That doesn't mean I didn't have to talk myself into it to do it. But the key is that I do it anyway. I approach in spite of all that.

And I don't seek to eliminate those bad feelings in myself. Instead I learn to accept them as normal emotions that are a part of me. They're supposed to happen. You're putting yourself at unnecessary social risk and anything could happen...of course you're going to feel some kind of pull not to and invent reasons you shouldn't. That's NORMAL.

Those voices will ALWAYS be there telling you not to. This is why pros talk about warming up. It's a real thing they use to help them. Being a pro doesn't mean you've got your performance red-lined every second of every day. It means you know how to and can get yourself to that maximum performance when you want.

Value: I spread value when and wherever I can. I'm big into raves and find it akin to the "spread love" vibe that people give off there. I enjoy making other people feel good. Bringing them out of their shell. Making them smile. Making them laugh.

People look to me for value in love, guidance, self confidence, and willpower. And I give it because it means something to me to spread my value to the world. I don't expect anything from it, I give it freely.

As men we are idealist, and I imagine a world where everyone casts off this self-imposed oppression and defensive nature that we're all holding onto and embraces the ability to spread love and value. Make no mistake I do not allow myself to be taken advantage of. There's certain boundaries you have to be aware of when you embark on a journey to spread love. And one of those important ones is to make sure your love, just like it is spread freely, is received freely as well.

The closest state to emotional bliss you can have with someone is to come as close to that line of fully giving and them fully receiving without either taking advantage, keeping score, or letting that value diminish as a result of ego protection in anticipation of either of you straying from that balance.

But I'm going to level with you: A lot of times in the world I perceive an imbalance between what I give and what I receive. And let's be clear that the very first book on the sidebar has already burned the idea of expected value out of me. So it's not expected value return, but I would say it's like idealized value return.

Sometimes that imbalance gets to me. And sometimes the awareness that someone has ventured from free giving and receiving of love and morphed it into a tool for their own gain is severely hurtful. Sometimes I look at people in the world and wonder why we're all like this...why if it is possible to give and receive freely, if we all seem to choose over time to take more than we receive. Almost as if we all learn over time to withhold spreading value as a defensive measure to us all being burned at one point. If giving value is even worth it if everyone else is taking more on average.

This takes you down some really dark places, ultimately ending in ideas of somehow everyone else seems to be ok with the exchange rate of value and you're just flawed, or sensitive. Or alternatively people come to the point that value exchange is so unfair that they take themselves out of the equation (think guy who sits at home playing video games his entire life, or old man grumpy and complaining about how the world hates him, or guy, literally, taking himself out of life) and their entire ability to give value has been corrupted fatally. And if that's the case I don't want to live in a world like that.

Lesson: Giving is at the far end of the spectrum. And pure statistical odds say that if you give more than average, you will receive less than average in return. And by default, because everyone's so scared to act, and interact on a social level, then if you want to, you're going to have to be the one to put in the initial value.

People will often say you have to expect 40% back for the 60% you give. But I believe this is just a pessimistic rule we have to tell ourselves in order to not allow our giving to be destroyed by an inevitable thought-chain of "if this is the way it is, why bother?"

But in the same vein as any activity, where the struggle constantly seems harder than the rewards: Lifting, dressing well, eating right, etc...we know these are the things we need to do anyway. And somehow it is worth it. Even though you've put 500 hours into the gym, and all you get is a 2 second lookover by a passing chick or an honest compliment from a guy, that's worth it.

I said I've been to raves where people give this free love. And to see the ability of people to be like that, even for a brief moment in time, restores my drive to want to be just like that. It's really a feeling that cannot even be put into words. Being at events like that is like seeing the full capacity of value giving in action. And I know it's unsustainable. It's also emotionally exhausting.

It's kind of like the fact that you can't deadlift your 1RM 40 times in a single day. You do it once, you're done, drained, you need to recover. But I won't allow myself to not ever do it because it makes me vulnerable or because it's hard. I see the fact that sometimes I'll get bit or feel the imbalance, and I give anyway.

Ability: I have found in my life, be it through luck, a divine power, or something else, that no matter what I try, I succeed in. In some way, even if that success is a morphing of both the goal and my overall perspective on what success is, I end up succeeding. I have the power to just grind. Just simply grind. And keep going knowing that anything I do I'm moving toward success.

Lifting weights, running fast, making time with friends, keeping a positive outlook, making money, people look at me and ask "How? How can you be successful at so many things?" And it's just because when I set my mind to it, I achieve it. It happened with MRP too. I knew what I wanted, and I got there.

But I'm going to level with you: It still feels like anything that I am not currently, that that is out of my reach. Becoming a landlord? Out of my reach. Starting my own business? Out of my reach. And it still feels like when I'm grinding on something, I think "Why am I doing this? I'm a failure. This won't work." I still have that shitty belief that other people have abilities that I don't through some kind of gift, as if they just *poof* got that power.

Lesson: So I know in myself, that things that I thought were out of my reach before I've achieved. I've seen it. And I can see in myself now both the feelings that "Well it seems like most/all things are within my reach if I simply do what is required" AND "There's no way I could do that" at the same time. How can both thoughts exist at the same time? That I don't know. But what I do know is that they're both there, and one will hinder me, and one will drive me. I am flawed, both are there. I just need to have the willpower to pick. Just make that decision to go for it, and I've got it.

Peace: Contentedness, happiness, acceptance, yin and yang, enlightenment, the combination of whatever name you want to call it. You know that internal struggle, that feeling that you're fighting a raw element of nature itself, like being in the ocean with some rough surf where you can barely keep your head above water? Where you don't feel like you have control? I don't have that anymore. Things just seem to make a lot more sense now. I don't have the 1000 yard stare. I'm not confused by what happens to me in life on the small or large scale.

But I want to level with you: Because it's not like I feel this way all the time. I don't walk around with a permanent smile on my face. I don't sit here and not feel the anxiety of dealing with a lazy, unintelligent boss. I'm not in some zen state where no negative feeling ever gets in. From all I've written about my marriage above, sometimes we fight, and I question our compatibility.

In the moment, I feel frustration, I feel worry, and fear, and anger just as much as I feel happiness and bliss and euphoria. When life strikes at me I do fall back on mental models I've constructed to hold me in place. And I understand that if those mental models fail then my mind will open the flood gates to the feeling of chaos that will consume me.

Lesson: A lot of the time, in the now, I still feel the struggle and the emotions, but after the fact, I see how I almost NEED to feel those things in order to feel the peace and completeness that come afterward.

In it's purest logical form, it's as if now I know, understand, and have come to peace with the fact that there is no path in life to that peace that doesn't include those feelings of conflict. So in the moment, I can be at peace knowing that I will feel negatives and I will feel positives, but if I know that the path I've chosen is one that will bring me where I want to go in life, I will arrive, look back to the past, and remember it all in a peaceful, understanding, bliss.

I said before that I went and asked what I wanted of the world unconditionally...that means I ask without holding anything back on my part. And I learned that in order to truly be at peace, you have to be able to receive back unconditionally too, even if that means receiving negativity.

And there are books out there that try and teach you to become present to the moment. Letting everything in, and not being defensive about it, and knowing that this is necessary for that peace. I stop by here often enough to see new and older users still being angry or frustrated at trying to progress.

I believe that MRP, while on the surface having everything to do with Rule 0, is simply a vehicle for a greater understanding, which allows us to establish mental models which we simply did not have before. And in fact when you get it, you'll see that the very lessons learned here can be applied to many other aspects of your life as well.

Acceptance

I could go on. But ultimately the goal of this was to humanize the life of someone who doesn't feel like they're at a disadvantage in life anymore.

So that when you see the athlete, or player, or successful marriage, that you don't have any disconnect in your head that makes you believe that this person isn't like you, isn't dealing with an internal struggle, and isn't making compromises but also grinding continually at the same time.

And now I want to leave you with one more lesson. Because last time I left, I said to keep in mind that the combination of all the feats that you see guys doing here seem to morph into this superhuman male you have in your mind, who holds all the positive attributes and none of the negative ones. And holding yourself up against that idealism may make you constantly feel you aren't good enough.

But what I didn't say, through correlation, is that you also do the same thing with women too, and take all the positive attributes you see here, and morph them into a perfect wife as well.

What you need to understand is that with the understanding that you, we, us, them, while striving to be the best person we can be, all deal with internal struggles and aren't superpowered, so is your wife. She is not your ideal. Your ideal may not even be out there.

And for those who have wives that just aren't trying at all and who you see a runaway train heading for divorce this isn't for you.

But for the guy who has a wife that seems to at least be trying. Who makes effort to come along...even if it's not at the pace you want...even if it's slightly off the destination you want. Understand she is trying. You know how you started off and you weren't entirely clear of the path yet...how you did some sloppy improvements, and messed up in some places, and needed guidance and time? Holy shit your wife will do that same thing when she tries to follow.

Ultimately you will be the judge of where your ship is going and who comes along, but remember that just as you are working with what you have, with a full understanding of your limitations, she is as well. So she's not ideal. But she's growing and improving just like you. Can you live with that?

There's no right or wrong answer here. And I did lie, I'm giving you another warning. Just like I said before if you use anything I've said as an excuse not to work on YOU, then it's all your fault...so too if you use any of what I've just said as an excuse for HER, then again it's all your fault. It's not an excuse. I'm not advocating for more slack that you're ultimately willing to give.

But you still need to ask, can you live with that? I'm flawed. You're flawed. She's flawed. Come to terms with that. It took me three years to get to where I wanted to be. And my wife has really only been solidifying her improvement for maybe 1. But on more than one occasion, unprompted, she's already said looking back she's glad we're out of that rough spot, and that she's happier than she ever has been. And I agree.

190

UPVOTES

A Man Walks Up To An Empty Fridge

SBIII · 5 December 2022 · Archived copy · Reddit

A man comes home from work one day. He's hungry. Not just "I could eat something" hungry, but "I'd eat the fucking hind legs of a donkey" hungry.

He goes straight to the fridge. Fucking thing is empty. Shit.

His mind races, but he doesn't panic. Where's the nearest place he can get some food?

It comes to him.. bingo.. hops back in the car, goes and gets some food. Job done.

On the way home, he stops at the supermarket and stocks up on food to fill the fridge. Then he goes about his evening contentedly with a full belly.

His neighbour comes home from work the same day. He's hungry. Not just "I could eat something" hungry, but "I'd eat the fucking hind legs of a cow" hungry.

He goes straight to the fridge. Fucking thing is empty. Shit.

He slams the fridge door shut. Screams at it because it has no food for him.

He opens up his laptop. Looks up pictures of food. Burgers, steaks, pizzas. Drools all over himself and the keyboard. He's fucking ravenous, but there's no food in the fucking fridge, so he goes hungry.

Same thing happens next day because he still hasn't done any shopping. And the next and the next. He grows resentful of the fridge. Stops looking at it because it just reminds him of what he doesn't have. And all he can think about is food.

Eventually, he dies from starvation.

184

UPVOTES

If you're not fucking, shut up about leadership

RStonePT · 14 September 2021 · Archived copy · Reddit

Everyone wants a happy and fulfilling marriage, and no one wants to accept that's outside of your control. A guy can do all the chores worth doing, he can be the best damned dad in the world. He can crush it at the office, be the coach of his kids little league team, and score 100% on all 12 Rules for Life. and yet:

If he's not fucking, it doesn't matter.

I'm not saying this just because. I'm saying this because in my god knows how many years here I've seen countless guys give the same speech:

"She's a great mom, cooks dinner, wonderful at dinner parties and can wear a mean pair of jogging pants. There's just this small, insignificant little detail that I want to ask a question on: she's gained 50 pounds and hasn't fucked me since Trump was in office."

Then insert a 3 paragraph biography/pity party with a question on whether 'she' would fuck him if he had better leadership. Hopefully everyone is on board with the definition of leadership, as every single guy leaves out what the fuck that even means.

It's as old as the Red Pill, Briffault's law. In any species, the female dictates the terms relationship. When there is no benefit, there is no relationship. as a corollary, any negotiation becomes null and void the minute she gets her side of the bargain. This has 2 main models that guys would do well to internalize:

1. It's not your relationship to save, it's hers.
2. You cannot negotiate desire.

Leadership, in a nutshell, is the wife or girlfriend deferring to the husband or boyfriend. If she has no desire to defer, then any attempt to 'lead' looks no different than one of your kids trying to bark orders, looks pretty silly doesn't it. Ask yourself, which one of these relationships will last: A relationship that the husband wants to save and the wife can't stand? Or the one with a fully invested wife and a husband who is ambivalent to it?

So, take this for what it's worth: Any leadership is the lagging indicator of a fully invested woman. Stop trying to skip the basics and go straight to leading. Focus on being attractive, having abundance, building options, and the ever popular:

Be attractive, don't be unattractive

Because when she wants to defer to you, you'll know it, and you don't need 20000 internet assholes to spell it out for you.

183
UPVOTES

FR: The Importance of a Masculine Frame and, as a backup, STFU

100percentnatty · 4 September 2022 · Archived copy · Reddit

Quick field report on a fundamental but often overlooked point.

Field Report

I've got kids including a daughter in high school. She was having a conversation with my wife the other day around the homecoming dance and who is taking who. She mentioned a certain kid that's her age (freshman) and the conversation took an interesting turn.

Our families are friends so I know this kid. He is well over 6' and a beast in multiple sports. He's active in the local church and has all the makings of being "the guy" for his grade in our smallish town.

My daughter was talking about him though like she hoped he didn't ask her to the dance. I asked her why because I thought he was her type... she's almost 5'10 and athletic so she goes after the taller athletes.

My daughter said he was "too much drama." I had other shit to do so I dropped it and moved on. I asked my wife about it later and she said the boy texts all the girls non-stop but in an emotionally needy, overbearing way. He's too sensitive and constantly plays the "I'm a nice guy who is open about my feelings" card and complains that no girl wants him.

I reflected on this and decided to share it here.

This kid is good-looking, probably 6'3 or 4, will dominate in multiple sports, and is completely striking out with girls who would normally be all over him. Dating in HS should be easy mode for him yet he can't get past the tutorial.

Why?

Because he is emotionally feminine and needy. Worse, he reveals it via his constant communication.

Takeaway & Application

Oldtimers on here say "be attractive, don't be unattractive" and "STFU, sidebar, and lift" all the time. Yet noobs don't seem to get that the "STFU" and "don't be unattractive" parts are just as important as the other parts such as "be attractive" and "lift." Maybe more.

You can be the most attractive dude in the world but if you come across like a little bitch to a woman, she will lose interest rapidly. Easy example: Will Smith.

Women are fundamentally different from men. Their attraction patterns are similar but not the exact same. A key difference is that if you don't have a masculine frame, your physical attributes won't be enough to overcome her repulsion.

Ok, so you need to build a masculine frame. That shit takes time. Especially if you were raised by women.

So what should you do in the meantime?

Shut. The. Fuck. Up.

The Value of STFU for Noobs

Let's go back to the guy in the FR. If he would just shut the fuck up, these girls would be all over him. Why? Because he wouldn't be showing his weaknesses. Yes, he would still be immature and emotionally needy but they wouldn't know that. He would have girls hanging all over him, thus giving him more opportunities to learn how to act while he matures a bit.

There's plenty of proverbs and sayings around this, ones like "better to be silent and thought a fool than to speak and prove it."

If you are physically attractive, a woman's hamster will usually work to convince her that those things which you do not reveal must be good. For example, if you are attractive and quiet, you are mysterious and alluring. If you are unattractive and quiet, then you are that weird creepy loner.

So for you noobs, that's why "STFU and lift" is so effective. Lift increases your attractiveness, self-confidence, and gives you a challenge in life you can overcome. STFU gives you time and space to work on yourself without revealing your weaknesses constantly.

Maybe you are emotionally weak little bitch who is triggered constantly. You need to fix that shit. If, however, you don't react, you don't reveal that to the others around you and they might, just maybe, think better of you.

STFU. Detach. Learn to be emotionally non-reactive.

Good luck.

181
UPVOTES

Reddit has banned the Red Man Group sub

Rollo-Tomassi · 8 December 2018 · Archived copy · Reddit

Apparently the Red Man Group sub was so threatening to the mods that they needed to ban it. Their excuse? RMG was trying to circumvent the baseless continuing quarantine of TRP. Essentially they feared our podcast sub would evolve into the next TRP style forum.

This is complete nonsense, but this is the age we live in. Men gathering together in any way is either gay or misogynist. Men discussing intergender dynamics is a seditious act. They fear ideas. They fear the crucible of open debate, because they know their own ideas fail in it.

180

UPVOTES

I have STFU and lifted for a year. What results?

videreLux · 4 October 2017 · Archived copy · Reddit

Took RP and 'side-barred up' about 1 1/2 years ago. Made some immediate newbie gains in sex life and career due to frame and attitude adjustments, but finally got serious with the lifting part 1 year ago.

My marriage is good. I have great wife who never gives me hard no's, works hard, and is generally a great partner. The marriage suffered mostly from me and my bluepill mentality. Sex was stagnant and (you will be shocked to learn) chores, romance, date nights, foot rubs....nothing worked to make it better. RP concepts have improved everything, but this is about the lifting specifically.

I was 47 yrs old 5' 10" 150 lbs, weak and skinny-fat. I purchased a power rack, weights, and bench for my birthday. I did not ask. I just did what was necessary to make it happen. I bought Starting Strength to learn the lifts, but implemented Stronglifts 5x5 as my program. At first, I had trouble manipulating the bar and started every exercise at the minimum (mostly empty bar.)

Current stats: 48 yrs old 178 lbs. about 16% body fat down from 18%. Best lifts - Squats: 230 5x5 DL: 260 1x5 BP: 150 5x5 OHP: 105 5x5 Rows: 140 5x5 I'm about to go 3x5 on squats and OHP (in second deload cycle). I have often only been able to workout twice a week because my joints do not recover as fast as my muscles these days. However, they are becoming less and less of a problem as I get in more time.

Though my frame is strengthening and my behavior is changing slowly, I STFU about RP and the matrix. I'm mostly observing how the small changes I do make affect the environment around me and especially my marriage. MRP truths are true and have very tangible and practical results.

Results of lifting:

- Generic confidence and feeling better - It just feels great to do hard things, to surmount a difficult weight, and feel more capable. Difficult to quantify, but I just have more energy and lift.
- Better posture - I have always suffered from bad posture; rounded shoulders, stooped etc. Lifting has been a virtual fucking miracle in this department. My body knows how to hold itself now and I have the muscles to actually stabilize myself. Fewer neck problems and fewer headaches result. Plus, I look better.
- Passive Dread - Incredible results here. My teenage daughter, home from college, saw me changing shirts and remarked, "Dad! You're so buff!," which is pretty funny because most of the time my kids waste no opportunity to insult me if possible. Her reaction was almost involuntary. It caused my wife's head to snap around to look at me and she got lost in thought. Later that night, my wife initiates a conversation..."So, what are your goals with the lifting...what are you trying to accomplish...?" Ha ha! Hamster wheel in full hyperdrive mode. This is a small example. There's simply no doubt my sexual experiences have been on the upswing lately. I'm probably nearing a full 3 point difference in SMV (2 for sure, the 3rd is getting there) because she has dropped 1. She's way more into it and at 48 yrs old I'm having the best sex of my life. The best part is there's still MUCH room for improvement.
- She tells me things like, "your arms feel incredible!" during sex. This is a huge step up from the silence I was used to...plus, it makes me feels great and redoubles my efforts at the time. She touches me a lot more in general.
- 1st unsolicited BJ of our 25 year marriage. - Yeah. Coincidence or not? Lol. Anyway, it sucked because she was terrible at it. Who knew it actually took some skill? I thought it looked easy...
- A late-20's girl flirted with me at my daughter's soccer tourney - Out of town at a soccer tourney. I'm looking fairly good in my t-shirt (relative to my previous look) and get hit up by a 20 yr old asking me about a logo on my t-shirt to start a random conversation. This is notable because girls simply never talked to me first before

lifting. Ever.

- Better Sex - OK so I had no idea that Squats would be so valuable here. My new found power and stamina in my core, hips, and rear have given me much better abilities in the bed. I'm not sure anyone wants more detail than that, but I'm here to tell you, it makes a world of difference...it ups the confidence, the dominance, and she has responded to it more than I believed possible.
- Backpacking Gains - It's my go-to hobby and passion. Lifting has increased my pace on fully-loaded brutal uphill from about 1.5 mph to 2.25 mph. I'm tearing up terrain that used to make me suffer.

What's the point of all this? It's to hammer home the point that lifting is absolutely required for the MRP man. There is no downside and the upside is enormous. There is a reason it's a cornerstone piece of advice in this forum. Even older guys will benefit. It does piss me off that I took so long to get this advice and I am going to make damn sure my son understands the value of lifting.

I've got a long way to go, but I'm trying to change the simple things first, not everything all at once. I hope that this will inspire someone to buy that rack they've been eyeing and get to work.

180
UPVOTES

[FR] An admission from my wife

thunderbeyond · 7 June 2019 · Archived copy · Reddit

I posted a 1 yr update on here and I wasn't intending to post a 2 yr update. But after a few comments from the wife, I thought I would. If nothing else, its for you lurkers and guys grinding it out to realise that *this shit works*.

A few weekends ago we managed to get a babysitter, so I told the wife that we were going out for dinner. It was only a quick dinner out, not a huge special occasion.

We are out at dinner, and we are talking as adults. (For those of you with kids, its important that when you take your wife out that you're not taking out the mother of your children, you treat her like a girlfriend. Flirt with her. Make her feel young and girly.)

It was during this conversation we were discussing what we wanted to do in the next few years. I was telling her some of my plans for the future (study and work) and she said:

"you know, I don't think you would have chosen to be with me if you had the option now"

It was a complete non-sequitur. But that one sentence demonstrated the difference I'd made in two years. Two years ago - a skinny-fat, drinking, fake-it-til-you-make-it asswipe that she regarded with contempt. Now she thinks I wouldn't choose her if I was single...

What was the difference? What makes me a different person now than before?

I stuck to the gameplan.

I made a MAP. I stuck to it. I review it and I update it.

I joined the gym. I lift. I'm not going to lie, I'm not a yuuuge guy but I'm trim and well built and looking better in my 40s than I ever did in my 20s.

I upgraded my wardrobe, got a stylish haircut. I made new social circles. I became more involved in the local community.

Sure there were some times when I ground out and didn't lift for a while, or lost frame. But never for long, and when I did, I came back more fierce than ever. It's simple. I stuck to the plan. Don't confuse this post with a humblebrag. This is me... telling you... that I've been working this for over two years and I really dig the person that I am. My marriage still isn't perfect, no way. But I am one-thousand times the man I was before, and that's what MRP offered, and that's what I got. I never came here looking for marriage fix-up, I was here to fix me.

I'm proud of the person that I am now. A man that two years ago my wife wanted to kick out, but who now thinks is well above her station. I'm not perfect, I've still got work to do. I'm confident and secure about myself. MRP has made the man.

So boys, are you going to stick with it?

180
UPVOTES

Becoming "High Value"

resolutions316 · 30 March 2021 · Archived copy · Reddit

Hello.

I wanted to share with you a document. I didn't write it - this comes from Dave Kekich, a businessman in the life-extension space.

What is, perhaps, more interesting about Dave is that a freak accident left him paralyzed from the chest down.

Despite this, he went on to found multiple successful companies, and has appeared on stage with the likes of Joe Polish and other famous marketers.

Below is "Kekich's Credo", a list of 100 "rules for life" he composed several years back.

This document has taken on a life of its own in the intervening years, becoming, in many ways, the thing that Kekich is best known for. It gets passed around and shared quite a bit in the "budding entrepreneur" and "online marketing" spaces, and for good reason.

I revisit this document every quarter, when I set goals for myself and appraise my own progress. Reflecting on it today, it strikes me that we talk *alot* about "being high value" in MRP. EVERYTHING is centered around raising your value as a man.

But what does that mean, exactly? Yes, lift weights. Dress nice. Shave your balls or whatever. But is that all? Is that what "being a man" amounts to - preening and grooming yourself to attract women?

If your goal is to get sex, yes - all that matters. Ultimately, however, our lives are not about sex - as so many here will tell you, "a woman is an *addition* to a valuable life, not the main attraction."

So - what are the principles behind the creation of value? What defines a "high value" man, NOT simply in the eyes of women, but the eyes of other men? In the world at large? What principles and practices will build REAL self-worth, self-esteem, and self-confidence over time? How do we go from "faking it" to "making it"?

Of course, that's a lifetime pursuit, and there's no simple answer.

But Kekich's Credo - shared below in it's entirety - does as good a job of summing up some of those principles as anything else I've read.

I hope you get some value out of it, as I have.

(Edit: improved formatting)

1. People will do almost anything to stay in their comfort zones. If you want to accomplish anything, get out of your comfort zone. Strive to increase **order** and **discipline** in your life. **Discipline usually means doing the opposite of what you feel like doing.** The easy roads to discipline are 1) setting deadlines, 2) discovering and doing what you do best and what's important and enjoyable to you and 3) focusing on habits by replacing your bad habits and thought patterns, one-by-one, over time, with good habits and thought patterns.
2. **Cherish time, your most valuable resource.** You can never make up the time you lose. It's the most important value for any productive happy individual and is the only limitation to all accomplishment. To waste time is to waste your life. The most important choices you'll ever make are *how* you use your time.
3. Think carefully before making any offers, commitments or promises, no matter how seemingly trivial. **These are all contracts and must be honored.** These also include self-resolutions.
4. Real regrets only come from **not doing your best.** All else is out of your control. You're measured by results

only. Trade excuses and "trying" for results, and expect half-hearted results from half-hearted efforts. Do more than is expected of you. Life's easy when you live it the hard way... and hard if you try to live it the easy way.

5. Always show gratitude when earned, monetarily when possible.
6. Produce for wealth **creation** and **accumulation**. Invest profits for wealth preservation and growth. Produce more than you consume and save a minimum of 20% of all earnings. Pay yourself first.
7. You're successful when you **like who and what you are**. Success includes achievement... while choosing and directing your own activities. It means enjoying intimate relationships and loving what you do in life.
8. Learn from the giants.
9. A little caution avoids great regrets. Hope for the best and prepare for the worst. Keep fully insured physically and materially and keep hedged emotionally. Insurance is not for sale when you need it.
10. Learn the other side's needs, offer as little information as possible, never underestimate your opposition, and never show weakness when negotiating.
11. Never enter into nor invest in a business without a solid, well-researched and well thought-out written plan. **Execute** the plan with passion and precision. Plan and manage your life the same way.
12. Success comes quickly to those whom develop great powers of intense sustained concentration. The first rule is to get involved by asking focused questions.
13. Protect your downside. The upside will take care of itself. Cut your losses short - and let your profits run. This takes tremendous discipline.
14. The primary purpose of business is to create and keep customers. Marketing and innovation produce results. All other business functions are costs. Prospecting and increasing the average value and frequency of sales are the bedrock of marketing and business.
15. If it's not proprietary, it won't work. Pay only on performance. Proprietary interest is one of the most powerful forces ever known. Whatever you reinforce or reward, you get more of.

16. Competence starts with guaranteeing your work.

1. Life operates in reverse action to entropy. Therefore the universe is hostile to life. **Progress is a continued effort to swim against the stream.**
2. *Find out what works, and then do more of it.* Focus **first** on doing the right things, and then on doing things right by mastering details. A few basic moves produce most results and income. *<this means you model first, just get them down... then get really good at those things... not a new thing every week but mastery through a few repetitive actions*
3. Use leverage with ideas (the ability to generalize is the key to intellectual leverage), work, money, time and people. To maximize profits, replicate yourself. Earning potentials become geometric rather than linear.
4. Rationalizations are generally convenient evasions of reality and are used as excuses for dishonest behavior, mistakes and/or laziness.
5. Always have lofty **explicit** goals and **visualize them intensely**. Assume the attitude that if you don't reach your goals, you will literally die! This type of gun-to-your-head forced focus... survival pressure mindset, no matter how briefly used, stimulates your mind, forces you to use your time effectively... and illuminates new ways of getting things done.

6. **The value of any service you have to offer diminishes rapidly once it's provided. Protect your compensation before performing.**
7. Incalculable effort and hardship over countless generations evolved into the life, values and happiness we take for granted today. Every day should be a celebration of existence. You are a masterpiece of life and should feel and appreciate this all the way down to your bones. Aspire to create, achieve and build onto the great value momentum taking place all around you.
8. Enthusiasm covers many deficiencies - and will make others want to associate with you.
9. Working for someone else gives you little chance to make a fortune. By owning your own business, you only have to be good to become wealthy.
10. **Religiously nourish your body with proper nutrition, exercise, recreation, sleep and relaxation techniques.**
11. The choice to exert integrated effort or to default to camouflaged laziness is the key choice that determines your character, competence and future. That critical choice must be made continually - throughout life. **The most meaningful thing to live for is reaching your full potential.**
12. Keep an *active* mind, and continue to grow intellectually. You either grow or regress. Nothing stands still.
13. Most accomplishment (and problem avoidance) is built on clear persuasive communication. That includes knowing each other's definitions, careful listening, thinking before talking, focused questioning and observing your feedback. Become a communications expert.
14. Power comes from stripping away appearances and seeing things as they really are. Socialism appeals to psychological and intellectual weaklings. Identify and replace all external authorities with internal strength and competence. **Take full control of, and responsibility for, your conscious mind and every aspect of your life.** Being incompetent or dependent in any part of your life or business opens you up to sloppiness, manipulation and irrationality.
15. If there is not a conscious struggle to be honest in difficult situations, you are probably being dishonest. Characters aren't really tested until things aren't going well or until the stakes are high.
16. Do not compromise if you are right. Hold your ground, show no fear, ask for what you want, and the opposition will usually agree.
17. If the situation is not right in the long term, walk away from it. Maintain a **long term** outlook in all endeavors. Live like you don't have much time left... but plan as if you'll live for centuries.
18. Invest only after strict and complete due diligence. Don't allow yourself to be rushed. Make important decisions carefully, consider your gut feelings... then pull the trigger.
19. Stress kills. **No matter how painful in the short-term, remove all chronically stressful situations, environments and people from your life.**
20. Keep your overhead to a minimum. Rely more on *brains*, wit and talent... and less on money.
21. Business is the highest evolution of consciousness and morality. The essences of business are: **honesty, effort, responsibility, integration, creativity, objectivity, long-range planning, intensity, effectiveness, discipline, thought and control.** Business is life on all levels at all times.
22. That which is most satisfying is that which is earned. Anything received free of charge is seldom valued. You can't get something for (from) nothing. The price is too high.

23. By adhering to a strong honest philosophy, you will remain guiltless, blameless, independent and maintain control over your life. Without a sound philosophy, your life will eventually crumble.
24. No dream is too big. It takes almost the same amount of time and energy to manage tiny projects or businesses as it does to manage massive ones... and the massive ones carry with them - proportional rewards.
25. There is no such thing as "just a little theft" or "just a little dishonesty".
26. Lead by example.
27. Take full responsibility for your actions or lack of action. He who errs must pay. This is an easy concept to grasp from the recipient's end.
28. An hour of effective, precise, hard, disciplined - and integrated thinking can be worth a month of hard work. Thinking is the very essence of, and the most difficult thing to do in business and in life. Empire builders spend hour-after-hour on mental work... while others party. **If you're not consciously aware of putting forth the effort to exert self-guided integrated thinking... if you don't act beyond your feelings and instead take the path of least resistance, then you give in to laziness, make bad decisions and no longer control your life.** The most powerful way to do this is to insulate yourself from all distractions. Then write a problem or goal on a sheet of paper and force yourself to come up with at least 20 ways to solve your problem or reach your goal. The last solutions are the toughest and are usually the most life changing. Make this exercise a life-long habit.
29. **Out-think, out-innovate and out-hustle the competition, and vividly visualize yourself as winning before entering into every deal or competitive situation. Maintain a blood-smelling, fighter pilot life-or-death attitude when any deal gets near to a close.**
30. First impressions are lasting impressions. Put your best foot forward. **People treat you like you teach them to treat you.** A success key is positioning yourself at the top of their agenda.
31. The right thing is usually not the easy thing to do. You may sacrifice popularity for rightness, but you'll lose self-esteem for wrongness. Don't be afraid to say "no".
32. If someone lies to you once, he'll lie to you a thousand times. Lying is for thieves and cowards.
33. Have strict and total respect for other people's property.
34. Producing results is more important than proving you're right. To get things done, try to understand others' frames of references, points of view, needs and wants. Then determine what is honest, fair, effective and rational... and act accordingly.
35. Long term success is built on credibility and on establishing enduring loving relationships with quality people based on mutually earned trust. **Cut all ties with dishonest, negative or lazy people, and associate with people who share your values.** You become whom you associate with.
36. Outside of yourself, you control nothing... but you can manage anything. Don't be preoccupied with things over which you have no control, and don't take things personally.
37. Spend more time working "on" your business than "in" your business.
38. Don't enter into a business relationship with anyone unknown to you without being furnished with references dating back at least 10 years. If he doesn't have good enduring relationships, stay away. Check all representations on which you will rely made by everyone.
39. **Enjoy life.** Treat it as an adventure. **Care passionately about the outcome,** but keep it in perspective. Things

are seldom as bleak as they seem when they are going wrong - or as good as they seem when they are going well. Lighten up. You'll live longer.

40. **Identify exactly what it is you want.** This takes a lot of thought. Then don't let anything stand in your way of getting it.
41. You can get any job done through the sheer force of will when combined with uncompromising integrity and competence. Strong leadership is the key.
42. **You are responsible for exactly who, what and where you are in life.** That will be just as true this time next year. Situations aren't important. How you react to them is. You have to play it where it lies.
43. The foundation of achievement is intense desire. The world's highest achievers have the highest levels of dissatisfaction. Those with the lowest levels are the failures. The best way to build desire is to make resolute choices for the future.
44. Integrate every aspect of your life (body, mind, spirit, relationships, business) and each within itself. Integrating means understanding and digesting a process... and seeing relationships among seemingly unrelated phenomena. It's a sign of innovative genius.
45. Never be deceptive when trying to achieve a personal gain. Shortchanging others results in loss of self-esteem.
46. If your purpose of life is security, you will be a failure. **Security is the lowest form of happiness.**
47. Never enter into a contract unless all parties benefit. But no partnership is ever 50/50. There will always be inequities.
48. Review the basics of your profession at least once per year.
49. Bitterness, jealousy and anger empower your enemies and enslave you. Negative thinking results in the destruction of property. It is anti-property, therefore anti-capitalistic and anti-life. It also erodes your health. Forgive, learn your lessons, and get on with your life.
50. **Most people spend 90% of their time on what they're not best at and what they don't like doing - and only 10% of their time on their best and most enjoyable ability. Geniuses delegate the 90%... and spend all their time on their "unique ability".**
51. High self-esteem can only come from moral productivity and achievement.
52. There are an infinite number of new opportunities. Actively seek them out, and position yourself to recognize and take advantage of them.
53. **The best way to have good ideas is to have lots of ideas.** But there is no such thing as a good idea unless it is developed and utilized. Ditto for prospects.
54. For maximum profits, identify and market universal needs, wants and trends. Creating desire, satisfying needs and wants and replacing problems with creative innovations are the essence of profit generation.
55. To maximize opportunities, seek and master the complicated. The major solutions you find will be surprisingly simple, and the competition is minimal.
56. Always have options. Options are a primary source of power. Power also comes from stripping away appearances and seeing things as they really are.
57. Nothing wins more often than superior preparation. Genius is usually preparation.

58. Patience is profitable. Achievement comes from the sum of **consistent small efforts, repeated daily**.
59. Persistence is a sure path to success **with quality activities**. Never, ever, ever give up.
60. "I will do this" is the only attitude that works. "I'll try" or "I think" doesn't work.
61. Always work on increasing the size of the pie, rather than just your portion.
62. Rewards are rare without risks, but take only carefully calculated risks. Make sure the odds are on your side.
63. The "how" you get it (with integrity) is more important than the "what".
64. Be explicit and semantically precise in all communications, agreements and dealings. Summarize and write down important discussions... and make sure all sides agree. Putting agreements in writing avoids misunderstandings. Memories are fallible, and death is inevitable (so far).
65. **The best way to get started is to get started**. Life rewards action... not reaction. Wait for nothing. Attack life. Don't plan to death or ask for permission... but act now... and apologize later.
66. Question everything. Don't believe it's true or right just because it's conventional. Strip all limits from your imagination on every deal and look for an unconventional creative opportunity in every mistake, crisis or problem. Be flexible, and be willing to turn on a dime when advantageous.
67. Have fun. The single key to a successful happy life is finding a vocation you enjoy - one that excites you the most.
68. Nobody gets old by surprise.
69. When it's a matter of producing or starving, people don't starve.
70. You get what you expect, not what you want. Fill your life with positive expectations. Demand the best. Attitude and desire contribute to 90% of your achievement. Anyone can learn the physical mechanics.
71. The surest way to accomplish your business goals is making service to others your primary goal. The key to success is adding value to others' lives.
72. The source of lasting happiness can never come from outside yourself through consuming values - but only from within yourself by creating values. Producing more than you consume is the only justification for existence.
73. Unattended problems will not go away, but will usually get worse. Anticipate and avoid problems - or meet them head on at the outset. Overcome fear by attacking it.
74. Find an excuse to laugh every chance you get, especially when you least feel like it.
75. When someone makes a big issue about his honesty or achievements, he is probably dishonest or a failure.
76. Put the magic power of compound interest to work with every available dollar.
77. The best investment you will ever make is your steady increase of knowledge. Invest in yourself. Thirty minutes of study per day eventually makes you an expert in any subject - but only if you apply that knowledge. Study alone is no substitute for experience. Education is always painfully slow.
78. For each important action you take, ask yourself if you would be embarrassed if it were published. It takes a lifetime of effort to build a good reputation but only a moment of stupidity to destroy it.
79. You are exactly what you believe and think about all day long. Constantly monitor your thoughts.

80. Skepticism is a key to rational thinking. Be especially skeptical of your own cherished beliefs. You might be wrong... and things change.
81. Anxiety is usually caused by lack of control, organization, preparation and action.
82. **The first rule of sharpening your mind is to be an alert and sensitive observer.** Assume nothing. If it can't be observed, it's not true. Never act on blind faith. Whenever something sounds too good to be true, it almost always is. **Refuse to be swayed by emotion when it conflicts with reason.** Observation is the genesis of all knowledge and progress... and is the first and last step of every thinking man's tool - The Scientific Method. All science and most progress is built on the Scientific Method (most non-scientists use it by accident). The steps are:
- 1) **OBSERVATION.** Gathering and rationally organizing facts. This is where most people fail.
 - 2) **INDUCTIVE REASONING.** Forming a hypothesis - or a generalization of facts held to be true.
 - 3) **EXTRAPOLATION.** Making a projection or prediction based on the hypothesis in areas you didn't yet observe.
 - 4) **OBSERVATION.** A test for the hypothesis to see if it works.
 1. Experience is not what happens to you. It's what you do with what happens to you. It takes a wise man to learn from his own mistakes... and **a genius to learn and profit from the mistakes and experiences of others.**
 2. The purpose of life is to delay, avoid and eventually reverse death.

179

UPVOTES

Your woman's most wonderful gift: The Epic Test.

HornsOfApathy · 20 February 2020 · Archived copy · Reddit

I wrote the something nearly a year ago in [this post](#), and lately I've been thinking about it more as I see men struggle in the intermediate stages of MRP. As I read through OYS for the last few weeks I see lots of men that have been "stuck" in MRP for some time and not making progress. Years even. I think it is because you have not recognized the largest shit test that is MRP and changed your mental models to pass it.

Passing this shit test is not a combination of STFU, AA, AM, DNGAF, or Fogging. It can't be learned from WISNIFG. **It comes from reading and INTERNALIZING the sidebar** and as a result living and breathing the simple act of becoming your own **mental point of origin**. Rollo did a pretty good job of describing what this is, but I also think there is another final step to getting the kind of relationship that *some* men here desire.

This is what I wrote:

For those struggling with validation... Not a single time did I get encouragement from her. Not a single bit of praise. Not a mention of anything that would resemble a wife who is proud of or to be with her husband. Not a single comment on my physique, style, new haircut, sexual position, or attitude. Nothing.

And I still haven't heard her say a nice thing once about any of my changes.

This is the marathon, epic shit test. If there was an Ironman for shit testing, this would be it.

This is your woman's ultimate test of congruence. Are you as awesome as you really believe you are? As you say you are? Are you as great as your AA and AM responses claim you are? Or is it entirely still bullshit? Only you know. No one here can tell you the answer to that question. But if you're still stuck... you're probably still full of shit.

Your Ego, it shall not pass:

That is the underlying theme I keep finding here in OYS. [/u/RstonePT](#) answered one of the most fundamental questions at a talk once: **What is the most common problem that men at MRP have when they arrive?** . Ego. **Your fucking ego.**TM Until you admit that you've been full of shit and full of yourself, you will never pass this shit test. It's just not possible. It's only after you break your then known self into rubble that you will be able to rebuild a man that *you are proud of*.

There is a reason you came to MRP, and it certainly wasn't that you were proud of the man you are.

You don't end up here because your life is going great... specifically because you feel like your marriage is not working in some capacity to varying degrees of extreme.

We all came here because deep down, in the place that hurts the most, where you are most vulnerable and will not let even your own thoughts go – that place is an awful place to be. It hurts there. It's painful to visit. It is a place that we tell ourselves lies in order to avoid. It's a place that we *fear*.

Let's presume for the rest of this post you've managed to destroy that *first* ego. What then?

Then you must let go of another layer of EGO, again:

Fuck, does this ego thing ever end? Short answer - no. Never.

As you lift, sidebar, read, STFU, learn how to pass shit tests, fuck your wife fairly well, and get random IOI's from beautiful women other than *your* woman... **your woman still appears clueless** to your changes. You continue to build resentment against her for not seeing your changes. This is simply ANOTHER layer of ego that you must

shed: you are the dreaded **dancing monkey**.

As a dancing monkey you will never get to your own mental point of origin – by definition a monkey is doing it for someone else, not himself.

So what to do here? Your woman isn't going to appear to notice any of your changes anyways, so why do you even care what she does or thinks? Oh, I know why. Because you've spent more time inside of her head instead of the sidebar. Back to class, young man.

You'll likely build resentment overtime for her lack of approval which is a step in the process most men go through. This is all part of her masterful plan and beautiful test to get you to your own mental point of origin.

The Final Step:

If your journey is anything like mine, it was full of what I now recognize as nonsense. I heard things like: I liked you better when you were fatter. I don't like muscular men. I wish you wouldn't spend as much time in the gym. You can cheat a little tonight on desert. You're selfish. You don't think about anything but yourself EVER or the kids anymore. On and on and on.

We all recognize them as shit tests in the moment. But what you likely didn't realize is that those shit tests – focused on capitalizing your time or demeaning your progress - **are about your progress** – lifting, reading, STFU. **She will pretend to be clueless about how awesome you are becoming.** She will cast a web of doubt and hope that you fall into it. Meanwhile, all of your friends, family and coworkers are saying how great you look – how much more energetic you've become – how much happier you seem – yet, you hear nothing of the sort from your woman. In fact, you hear the opposite the entire time.

Why does she do this?

Most would answer here that it's because she wants to put her little beta-boy back in his box. I can agree with that. But it's also because **she wants to protect her own SMV**. If she ever admitted you were *better than her*, it would require her to admit that there has been a power shift in the dynamics of the relationship where *you* start to hold the cards of *your own outcome*. Until now, she has controlled that outcome and needed to do little to keep her SMV up. Now that you're starting to show promise, or in fact have great promise that she secretly knows about – she will deploy every manipulative tactic in her arsenal to protect *her own ego against the truth*.

The truth? You are becoming a high value man.

Instead, as you pass those tests and improve you own mental point of origin, she will silently hamster everything away to continually protect her ego.

But here is where most men stall. They do not understand that the progress that you're making is invigorating her hamster to test in even more manipulative and creative ways. The tests become harder and you start to question your own progress. **“Doesn't she think I'm an attractive man? Can't she see it?”**

When you ask yourself one of those questions – *you've already lost*. She is still your mental point of origin, and you will never break free of her web of doubt to be your own judge. Therefore most men stall here. You are not your own judge and still seeking validation. You **MUST** push through this.

This is why we hate “she” statements in OYS. It shows us that your thoughts do not begin (mental point of origin) and end (no dancing monkey) with you.

Having this shift in the power dynamic is not something that will happen easily for her. It requires her to kill her ego entirely about who she is – in the same way that you were required to kill your own. It will not die easily. **Her ego dies when her judgement is meaningless to you and you are a high value man** – your judgement of who you are should win in all cases because that is the masculine direction that she seeks in her life. Without that self-judgement, you are not worth following. Knowing that your way, even if you consider her thoughts (and perhaps

feelz) on the matter and recalibrate as necessary from understanding a valid test – will your masculine judge be the authority to govern YOU. Your actions. Your feelings of yourself. She does not possess this masculine gift of direction and she will always look to you or another high value man as a sense of her own self worth and direction. She is afterall, a little girl at heart that feelz warm and fuzzy from the approval of a man she **admires and respects**.

The question is, do you believe you are that man who is his own mental point of origin?

If so, you will no longer be angry at her epic shit test. It will be a meaningless test that no longer serves your growth. She never wanted to influence your idea of who you are, and until you can congruently show this through your actions will she never relent and submit her ego to this powerful masculine force that is who you are.

Why is this a wonderful gift?

I really believe that this is a greatest test of all time, and it's a gift from your woman. She has the ability to test you to the ends of the earth on the three hardest concepts that we speak to here at MRP: Mental Point of Origin is required for Outcome Independence, and is not possible as the Dancing Monkey while your ego is involved. This epic test has been so beautifully crafted as a gift to you so that you might pass it... and you know what? **She WANTS you to pass this test**. She desires in the darkest parts of who she is as a woman for you to fucking *crush* this and make yourself a man of high value. **This woman has likely been on your team all along**.

Why? Because women are solipsistic and... this test, pass or fail, serves her.

Beyond the epic test - Dominance, submission and her dark desires:

MRP is broken into a couple of different camps on this next thought process. Some think it's not worth the effort and can create negative feedback loops – and while I agree that this can create more behaviors that could feed the Dancing Monkey, I think it's also possible that it *doesn't* if you hold the frame and worldview similar to the one I'll describe here.

Even after men have found their own mental point of origin, I still see them stuck. They simply do not **express their Outcome Independence** for these (often) useless tests like a man would. And furthermore, they do not know how to covert this acute awareness of their own frame to be the leading frame of the relationship – but more importantly, how to convert this frame into one that feeds a creates positive feedback loops for a submissive woman.

This is where some disagree it's "too much work". For me and my worldview the work has been worth it. This is where I diverged from a lot of people here and chose to live in a formal D/s relationship. There were a lot of contributing factors to that decision and journey – but I chose D/s because it was what was best for me, long term. She is a reflection of me, so this is what serves her as well.

I think this is accomplished – surprise – by actions. Over time your actions become more congruent to your frame and your mental point of origin about yourself and as she adopts YOUR worldview of yourself as a high value man, you can feed the submissive woman by making sure that her mental point of origin becomes YOU. That is what a submissive woman is afterall. A woman who looks to you for all approvals.

You allow and encourage her to openly seek validation from you and grow her through **praise**. The feminine grows through praise. If you want an *extremely* submissive woman you must be willing to take on the leadership required to make sure you are at her center of most thoughts and approvals. She looks to you for a validation tool of her own self-worth and you are the one trusted person in this world that she gives the gift of submission to.

If you want to have a woman living so extremely within her submissive and feminine frame, you must be able to live within this dynamic knowing it will *require* you to live within your dominant and masculine frame in polarity.

Living in vary degrees of this polarity of relationship doesn't require full submission such as a formal D/s arrangement, but I think the more you adopt this frame as two people together – the closer you get to that type of informal relationship dynamic. It's all a matter of what YOUR frame is, and how it serves you. She serves you as an

opposite (polarity) to that established frame.

I think this is a true unexplored area of MRP. If her focus and thoughts are centered on you – what can you do to best influence the enrichment of your vision and mission? And yes, that's highly manipulative which you both will be aware of, openly. But is that such a bad thing if it creates a worthwhile and worthy life for that woman and you? I do not think so. But be wary – the responsibility is more than what most men would likely want to take on. It's not for everyone, but you give it as a gift of who you are in exchange for her gift of submission. This is the mutual cycle of effortless gifting.

Use it to varying degrees in your own relationship and determine if this is something you wish to honor as a gift in her dark desires.

Why was this test important for me? This beautiful test was for her submission and my dominance both mentally and physically all along. **This was a test of polarity that serves her in the relationship, and you in the world.**

179
UPVOTES

How to fix sex in your marriage

threekindsoflucky · 12 January 2024 · Archived copy · Reddit

You don't.

That's it. That's the thread.

But 3KL, lol, isn't MRP dedicated to fixing sex in relationships? Rule zero and all that?

No it's not.

I'm going to have to rehash previously explained topics again, aren't I?

Actively fixing sex

What do people mean by fix? It's usually either increasing the frequency of sex that they have, or improving the quality of sex.

How do people conceptualise fixing it? Most idiots seem to think it means that if you do x, y and z, the result will be that your wife will want to have sex with you more. That's just not how it works.

But why doesn't it work like that? Because it's not a fucking slot machine where you just do x and get y. There's no magic bullet. Stop looking for one.

You can't make a goal of 'fixing sex in my marriage'. Why? Because it doesn't fucking work. You end up doing the **Dancing Monkey attraction program** instead. And boy do guys at MRP love trying that. It never works. It won't work. Stop doing that. Alright? Is that clear? Do we all understand now?

Ok then, so what the fuck can I do?

You can't 'fix' sex in your marriage. But you can improve your sex life.

But 3KL isn't that the same thing?

No it's fucking not. In the first situation, you are trying to make someone do something. Last I checked you can't make people do what you want them to. In the second scenario, the only person you're changing is you. That's the fucking difference.

When you do all the basic shit on the sidebar like:

- Lift regularly
- Take control of shit
- Get rid of covert contracts
- Stop feeling guilty when you say no
- Establish boundaries and fucking enforce them
- Start being attractive, stop being unattractive etc.

Then you end up being someone who is actually, you know, attractive. Then you get to make a choice as to what you do. Your wife gets first crack at your libido. And if she doesn't want to play ball, then you find someone else to

have sex with. That's it. That's how you improve your sex life. This is what the whole 'fix the man' shit means.

But I don't want to cheat on my wife

Cool. Then don't. I don't care. If you want things to improve, you need to be a man who's worth a shit, i.e. has options. Most people who make the 'I won't cheat' statement typically aren't at a stage where they have options. So how about you get to the point where other women actually want to have sex with you, and then you make the call.

I don't have options yet but I still want more sex with my wife

Nobody cares. Do the work first.

That's it. That's the thread. I'm keeping it short because yes, I am aware of the subtleties and the various other topics that surround this (frame, game, shit tests blah blah). It's simple, but it's not easy. But that's how it works. If you find yourself writing in your OYS that 'I'm trying to fix sex' or 'I tried to fix sex', or 'How do I fix sex', then this thread is to remind you that you've missed the fucking point.

177

UPVOTES

Depressive and Anxious Wives: How it's all your fault.

HornsOfApathy · 20 February 2019 · Archived copy · Reddit

Having been on this MRP journey for a while now, I often see new and old folks continually providing information in regards to depressive wives but I'm not sure if it's been covered yet in extensive detail for the crowd here that actually want to take ownership of the problems. For the record, my wife is diagnosed with a severe anxiety disorder that leads to depression and bi-polar tendencies. She also has family history of anxiety disorders. That's what the doctors tell us, anyways.

Like a lot of people here, I came to MRP with some or all of the following ideas. Maybe you have found yourself saying the following:

- My wife is suffering from depression.
- My wife is on some type of medication(s) to help treat that depression so I'm lucky – meds will help me solve this.
- My wife is crazier than the average AWALT woman. She has *<insert disorder here>* and that makes her crazier. I am contemplating if my woman picker and vetting method was wrong.
- If she would just get her shit together our lives would improve.
- Intimacy and sex in my marriage is lacking or an IV drip, and I want better. It's due in part to her depression or anxiety.

First statement: Your wife is suffering from depression.

Remember, way back when, you were dating your wife and she was bubbly and *fun* to be around? She perhaps even acted like a little girl – wanting to please you in any way she could. That was awesome, right? Well, it's not like that now, right? It's because *she's suffering from XYZ ailment or depression*, right?

Wrong, faggot.

Now picture this: You're truly OYS. You are as close as you can be to the man you want to be right now. radiate positive warm energy with zero ego. When you come into a room, that room *literally comes alive*. People remember your energy from last time and greet you warmly. You're a man of strength and impeccable truth. You meet an old friend at a local bar for a single malt scotch and in two hours you have three women give you their number without you asking – and you're 100% certain that two of them would have fucked you in the parking lot given the opportunity. You say goodbye to your buddy after two drinks only and head home. What would you expect as you entered your home? The same energy you felt in that room.

How long has it been since you gave off that masculine energy in your home that literally brings your wife alive? Through your humor and deep understanding of who you are, can you guide her through her depressive moods into being alive again? Are you that skilled at winning this shit test?

If your wife is depressed, **it's all your fucking fault.**

You're not being the man that you need to be. Yet, you continue to live with your depressed wife because.... Well, why do you? Because you innately know that you've at least *contributed* to her depression and know the "fixer" inside of you must fix this. Men are great at fixing shit. Especially when we've broken it ourselves. Here's a wakeup call for you dude: you didn't contribute to her depression – you set the stage for it and all she did was fill your container. But your container was a sad looking one at that because even you don't know your own fucking potential. **Your wife knows your potential and is a mastermind of seeing right through your bullshit excuses. She only desires the best in you.** It's programmed in her DNA. She's also programmed through hypergamy to stay with your Beta non-achieving existence until she literally has a depressive breakdown and runs to Alpha Chad. So, what do you do?

Accept that this is all your fault. Sidebar. Lift. Let go of your ego that it's her fault she's depressed. It's yours. Sidebar. Lift. STFU. Post here. Get advice. Get as close as you can be to the man you want to be – and watch your house and container have the opportunity to be full of great energy again.

If you're not giving your wife the opportunity 100% of the time to fill your great container, *you're enabling her depression*. Everytime you say to yourself "but she is depressed" you are DEERING and making excuses. DEERING is enabling behavior, and in this case you're essentially saying: I'm not strong enough to handle her.

Maybe you're not strong enough *right now*. The greatest teacher you will ever encounter is usually your wife. She will test you to the ends of the earth for congruency so that when you enter the world you are primed to deliver her the best slab of meat, pile of money, healthiest children, and happiness. She looks to you to provide everything in her life and the only way she can ensure you deliver is if she tests the fuck out of you. She wants to submit to your greatness and fill the container provided more than anything she has ever wanted. It's in her DNA.

Will you be the man that's *capable* of doing that?

Second Statement: My wife is on some type of medication(s) to help treat that depression so I'm lucky – meds will help me solve this.

You're trying to rationalize medications = fix her depression. DEER some more, faggot.

This is a touchy subject. Most of the medical community agrees that there are chemical imbalances in the brain that can cause certain behaviors to outshine others given certain triggers, situations, or lifestyle. Instead of focusing on those things it's a lot easier to re-calibrate the brain chemical balance nowadays to placate people with an easy way out. That's the faggot way out.

Personally I do think there is a time and place for SSRI's or similar. But only when you're not strong enough to handle that on your own. Maybe you need a bump to get you through to your next mission. That is still DEERING, but it's controlled and with forethought. If you have goals in mind like: I will take this, knowing it's not going to help me long term, but will help me short term to get back on track.... Take the SSRIs or encourage your wife to do so.

However, it is not a long term fix. The only long term fix for recalibrating the brain is unfucking yourself and leading your wife to do the same to fall into your unfucked frame.

Medications like SSRIs also decrease libido in both sexes and well... we know how scared you are of that. So, stop making excuses or rationalizing pill popping.

For the record, my wife was on 4 different medications until about a year ago. You name it, she's had it for years. For some reason I encouraged her to drop all meds. She did. It was a mistake. I did not yet have the frame required to lead her to filling my great container because frankly – I didn't have a great container to show her. I lacked frame. I would suggest encouraging your wife to come down/off of medications once you're confident you can hold frame and lead her.

My wife is now medication free and happier than I have seen her ever because now I can hold frame. She still has depressive waves and crazy anxious moments, but the oak tree gently sways in her storms and provides a safe place for her. You become the solution to the depression and anxiety – not medications.

Third Statement: My wife is crazier than the average AWALT woman.

This *could* be true, but you win in both scenarios:

1. **She is** crazier than the average AWALT woman. Great! You've been given the opportunity of a lifetime to become an even better and stronger version of yourself than you ever knew possible. You'll learn a lot from her. You'll learn to be the best fucking oak tree there is. If you decide to next her after learning everything you can

and because it's actually that serious, you'll be primed to take your training with you. Be thankful your wife is crazy. You're in the top 1% elite motherfuckers out there and will slay them all.

2. **She is *not*** crazier than the average AWALT woman. Great, then you probably recognize that when she does act like this you're DEERING and enabling shitty behavior most of the time. You probably recognize this is all your fault. Give her a better container and you'll be fine.

Fourth Statement: If she would just get her shit together our lives would improve.

Well, yeah. Duh, faggot. Of course you want her to get her shit together. But how can she get her shit together when she is married to Captain Fucktard? She can't. She will continue to test you and your congruency until she is satisfied. Only then will she begin to look inward at herself and make changes to not let the 1000ft rope slip out of her hands. In my experience there is always a rope. You will have learned to be patient and strong enough to notice even minor efforts and failures for her to get her shit together and follow you. In my humble opinion, the greatest men that I know have the most patience and are willing to play the long game to get exactly what they want in the end.

You will have to ask yourself how patient you're willing to be. That's personal to you.

Fifth Statement: Intimacy and sex in my marriage is lacking or an IV drip, and I want better. It's due in part to her depression or anxiety.

Of course you want more and better sex, faggot. "But my wife is depressed", right?

Wrong.

It's all your fucking fault. If you truly are willing to work hard for what you want it will require just that: hard work. Stop being Captain Faggot that feels entitled to your wife's sexual desire. You will not change your sex life overnight. Your wife won't suddenly get a magic pill that will make her Mrs. Cocklover and cure her depression. Your wife won't suddenly wake up one day and realize her man is getting a little bit better. Your wife will fight you tooth and nail not to follow your lead and hard work. Only when you have achieved abundance will she submit to you.

Your wife might have sex with you, but she won't fuck you with all she's got. Why? Because you are **enervating** and literally sucking any bit of good energy out of her. She can only generate so much good energy on her own. Do you like sucking dick? Because it's not your job to suck on her, faggot. It's her job to suck on you. So give her something good to suck on: your true self, direction, power, love, ambition, direction, sexual energy, and strength. Let her suck it out of you. If you're truly that man you'll be so full of abundance it will feel like a drop of water missing in the ocean. Or alternatively, it will feel like she blew you so hard and passionately that when you cum you still have enough in reserves for her to *suck on you all over again, and again*. That's power.

She will suck that out of you faster than you've ever seen. That's why we talk here so much about abundance. You have to hold more than just for yourself so that the container can be filled with what she sucks out of you.

The more often you have abundance for her to suck down her little throat, the more often she will know it's available to be an escape to. She's seeking escape from her depression. Give her the best you've got, and she'll come back to you time and time again.

Final Thoughts:

This is how I've moved my wife from clinically depressed with a severe anxiety disorder to a place of peace – or as peaceful as her physical mind will allow her to be. She still has manic moments, but they are quickly resolved by an abundant frame if I have it available. And now she immediately gets into bed every night and the first that she does

is grab my cock because... it's safe. It's an escape. She doesn't want to lose this safe place that she can come to anytime, without judgement. In turn, she feels that power of the oak and is undeniably attracted to it.

But, you have to like your wife. Yes, you love her. But you really have to *like* her to want to go through this journey with her. You have to want to be the best version of you ever.

Strength, motherfuckers.

Edit:

Looks like there needs to be some clarification for the noobs that come here since you all tend to take anything written as Gospel:

1. You're not a doctor. Make sure she has one. No one is suggesting you encourage a person on meds to treat depression or anxiety to completely go cold turkey on them. I did that, it was a huge mistake. My wife very well could have had a psychotic break – but I was lucky. Don't do that. Guided tapering by a qualified medical professional is essential here.
2. The idea behind tapering meds is that once YOU HAVE AN ABUNDANT FRAME it will allow you to re-baseline the relationship and your/her behavior. You may be able to uncover covert contracts in this way. My wife may need to re-balance with medication in the future, but it will come from a *different* and more powerful frame.
3. You need to calibrate to your own personal situation. Don't go Rambo. This shouldn't read like a "how-to".
4. I agree that *some* (note: minor %) people could be inherently bad picks and have serious issues. I agree that exists. The difference is from which *frame* you hold with them. If you can do all the hard work you should be able to make a very, very easy decision as to whether or not they are irredeemable. But until you do that, you're DEERING and operating from a weak frame making weak assumptions and weak decisions.

Strength, motherfuckers.

175

UPVOTES

MRP Year Two - I Guess This Is Growing Up

BarracudaRP · 5 May 2019 · Archived copy · Reddit

Two years ago today, I discovered MRP and swallowed the pill. I've made plenty of mistakes, but I've never taken my foot off the gas since I unplugged. I started with internal changes, avoided going Rambo, and implemented slow change in myself over the course of months and years.

First and foremost: I am happier and healthier than I have ever been - even though the past year has been one of the hardest of my life. I have more responsibility, more discipline, and more freedom than I've ever enjoyed. I am deeply grateful.

- **Rule 1: MRP works as a sexual strategy.** Early on, I forced myself to cold approach, get numbers, catch and release, get shut down, practice, calibrate. I went out alone to approach women, went out with new friends who didn't know I was married. I got phone numbers and made bold plans, had dates in the hot tub and made out under the ferris wheel. I met women and refused to buy them drinks, I snuck away into alleys with pretty girls who loved their boyfriends. In year two, I realized that having a woman in my life brings a kind of balance and benefit that far exceeds just sexual gratification or validation. Now I'm focused on implementing more authentic strategies and attracting women through honesty, but the foundation set by RSD and Day Bang (and similar resources) helped get me to this point. Women react differently to me now - and I remembered what it was like to be desired by a woman, and to give my attention to her as a gift (rather than supplication or a Covert Contract). In my second year, I spent a lot less time masturbating (about twice a month). I also noticed that my sexual tastes started changing when I spent less time looking at porn, and more time getting laid in real life.
- In Year Two of MRP, **my wife asked me if I would ever cheat.** I told her honestly that I wished I could say "No". But I told her that the truth was, it would take a lot for me to cheat. It was true then, it's still true when she asks me now.
- In my second year of MRP, I kept my beard long all year - and now I wish I'd started sooner. I started seeing my dentist, flossing every day, and using a face lotion that is meant for faces (not just the same body lotion I put on my arms). I bought a tongue scraper, and continued working on my posture. I got my testosterone levels checked last year (6.04 ng/mL) and this year (6.43 ng/mL), both are "normal" but not as high as I'd like. I continued going to the gym 4/5 times every week, ate clean, consumed a lot of protein shakes. I'm still scrawny, but I look great naked. I cut some fat (155lbs, 12%BF), and added 20 pounds to my max benchpress (190lb 5x5). I bought a lot of new underwear - the good stuff; my wife rolls her eyes, other girls love them. After 9 months, during a routine hair cut I was told that the finasteride is working - lots of new growth means my hairline is advancing again before it could get noticeably thin up front.
- In year two of MRP, **I stopped wearing my wedding ring.** Wearing it was a "right" thing that I was doing for the wrong reasons, which is exactly what I told my wife when she finally asked me about it. It's also what I repeat broken-record when she occasionally shit tests me about it now. I put my ring back on for a special family event honoring her dad - when we came home, it went back in my nightstand. She wears her rings every day.
- **I improved my social life.** I started doing things exclusively for myself, by myself. I made goals to get out of the house more, and started accepting every invitation that came my way. The first few times I went to concerts by myself, my wife had questions. Now, it's not uncommon for me to plan trips to festivals or to visit friends out of town, or just to be by myself for hours or days. I joined fraternal groups, I went out and made friends with new guys with like minds. I met up with strangers, forced myself to do things that were uncomfortable. When my guy friends wouldn't come with me, I went to parties and networking events alone.
- Texting other women used to be a problem for me - I knew my wife would check our shared cell phone bill, and there would only be one or two phone numbers that she didn't recognize. My problem was my lame social life which required no texting. A few months ago, my wife said "Your dad texts a lot of people" to one of our kids. I immediately knew it was because she snooped through my cell phone records, saw the many people that I'm now talking to on a regular basis, and couldn't identify that several of them are conversations with other women.

- My marriage has improved. **The 1 Month/Year of Beta Rule was accurate:** after being together for 14 years of my mostly beta bullshit, it took at around 14 months for the tides of the marriage to begin to change. The 1,000 foot rope is still getting tighter every day, but the power dynamic in my marriage is completely in my favor. Unsolicited BJ's returned, and anal sex happens now because I stopped obsessing about it. For the first time, I came in her mouth (to be clear, this is because I told her "I want to come in your mouth" while she was blowing me. I had tried in the past and been rejected. I stopped arguing about it, and waiting until I became the type of guy who gets head from his wife.) I also acknowledged subtle Oneitis that I've had for most of my life, that I had accepted the Disney fairy tale bullshit for so long that it still loomed in my mind in spite of my RP awareness. I learned that it's really okay that no one will ever love me like that, especially not my wife. It's my job to love myself like that.
- I quit most TV, news and radio. I don't get worked up over politics of news anymore, and it makes me glad. I don't know about the latest shooting, but I learned how to repair my motorcycle. I am behind on Game Of Thrones, but I play more instruments now. I am so far behind in Hearthstone, you guys, I don't even think my decks would be competitive anymore.
- I fulfilled lifelong dreams without asking for permission. I refused to apologize, unless I meant it. I lived out actual fantasies, and told no one. I stopped saying things that I didn't mean (like "I'm sorry") and things that made me weak ("just", "I want", "can I?"). In Year Two, I grew into the frame that I was learning to set in my first year.
- I started seeing RP truths everywhere - at work, with my friends, in my parents. Every day, I recognize the DEERING, Egos, Excuses and Self-Sabotage that I used to be subject to. I learned that the same rules apply to my wife, my coworkers, and most men. I've learned the hard way to be a little less trusting of everyone. I have now been RP aware long enough to watch beautiful young women get married, get lazy, get fat, get pregnant and enter BP states of marriage. Pretty girls I used to admire, slowly hitting the wall - and I've traded places with them on the SMV scale. I used to lust after their little bodies - now they check out my arms in the lunch room. Shit changes fast. With concentrated effort, men like us can age like a fine wine, at a time when most women are aging like organic cheese.
- Today, I celebrate **1 year without tobacco or nicotine, and I've told no one** (except you fuckers). I was a smoker for years, then used chewing tobacco (dip) for many more. I had to become completely disgusted with my attachment to the habit - and I hated how addicted I was. I would plan the number of cans of chewing tobacco I would need for vacations or overnight trips, and I would have anxiety when I was in a place where I couldn't have nicotine. Here's how I quit: I bought a vape, and manually cut the amount of nicotine down to zero over the course of about a year. After that, I still sucked that metal dick (the vape) even with zero nicotine in it, because I was still addicted to the habit. Typing this all out makes me even more aware of how weak I was! As I was doing this, I told no one. My wife and kids eventually noticed that I quit, but it took months. I continued my habit of drinking very little alcohol this past year.
- In year one, I wrote 52 pages of journal entries, 74 pages in my second year (not including my OYS or other posts here). This has been extremely valuable.
- In my second year of MRP, I quit freaking out about my mission. One of the best lessons I took away from WOTSM is that my mission can be like layers of an onion. It doesn't have to be a perfect, profound encapsulation of my life's work. It just has to be the thing that's bigger than me, that is the driving force behind everything I do. Once I realized that my mission doesn't have to be perfect (it's just another layer of the onion that I'm peeling back) I felt a lot more freedom. At times, my mission is shallow and it involves building my body at the gym, or focusing on how I dress at work. At other times, my mission is highly personal, and inward facing - requiring quiet introspection, and meditation.

MRP has helped me in far more than just sex and relationships. The last year has been one of the most challenging of my life. I survived a brutal job layoff because I'd been practicing discipline and stoicism, as a direct result of what I was learning through MRP (months later, my wife would thank me for not letting her know how bad it was).

I've done a lot of reading, but **more** putting into action what I'd read. Learning to speak up, confronting other men face-to-face, and even being the aggressor on purpose when it's called for. Year two was the first time I related to my own childhood bullies, and how they must have viewed me.

I still ain't shit yet, but Year Two of MRP has been the best of my life. This year is going to be even better.

My Year One Post:

https://www.reddit.com/r/marriedredpill/comments/8hfeik/mrp_year_one_how_i_got_here_and_what_i_did_about
/

175

UPVOTES

You don't get a break from being the Oak

RP_PO · 24 August 2019 · Archived copy · Reddit

I haven't put this out here on MRP, because I frankly didn't want the pity or the small loss to anonymity, but I now want to put it out there because it may help somebody understand AWALT. And because it's pussy shit to not put it out there. I've taken from this place for months, and I want to give back. I know a couple of you other guys on here have gone through some similar shit, and have the scars to prove it.

So here it is: my son died at a little under a year old last year. He spent a little over a month in the ICU with meningitis, and I could see how poor his hospital course was going. I could see how the seizures were progressively getting worse even on the Phenobarbital. I saw how awful his most recent head MRI was. I saw how my wife was pretty much clueless that we would come to a point where we would have to make a decision to remove care or not. So I slowly prepared her for it. Eventually the time came. The outlook for him was awful. We chose to withdraw care and let him have his peace, and I know we made the right choice.

So I planned the funeral. I wrote his eulogy. I stood up in front of family and friends, and delivered the eulogy. I cremated my boy. I did all of that without shedding a tear in front of a soul. When alone, I screamed at God and the universe. I sobbed and bitched and screeched. I did it right, by my own standards. Until I didn't do it right....

In December of last year, my wife and I were on a trip together for my work, and it all hit me. All at once. I got low as shit. AND I LET IT SHOW. I got quiet and overtly sad as shit, and I let my sweet, loving, unicorn of a wife see it. I thought that somehow she would be there for me, as I had been there for her. Guess again, fucker: AWALT.

Here's how she handled it: She wanted to get a plane ticket, and leave me there for my work trip. She framed it as giving me the space I needed, but she literally had no idea how to handle a "man" who was acting like that. She couldn't know how to handle it. She was so clueless and repulsed that she wanted to buy a fucking ticket to get away from me. And I can't blame her. I had been strong and stoic through it all, but I slipped one fucking time and she wanted to bail. This is what eventually opened my eyes and led me to this haven of faggots and Wise men (and the fact that we had been heading to a dead bedroom for years). This is what eventually led me to the promise to myself that nobody will ever see me cry again.

This is what you are up against if you think your wife is some kind of unicorn. This shit is as real as it gets. You don't get a break for the worst thing that could ever happen to you. Ask [u/johneyapocalypse](#). If you think your sweet wife will be there for you through thick and thin, you better damn sure be the Oak during those times of thick and thin. She will travel through miles of shit to be there with you, if you have the value she craves. She will also travel through miles of shit to get away from your sorry ass if you slip, even one time. But understand that it doesn't matter if the direction is down the shit stream, or up the shit stream: You're alone. Anything else is a compliment to your awesome or shitty life. Might as well make it an awesome life. Be the prize, be your own source of happiness, and live out your mission and vision.

174
UPVOTES

Cuddles are required

red-sfpplus · 28 September 2018 · Archived copy · Reddit

In order to fuck your wife/girlfriend/SO, you must do one very important thing with her.

You have to cuddle.

You have to cuddle with her, let her bury her head in your chest in that sweet spot between you chest, armpit and massive bicep.

You have to hold her back, stroke her hair (from her forehead back), rub her cheek (using the back of your index and middle fingers) and rub her eyebrow.

Her arm should rest across your built chest, and her hand should cup down your opposite side and grab you lat. The arm that is not supporting and caressing her head should be extended above your head as this makes you lat pop out more, which is a good thing.

Your hips should be slightly tilted towards her body. So if she is on your right, your left hip is slightly elevated.

She must feel 100% safe with you, in the clutch of your massive body, safe and secure in order to fuck her.

And did I mention you should under no circumstances, ever have a shirt on during this process?

If you never cuddle with your woman, you will never get fucked.

And I am going to tell you why.

If you do not treat your woman like a woman you will never, ever get to treat her like your little slut.

Under little to no circumstances, should you ever perform cuddles with your woman prior to fucking. Cuddle before Sunday morning sex? That is cool. But we are talking about fucking here, not sex.

The purpose of cuddles, is to remind your woman that you value her a person and not just a fuck toy.

If you do not use your woman as a fuck toy, and only ever cuddle with her, both you and her are missing out on the other 50% of the equation.

If you do not properly cuddle with your woman, after treating her like a slut, she will never feel appreciated the same way, begin to think you only want her to be a slut (no woman wants really be a slut) and she will not respect you.

I am telling you right now. After you are done ravaging your woman, and she is laying there on the bed. Her body covered in your sweat and fluids, legs shaking from whatever, the single best thing you can do at that moment is to get up, start the shower, return to the bed and pick her up like a sack of potatoes (because you fucking lift right faggot?), take her to the shower where you both clean up.

Then return to the bed for cuddles. This is your moment. These are the cuddles that will make your NEXT sex session with her, the next best sex session. Very few things put money in the bank with a woman (see deposits in the bank post) but cuddles after fucking, DO.

This makes her feel safe. It shows her you care, and let me tell you - if you want your woman to fully give herself to you, then you need to fucking listen. She is only going to give herself fully to a man she trusts.

In a proper DOM/SUB relationship (read man/woman) the care of the SUB is the single most important thing the DOM cares about. He takes great pride in the fact his SUB can fully trust and immerse themselves in the release to their DOM. If you do not honor that, and take it is a deep sense of responsibility, then you will never be successful.

So there you have it.

This post is my cuddles post to the group.

I have called you all faggots, I have fucked some members in the ass, throat fucked others, but my time here is just about up.

Keep lifting, keep working on your goals and keep kicking ass. For you fuckers who are just starting out, well don't fucking quit.

Just remember. The only person on this planet that truly gives a fuck about you, is you.

Peace out.

172

UPVOTES

Take a Penny, Leave a Penny - Field Report

Just_Some_Guy_RP · 25 May 2021 · Archived copy · Reddit

This post is to put some value back into the pot I took value out of. I will cover my journey, things I did right and the mistakes I made along the way to get there. I'm not some super alpha giga chad, but I'm very different from the person I started as. Take from this post what you need and leave the rest. This is a long post of my journey so be warned.

I found the MRP reddit almost the same way most of you did, that oh so common google search, "why wont my girlfriend/wife fuck me". Of course I found the dead bedroom reddit and saw a post from a guy in a similar place to me. All of the comments were coddling and offering nothing other than it's not your fault she's just low libido. One comment stood out from a user where he simply asked the writer, did you get fat, needy and unattractive? He got downvoted into oblivion and eventually banned from the sub reddit. I saw that comment, looked down at myself then at everyone else offering advice when they were in the same position with their sob stories and thought, I did get fat needy and unattractive. Was I actually the problem? (the answer yes, it was absolutely my fault). I have been lurking here for about 3 years now and want to share my experience so you can compare it to your own notes.

Some background about the relationship, I was with her for just under 10 years, we didn't marry (live in LTR). She had some common traits many of you have seen, extreme leftist, feminist, attractive, amazing sex in the beginning. The usual stuff before you found yourself here. An uncommon trait was that she had a health issue that was recognized as a pre-existing condition for insurance reasons, but not a disability so she was entitled to anything. I met her, put on my shining white armor and said "let me look after you".

Like everybody here it all started out great, I had a hot girl living with me that I got to fuck all of the time, sure there are some concessions I have to make from time to time, but my life is amazing. Those concessions became bigger and bigger until I found out I only had 2 boundaries that I was actually willing to enforce. I wanted to make her happy and was prepared to sacrifice my own happiness to make that happen. I would probably still be getting run over by that relationship if she kept fucking me, so in a way I am so glad that she stopped and I was motivated to fix my life. The 2 boundaries I had were: -

She must have a job

I don't want to get married

Because I had caved in on every other boundary I thought I had, there was no reason to not think these were actually just things I said, not real boundaries. This caused many fights where we would both discuss our feelings and would end up with me apologizing just to make the uncomfortable feelings go away and maybe get some sex out of it. If you have read the sidebar or done any work here at all, you know how that story ends.

My job at the time was also massively underpaying me and I knew it, but I kept justifying it as they will give me a raise when they can afford it thinking they will see all of my good work and realize they need me. My life was riddled with covert contracts and for some unknown reason at the time, I felt unhappy and worried all the time. At the 2 year mark in the relationship of living together, I get asked "so when are you going to propose?". I deflected the question because I didn't want to have to enforce a boundary. Rather than be willing to die on a hill that was important to me, I wanted to protect that hill by saying don't look at it, let's go somewhere else.

I had no idea what frame was and truthfully all of the other work you do here will be meaningless if you cannot hold frame, especially when it concerns your own interests. This is more important than even lifting, game or any of the other things you will do on this journey. You have to be able to look in the mirror and know that it's your main job to make sure the sack of meat in front of you doesn't die and lives the way you want to, everyone else is a side character in your story.

From there the comfort and shit tests grew, they got worse as I tried to avoid having to actually defend that hill I cared about. As soon as she brought the conversation back to that point, I would offer a concession elsewhere and

apologize to make the conversation end. Not surprisingly, this makes you pretty undesirable, even if you are paying all the bills and are carrying the other person. They won't tell you your not attractive anymore, they have a vested interest in not letting you know how unfuckable you are, especially if they don't have a ring and a marriage contract that supports any branch swing they make a play for. I kid you not I once had my ex tell me "I don't feel like having sex in a world where Donnal Trump can be president, I don't feel safe as a women". I actually told her that's OK thinking that she will eventually come around and I will look like the good guy respecting her boundary.

I remember one Christmas where I went home to see my family, they kept asking me if I was OK, I realized I couldn't even hide how unhappy I was from my own family. This led me to that google search. Only one person in the thread asked the guy if he was the problem and everyone else hated him for it. I figured he might have a point and eventually arrived here and started with the sidebar and reading some OYS posts. I had never been in a Gym before and I was 30, fat, a male feminist and unhappy. I started with the very first step, stop being fat. I found a 12 week workout program and decided I can do this ,I took a look at the guys who created the course and thought I would swap bodies with them in an instant. I remember that first session I couldn't do a single pullup. With 5kg on the bar I couldn't bench 1 rep and someone had to come save me. I felt humiliated and had that hot feeling running up the back of my neck that everyone in the gym was laughing at me. To my surprise, no one fucking cared. I was invisible. This helped my confidence a lot, and I stuck with the program. I dropped 12 kg in total and for the first time actually felt strong (I wasn't, but the important part was that I thought I was). I started to go out with friends to grab drinks or do other stuff with and spend less time at home. I stopped rewarding negativity with my time and attention. Things were getting better for me.

I had a new boss come in at work who I was set to report to. I had spent the last year throwing in 110% into everything to earn a promotion. I work in the games industry and took a project from concept to delivery to address one of our biggest market challenges (I could write a post about how I learned to make games like women and how that makes way more money than you would imagine). I went into my end of year review thinking I was going into a celebration where I would have loads of career progression options. I was told HR would be there because the boss was new and hadn't done these kinds of reviews before. I was friends with HR, she was attractive and friendly, and I thought no problem. That meeting I was blindsided and shot to shreds and told the company was considering putting me on a guaranteed performance improvement contract or they would terminate my employment. After 8 years and everything I did, I was fighting for my life in a meeting with a boss who didn't even know what I did. I was told the work I did was off my job spec and couldn't be counted towards positive points for my performance. I didn't have a frame to stand on and left that meeting without signing anything and shaking. I just learned I had covert contracts with my job and all through my life beyond my relationship. I thought I was building emotional equity with the company, yes you can do this outside of a relationship. Life punched me straight in the face. I hit that stage where you realize everything you are doing wasn't for you, it was still for other people. I remember crying about that meeting alone because I felt so betrayed by my company and realizing everything I thought I had internalized was bull shit, I still believed other people would see my hard work and validate me. To progress any further my mindset became, only my vote matters, the person actively sucking my dick over a long period gets half a vote, everyone else can get fucked.

This is when I really started taking the content seriously, I kept pushing myself at the gym every day and not letting the bad parts of my relationship affect me. Covid lock downs came and I saw this as the best opportunity in the world to actually improve. While we were all working from home remotely, I realized I could do only what was on my job spec and spend the rest of the day researching new jobs and learning new skills. In theory being at home with your partner all day would result in increased sex. I tried to initiate and worked through flirting with your partner. Things had gotten quite bad. I set up a date night every week for us to spend time together on a date (at least as much as you were allowed to do during lockdown). I noticed she started sabotaging these days by picking fights that made no sense at all in the mornings. It took me a while to realize that she was actually worried that a date night would result in us having sex so she was trying to sink that ship before it set sail. I started withdrawing my time and attention when these things happened. I kept the door open but I just stopped dealing with bad behavior. Our sex life didn't improve, but my self respect and other areas of my life got a massive boost, a giant net

positive over all.

Companies at this time started doing remote interviews, this made me super flexible as I would just take my lunch break whenever I had an interview and didn't need to take a day off to travel. Every rejection made me tighten up my interview game that little bit more. I took a huge amount of information from VasilyZaitzev's CorporateLand series. Eventually lined up 2 offers at the same time and leveraged them against each other to bump up my salary. I never answered the question, How much are you on now? This was the best advice I have ever read and you should learn from that article series too. I managed to push my salary up 40% on the new offer and get permanent remote working conditions beyond covid. I was over the moon, I made that happen, it wasn't easy but I had taken a step towards choosing what I want from life and not letting life happen to me. I found the perfect apartment in the place I always wanted to live and negotiated hard for it to get it at the price I wanted. Nothing felt better than calling my boss and handing in my notice, I remember they asked if they could counter offer which I simply declined. I don't do revenge fantasies, but that was as close to it as I will get.

After we moved things hadn't improved in my relationship. I remember the last time we had sex, after she cried and said it felt like betraying herself. At this point I knew it was over, I had improved a lot but she didn't want to be on my ship on my terms.

The main event happened one day when I told her I was going to a place to grab food and I invited her. She was in her room (we had separate rooms at this point) and she was sobbing loudly so I could hear her. She declined and I went anyway. On my way back I found a really cool bar and met some people and drank for a few hours and had a laugh before I went home. I came back and she went off, tears, yelling snot bubbles outraged that I could leave her at home like that when I knew how she felt. I was a little drunk and said, we will have this conversation in the morning after we both had time to sleep this off. She swore at me and I remember just saying, relationships aren't supposed to be this hard. I left and went to bed. The next day we had the talk and I think I got the female equivalent of the fuck me or fuck you speech (in this case **marry me or else**). She told me I had been so toxic the last 2 years withdrawing which was emotionally abusive. I took a moment to consider what she said, and I realized I stopped rewarding bad behavior with my time and attention, so we stopped spending time together, there were no good times to reward. I wasn't getting anything out of the relationship anymore. I had this person in my home demanding things from me when giving me nothing in return. I told her this isn't going to work and we should end it here. She cried a lot and I went back to my room. I thought it would hurt more. Over the next while when waiting for her to move out, many times I had this surge of panic to run in and fix everything and apologize. Every time I had this urge, I called a friend and calmed down before doing anything stupid. Those feelings stopped one day when we were both in the kitchen and she looked me dead in my eyes and said "How can you take all of this away from me?". This person truly believed they were entitled to my success and life when they brought nothing to the table. That's when my AWALT moment hit me. I didn't engage and just asked her how her search for a new place was going. I installed Tinder that evening and despite being really nervous, decided I want to have sex and that's not a bad thing.

I started going out on quite a few dates, I went overboard on it and 1 week I had 6 dates set up. It started getting in the way of my life so I rolled it down to 3 plates. I remember when the first one broke, it was a weird feeling because I wasn't expecting it, I also wasn't expecting to just laugh it off. I had a rotation of 3 girls each week and for the first time I realized this isn't hard if you don't put up with bad behavior. Fun fact all 3 of them wanted to be tied up and have BDSM sex, my ex thought it was degrading and told me women would never want that. These 3 girls I was seeing needed me to be a man to get off, the whole reason they were on Tinder was because they didn't want guys in their social circle to judge them.

My ex moved out and I took stock of my life, my apartment was mostly empty as all the furniture was hers. I cleaned the apartment and thought wow this is better. I didn't get the girl in the end. MRP is not about teaching you how to save "the love of your life". I'm in shape, on a top 12% salary in my country and able to look out over the balcony from an amazing flat close to the city center knowing I have dates lined up for when I want them. I made all this happen, and I'm excited to see what else I can bring to my life when I apply myself to it.

Some things I would have done differently : -

Build and believe in your frame - I fucked this up all the way through my journey and it made everything else so much harder. If you can't put yourself first and say no to anything that puts you in a bad place, you will find out that you are LARPING and it will hit you right in the face. This was me, don't let it be you.

Post in OYS - I originally didn't do this because I saw at the beginning of the posts lifts were like "200 kg bench press, started 3 weeks ago with just the bar, 100 kg, 10% body fat down from 300 kg in 3 months." Firstly, other people's lifts are irrelevant to you, the point is that you lift for you and secondly, people lie on the internet. When I first got here, I thought that I didn't deserve to post until I hit MRP socially acceptable numbers. This is from a lack of frame looking for a dad mindset. Your lifts will suck when you start, that's OK, like in the gym no one gives a shit. I later realized that if I started posting looking for advice, I may get too dependent on it rather than learning for myself. This was a mistake, I would probably be much further ahead if I was honest in there and didn't use it to leach value or use other people's lives as a judge of myself.

You don't owe anyone shit, and that goes both ways - You are not a victim and you have to kill your covert contracts, and yes you have them in more places than just your relationship.

Realize the goal is not to be a giga chad - If you start this journey thinking it only matters if you are sleeping with only 9s and 10s and making 100k a year on your side hustle so that your wife knows what she's missing, you will fail. People on this sub will lie to you, not everyone will but if you believe everything you read about people's salary, lifts and sexual conquests you might think you will never get to that level and give up. Your goal is to stop being miserable. Taking steps toward fixing yourself might eventually get you to giga chad level, but let's be honest, you would be over the moon to have a 6 in your bed looking you dead in the eyes and begging you to put it in and going home afterwards.

Don't bother with the rest of the manosphere stuff - Your goal is to fix yourself, throw something back in the box to help others fix themselves. I'm not 100% perfect and am still learning every day, but really don't plan to be here for longer than you need to. GTFO as soon as you're ready.

It's OK if you can't get it up the first time you try plating - I struggled for a while because I had built horrible mental models about sex. I built it up in my head that sex was bad when I wanted it and I could only have it when she initiated. I didn't realize that this fucked me up beyond the relationship, but I did some research and found a community of guys who went through the same thing and how to fix their mental models. Don't be ashamed if you can't have sex with any girl you want because that's what chad would do. If you have a problem, learn how to fix it, once addressed you can live your life not worrying about this.

Game your wife from the 60 days of dread - I should have done this much harder, I let push back put me off more than it should have. I think of all of the steps from the 60 DOD this is the one I was weakest on. Don't skip this phase, it pays dividends whether your marriage works out or doesn't.

That's a run through of my journey, I'm not perfect and I didn't do everything perfectly. I may not have a lambo or a revolving door of Victoria secret models, but I can tell you I genuinely feel great about myself and have improved my life 10x and have the tools to hold onto it and build more in my life.

Edits - Caught a few typos.

171

UPVOTES

Sex and the obsession thereof

threekindsoflucky · 7 April 2022 · Archived copy · Reddit

Where I was

I initially came to MRP because I googled 'why doesn't my wife want to have sex with me'.

I started reading the sidebar and lurked for a few months before I mustered the courage to post in OYS. I had the same covert contract as most people who started. I was doing this so my wife would have more sex with me.

I went through the stage where sex was my priority. It was all I thought about. I would go to sleep grumpy because my wife didn't have sex with me that night. I would be pissed at her in the morning before I left for work. I'd get to work in a bad mood. I'd eventually get over it, and then start thinking 'I wonder, maybe tonight?'. I would spend part of my day thinking about how good sex would be tonight. What new things I'd try out. I'd get home, do the right things, help out. Sometimes, we'd have sex. Other times we wouldn't.

If I had sex, I wouldn't be happy because the next day I would be keen for even more. It was so good, I want it again. And then it wouldn't happen.

If I didn't have sex, I would be even more pissed off. Rinse and repeat.

This was my anger phase. Funny how the anger phase seems to be directly linked to an unfilled covert contract.

Even after I got passed the anger, I still wasn't getting the sex I wanted. My wife felt pressured to have sex. I had countless conversations about it. I tried changing all sorts of things to make this problem go away. But it remained.

Why I was there

Why did I obsess about sex? Because sex was the only thing I cared about. I didn't have anything else worth doing. Sex was the only thing I had to look forward to every day. Everything I did was aimed at that target.

How I fixed it

How did I get past this? I found things I cared about more than sex. I took up a bunch of new hobbies. I started doing BJJ, which I became obsessive about. I joined and rose up the ranks of my professional association. I spent more time at the gym. I started thinking more about weak points in my career and how to improve. I travelled around more and did shit that I enjoy. I even took up fishing.

As a result, when I finished work I had shit I wanted to do. Either I was doing the things I enjoyed, or I was researching how to be better at those things.

Big surprise, I no longer cared if I had sex that night. I had shit to do. Shit that I actually wanted to do. Shit that mattered to me. And what do you know, my sex life drastically improved. All those 'pressure' issues went away.

Why I think this worked

I spent a long time trying not to care about sex. But the problem wouldn't go away. An easier solution, and a very valid one could have been me finding other women and having sex with them. It wasn't hard. I am attractive. I've had opportunities. The validation I would get from other women wanting to have sex with me would sustain me for a while, but it wasn't enough long term.

It was a conversation with a friend that helped me down this path. I was speaking to him about the issues I was having, and that I had made a list of things I would do if I got divorced. He told me 'well, why aren't you doing

those things now?'. Smart guy. First thing on my list was BJJ, so I signed up a week later and started. Fortunately for me, I absolutely loved it. I spent hours watching videos every week. I'd attend almost every class I could. I was tired after class that sleep was preferable to sex.

I went with the momentum and ticked off other items from my list. Some I enjoyed, some I didn't, but in the end I had a bunch of things I was doing that made me happy. I did these things because I wanted to. Not as a covert contract. Not because I thought doing different things would make my wife think that I didn't care about sex. It was real.

That authentic change for me is why it worked. I wasn't pretending to not care about sex. It simply wasn't a priority for me. I had tried to fake that mindset in the past, but it never worked. My wife would see through it. Only when it was genuine did things turn around.

How this relates to most of you

For most posters in OYS, your entire focus is on sex. You write about sex every week. You think about the number of times you had sex. You think about the quality of sex. You wonder why your wife won't 'do that thing I really want'. You get upset when the amount of sex goes up, and then goes down again. It's your whole focus. Everything else in your OYS is either filler, or simply examples of additional things you are doing as covert contracts to improve your sex life. I get it. I've been there.

For those guys, you obsess about sex because it's the only thing you care about. My advice to you is to find something worth doing that you actually care about. That actually matters to you. And then do that. If it works for you, I'd be interested to hear about it. If it doesn't I'd also be interested.

How this relates to a few of you

There are others in OYS who are already getting the sex they want, including a few successfully spinning plates. And those guys are starting to ask the question 'ok, I'm getting laid consistently. Now what'? The same advice applies. Sex is not enough to sustain a man. Find what sustains you and go do that.

What kind of things should you do?

I have purposely not given you any other examples of 'what to do' other than my own. You need to figure that shit out for yourself. It's your life.

Why it might not work for you

If you do this with the hope that it'll have the same effect on your sex life as it did mine, you're done. Covert contracts are never successful. You either decide to do things that you want to do with your time, or you don't.

170

UPVOTES

You can not fear her emotions

fuckmrp · 27 August 2017 · Archived copy · Reddit

It's not your job to keep the peace. Nothing changes while you avoid confrontation. Choose your battles but know, when you change your behavior to avoid her emotions, she's controlling you.

Never argue with her, she's not interested in solutions. Make your statement about the issue and then broken record if need be. Do not explain yourself, your logic. You're only offering her ammunition.

Be happy even when she's mad. Ignore her silent treatment, talk to her as if you don't notice. Tease her and see how childish that shit is so you never behavior that way again.

Be assertive when boundaries are crossed. The best time to address shitty behavior is while it's happening. Bringing up old shit makes you look weak.

You don't have to answer every question. Not everything needs a response. Take time to choose your words, let her wait or wonder.

Never deny your emotions, she knows when you're mad. Own it, just don't direct it at her. You are allowed to be angry!

Be comfortable making her uncomfortable. Do not rush to fix things. Do not initiate apologies she should be making.

Your time is what she wants most from you. This is the best thing you can take away in response to bad behavior.

Her only weapon is your fear of what she will do.

169

UPVOTES

One Year In

FossilGuy16 · 25 May 2018 · Archived copy · Reddit

One year ago I was occasionally pissed about my sex life - once every 4 - 8 weeks. The low point was having a sex talk with my wife was on vacation where I was almost in tears - looking back, I can see she was mostly indifferent to me. I stumbled across MRP when googling sexless marriage. The other turning point was going to my 20 year high school reunion, realizing I was one of the most successful people in my graduating class but still didn't have a good sex life. I found out that all of my friends from school had cheated on their wives - I laughed initially until I thought of my own situation and decided I had nothing to laugh about.

Starting out I weighed 155 pounds and was skinny fat - approx. 20% BF. Starting lifts - BP 95 lbs, OP 75 lbs, DL - 135 lbs, Squat - 115 lbs. Me - 38, wife - 41, 2 kids, 7 and 5. I was playing hockey a couple of times a week, so in decent cardio shape, but no muscle mass. I wore glasses, shaved twice a week, haircuts once every two months, drank a beer a night, baggy clothes, deferred to my wife on everything, made nice with my kids always. Being introverted, I used that as an excuse to be socially isolated at all outings. My initiations with my wife were beyond weak. My diet was ok, but too many carbs, sugar and industrial seed oils. I did not take the reins when registering my kids for sports. The only thing I was doing right was made the move to run my own company 6 years prior and was becoming successful. I always listened to what my wife said and not what she did. Not sure what my starting Testosterone level was, but I am guessing it was extremely low (200 - 250) based on my libido. I masturbated daily to porn.

Early Changes I started at the gym 4x per week, wearing contacts and getting shit done at the acreage. I became more confrontational with my wife, I had never been confrontational with anyone - it came as quite a shock to her and myself. I started shaving every 2nd day, hair cuts every 3rd week and following style on twitter. Bought a wicked pair of aviators - my wife questioned me and I just replied that I liked them. I was reading like a maniac - jumped all over the place on the sidebar...should have started at the start with NMMNG and WISNIFG - came to these later than I should have.

Early Success After a great day of canoeing at the river, the kids were playing at the cabin. My wife and I were hauling stuff to the truck - we were both flirting and I mentioned that I felt like taking her behind the quad right then and there. She laughed and said we would be seen by the kids. A couple of minutes later she was going to jump down from the trailer, I held out my arms instead and she jumped into them - I carried her to the front of the truck and fucked - she told me not to get used to it because it wasn't going to happen again.

Early Rambo Domineering became a problem that lasted early until 9-10 months in. Attempting to make all of the decisions on my own without any input from my 1st officer was a problem. My 1st officer is smart and has good ideas - I would make decisions without even talking to her which would drive her nuts and lead to talks. She would talk and berate me and I would stay too autistic.

Power Struggle The domineering led/contributed to a big power struggle which lasted most of the year. My wife is a doctor, runs her own business and had run the family for the previous 9 years, she wasn't going down without a struggle. We were having more sex - once a week to once every second week, but she was holding sex over me to maintain control and I had covert contracts all over the place for sex.

Sex Moratorium - 5 months in I decided to take a sex moratorium for 3 months for a couple of reasons - stop getting validation from sex, uncover my covert contracts and assist in the power struggle - I also stopped masturbating to porn. Within a couple of days of starting the moratorium, my wife initiated and was the most engaged I can remember in a long time and was extremely deflated when I told her no sex. I found that without sex on the table, I would still flirt with my wife and I generally liked her. I stopped the moratorium after a month since I had discovered my covert contracts and it was having a detrimental effect on my marriage and my wife. My wife told me after, that the one thing she learned from the month off, was that I couldn't live without sex - I laughed, since I knew she was talking about herself - she was struggling to deal with stress without it.

Making Good Decisions Getting closer to the end of the year, I started to realize the difference between domineering and making decisions with input from the 1st officer - even though she doesn't agree. The first is being a tyrant who everyone despises since they are out for themselves. The 2nd took some introspection since my 1st officer had a lot of good ideas. I generally accepted the good ideas she had - but occasionally I would disagree - during those times I would not make a decision right away and go over the problem before making the decision - telling my 1st officer the plan before implementing - not for approval, just to keep her in the loop and to prepare her. She doesn't always agree and can be a little shitty sometimes, but she is starting to trust my judgement and support with less anger.

Parenting Stepping up to the plate in parenting has helped my kids and my marriage. Setting down boundaries and not having the kids at the center of the family has helped everyone.

The one moment that stand out is when my daughter got angry and wouldn't stop yelling at the top of her lungs. I kept escalating to the point of being stern/berating her - she ran to her bed scared and hid. My wife tried to berate me and tell me to apologize since our daughter was scared. I stayed stern with my wife and told her that my daughter should be scared and needed to apologize to me. My daughter did and then snuggled on the couch with me. My wife snuggled up to me later as well. Owning the parenting direction may be the single biggest factor of contentment in my house and marriage.

Style Hired a style coach after fumbling around for the first 8 months. Dialed in my clothes and with muscle from lifting, I look good. One of the big things I have applied is not overdressing - looking good for the occasion. My wife somehow found out about this and how much it cost - looking through email maybe? - when she brings it up I mostly ignore and it has not become an issue.

Social Coached my son's hockey and my daughter's ball team this year. At social events, I approach and talk to people I know, even if it is just a little, and open people all of the time when I am out. I organized a trip to go see JBP talk and then formed a book club after with some men in my area - first book we read was NMMNG. The book club has been a good way to discuss RP concepts with men I know.

Mission Prior to the year beginning, I was progressing in part of my mission but it was mostly a loose concept. I have decided what my 25 year plan looks like and am actively building towards it. Started a second company this year and got a grant from the gov't to build the prototype - currently being built.

After 1 year I had 3 compliments from old friends in the last week about how good I look. My lifts are DL - 1x320, Sq - 5x185 (knee injury is preventing more weight), Strict OP - 5x120 lbs, BP - 1x205. Weigh 165 lbs, 13.4% BFI. Sex 1 - 2x per week. Testosterone was 450 around 3 months ago. Wife is more content and defers to me almost always now - her moods affect me less - not totally where I want to be, but getting better. Kids are more respectful and more independent. I planned our most recent vacation with input from my wife - best vacation for everyone involved to date.

Sex after 1 year Frequency is up to once or twice a week - still getting turned down about 50% of the time. Some of the best sex has happened in the last 3 months - contrary to her numerous protestations, she does like ass play. I have had my first couple of BJs in my 9 year marriage. She is submissive enough out of the bedroom but I have struggled with consistently being the dominant in the bedroom - the times I have been dominant are the best sex we have had and she is gooey soft and pleasant then next morning. I have not totally overcome the mind hurdle of being dominant all of the time in the bedroom.

The best sex we have had in the last couple of months was in a hotel with kids sleeping. I poured the bath without consulting her. She rode me in the tub while I pulled her hair and had a finger in her ass - that may be the most into it I have ever seen her.

Room to Grow I still have a ways to go - my initiations are still too weak, I still listen to my wife's words too much and not her actions. I need to find ways to isolate my wife more when the kids are around. I need to apply more of SGM and dominate my wife more during sex. I need to be more vocal during sex. I need to get my knee fixed

(seeing a specialist next week). Once fixed I want to start a martial art. I am good at opening random people but still struggle with opening good looking women in public.

Final Thoughts It took close to a year to realize how much of a long game this is - incremental improvements over time are what wins the race. It takes time to change yourself and even longer to change your mindset. Once you change, everyone else changes in their interactions towards you - hence, worry about yourself - quit trying to change everyone else. You will make mistakes - don't worry about the mistakes - just learn from them. Owning your shit gives you control over your life and what your future holds. I am glad I found MRP - my life including sex life is much more satisfying.

165

UPVOTES

How to divorce your wife

88Will88 · 23 January 2018 · Archived copy · Reddit

Firstly this is not an exhaustive post, there is already some great information on this sub, read it and get a full picture. Secondly, this post will only touch on legal remedies and seeing a lawyer. I am a lawyer so I know one thing for sure, the standard advice of “lawyer up” is exactly what I tell people. Why? Because I know that lawyers are the only people who profit from being involved in a divorce. My post will focus on doing the exact opposite of seeing a lawyer, the main emphasis of this post will be a satisfactory result for you, your kids and (gasp) your soon to be ex wife. So let’s proceed with my method of divorcing your wife.

So I have already made it clear that you **DO NOT WANT TO BE SEEING A LAWYER**. You only see a lawyer as a last resort. This is what you do if there are criminal allegations against you, she will not let you see your kids, or if there have been many attempts, over at least a year to speak rationally and there is zero progress. If you need to see a lawyer then read other posts and info on here carefully and give u/Red-curious a holler. He is a lovely guy and he dispenses grade A legal advice for free. You only see a lawyer if your wife is a bona fide sociopath or you are literally against the wall dealing with false accusations of criminality.

STEP ONE

You need to make your ex wife into a friend. You need to fake it until you make it. You need to walk the fine line between being Machiavellian, and genuinely forgiving this person for all of their failures and faults. **FAKE IT TIL YOU MAKE IT!** How do you do this? That depends on the reasons for the break up and your past relationship. This could be broken down into an infinite number of categories but your approach will be largely the same in any situation apart from some minor variations on your mantras (see below). The most common scenario we see in here is that you were predominantly a hapless beta or you gradually became one and now your wife has told you “I love you but I am not in love with you” or you have found out she is fucking some other dude or she has commenced an emotional affair.

At this point her hamster is busily justifying why she did what she did and she will happily throw you under the bus just to avoid feeling any responsibility whatsoever for sucking Chad’s dick and abandoning all morality due to her tingles. She does not care about you, her children or anything else on the planet. Her primordial desire not to be murdered has kicked in and she does not even think she has done anything wrong. She will gaslight you, she will lie, she will make fake allegations to the police, her family, her friends and social circle and she will do literally anything other than act like an adult and accept responsibility. The time you raised your voice in 2010 becomes evidence of a long relationship of abuse. So here is the hard part, even though you are either crying into your pillow clutching your childhood teddy bear or seething with rage, you need to swallow your emotions and proceed as if she actually did not do anything wrong.

STEP TWO

You need to just say shit like **“relationships have a use by date and it appears our relationship has run its course”, “we had a good time together but now it is over”, “you were a great partner and you are a loving mother. I just want us both to move forward”, “I want this to be as easy as possible for both of us”, “I do not want our hard earned money going into the pockets of some greedy lawyer”, “We are adults, we need to act like adults and talk this through”**. These are your mantras, you do not say “You are a worthless whore who does not give a shit about our kids or our past” or anything like that, you just act stoic and hold the line and keep repeating the above phrases until she is 100% certain that she is escaping from responsibility for her actions. Then you need to turn her into a friend and ally for the sake of money and the kids.

A couple of small amendments to this, for those of you in the minority of guys who visit this sub who were actually the bad guy and who got caught fucking around on their wife, you fall on your sword. You let her rage at you, cry, threaten you abuse you, hit you, and you take it all like a scalded dog. You admit to everything, you give her every opportunity to scream hysterically at you, in fact you seek out these opportunities to vent at you. You tell her it was

all your fault (even if she was a frigid dragon from hell) you accept 100% responsibility and the only thing you deny are false criminal allegations or false allegations of abuse. Even then you let her rage at you until it is out of her system and you never attempt to offer up an excuse for allowing your selfish demon spawned cock to control your rational mind.

So as you can see, both options essentially absolve her of any responsibility or need for introspection. In scenario 1 (95% of you) you have forgiven her and you just want to move on like adults and do what is best for your kids and your hard won finances. In scenario 2 you fall on your sword and don't blame her for anything. Now that you have your modus operandi you stick to the mantras, you need to move from the position of putting the past behind you into the position of an alliance. This may be a temporary alliance which allows you to file consent orders with your family court, or it may be a permanent alliance so that you can mutually decide the best way to deal with the kids and the money. Your feelings are absolutely fucking irrelevant, she does not give a fuck about your feelings, the courts and the government do not give a fuck about your feelings and I do not give a fuck about your feelings. We are here to achieve a goal, not to obtain some form of existential justice. It is your own stupid fault for getting married anyway, marriage is an abomination and humans are not monogamous, get over it.

STEP THREE

Now you must establish a regular and friendly way to communicate. Those of you who achieve the best outcome should have no issue at all having coffee or even dinner with the ex and having a friendly and even enjoyable time discussing how awesome your kids are, helping each other out with problems or anything else which comes up in normal discussions between two adults. The next lower step is you just do everything by telephone and keep it civil, ideally this is a step which ends up as face to face communication. Thirdly and the least desirable outcome is that you stick to writing only, by email or text. This has some advantages during the early hostile stage so it is often the first of three steps. If you are stuck on this step then you are a butthurt little bitch or your ex is a sociopath, either way it is your fault for marrying her so STFU.

That's it, it is not rocket science. Once you remove the emotion from these issues things should fall into place pretty naturally. Do you both love your kids? Check. do you both like money? Check. Then why on Earth would anyone go and see a lawyer except to punish the other person. Now I am not a child, I know that there are plenty of women who think divorce is an opportunity to extract maximum revenge, children and money from their ex husband and there are plenty of lawyers who will tell her that is exactly what she should do. I have seen so many people waste 10s if not 100s of thousands of dollars essentially punishing their ex. Even the most hardened lawyers are often astounded at just how much people are willing to spend on petty grievances. Do not be one of these people. Make an ally out of your ex, or she will sure as hell become your enemy. Take your pick.

- **"Do I not destroy my enemies when I make them my friends?" — Abraham Lincoln**

Finally, if your ex has already started legal proceedings, made fake criminal allegations, or has a restraining order on you then the above is not likely to be an option for you. You then need to revert to the standard advice of "lawyer up". Even then you should try and see if you can change her mind. Ask her why you need to talk through lawyers at a cost of \$100s of dollars each per hour, for all of your communication. Ask her why you cannot just act like adults and sort this out between the two of you. Try and avoid mediation and conciliation as well, this is just an interim step to seeing lawyers. Why do you need to pay someone so that two adults can talk? It will not be an option for everyone but it is definitely the best option for you, your kids and your ex wife to keep the state out of your lives.

165

UPVOTES

Dread Level 3 Supplement: Take Your Kids Away

man_in_the_world · 11 November 2016 · Archived copy · Reddit

Been lurking here for several months and have found many useful ideas, so I'll try to give something back.

One good way to build a life apart from your wife and to get out more when you have young kids is to TAKE YOUR KIDS AWAY.

Take your kids to the park, and don't just stand there like a lazy fuck; play tag, kick a ball around, make up and play silly games, engage with them. If the weather is too poor, take them to a different room in the house as far from your wife as possible and wrestle and roughhouse on the floor; use your manly strength (because you lift) to lift and throw your kids high in the air and catch them; make up fun, physical games that challenge them. Bring the fun, so that Daddy Time is the highlight of your kids' days (and of yours as well).

You really should be doing something active and fun with your kids EVERY. SINGLE. DAY for at least an hour ... so that they don't become fat fucks like you.

It is particularly important that you take your *infant* away from your wife for at least 30 minutes every day, to stop that constant libido-suppressing oxytocin drip, and to condition her to spend half an hour without worrying about the baby (which might come in handy when you want to have good sex with her). After baby nurses or feeds, take **your** infant from your wife's arms for Daddy Time. Take them **away**: outside, out of earshot and out of sight, and spend some solid one-on-one time with them, or carry them around while you chase the older kids. Any just-fed infant can go for at least 30 minutes or an hour apart from Mommy, so take your baby away to bond with you, and to do fun things they don't do with your wife.

By building your own unique life and activities with your kids APART from your wife, you both add great value to your family and implement Dread Level 3, and you can easily do it every day. Even better, your kids are also Dread Level 3'ing her at the same time, so she's losing that additional validation from them. There's a bonus form of "Mommy Dread" here as well; you are showing her that you can take care of the kids all by yourself (and in fact that the kids even prefer that special hour every night with Daddy over yet another hour with her), so she's not such an irreplaceable special mommy snowflake. You also get daily practice building and holding frame and setting boundaries with opponents who aren't nearly as formidable as your wife, in a fun, low-stakes context.

This is the rare situation in which your MRP interests actually align with the prevailing blue-pill paradigm; the whole BP world tells fathers to spend more time with their kids and to relieve the mother's burden of childcare, so everyone will support you in this. Thus you can implement this early in your MRP journey without overtly rocking the boat and can appeal to scientific and even feminist authority if your wife is a mommy martyr or control freak and resists, even if your frame is weak and you end up DEERING your way through to it.

Just remember, you have to disappear for the dread, so playing with your kids in the living room while she scrolls facebook doesn't help. Take your kids **away** ... and have fun!

165
UPVOTES

FR: Spank your wife.

HornsOfApathy · 19 November 2021 · Archived copy · Reddit

First, I'm NASTY.

Not a sex therapist... yet.

Make sure you have safe words established. This shit is supposed to be safe, sane, and consensual. I use the green/yellow/red stoplight method.

Ya'll love dynamite. Consider this an expansion of the cheat codes but it doesn't register on the difficulty meter. So if tards are gonna tard go right ahead.

Even though we're into the 24/7 Big D little s framework, I get nothing out of spanking my wife. She doesn't particularly like it either, at least in the previous context I've done it until now.

If you read my shit you know I'm all about redirecting some anxiety in women towards things that are beneficial to men. Every woman has anxiety, and when you're a HVM of whatever container word you want to use - the anxiety never really ever goes away. Passive dread is there and there's no way to kill it. Oh well, use it however you want.

Anyways, so I'm watching this woman being consumed by what I perceive to be just ridiculous shit that has no bearing on the long or short term vision - the dry cleaning not dropped off on time, kids had to eat apples instead of oranges for lunch and they ate apples yesterday, her compact dropped and broke, just... stupid shit. But not to a woman with a HVM. She thinks she's disappointing me. "I'm so sorry!" So I'm over here naturally doing more important shit than sitting around listening to how it's going to take 2 days to get a new mirror in and blah dafucking blah. Passive dread kicks in. Double dread because no attention and she's not pleasing me in her mind.

So I try to apply some comfort later that night just to listen, maybe fogging if I give a shit, and I hear "I'm about to break."

"Then we need to take care of this right now. Bend over my knee. Pull down your pants. Panties too." No idea why I thought of this, but figured I might as well jump and try something new.

She complies, I'm sitting down on the couch and move forward to the edge, and she's on all fours bent over my knee. I'm just caressing, then smacking, caress some more. Letting her get those feelz out through my soft slaps. "I don't like you like this. You need to let it go."

Now for those of you who haven't spanked a woman before, there really is an art to it. First, always spank from the bottom of the ass cheek - near the gooch - in the meaty part - and slap UP so it jiggles a bit. Never go too high on the ass. There's not enough cushion there and removes the good tingles of her ass reverberating gently (or not at all if she does alot of squats). Think of how you'd snap a towel at a bro in the lockerroom after you caught him looking at your gigantic balls. *WHIP - but slowly*. Use your palm at first, then move to the fingers. Create a circular motion from the gooch at about a 45 degree angle, bounce the butt cheek towards the center of her asshole, then make a circle at the top and bring it back down below the meaty buttcheek again.

The next key to a successful spanking is to establish a good rhythm. One-two-three-four. Repeat. Like you're tapping your foot to Jump by Van Halen. That's a good tempo.

So after I finish the spank she gets up and I realize she's mad. It didn't work, I've redirected the feelz to angry feelz, probably because of the humiliation. Then I see a little tear. And I tell her "That didn't work, bend over again."

Cue Van Halen.

Except this time she starts to whimper, not because it hurts, but because it's working. I keep going. I should have taken off my ring, it's giving a sting. And then I get a "STOP!!!" ... and I don't. STOP isn't our safeword. It's **red**. Keep singing in my head "Might as well.... JUMP"

Then something odd happens. This little 130lb woman decides she's going to try to fight me and get off my knee and wrestle or some shit, but I'm clearly in a position of dominance. I just hold her down over my knee with what felt like 80% of my strength, she's at 100%, something I've NEVER done before with her.... and then begin to apply comfort..... "It's OK, sweetheart. It's OK. I've got you. We're going to take care of this right now. It's OK." Her body goes limp into submission.

And I know, baby, just how you feel

You got to roll with the punches and get to what's real

I end the spank a verse later, maybe 20 seconds, cuddle up with her, she's crying a lot, not from the pain at all. She's crying from the release. It's all over. Pull her into my chest and bear hug her.

Rest of the night she's forgotten all about the missed dry cleaning, is cuddling up to me as I watch an episode of WWII in Color, and then we go to bed. We get in bed and I hear something overtly I haven't heard in a very, very long time.

"That was so fucking hot, Horns."

It was the egoless truth.

164

UPVOTES

[FR] - The Affair

red-sfpplus · 28 November 2018 · Archived copy · Reddit

There are two types of affairs: Emotional and Physical.

I have had an ongoing physical affair with Shelly (Mormon mom) for the better part of four years. Since my divorce process has started, that physical affair has turned emotional over the past 3 months or so. She is clearly testing me as a branch. Just to give you an idea, for the past 6 months I have sex with Shelly at least once a week, sometimes multiple times a week.

I will go on record of saying that while both types of affairs are "game enders" in my book, the emotional affair is far more nefarious than the physical when you talk female -> male types of affairs. I would also argue that for any faggot noob who says his wife or LTR just had an emotional affair and it was never physical, you are sadly fucking mistaken.

Yesterday I had lunch with Shelly. We spent about two hours together eating seafood, have a few cocktails. She bought by they way, or should I say her husband did...Saw her later at school pickup...anyway I digress...

During our time together she revealed to me that over the past 6 months as we have spent more time together, fucking, etc. that she refuses to have oral sex with her husband anymore. They used to practice Shibari, and that has stopped as it disgusts her to submit to him like that now. She threw away all his ropes after she blamed their two dogs for chewing them up, which caused an argument in their home.

Shelly's husband works an 8-5 job. My job is remote, so we have all day to see each other if I want. She goes out of her way to let me know anytime he is going to be out of town overnight. We are very active sexual texters and we rarely go more than 24 hours w/o some form of communication.

Women want something to think about. If you are not giving your woman feelz and tingles, you can 100% be assured she is getting them somewhere else. Facebook, Buzzfeed, some guy like me.....SOMEWHERE.

The physical affair can be chalked up to so many things. A little hormones here some tequila there, but the emotional one, well that takes time, effort and commitment to keep that going. Which is why, if you want to be a cuck to a physical affair, whatever I suppose an argument can be made, but the emotional one you can never succumb to being a cuck to that kind.

Could a woman have a genuine physical only affair? Absolutely. I would say it is a snow balls chance in hell that she could have an emotional only one.

Yesterday Shelly told me things like:

I want to sleep with my head on your chest like the other day.

I want to curl up next to you where I feel safe and secure.

I treasure my time with you, all of it.

Shelly and I didn't have sex yesterday, nor did we do anything very physical at all. But I decided to spend some time with her, which she and I greatly appreciated and I got some nice seafood and companionship.

Shelly is testing the branch, I can feel it. I can see it playing out in slow motion and it validates every single thing we talk about here.

So what is my point?

All I want to do with this post is show what it is like from the adulterer side of an affair, as so many of the people coming here for help are on the opposite (receiving) side.

All the men who come here, looking for answers on how to save their marriage, get their woman to love them, suck

their dick and want to drain their balls.....

If you suspect or have proof of an affair, you have lost. Period, end of story. I can see it in her eyes. She hates being around her husband. She wants to vomit at the thought of making love to him, or even touching him. I have alpha widowed her and there is no going back. She is forever ruined and I forever ruined him.

Shelly asked me yesterday what I thought about her asking one of her friends to cover for her on a Saturday night so we could actually go out and do something like a "couple". I shot that idea down, and reminded her that as soon as other people know her risk exposure goes up, I am not officially and finally divorced, etc. What I didn't tell her, was that I am not ready for that, I am not that stable of a branch. That's the amoral part I suppose. I also don't think I would want to LTR a cheater, but that is kind of hypocritical as I am a cheater as well I suppose...there is that hamster.....

When you call your wife/LTR - do you have your own ringtone? Shelly's husband does. That way she knows it is him, and she can either answer and lie as to what she is doing, or send him to VM. Shelly has incredible OPSEC on her phone. I should know, I set it up for her.

Shelly's BB husband doesn't know her password, has no TouchID on her phone. Doesn't know her FB password, nothing. Is it blind trust or stupidity? Trust but verify we say...

Is Shelly your wife? Is this story your wives? Do you think it is? How many of Shelly's behaviors does your wife have in common?

Her husband has his head so far deep in the sand. After our last sex encounter I sent Shelly home with a bruise on her ass from me slapping her ass so hard. A literal bruise in the shape of my index and middle finger. She wore it proudly and even told me when it was gone.

How in the fuck does her man not notice another mans handprint on his wives ass over the course of 3-4 days? What in the actual fuck?

Get your fucking head out of the sand. Everything you do, it has to be FOR YOU. NEVER FOR HER.

The game is over, and she has won when you start to live your life on her terms, and work to appease her.

I am an amoral fuck when it comes to this stuff. Red Pill is amoral. But I know what I want, and will not stop and never quit.

I hope this post pisses off some of you faggot noobs. For you vets, I hope it gives you a stark reminder as to why you have to always, 100% w/o question BE THE PRIZE.

I hope it feels like I hit you with a 2x4 in your face.

And let me tell you why.

I would rather get hit by a 2x4 in my face by a semi-anon internet stranger who gives half a single fuck about me, vs. be taken advantage of by an adulterer.

164

UPVOTES

"Manning 101" and the MRP End Game

man_in_the_world · 19 September 2019 · Archived copy · Reddit

Any grown-up human who fails to "adult" is a worthless drag on society, and on anyone unfortunate enough to be attached to them.

Similarly, any adult male who fails to "man" is just a sterile, androgynous, inferior sort of dude/woman-with-a-penis who adds little value to any woman.

Edit: What follows lists representative behaviors and traits expected of all men; it is not intended as a complete checklist. These "masculine" traits are mostly not "Alpha" (sexually attractive) traits per se, but their absence when called for is a highly unattractive display of low value (DLV), quickly resulting in lack of respect, contempt, and loss of sexual interest. First, don't be unattractive!

Because occasions calling for Manning behavior inevitably arise in ordinary life, Manning 101 is particularly critical in LTR's to avoid the ongoing erosion of respect and attraction that eventually brings men here.

Manning 101 minimum requirements

Physical:

- *strength:* bench press at least body weight; perform at least 8 pull-ups/chin-ups; able to pick up and carry your wife across a stream, or to your bed. (Possess "male superpower" of strength greater than that of almost all women)
- run a mile
- belly circumference less than that of both hips and chest
- *Edit:* throw and block a punch and kick

Mental: assertiveness and frame to

- give your honest opinion; state and defend your position
- negotiate a better price when selling or buying a car/house/lease/...
- send back an undercooked steak or the wrong order; interrupt a salesman to say "no", and cut him off if he persists
- cut off and protect your wife/child/friend from someone who starts harassing her
- express and enforce your boundaries
- tell your wife "no"
- acknowledge and sit with your wife's feelings, without being uncomfortable or controlled by them
- remain in your frame when someone criticizes you
- control your emotions, and controlled expression of emotion (Amused Mastery; showing controlled anger)
- look your wife in the eye and say "Let's have sex now."

Social:

- groom and dress yourself appropriately and well

- organize and host an event or party
- make small talk; introduce yourself and work a room
- build and maintain a circle of male friends

Skills:

- change a tire
- mow a lawn; trim a tree; dig a hole
- rough-house with and discipline a child
- *stereotypical male skills expected from men of your culture and class*: throw a football/bowl a wicket/kick a goal/shoot a gun/build a campfire/mix a drink/sing a song/...
- hold a steady job/run a business and make a decent living
- *Edit*: know your way around a woman's body and give her an orgasm

A male exposed as lacking in *any* of the "Manning 101" capabilities risks dismissal and contempt, and utter loss of attractiveness to women.

Why all?

Just as a castle wall must provide protection from *all* directions to be useful, a man must maintain all Manning 101 requirements to protect and provide for his wife and family in all circumstances. An obese weakling with great career and social skills can't shove off a man harassing his wife; an inarticulate hulking brute with no other skills will leave her stranded with a flat tire alongside the highway in a blizzard, or embarrassed to be seen with him, or be physically overwhelmed by a group of men turned against him by someone with social skills.

A "Man 101" has the physical power, mental/emotional assertiveness and control, and social and life skills that make him a force to be reckoned with. Man 101 can find a physical, social, or assertive path by which to command attention --- from an employer, vendor, or customer --- or a woman he finds attractive. He can demand consideration and will receive at least a polite rejection, not just the dismissal or open contempt too often given to the guy who fails to Man.

Man 101 doesn't always win, but at least he's in the game. Guys who aren't Manning 101 aren't even playing.

Practical implications for the early phases

For newbies:

Until you're performing passably on *all* aspects of Manning 101, **you're not yet in the game**. Focus your energy on Manning 101 (avoiding being unattractive), and don't even *fantasize* about trying any Active Dread, or of cutting off all beta value-adds to your wife.

You're not yet worth keeping! Your wife would rather divorce you than accommodate any (more) inconvenience or bullshit from you, or give up much of the beta value that's your *only* worthwhile contribution at this time.

This is why we see so many Rambo n00b posts along the lines of

"Help! I flirted with a waitress in front of my wife to 'dread' her; now my wife thinks I'm cheating and wants a

divorce."

"Help! I quit helping with the kids and chores to go out and do Alpha things; now my wife is threatening divorce."

"Help! I completely quit talking with my wife because STFU; my wife says she feels no 'emotional connection' and refuses to fuck me."

"Help! I started acting like a dominant alfalfa asshole by pulling her hair out and then cumming on it at least twice a day. She still refuses to give me anal BJ's, and last night she mentioned the D word."

Please, faggots; NO. Don't Rambo. There are no shortcuts or fast tracks until you're a man worth special consideration.

For the weary MRP apprentice:

Lifting really isn't my thing. Can I leave that part out and do all the rest? Who needs it in this day and age?

NO. Manning 101 is a package deal; you need a passing grade on *all* elements to get your Man 101 card.

I don't quite get this 'frame' thing, and my wife's emotions make me really uncomfortable. Can I just get really buff, own all of my shit, and act Alpha by always choosing the restaurant without ever risking pissing her off?

NO. Package deal. **Dance, monkey. Dance!**

The MRP end game

"Congratulations on earning your Manning 101 card! Welcome to the club. You're free to try any door now, although I can't promise that the occupants will let you in without a fight. But I'm sure that many will welcome you."

"What are you looking for? Perhaps I can guide you..."

For the journeyman transitioning to master:

Lifting bores me. Can I stop now?

NO. Maintaining Manning 101 standards is necessary to stay in the game. Most of us have sedentary occupations, and can maintain our "**male superpower**" strength differential only through regular weight work. You're in this for life ... or at least as long as you want good sex.

This holds for all of the Manning 101 elements. You have to do whatever work it takes you, forever, to keep them up to at least the minimum standards.

I'm not yet fully satisfied with my sex life. To progress, must I increase my time at the gym, take steroids, and follow the broad, muscular path of [u/red-sfpplus](#) and [u/bogeyd6](#)?

NO. (Or not necessarily.)

Here's the deal...

You now command respect, and can demand consideration wherever you go. (*Edit: Manning 101 doesn't necessarily*

make you *attractive*, but it does make you *not unattractive*.) You have many options, and you get to choose where to grow from here! But ... There's only 24 hours in a day, and there are so many facets of attractiveness that there's simply not time to excel equally in all of them. You get to choose, but you also *must* choose.

What kind of man do you want to be? What comes naturally or more easily for you? In which facets do you *want* to excel?

- You can choose to focus on your lifting and attract women who lust for massively muscular physiques.
- You can switch to a minimal maintenance or slow gains program, and spend your extra time making music, building your band's following, and fucking groupies. Or not fucking groupies, if you just love making music and prefer to remain faithful to your wife.
- You can practice game and become a master PUA, and sleep with a different woman every night.
- You can concentrate on SGM and having crazy hot sex with your wife.

Look ...

- You can also decide that you're content enough with regular, mediocre sex with a mildly attracted wife, and instead focus your main effort on your missions, *if this is your true passion*.
- Hell, you can even decide that your true talent lies in making money, and you can max out the beta bucks, marry a gold-digging HB10 supermodel, and keep your bedroom alive by maintaining the basic Alpha attraction and Dread.

So long as you keep Manning 101, you've always got basic passive Dread and the ability to create options. **Make your fucking choice**, and DNGAF what others here would choose for themselves. This is **your** journey, and the toolbox yours to apply as you see fit.

For the MRP master:

Carry on doing you!

Don't get arrogant or lazy. Don't neglect the basics.

May your Frame always be with you.

163

UPVOTES

13 Tips For Developing A Solid Frame

drty_pr · 19 December 2018 · Archived copy · Reddit

- People are far too worried about themselves to truly give a fuck about you. When you walk away, they're not thinking about you anymore.
- People aren't out to get you, they're for themselves. Far more often than not this is the case and using this to see what they want is a way to still get what you want.
- It's easier to ask for forgiveness than permission. Do what you want when you want and deal with the repercussions afterwards.
- Life is what happens while your waiting for life to happen. Enjoy every minute of it.
- Putting expectations on people is a exercise in disappointment. They'll do what they're gonna do and expecting them to do what you would is useless. Instead, use their actions in a givin situation to determine how much you allow them into your life
- Everything that happens to you is your fault. Embrace this and use it advantageously. The only way to truly grow is to use your failures as lessons so you can succeed next time
- Powertalking is one of the most underrated skills. When you talk to someone about a topic of mutual interest and only after they walk away do you realize *"Fuck I shouldn't have said that"*, they won.
- Life is as much about perception, as it is about reality. How you choose to see the world becomes your reality.
- It takes effort to be happy/sad/angry. Don't ever forget this. When you're stressed out, understand that you're doing it to yourself
- Getting drawn into an argument is almost always a waste of time. At best you stroke your ego. At worst you look like a total fool.
- People love telling other people what they should do/think. It's a coping mechanism for their insecurity. Ignore that shit and also don't do it.
- It's fine to admit when your wrong, but never apologize for it. Nothing wrong with being wrong, but feeling the need to say you're sorry is for pussies.
- If you need to tell people how awesome you are, you aren't very awesome. Bragging is for the weak.

163

UPVOTES

How I Communicate Now, Without Words

HornsOfApathy · 6 July 2020 · Archived copy · Reddit

First, it's worth mentioning that this is what I used to do:

I used to talk. A lot. I would talk to my woman about things that she did that bothered me, upset me, or made me sad. I would get butthurt and sometimes *not* talk to her for the same reasons. I communicated to my woman like a woman. I let my emotions control me. Like a woman.

I would tell her that I was unhappy about the amount of sex that we had. I would talk to her about how I felt close to her when we had physical intimacy. I would talk to her about the vision of our future – but never actually *do* anything. I would talk about our kids and their behaviors – but never actually *do* anything. I was all talk. I talked too fucking much. Go read some of my early OYS posts. I talked too fucking much back then too.

Then I learned to STFU. If you're not Shutting. The. Fuck. Up. in the beginning, you are doing it wrong. Recently a new MRPer came in and I gave him this advice after he thought he passed a shit test:

I want you to try something.

For the next week, be nice. But don't say a god damned fucking word about anything other than logistics. Shit test? STFU. Comfort test? STFU. Just be a goddamned fucking autistic fuck about it. Ok? Just SHUT. THE. FUCK. UP.

Because just when you might pass a shit test by shutting the fuck up you open your little faggot mouth and fail it with this shit. Fucking hell man. Shut the fuck up.

It's only a week. And she is going to shit test you harder. Just shut the fuck up when it happens. Be a fucking robot for a week. Fuck!

And if you can't do it for me or you, do it for her because clearly everything you do is already for her. It should be easy!

After a week you'll know what STFU really looks like. No champagne, no retarded responses, no bringing up the lack of sex. You need to train that little cock sucking mouth of yours to stay shut. Do it.

I gave him this advice because I know that even when I was trying to STFU, I wasn't really doing so. I'd get almost to the STFU finish line that would create dread or stoic frame and then my cock-sucking mouth would open again about something faggoty and... oh boy... here it comes. Faggot speak. I'm sad. I'm worried. I'm lonely. Can you hold my little fee-fees? We need to be doing this or that. Let's get a plan together to do it. What. The. Actual. Fuck. That's not leading. That's talking.

Learning to STFU is an absolute art you must learn.

If you listen hard enough there is usually a message in there. Sometimes the hidden womanese message is "you're a faggot"... and sometimes it is "I just want to blabber on about random shit that's going on in my life and take up your time to talk about it because it makes me feelz valuable to have a man I look up to and respect listen to me."

I write consistently here at MRP about how learning *when* to open your mouth is the next step. Plenty of posts here about how to do this. Go read them. How do you learn to STFU? By shutting the fuck up.

What I want to talk about is how I STFU now, way past all those faggoty things that wouldn't dare come out of my mouth because if they did I would punch myself in the dick as they became audible. This is artful STFU.

STFU goes way beyond shit tests for me now. At this point in my own journey, it is all pretty much second nature. In fairness I probably get shit tested a lot more often than I realize. Passing shit tests just becomes who you are as a man. At first you really care about them, but after developing Outcome Independence and Abundance Mentality, it changes your entire outlook on giving a shit about them – because you just don't fucking care anymore. At some point you will start to see them for they are... they are just woman things. *And that is the GOAL of shit tests. To never actually and congruently give a fuck.*

In fact, you start to not notice them at all. How can you even notice something you don't give a shit about? And this will lead to comfort tests – which rear their heads very wildly like a rogue wave on the feminine ocean – and I am VERY aware of still to this day. You can't miss them. Those? You can enjoy passing those. There is something about a woman needing to feel validated that reminds me how fragile and feminine they can be. A little kiss on the forehead and “you're cute, babe” is like having magical powers where she is reminded that she was chosen by the prize, again. You.

Styles of Communication I know of:

In my time here I've seen two primary ways from most men with how they communicate to their women. I've touched on it before, but I write often about a third way – which in PM I think both [u/InChargeMan](#) and I attempt, using the D/s dynamic as a vehicle of that communication preference.

Communication Preference #1 – Overt Communication (Direct Physical)

A user here who can speak more to this style is [u/red-sfplusplus](#). He wrote a post about how [he hates covert tests](#) – particularly comfort tests. He rarely communicates covertly, with a preference to directly communicate overtly. He would say something like “*I like it when you wear a buttplug at the grocery store. It turns me on and makes me happy.*” Although overt and direct in style, this type of communication is covertly reminding her that he has the established sway of power in the relationship, although not his responsibility to maintain, and makes a suggestion through communication on a way for her to add value.

Communication Preference #2 – Open & Honest Communication (Expressive Emotional)

[u/Blarg_Risen](#) wrote a [whole post](#) on how he uses this type of communication in his relationship. He would communicate to his woman “I need physical affection” and understanding that there is zero covert contract with that statement and it does not contain “*I expect... and if you don't...*” He understands that it's clearly defined that he is a high value man and chooses to live in the vulnerability of expressing himself with communication freely and allowing his woman to make a choice. I believe he uses this method to make a suggestion to her that she chooses him every time when it could affect the relationship which is her responsibility and choose a way to add value.

Communication Preference #3 – Hybrid Cerebral (Direct Physical and Expressive Emotional)

This is what I really want to dig into with examples.

My preference is somewhere between the polarity of Blarg and Red. I want both. I want to be able to deeply communicate my feelings and thoughts *without words* but with actions and no covert contracts - thus, I've created a dynamic that allows me to do both. I've chosen the medium of that to be D/s, where I can simply look at my woman in such a way, say nothing, and she feelz through that and into me knowing my truth. That's communication on a spiritual level for me as we read into and through each other with as little words as possible.

So in other words, I have a preference for a communication style that roots in the cardinal rule of SHUT THE FUCK UP.

[u/weakandsensitive](#) wrote a post titled “Talking – why you shouldn’t do it and why you sometimes should” which encapsulates the very communication style that I have employed with my woman. All the more reason to STFU. I use body language and intonation through *intuition* and trusting my core masculine “gut reaction”, then making a choice whatever it is I want to do afterwards.

With that in mind, here are a few examples of how I’ve used this preference of communication before:

- If she's been a little bitchy I may let it slide a little and STFU to see if this was a need for her to get some feelz out, but if she is a little bitchy again, I will probably shoot her a terrible scowl that she *probably* doesn't deserve in a non-D/s dynamic and would be considered over the top. I push myself and thoughts into her as if to say "Look, you know I've got all the cards here. Do you really want to do this, sweet little wife?" This immediately lets her know she has not pleased me. No words spoken.
- If we are in public and she does something that isn't in the frame she wants to live in (mine) - even in a crowded room full of friends - a simple smile at her and rubbing my fingers across her day collar sends her gentle communication that I desire her to return into her submissive frame. She will smile back, realize the mistake, and we move on. No words spoken.
- Once in a store she yelled at me because she was anxious about something completely unrelated. She wishes to overcome her anxiety issues. She immediately knew she fucked up. We got back the car and she handed me her panties for the rest of the day as a sign of personal submission. No words spoken.
- If I ever "punish" her (again, remember the D/s dynamic), it only means removing my time/attention/approval in various ways. Some Doms choose to punish physically... that's not really my thing... instead I choose to take away her *ability* to please me which is enough. This is all done overtly covert. I tell her she has been bad, then actions speak afterwards. I have better shit to do than spend time with a wife that gets out of line. She can if she wants to - but I don't have to deal with it. If the D/s dynamic has become a little broken (which it does at times - it ebbs and flows), I will employ a more severe removal of my time and attention or manufacture drama on purpose to create a shit test, which I will pass, lovingly, and reestablish the dynamic.

Conversely, here's some about when things go well:

- She tried to make a new meal, and was anxious about it. I let her remain anxious throughout and knew she sought my approval. Instead, I gave my approval with a good, hard fucking instead of a "thank you this was good" which is what she really needed. This creates the roller coaster of feelz. No words spoken.
- For V-day this year she wrote me a card, made a great dinner, asked to blow me 4x during the day, and planned an in-home date-night complete with a full massage for me. I wanted her to know how joyful this made me, so I made time for her the next day for 6 hours just to hold her and provide comfort. No words spoken.
- She fixed her hair different than normal. From across the room I looked at it - it looked great! It brought joy to me. I kept looking at her, feeling through her, and looking at her hair. She says, "oh do you like my hair? Does it make you happy?" I just smile. No words spoken.

Overall, this is all very psychological and spiritual. She reads into me. I read into her. But overall? It's all game. It's game, fellas. I'm constantly gaming my woman.

Now, I could just come out and say all this to her, sure. *The meal is great! You were so thoughtful on V-day. Your hair looked amazing.* But it would NOT have the same effect of allowing her hamster to do all the heavy lifting, which helps me accomplish my goal of bringing her to a more submissive state to where the communication becomes more and more subliminal over time with rewarding the hamster with cheese on a successful exit (that's usually cock, btw). That way, we both can freely live in word-less communication feeling through each other and our respective needs. That is what I'm trying to accomplish.

Her highest need is to be desired and ravished by a high value man. My highest need is to have a valuable ally on my journey. I believe that this style of communication fulfills my desire to understand all 4 quadrants of the [Johari](#)

Window about myself by destroying my ego, and understanding all of hers through her vulnerability. She desires to use me as her captain for the destruction of that ego and exposing to her the parts of herself that prevent her from being that valuable ally on my journey. **u/InChargeMan** and I have traded notes on this method of actualization before and I think he is right that this type of communication provides a basis of achieving that nearly impossible objective. It gets infinitely harder the closer you get.

So yeah, it kind of reads like a bunch of cerebral telepathy going on, I know. But I am here to report that this type of communication is very possible because I live it everyday. I am a magician. Not an *actual* magician with ESP reading thoughts, but one attempting to harnessing all aspects of spiritual, psychological, and biological pieces at once.

Only part of communication is the message delivered and then the interpretation of that message by the recipient. I don't make the hamster maze too complicated and I make for an easy exit. I use overt communication when I have a preference or need that I am unable to convey in this way. "I would like for you to cook tonight instead of us going out like planned, babe." She will find a couple of options and ask for a preference. If I don't have a preference after giving Direct communication, I just look at her. I tell her with my *thoughts* and STFU that IDGAF. Pull her into me. Smile. "Ok, I'll make this one. I think you would like that better tonight, Horns." Do I really care which one she picked? Not really. If I did I would have said so. It's not like I can pick Chicken Parmesan over Beef Wellington with my mind and communicate that. But if I let her *believe* that she made the right choice by ravishing her later that night it *encourages and trains her* to take initiative to please me through positive feedback loops (again – Cerebral but a different way). This is the outcome that I desire, as Blarg does by asking his woman to choose him.

Teach your woman how to use a bucket so that she will put the fires out herself just to add value to your journey.

I never settle on outcomes. I sometimes have preferences, sometimes not. I'm never afraid to communicate directly what I want if necessary, but mostly? I just STFU.

How do I respond to Shit Tests now?

Usually, I STFU. I know that shit tests happen because my wife wants to get back to her submissive frame by bumping up against my masculine frame. As these happen I don't respond back with a witty AA, AM, STFU, or Fogging... I look into her, not saying anything (hey, STFU!), projecting the Dominant frame of the two of us *through her* and she understands that **she has bumped against my frame and she feels this**. It is all very cerebral with no words... and there is zero anger in this process. This is more of a statement "*Are you sure you want to do that my sweet little wife? Because if you want to play that game, I have all the cards. And I know I can take you upstairs to prove it.*"

Sometimes if she is really out of line, I use Direct Physical communication: "You need to check your bitch attitude right now".

Sometimes if she is really out of line, I use Expressive Emotional communication: "I need a more joyful wife to be around."

But mostly? I just STFU. And look at her. And she feelz it.

And sometimes if she is *really* out of line, I take her upstairs and fuck the bitch out of her. Pretty wild to say that, but anger fucking hits her right in the feelz. Maybe the hamster is afraid that I might be out there fucking other women or I am doing something that might make me a faggot. Or some weird woman reason that I don't give a fuck about. Who cares? She needs to feel her man. That? I don't mind doing for her. I do love her afterall.

My method is to STFU and show her by giving it to her where it counts.

Transitioning this communication style to the bedroom:

I've already written how to transition women **into the bedroom if you have a depressive and anxious wife**, and it still

applies, but this timely post in [r/askMRP](#) asking [how to praise a woman](#) caught my attention.

Remember how I said that I shut the fuck up most of the time? What if she is doing something that I like instead of something I dislike?

Praise, always praise. The feminine grows through praise. But how do I praise her with the communication method that I use?

Well, I praise her with me. My cock. A lay on my chest. A squeeze from behind. My body. My imagination in the bedroom. Am I score-boarding? No. When she tries a new recipe, wears a sexy new dress, finds a way to flirt with me that gets me excited, or fixes her hair differently it invokes within my masculine core an attraction to the value that she brings to my life and at the center of that core is a spark of genuine desire. It is ignited with my acceptance of her gift, I embrace it, and fuel it so that it may grow. I choose to both accept her gift of doing something to seek praise, and I give to her freely my own cerebral thoughts, my core, unsaid, often in the form of a good ravishment. My woman's ultimate desire is to be chosen by a high value man over and over.

Learn to praise your woman without words. Enjoy the discovery of unique ways to praise her covertly that originate from your own desire to do so. Watch her blossom into a woman that will crawl through glass to get a taste of that praise – and give it to her *just freely enough* from your own abundance that she knows there is always one more taste. One more drop.

Rarely do I open my mouth to tell her I like the things she does.

Mostly I STFU. Instead I covertly provide those feelz to her in the form of my own sexual desire and imagination. I am the prize, and her greatest source of validation. We're both playing the long game. Gotta let her win sometimes.

161

UPVOTES

The biological step-mother.

Red-Curious · 6 July 2017 · Archived copy · Reddit

As a divorce attorney I have the privilege of seeing (1) why most marriages fall apart; and (2) how different family and parenting structures function in the context of the new relationships of my clients and opposing parties. As to the first point, that's why I'm at TRP/MRP - it's just plain truth, and I can't imagine a single male divorce attorney who would deny it (female attorneys have stronger hamsters, so I rarely trust them).

As for family structures that work, I've developed the theory I call "biological step-mother." It is based on this one infallible law of divorce and custody cases:

Men don't get custody after marriage because they don't live like they have sole, exclusive custody during the marriage. (Shared parenting is a conversation for another day). **Men must develop *subliminal custody* of their children in their wives' minds.**

LEGAL CONTEXT

Although laws are changing, custody matters always involve judicial discretion. This will never change. Period. That judicial discretion will always tilt slightly toward mothers, regardless of what the statute says. Why?

- Judges inherently respect history, even when it has been overruled. History dictates that mothers are default custodial parents. Many judges have been in the profession since before the law change and can't get the old ways out of their heads.
- The law still (and always will) assume default custody to a mother simply because the baby came out of her belly, whereas men can't know for sure who the father is (no matter how faithful she says she's been) until that DNA test comes back. Divorce law is slightly different from custody law in that it presumes shared parenting, but the legal bias from juvenile law is still subconsciously present because most DR (divorce) judges are also the JV (juvenile/never-marrieds) judges.
- Abortion law implies that children are the property of the mother. It's her body, so she can decide whether the child lives or dies. When the child is born, there is a slight change, but the legal context of "she decides what happens to her baby" subliminally carries over to DR/JV law.
- Most DR/JV judges are women. As to the few male ones, they are virtually always closet betas who put women on a pedestal. They act alpha because it's their courtroom and they have positional authority, but they have no internally radiating authority. They still crack jokes from the bench: "You're here because you didn't do the dishes like she told you, right?"

Can dads win custody? Absolutely, I do it all the time. But women don't believe this until it actually happens. This is key. Women make decisions based on their perceptions, not actuality.

Here are the two parenting structures that often result in stressed marriages.

TRADITIONAL BIOLOGICAL MOTHER

The biological mother has a unique and unashamed relationship with her children. She carries them in her womb, nurses them when they're young, and often takes primary responsibility for their basic growth and development. For all practical purposes, they are *her* kids. This is especially true for SAHMs.

You, as the father, are involved to the degree that she finds your involvement advantageous to the development of the children. If you start doing things she doesn't like, she throws a hissy fit or just leaves. More significantly, she

will undermine your relationship with the children in any number of ways.

TRADITIONAL STEP-MOTHER

Step-mothers respect the fact that her husband is the ultimate authority figure over the child. If the relationship went sour, she accepts the fact that she will have no custodial rights in the child. As a result, she does not take personal responsibility for the growth and development of the child, giving it to her husband. By placing him in charge, she sees herself as a helper who comes alongside him to assist in raising the child.

Unfortunately, step-mothers often maintain a subconscious emotional detachment. This is because of the custody issue. They don't want to form a close bond with someone when there is a possibility that they may never see that person again. I've heard it said many times: a woman's greatest fear is abandonment. In this case, instead of a romantic abandonment, it's a parent-child relationship that's lost. For women, this is too close a bond to risk, so step-mothers remain subliminally detached and allow their husbands (the birth fathers) to be the final authority and emotional rock for the children.

BIOLOGICAL STEP-MOTHER

This is a relatively rare phenomenon, but I find it often occurring when divorced or nearly divorced couples decide to reunite - particularly when the father has demonstrated that he is likely to get custody of the children, or at least shared parenting and that she would not be the default custodian. To be clear, if the father convinces the mother of this through emotional abuse ("You'd better never leave me or I'll take the kids" and she believes him), a different maternal structure develops that is distinct from the biological step-mother. I won't go into that here, but suffice it to say that it is harmful and usually results in unruly kids. The biological step-mother is when the woman respects the father's authority, rather than fears it.

When the traditional biological mother finally acknowledges that she does not have exclusive ownership of her children they become "our children." Many traditional biological mothers will use this lingo, but do not actually feel or experience this until it's concretely rooted in their heads: *The law won't back you up*. I have a distinct advantage here, being a divorce attorney. My wife knows that I will not position myself in a way where she would get custody and I know how to break through false accusations. For non-divorce-attorneys, the key in developing this frame of mind is to convince her this: **YOU, the father, are the PRIMARY CAREGIVER of the children, NOT HER.**

The perception of the "primary caregiver" is the overwhelming majority of custody law, even in states (like mine) where that phrase has been uprooted out of the statutes. Traditional biological mothers subconsciously rely on the default assumption that women are primary caregivers when they develop their approach to parenting. When custody is at risk, if they want to preserve the marital relationship their approach to parenting issues changes drastically.

This is when the biological mother takes on specific traits of a step-mother without losing the important value of the traditional biological mother connection either:

- She shifts parenting responsibility back to the father, accepting that he is an authority figure over the children **[because he has subliminal custody]**.
- She lives as if she is a helper whose job is to implement the leadership decisions her husband **[the subliminal custodial parent]** makes, as they pertain to the children.
- Her lifestyle around the house changes. She enjoys the comfort of living in *his home* rather than *her home* or *their home* **[because he has subliminal custody and her parenting time is in his home on his terms]**.
- She still has the same loving bond with her children that traditional biological mothers have, but she does not use that as a motivation to draw authority away from the father. **[She won't disrespect the subliminal custody**

arrangement, but will still love and long for her kids all the same.]

- The children are lovingly bonded with mom, but now are able to develop both a love and respect for their father, which the mother fosters rather than undermines [**because the children also subliminally understand that dad has custody - and side bonus, if you do get divorced, guess who they want to live with now?].**

YOU DON'T HAVE TO BATTLE CUSTODY TO GET THERE

This is where OYS is extremely vital. If the father doesn't follow OYS principles, the mother will never respect him as an authority figure over the children. He is essentially saying, *I want you to do all the responsibility stuff of a custodial parent, but I still want to have the positional authority*. Per John Maxwell, leadership is influence, not position.

The father/husband must take the following attitude, regardless of whether or not it makes legal sense to do so (remember: women do things that don't make a lot of sense too):

- It's my house. I have provided a place for my children to live and thrive. I've invited her to live here with me because that's what I want. I'm going to take care of the house as if it's my responsibility, just as I would if we were dating and she just came over a lot.
 - **NOT:** It's our house and we both have equal responsibilities to care for it. She'd better hold up her end.
- My time is my time, which I invest in raising our children. I invite her to enjoy my time alongside me because I like having her around. I'm going to use my time in a way that balances efficiency, productivity, and enjoyment for our family. As my wife, I am inviting her to participate in that efficiency, productivity, and enjoyment (with a few boundaries), but she does not rule my time.
 - **NOT:** We're married. We both have obligations to each other. We must allocate our time in a way that meets these mutual obligations.
- It's my money, which I invest in our children's upbringing. I set the household budget. Even if she's working, it's because I am leading her in her fulfillment of that role instead of her maintaining a SAHM role. I allow her to spend money within the confines of the budget that I have set for the family because it is helpful to me and builds trust for her.
 - **NOT:** We can each do whatever we want with our own income. Or, we each contribute to the marriage in different ways, so we both have a say in how the finances are spent.

CHANGING BRAIN PATTERNS

As a matter of fact, these assertions would not stand up in court if you were to get divorced. But remember, women don't want to feel like wives; they want to feel like the hot girl who's dating the bachelor who *has it all together*. That's why they felt all tingly before they were your wife and stopped when you started treating them like a wife (in the modern cultural context of how wives are understood, of course).

The stable husband mentality is, essentially, to live as if you are a single dad with sole custody of his kids dating a hottie who you like having around. It says: *"I have an established life, but I'm inviting you into my life. You are an outsider, but I want you here anyway. As you respect the fact that I am inviting you into my life, you will learn to enjoy the safety and comfort that my life has to offer you. I respect that you have independent wants and desires, but they will be exercised within the boundaries I establish for your participation in my life."*

The above mindset establishes step-mother thinking in her. Step-mothers often accept the fact that they are joining in on a pre-established system. They do so because they like that system. If the guy is beta, he'll let her change the system, but often she doesn't like what she makes it become, hence repeated divorces and remarriages. As has been

often said before: *Women don't know what they want*. When they think they do and try to get it, they are often disappointed. If their husband tells them what they should want and then fulfills it for them, one of two things can happen:

- She finds that he's right and respects him for knowing her so well and making her happy; or
- He's wrong, but she chalks it up to her husband trying something and it didn't work; it's his fault she's not happy, not hers. Incidentally, she's happy that she can blame someone else for her unhappiness.
 - This is unconscious salvation from the alternative: she fails to make herself happy, causing a mini-crisis because happiness becomes an elusive concept that is always beyond her reach. Take away her control over her own happiness and, ironically, she will be much happier.

PERSISTENTLY UNHAPPY WIVES AND FOOTBALL-LOVING GUYS

Some people complain that nothing they do makes their wives happy. They're just always sour. To them, I say: Keep up the *stable husband mentality*. Even if his method fails to make her happy repeatedly, she eventually learns to love his system anyway - not only because it gives her an excuse for her own internalized emotional ignorance, but also because she will feel fulfilled contributing to something beyond herself.

It's like when a man is happy that his favorite sports team wins a game. He experiences happiness vicariously through the players. His life has not actually improved in any way, but his emotional state does because their emotional state does. By developing an emotional commitment to that team, he has entered their system and allowed his emotional state to be tied to their successes and failures. Your wife does the same thing with you.

The problem is that if you've been failing for too long, she stops believing the victories matter. I grew up in Cleveland. Nobody really gets excited when the Browns win a game. There's a half-hearted cheer, but at the end of the day, they all know they're not going to the super bowl. But when the Cavs won the NBA championship and the Indians made it to the world series, now those are teams we can get excited about, even when they lose a few. Why? Because the potential victory is there. If your wife sees that you could be a super bowl champion kind of dad and husband, her emotional satisfaction will latch on to your victories, even if they're small ones, like the first couple games in a season.

It's also worth noting, if you see a team of fat and/or scrawny video game/porn addicts romping out on that football field, even if they win the super bowl by some miracle, you're not all that excited for the win, and you have no confidence in them for next season. You chalk up the victory to a fluke. That's why fitness is key: she has to believe you're a consistent winner, not a fluke-winner.

REGAINING THE STABLE HUSBAND MENTALITY

I'm not going to say much here other than to follow most of the rest of the advice on this sub and do the required readings. I'm done with the "course prerequisites" and will be starting the 101 series after developing my ability to apply the material from the prerequisites first.

But from what I see, the most important factor in regaining the stable husband mentality is simply to take over. Act like you're a single dad dating a hottie and you invited her to live with you. Even if you don't think she's hot, treat her like she is anyway. When she feels sexy, she'll try harder to be sexier. I started this process a few months ago (officially discovering TRP/MRP about two weeks ago) and am already seeing tremendous results.

- I consolidated calendars so I'm the one scheduling the kids' doctors appointments, birthday parties, swim lessons, etc. *She sees that I am the lead parent and she helps implement my plan.*
- I started organizing the crap shelf that's had mail and who-knows-what items sitting on it for the past month. *She sees that where she brushed responsibility aside, I get stuff done.*
- I straightened out the garage so it's an actual part of the home again, not the aftermath of a tornado. I fixed the

floor of the deck that caved in a week and a half ago. *She sees that her rule threatened our shelter [read: biological necessity] and mine restores and bolsters it.*

- I keep my car clean, whereas hers is a mess (even though I do most of the driving with the kids). *She sees that her life is chaotic, but I bring order in those exact same issues under harsher environments.* Next up: clean out her car too.

SUMMARY: Every woman looks at the rest of the world and thinks, "They have it *all together*. Why can't I *have it all together* too? I wish my life was like theirs." This is how cheating starts - desiring things outside the home. You want her to think: "My husband has it all together. I wish my life was like his." Now she is desiring you inside the home. She sees your system (which I now see is just another word for "frame") and genuinely can't resist wanting to attach herself to your life. She will still feel like an outsider for some time, but that's okay - you want to foster that a little. If she sees you as an outsider [Edit: assuming no other psychological barriers]:

- She will respect your decisions.
- She will let you parent your children and not undermine you with her emotional connection to them. Bonus points: when she sees you as the primary caregiver of the children, she internally realizes that her legal basis for custody is whimpering away, making her less likely to do anything that would instigate divorce.
- She will be happier because she is no longer responsible when things go wrong (it's not *our* mess; it's *his* mess).
- She will desire you. A simple note on this: ever wonder why people think marriage commitment sucks the life out of sex? Because she's no longer the outsider operating within your system; she sees herself as your co-equal peer. You don't even need dread for this to work (though it certainly helps). [Edit: Desire doesn't always mean sex or action conformity. Women desire things but don't do anything about it all the time. All you're doing is fostering a psychological condition in her that opens doors for active conformity and puts shiny things on the other side; she still has to choose to walk through, and women don't always make the logical choice.]

Best wishes guys.

160
UPVOTES

What a year of Owing Your Shit looks like

HornsOfApathy · 2 October 2020 · Archived copy · Reddit

Week in, week out, never missing a week. I am sharing this because it's much less about my journey, evolution and struggles than it is about the comments, thoughts and discussions within those posts. Within these links to my OYS posts there is a plethora of information, deep discussions, and new mental models that people shared with me that helped shape my own. Perhaps you will find some value in them.

Men sharing notes.

I began this journey as a blue-pilled 6'0, 141lbs skinny fuck that had never lifted a barbell in my life looking to improve his sex life after a very traumatic event that I never dealt with. I had tried everything before MRP - but nothing worked.

Nearly all my sense of self-worth was tied to the validation (or lack thereof) from my wife. I was an errand boy to a woman, emotional tampon, a typical nice-guy with covert contracts everywhere.... and in a little over a year, I had gained 30lbs of muscle, my lifts were solid, and I developed into a man I was proud of mentally and physically.

In the beginning I had an attention span of a squirrel with no real direction, high anxiety and failing so many tests while being a dancing monkey, implementing retarded overt dread, and often no real understanding of what a "main event" really looked like. I was a complete retard.... but doing something about it with patience.

As time goes on I began to understand that it was my ego that prevented all of my progress. The lies that I told myself become more exposed as I read the sidebar, my need for external validation decreased, and I began to understand abundance mentality that lead to outcome independence. Despite this, I continued to bottle up my emotions in unhealthy ways - afraid of being "beta" - until it nearly destroyed me.

My journey did not turn around until I was ready to nuke my family and marriage with zero ego. Only then did things change for me - as I was able to peel back the layers of my ego onion and expose my true self. When enough ego had been shed I looked in the mirror and for the first time in my life: I loved myself.

This resulted in moving towards a 24/7 D/s relationship, nuking my career that wasn't congruent to my new life, and coming to terms with how to deal with emotions in a healthy, masculine way. After this I had an existential crisis where I found my mission.

My desire is that by sharing this it can be an example of how a single man that found MRP changed his entire life, thoughts, and outlook that suited him best with a First Officer that adds great value.

I owe a lot of thanks to a bunch of internet strangers in MRP. Perhaps you guys find something useful from them also in these threads. Or perhaps some of those same vets can point out examples that are useful.

I have **bolded** what I thought were the pivotal moments in my journey.

#	Brief
#1	Journey begins. Skinny fuck. I am a drunk captain.
#2	Parents getting divorced after 40 years. Anger phase is deep. I desperately need to crush my ego.
#3	Massive shit tests. I think wife is insane (she's not). Retarded overt dread games.
#4	Dialing in macros. More massive shit tests. I start to pass shit test and get BJs. I think I have a main event (lol - it's not).
#5	Began eating 3300cal/day - 280g protein. Blame women for my son's Nice Guy behavior (it's not). Nuclear shit testing including divorce threats. Told to get a girlfriend.

#	Brief
#6	Turned down sex for first time. Learned not to chase and be needy. Nuclear shit test.
#7	Listened to TWOTSM. Realized I've always fucked for validation. Realized I've been going Rambo. Had sex for the right reasons for the first time in my life.
#8	Only want good sex. Started reconnecting. Wife sabotages - nuclear shit test throwing shit and making public statement because I have a life. Began running social events.
#9	Leadership around the house. Began experimenting with DEVI. Rope tightening. Stopped drinking.
#10	More DEVI concepts. Failing a bit still. Wife begins talking about future, wanting more kids. Struggling with parents divorce, wife doesn't give a fuck. I am still STFU about it.
#11	Reconnecting with 3yo daughter. There is not enough dread (DL3). Backrubs for blowjobs covert contract exposed.
#12	Wife shuts down sex. I start leaving the house with more interesting things to do. Nuclear shit tests. Asks if I would think about getting a girlfriend, I say "I will have to think about it", first time the veil is lifted I am no longer a bluepill boy.
#13	Another fake main event. More denials - sent me on a trip with full balls. Felt dread - she fell into my frame for the first time. Begins to drop her ego. Wants a strong man. Realize this is all my fault.
#14	Hysterical bonding. I begin fucking with domination. Snoopd my journal. I fail shit tests. Bought a trombone for V-day.
#15	Shit tests about sex, sometimes fail. Begin peeling back layers of bullshit about myself.
#16	Continue bulking, seeing progress. My initiations are awful. More nuclear shit tests including moving to guest room. Left for 2 week trip overseas
#17	Shit test about IUD. Iron rule of Tomassi. Wife begins seeing therapist. Rope tightening. Not congruent with my job. Ego fuels me.
#18	Back home, but battled with Oneitis while gone. Put my full weight on my woman, epiphany of AWALT. Crisis as I work through why I don't want to spin plates.
#19	Dread is natural and working, but no PIV in a month.
#20	Realized pussy is my retarded primary mission. (Dancing Monkey). Another anger phase. Dominant face-fuck my wife after 10 days of no action. She is happy.
#21	Learning more about Dominance. PIV back after 6 weeks. Wife is noticing my body changes. Begin being unafraid of who I am.
#22	No longer motivated by sex.
#23	I start making OK that I may get divorced.
#24	Nuclear shit test and sabotage. My lowest point in my life. I have shut off my feelings for 6 months and it comes rushing in. I seriously contemplate suicide.
#25	Learned how to deal with my own emotions in healthy ways. More hysterical bonding. I begin dirty talk, realize my wife is a slut.
#26	Dominant fucking. Have added 17lbs of muscle in 6 months.
#27	More dominance through LMR. Surprising myself. More nuclear shit tests. Am told "I can't resist you anymore. I get horny"
#28	If I do something nice, I'm shit tested for days.
#29	More shit tests. Kids doing very well. Learn about sub drop. My first time ever reading about D/s.
#30	Exwife shit tests. Wife blows up at ex. I see hypergamy in action. Making her my slut.
#31	<i>On vacation, no OYS.</i>
#32	Setting boundaries and expectations.
#33	Wife getting on board with actions. Sex on tap. Shit tests about cheating.

#	Brief
#34	Bonding great with kids. Put timetable on marriage of 3 months. Dread sex is not desire.
#35	First week of REAL main event
#36	One Year Main event - Began D/s Relationship
#37	Killed a bunny
#38	Anal Training began, was challenged if I was LARPing. I was not.
#39	Taught her to squirt for the first time ever. Starting to understand more my career is not congruent.
#40	Began 24/7 D/s relationship
#41	Training collar. Got sick. Let her take care of me. Began experimenting with using no words to communicate
#42	Cum on command training. DEVI immersion. Took my son hunting. Repaired relationship with my Father.
#43	Took my son on a boys trip with my best friend. Experimented with Daddy/LittleGirl play with wife.
#44	I don't like my job it's incongruent now. Fucked wife without emotion and it awoke something in me. I don't care about her N-count.
#45	Made myself the prize. Took my cock away. Wild woman appears. I have awoken a monster.
#46	Nuked my career with solid finances.
#47	Hit the gym hard. Love my family. Working out exit from my career. I don't have a mission (yet).
#48	Discovered I've been neighbors with another MRPer for a year. Last day of my career. Looked at myself in the mirror. Finally saw the transformation. I love myself.
#49	Relationships are a woman's job. I'm not hers, it's just her turn.
#50	"Take your horns and shove them up your ass". Gave my wife Fascinating Womanhood and sent her away for the weekend.
#51	It's too late to have more kids. And that was all my fault because I was a shitty leader. Dealing with guilt that some things cannot be undone.
#52	1 year post. Existential crisis beginning. Reached the imaginary finish line. No mission.
#53	Criticize myself for flailing around leaving myself nothing to do and being available to my wife.
#54	Create hardship unnecessarily to provide my ego a sense of worth. Finally understand "how does she fit into your life".
#55	When happiness is shared it becomes real. Called a BITCH! by Terry Crews. Wife bounces around the house.
#56	Revealed my daughter died. No need to OYS publicly and regularly anymore. I still OYS, but in private.

159

UPVOTES

Please welcome our newest Moderator: Rollo Tomossi!

BluepillProfessor · 19 January 2017 · Archived copy · Reddit

Greetings fellow Merps, we are tickled pink to welcome our newest Moderator, famed author, blogger, radio star, and all round great guy, /u/Rollo-Tomassi.

Rollo wrote "[The Rational Male](#)" and "Preventative Medicine" and will be publishing his 3rd best seller in a few months so stay tuned. His blog, [The Rational Male](#) is a cornerstone of Married Red Pill praexology and taken as a whole, his writings form the main intellectual justification for the manosphere and Red Pill thought.

In The Rational Male Blog, Rollo has revealed how ridiculously busy he is right now with a major project at work and the completion of his 3rd book so we are honored he accepted our invitation to join the mod team on /r/MarriedRedPill.

Here are [10 Rational Male Posts that Changed My Life](#) along with several other references in the comments.

Welcome Sensei!

159

UPVOTES

The Three Stages of Dread

HornsOfApathy · 21 March 2022 · Archived copy · Reddit

Way back when I first arrived at MRP, there was a roadmap that a lot of us used contained within the deep links of the sidebar. This was the **12 levels of Dread** post by BPP. It was written 7 years ago. A few years after many of us had used this leveled approach to dread within our own MAPs, we began sharing notes about this sexual strategy. It wasn't long before the results were in for the guys who did the work, and **we all pretty much realized that it was a giant covert contract**. Later, **I gave my unedited opinion** on what I thought about the 12 levels of dread, yet I did not offer a concrete alternative. Now I am.

There were still retarded dancing monkey's autistic posts up until about 3-4 years ago with titles like: "**FR: Crossed to Dread Level 9**", so most of us vets after making that realization stopped advocating for the covert contract model where you played your wife like leveling up a video game. This was a good example of men sharing notes, and the community here began advocating for a different approach of: You first. Until then nothing will work.

This new approach, for the average nice guy finding this place, IMO is much *harder work*. It's trying to start with the internal first, then the external. The 12 levels of dread focused mainly on external covert contracts and left much of the internal work out of it, and the guys who seemed to "make it" back then were the ones that were smart enough to read the fucking sidebar and to do that internal work in tandem. So, we began advocating for that approach and over the years it's produced some really smart dudes in MRP.

The problem with the current, new approach is that it produces too many autists who sit around and mentally masturbate to MRPisms and never actually get out there and do things, so you get vets like /u/threekindsoflucky making posts telling you **Doing things is better than not doing things**, or you'll get /u/RStonePT saying that **field reports are important** and that **if you're not fucking, STFU about leadership**. That's why you've seen posts from me, giving dynamite to MRPers, titled **FR: Spank your wife....** or **Cheat Codes to blow up your sexlife....** This is all to get you dumbfucks out of the sidebar and go TEST those things you've mentally masturbated about, for real.

That's what the 12 levels of Dread kind of started suggesting you do with a covert contract intact around level 7-8. At least guys were doing things. "*You can't get to level 9 until you finish level 8 bro and are able to flirt with waitresses in front of your wife to make her jealous.*" Or things like, "*Dude, you can't give her the FMOFY speech yet, you're like on level 4 dread*" and so, it created this fucking retarded autistic view of the world for men here.

This brings me to a very simplistic view of how these two worlds can work together. **What we talk about when we talk about dread** by Jack10 is another great resource.

If you're here reading about dread because you want it to be an effective tool in your toolbelt to elicit sexual response from your wife as your endgoal, despite the covert contract there - I'm here to tell you it will work. Will it be effective for you want? I don't know. But you'll have more sex. But for dread to be **effective**, I'll leave you with a quote by Jack10:

You have to like your wife.

Not love. If I asked if you loved your wife, you'd probably reflexively say "yes." That's not a meaningful question. The more important question is: "*Do you like your wife?*"

Dread will be effective if your answer is: "She's a great person. She's caring and generous with me and my family. She appreciates and respects me. I just wish I knew why she never wants to fuck me anymore, or why she's so unenthusiastic when she does..."

Dread will not be effective if your answer is: "Well, I.... yes, I think I like her. Although she's kind of a bitch.

And she can act really selfish sometimes. I don't like her when she's acting that way. Which I guess is like, half the time. Fuck. She really is goddamn annoying sometimes."

Dread will not be effective in the second scenario because *you will probably like watching the hamster in the maze too much.*

I'd encourage some of you early in your journeys not to answer that question just yet, but somewhere between the transition from Stage 1 to 2, you should evaluate it.

Retard Beta Dread - Stage 0:

If you can't meet the requirements of Stage 1, you are married to an **unhappy rape victim**, and this is beta dread. No desire. No passion. Starfish. Denials. You're unattractive. You wouldn't fuck you. But you get fucked by your wife because you are betabucks in some capacity for her lifestyle.

Bad Dread - Stage 1:

You are not yet a man worth inspiring desire from your wife. You look in the mirror and might still have difficulty some weeks saying you'd fuck yourself. Anything you do to get sex is usually being a dancing monkey, but then you begin to improve. You are:

- Recognizing and passing shit tests
- MAP identified
- Gym 3-4x week, lifting heavy
- Have read the first 3 books on the sidebar
- Have begun to build a life apart from your wife
- You are busy, and do not have time for a sexually disinterested wife
- Dress, groom and hygiene is good
- STFU regularly, but still fail sometimes

This level of dread is the beginning stages of what is good dread. Most men go through this. This is the "*If I don't fuck him I might get fucked*" stage of dread because your woman is starting to see you barely show *real* improvement. This is the stage of dread that you often see hysterical bonding, and then quickly a withdrawal from her emotionally into a stalemate of silent anger and **you will have no idea why** after such enthusiastic, slutty and perhaps passionate sex that was enjoyable by both of you to a fair degree.

The reason for this withdrawal of your woman is because she is internally having a FMOFY speech each time she fucks you. Weirdly enough, this thought process turns women ON. They start to feel like submissive women, and start to do the things that those kind of women do, because it makes her sort of wet. But not in a good way thinking about *you*.

This kind of dread effect is only temporary because it is not authentic and genuine desire of *you*. Your wife is fucking to survive. Deep down, **she is an unhappy rape victim**. Guess what? She's felt like this before you found MRP, and those feelings inside of your wife return. She recognizes them. Those are bad feelz. They're bad because she realizes that the temporary desire she *felt* and was *acting* on was.... fake. It was a novelty feeling between her legs.

You want to know the most depressing feeling a woman can experience? Getting her hopes and feelz all up for some weird reason that she can't understand, butterflies going, and then suddenly she's let down again when she looks through your bullshit to expose a frameless dancing monkey with a giant ego in front of her.

If you want to move past this bad dread stage and into *good*, that's where the internal work begins. You must take the approach of: **You first. Until then nothing will work.**

You'll see us say that being not-fat will solve 80% of the problems. It's true.

It's within that place you'll build frame, which is Iron Rule #1. Frame is everything. I think The Oak frame is a good mental model if you need one. You just sit back and build your frame, and if comfort is needed - it's provided within reason. Occasionally you can invite your woman into YOUR world and frame instead of playing around on fucking retarded dread levels that are nothing more than the FMOFY speech to a wet pussy.

Your woman knows you are still in her frame at this stage, which we already established. Men are meant to live in their own masculine frames *on their own* and to bring polarity and balance to the force of women. This is how you move into stage 2.

Good Dread - Stage 2:

You cannot skip dread stage 1. It's not possible.

Good dread is where most of you will arrive, and likely stay. Some of you will go beyond this because you make a conscious decision to play with the feminine world more often than most.

When your woman fucks you for every reason in stage 1, plus:

- You are capable of talking to cute, pretty and sometimes beautiful women in public
- You've studied pickup artistry enough to understand the signs of women's interest after an opener without going autistic, thus increasing your chances for a positive sexual interaction if you choose, or friendly conversation to improve your game
- You take what you've learned from PUA and applied it to your wife to be fun
- You're not boring
- You never get butthurt when sexually rejected
- You have shown through congruent behavior that you are a sexual, masculine man.

In this stage you are *capable* of getting your sexual or other needs met. You may struggle with the question internally if you're *willing* to fuck other women outside your marriage, but since you are a man of action at this point who has learned to act on his needs, the feeling of *capable* vs. *willing* to your wife makes no difference. She knows you're a sexual man.

The feelz this stage generates in women is that you've shown through congruent sustained action that you are a who *fucks* - and it's very clear that's what a woman is dealing with if she's with you. That makes you sexually masculine by default. That is attractive. It elicits within your woman the competition of hypergamy, because if she ain't doing the fucking, who is?

Good Dread + Passive Dread - Stage 3:

It's not often that men here at MRP arrive at this level of dread, not because it's hard, but because it actually takes time and they're long gone. Time to mature in your own frame which takes years, and also your time to dedicate to your new hobby: enjoying all parts of the feminine. Not just the sex. But mostly sex. You want to play with and manipulate the matrix surrounding the feminine.

This is where good dread is combined with everyday passive dread. At this stage

- AskMRP can't help you, and you know why
- In addition to being a man who fucks, **you do not seek validation in sex**
- You have been in the gym for at least 6-12 months, minimum, and look like you're in the best shape of your life

(the "used to be alpha" 20yo version of yourself included)

- There is an understanding that you're capable and willing if necessary to fuck other women if your needs aren't met, because you are a man who fucks
- You are attractive. You are not being unattractive.
- You've read the entire sidebar a couple of times and have read and listened equally as many books you've discovered on your own
- You have a level of DNGAF that is palpable
- You provide comfort when necessary without judgement
- You are a leader, and have demonstrated leadership and discipline over time with your self first, and your wife/family.
- You've thrown out the scoreboard
- You are dominant over most all areas of your life

It is in this stage that you've congruently been showing your value. Your wife is losing SMV as she ages, you are gaining. It is at this point that you likely look at your wife who is at least a full 2 points lower in SMV than you and ask

- "Why am I with her?"
- "Do I like her?"
- "Do I even want her?"

And let's say that you decide that you love her, you like her, and you do want her - a woman who you will forever outpace in the SMV scale as you lead to new things. Then you start to question:

- "What value does she *really* add other than sex, and is that congruent with my vision?"
- "How can I lead my wife to add value on my vision?"

There are a myriad of other legitimate and deep questions you'll ponder, and you'll understand that each day you *choose* this woman for yourself. It's within those deep recesses that your woman will feel through you - and sense this decision you make - and sense that you choose her, likely *forsaking all others....* yet knowing she is the woman that will add the most value to your life.

In that decision you make each day and a high value man - you are validating that woman is high enough value to be with you. And you're fucking awesome, aren't you? When you choose your woman, she wins the game of hypergamy set in Stage 2. This is how you eventually, unconsciously, and passively dread so that your woman's greatest source of validation is realized: being selected by a high value man over and over.

It's in these upper levels and stages of dread that things become quite nuanced for each man, and it's all based on what we think will add value to our vision. By this point you've selected good enough clay to work with to mold into what you want, and the endgame possibilities are endless.

It's within this stage of dread that the best sex of my life has occurred. Not because she's an HB10 and can suck a golf ball through a garden hose, but because everyday that I authentically choose my wife - she feels that authenticity - and that makes her want to find more and more ways to add value. No woman I've ever slept with has been so in tune to my sexual needs and desire than my wife, because she *wants to*. It brings my woman *joy* to please the man that chooses her. He's fun. He's exciting. He's sexually imaginative. He's the Oak. He's masculine most everything he does. He is authentic. He chooses *her*.

Yet, *You are the prize*. And sometimes, you just need to let her win.

Strength, motherfuckers.

158

UPVOTES

You're supposed to be here because you were tired of jerking off, not because you want a new lube.

RStonePT · 5 November 2020 · Archived copy · Reddit

Any man who finds his way here isn't happy. No exceptions. Men who are happy, content or fulfilled don't type "Why is my wife a bitch?" into Google as a last ditch effort before idling the car in the garage for a quick nap. They don't type "Why won't she fuck me?" and then find some old [/r/archwinger](#) article about [women being for fucking](#). And they sure as shit don't reach out to a few hundred random assholes on the internet, dump their life story onto an internet forum like a brand new jigsaw puzzle then ask everyone how the fuck the pieces fit together. The point is those guys are hurting.

Why?

Because what they are already doing is not getting the outcome they thought it was.

I was that guy. I came in here a mess, Whinomoreplease and ultmatecad called me a homosexual and laughed. I realized I was crying like a bitch and not solving anything, so they pointed me in the direction of some stuff to get started and told me to fuck off unless I had a specific question or a sticking point *on something I've already tried*. Do you know what they didn't do?

They didn't call me a noble warrior poet whose 'got this!' because they were busy sorting their own shit out and didn't want to waste it on someone who can't be arsed to do the heavy lifting in his own fucking life. That's as masturbatory as I'll put it, because the 'work' is heavy. It's not the working out, that's kinda fun. Not getting fat and eating right is fun, cooking is fun. It's all fun. You know what isn't fun? Forgetting all the dumb shit your mom/pastor/wife/friend/idiot told you about how to manage your life without fucking it up. That takes effort, introspection, time, patience, and most importantly,

Not fucking lying to yourself

And the process is shit simple to get from that google search of desperation to a dude who has his shit together. I'm not talking about your career skills. You're a great business owner. I was a great sailor. No one fucking cares.

You get angry. Either your wife cheated, or left, or made you a eunuch (technically you made it yourself) and you do everything and are taken for granted, or worse ... punished for it. You're supposed to get angry, anyone telling you otherwise is an asshole. Awesome, you're angry, now what?

Anger: Anger is what stops you from being lazy. If you're not experiencing real emotional pain you won't do anything. Why? Because we are bred to be lazy that way. Brains take energy, and without a real survival pressure it's going to keep doing what it's already done, because changing how you think about the world and how you act takes a shit ton of energy. This is why girls just go with the flow ... there's no survival pressure for them to act any other way. That anger is your survival pressure.

Mental/Physical Health: If you're fat, stop being fat. If you're skinny, gain muscle. If you look like shit, buy some nice clothes and take a shower. That's simple, it's not easy. The part that's not simple or easy is that shit on the sidebar. They are there to make you into your personal shrink. All your mommy issues, abandonment fears, nice guy behaviours, risk aversion, lack of assertiveness, all the other bullshit tools that make you act like a bitch; they guide you to stop doing them, and do more attractive things. You probably don't know what's fucked up about you, hence the thousands of dudes in here who will shit all over your stupid LARPING fantasy. You reflect our former shitty selves and calling you a retard helps us get over that. You realizing you're a retard helps you get over it. Everyone wins. If it's worth someone else's time to offer more than that it's because they've been there and they see you doing the heavy lifting and know you won't waste their time. Teaching is the best way to learn, everyone wins.

Direction: This is the first thing people ask for, and the [last fucking thing they need](#). No one here can help you with that, though most people who haven't done 1 or 2 will gladly offer their services. In his autobiography, Jesus said

"Know these assholes by their useless fruit". **You're lost, we get it.** we all are. Life is 99% guess work and 1% adaptation. Want to be a "Family Man™" "Patriarch™" or "Alpha Male™" ? fill your boots, thats no ones business but your own. It's outside the scope of this place. your only goal should be to make yourself attractive enough, mentally resilient enough, and with enough resolve to do what the fuck you want to do in your life.

It's as hard as you want to make it. For me, it was simple. the military told me what to do for most of my working adult life, my parents before that. I wanted to be selfish and live for me, not being taken for granted surrounded by as few or as many people who added value to that as possible. Once I had that, everything else became subservient. Is it alpha?

Who fucking cares, it worked.

I will suggest that whatever you decide to put as your raison d'etre, ensure no one else is required to achieve it. Because 'my kids' 'my wife' having to do or be anything is another covert contract, and you're wasting your time.

Spartan shields not required.

If you're doing this shit right it should be as matter-of-fact as your workouts are. Nothing special, just a process of getting shit done for you. Normally this part is where I add some anecdote, a little pathos to get this to resonate with you. I don't want to, it misses the entire point. Your feelings are retarded and you're retarded for having them. Fix your life and fuck off and thats it.

157
UPVOTES

Abundance

resolutions316 · 15 September 2017 · Archived copy · Reddit

Hey all,

I wrote this for myself earlier today. I'm working through some issues with my wife now, and I need to constantly re-center myself, remind myself what my frame is.

I realized that the more wrapped up I become in what I could lose - my wife, my source of love and affection, my financial security - the more I lapse into her frame.

The more centered I become in my own agency in the world - the more I focus on what will not change, and what's possible - the stronger my frame becomes.

I'm always working on internalizing these things, and I thought some people might get value from it.
cheers.

I passed by a construction site on my way to work this morning.

I noticed a man walking - helmet, big toolbelt, thick boots, cigar - almost the stereotypical "gruff construction guy." He was wearing a sleeveless t-shirt with huge words printed on it:

"MONEY OVER EVERYTHING."

My initial reaction was to roll my eyes, but I kept thinking about him.

To me, it seems clear money shouldn't be anyone's primary goal in life. It isn't correlated with happiness, and I find it hard to believe that anyone would willingly opt for a future filled with monetary wealth if it, for example, meant living alone and miserable forever.

So why did this guy seemingly feel the other way?

If I had my guess, it's because he didn't have much money - either now, or while he was growing up. He felt that absence - it was a powerful force in his life. There isn't enough. You need to get more.

No abundance.

Now, I didn't grow up rich, but I know enough now to realize that our family was better off than most. We had a nice house in a quiet town, enough food, enough clothes, took a simple vacation every year. It all seemed normal at the time, but that probably puts us in the top 1% of the world in terms of income.

The absence of money wasn't an issue. Sure, I'd be told I couldn't have something or other - couldn't get my own car, couldn't get those shoes, couldn't insert stupid thing a kid wants - but we never lacked. There's a difference.

And because I never felt the scarcity of money, I internalized the fact that money would always be available. Even when I grew up, and knew for a fact that money was not always available, I never doubted I'd be able to make more if I needed it.

Things we haven't directly experienced are much less vivid in our mind's eye. I'd never felt hopelessness, or the crush of true poverty - the direct knowledge that I needed more than I had and wouldn't be able to make it up.

To me, money wasn't - and isn't - a big deal. I need more, I make more. If I lose it all tomorrow, I'll be hurt, depressed, frustrated - but I know I'll rebuild. And so money has no hold over me.

For Construction Guy, there's never enough money. He knows that. And so Construction Guy will do whatever he needs to do to get more, and money has a hold over him.

To turn this to MRP, what's the root cause of so much of the suffering on here? Hell, what's the root cause of MY suffering?

The dead bedrooms, the late-night fights, the lack of compassion and warmth, the feeling of being disrespected...

If you post in here, sooner or later you'll be told: "Oneitis." "No abundance."

What the really means is that you've internalized the fact that there is not enough female affection in the world.

ONLY your wife can love you.

ONLY your wife will have sex with you.

ONLY your wife can show you compassion.

ONLY your wife can show you the respect you crave.

You've gone your whole life thinking female affection was hard to get, difficult to find, that you had to put in incredible effort, HERCULEAN efforts, to get even the slightest hint of it. Female affection, to you, is rare - the equivalent of digging a diamond out of the fucking earth with your bare hands.

When it happens, you hold on to it. You can't lose it. You'll do anything to keep it.

It's just a fact of this life we all share that the harder you hold on to something, the more it slips away. You squeeze and squeeze your previous diamond until you reduce it to dust and it slips through your fingertips.

You do everything for your wife. You do anything for your wife. You abandon your friends, your interests, your passions, your mission. You stay at home, eat ice cream together, never leave her side, and get fat, complacent, weak, and boring.

And when the passion dries up, and the connection dries up, and the sex dries up, you panic - because you know there isn't enough female affection in the world. You know that, the same way Construction Guy knows there isn't enough money. And you do what all of us do: double down, try harder, plow ahead, all the while making everything worse.

So how do you stop?

If a lack of abundance - and the inner, felt reality of SCARCITY, is what's at the root of our suffering...how do we reverse it? How do we feel abundance if it's never come easily?

There are two ways:

Lift, STFU, read the sidebar, practice game, connect with your passions. What does this do? It makes you more attractive. As you grow more attractive, you grow more confident. As you grow more confident, you grow more attractive....a virtuous cycle that changes your entire worldview, if you put in the work.

The reason everyone here says to "slow down" and not "go rambo" is because you need to internalize these changes for them to be real, for them to work...and you only do that by noticing how the world reacts to you. It isn't that you use some cool new "trick" on your wife and she gets all hot and bothered; it's those moments when you notice the looks in the street, when your boss respects you more, when you just feel more "yourself," more comfortable in your own skin...

...Real evidence, in the real world. "Hey, this is working." And your conception of who you are, and what you can expect, shifts.

I have only just started to feel this kind of abundance. And it only started when I noticed a few women make eye contact, look quickly down, and bite their lips. I thought, "ahhhhhh. OK. I get it." I realized, for the first time, that female affection was abundant in the world, if I wanted to pursue it.

And suddenly, abundance is not an idea - it's a fact. I knew it to be true. You can't rush, or fake, that moment.

There's another way you can feel abundance, and that's through...

2. Acknowledgement of the transience of all desires.

A bit woo-woo, maybe. But...

You have incredible inner strength within you. You are the recipient of millions of years of human evolution. The tools the universe has given you - your hands, your eyes, your brain, with it's millions upon millions of neurons and inter-connected electrical signals - these are the tools of the adaptive species.

We're not the strongest, nor are we the fastest. We don't have claws or fangs. We didn't get wings.

We got adaptability. Put us in the desert - we form packs to run the big mammals to death.

Put us in the arctic - we learn to hunt through the ice using only a spear.

Put us in the forest - we learn to camouflage and set traps for creatures far more nimble than us.

Anywhere we go - we adapt. We survive. We THRIVE.

It is the same with you. You have the capacity, the inner strength, to survive despite any degradation, any attack, and loss. You have the power to not just survive but THRIVE despite anything the world throws at you.

I started reading about the holocaust recently, mostly because I was too much in my own head, wrapped up in my own problems. My wife was angry, refusing sex, not speaking to me...and it hurt. And I was upset.

And then I would turn the page and read about how prisoners at a concentration camp would need to carry huge metal blocks back and forth, using only a few wooden planks to hold them on their shoulders. How getting the right partner could mean life or death - someone much taller than you would result in your end being heavier, and trudging through the snow for too long with a too heavy a weight would mean almost certain death.

But the author of that book (Primo Levi, *Is This a Man*) - he lived. And he thrived. He wrote books that impacted the world...that impacted me, many years later.

So if your wife won't fuck you? You can handle it.

If you get divorced? You can handle it.

If you lose everything - everything - you can handle it.

Our hurts, and our suffering, is temporary. Our ability to adapt means that very few shitty situations are permanent.

And meanwhile - the world, this life, is infinitely beautiful.

That's another kind of abundance - the kind that acknowledges that you don't truly need anything beyond your basic subsistence. And while scarcity isn't fun, or enjoyable, it also isn't permanent.

154

UPVOTES

The Dread Contract and Scoreboard - how to frame improvement for YOU.

Tyred_Biggums · 25 August 2020 · Archived copy · Reddit

So many posters come in here and worry far too much about how much “dread” they are instilling or ask if they should just skip everything and have a FMOFY speech. Even guys who have been here awhile may chime in with a “What Dread Level are you on?”. There is a fundamental problem with this line of thinking.

On one hand we talk about having frame, removing covert contracts, and destroying the scoreboard. On the other we have dread which is her frame, a giant covert contract, and a scoreboard.

We're creating massive covert contracts and that's biting people in the ass.

The Problem with “Dread”

Starting out with the word itself. Dread implies you are doing X which is causing a feeling of Y in your wife/LTR/girlfriend. It's a feeling you want **her** to have towards you. This immediately puts you in **her** frame. You can try and rationalize it all you want but at the end of the day you're expecting **her** to feel something.

We now have a frame loss from the start.

This may not have been the intent when the levels are written – I'm not big on figuring out intent. The patterns and writeups from tons of guys show that frame loss is the natural effect of “dread”.

There are caveats against covert contracts in the levels but these caveats are offset with conflicting messages (covert contracts) and are EXTREMELY easy to overlook or ignore for new guys.

The Slippery Slope

We've established whose frame dread is really in (**hers**). Now we're tumbling down a slippery slope (and not the good kind).

First up are covert contracts. You think to yourself “Well, I'm at DL 5, if I just move to DL 6 then **she'll** fuck me for sure!”. Or we may ask “what dread level are you at?” as that implies why **she** isn't fucking you.

So now we have 1) a frame loss, 2) a covert contract

Since **she** isn't fucking you (or it's still 1-2x a week, or month, or year) you've pulled out the ~~spreadsheet~~ scoreboard in your head. You are highlighting the days we fucked in green in my head. Giving them a rating of 1 (starfish) to 10 (porn star). AND we will have a clock on of “it has been X days since **she** fucked me”.

1) Frame loss, 2) covert contract, 3) scoreboard

Looking at the Dread Levels

Level 1: Sidebar, STFU, lift (sound advice, solves 99.9% of askMRP)

Level 2: Create a MAP (sound advice, OYS)

Level 3: Live your own life (do what you want, when you want? Cool sounds good)

Level 4: Begin conditioning your availability to your wife's behavior (so if my **wife** does or doesn't do X, I'll do Y. Covert contract)

Level 5: Dress better, lead, game (pretty sound advice IF we are not expecting anything in return)

Level 6: Become a PUA with your wife (fine, add some tools to the toolbox)

Level 7: Get over your fear or rejection by talking to people and women (fine)

Level 8: ~~Get back at your wife by talking to pretty women in front of her.~~ Flirt with women in front of your wife so **she** 'wakes up' and will fuck you. This level is really bad for that covert contract. Hell it's in the writeup (emphasis added)

1 or 2 things will happen- probably both. **First she will lose her shit** and accuse you of all kinds of things. MAINTAIN FRAME/Amused Mastery. **You are finally getting your wife to respond.** That is the important thing- there is hope for the relationship. **Second, shortly after you get home she will probably fuck you with more passion than your honeymoon.**

This is pure-play dancing monkey thinking. You're still in Nice Guy mode. I'm going to do this and **NOW she'll** fuck me. And when **she** doesn't? You'll be pissed (and then post in OYS why you weren't pissed).

Now we get into negotiating desire with extra steps:

Level 9: Start floating the idea that if she doesn't do X (have sex at least 2x per week based on that scoreboard of yours) then you are going to walk.

Level 10: FMOFY (I'm going to negotiate with you – fuck me or I will leave). Cool – she'll ramp up sex to an 'acceptable' IV life support drip feed to keep you happy while being a rape victim in her head.

Level 11 and 12: Start sleeping around and then tell your wife about it... because that will show her.

Rambo and Dread

Rambo and thinking about dread goes together. Because you're still 100% in Nice Guy covert contract mode. When your wife doesn't respond you get **pissed**. Like really pissed. The whole levels from 4 on are one big exercise at Ramboing. The whole levels from 7 describe a Rambo 100%.

1. I am more fit and dress better
2. It's not working
3. I'm trying to seduce my wife
4. It's not working
5. I'm going to seduce other women
6. It's not working
7. I'm going to seduce other women in front her, THEN she'll fuck me
8. She still isn't fucking me – what the hell, well fuck her I'm going to TELL her this is how it will be
9. She still isn't fucking me – well I'm going to go sleep around and then nuke it from orbit by telling her because I'm angry and want to show her what's up.

- ***If you are thinking in terms of dread, you're doing it wrong.***
- ***If you are purposefully creating overt dread, you're doing it wrong.***
- ***If you are talking to your wife about having sex with you, you're doing it wrong.***
- ***If you have a thought of "getting back at her by doing X" you're doing it wrong.***

What happen when dread works? A personal story

So, you have been following the levels of dread and your wife is fucking you? Congratu-fucking-lations! Why are you still angry and unhappy then?

Because sex is not the end goal. Sex is great, love it - 100% recommend but sex is not going to make one internally happy.

How do I know this? Because I followed all of this and got to the point I was fucking on the regular. From 1-2x per month to 5-6x a week. Yay, celebration. But you know what? I was still fucking miserable because I was *trying* way

too hard for a single goal – to get sex.

Talk about a huge ass covert contract and scoreboard. I rationalized in my head that it was NOT a covert contract and I was certainly not scoreboarding. Bull fucking shit. I got pissed if **she** didn't want sex (even if it was 100% valid). ~~I bit my tongue~~ I STFU 90% of the time, but man I held on to that resentment and it put a big red "X" on my spreadsheet scorecard in my head. "I'm doing all this stuff and **she** dare reject me!". Nice Guy – 100%.

But then something really really important happened. I stopped caring. This opened up a whole lot of goals for **ME** but it boiled down to "I am going to live the life I want, I'm happy to bring someone along with me if she fits into the life I want".

My wife didn't fit, so I moved on. Maybe she would have if I didn't go so Rambo, maybe she wouldn't. I don't know... I believe she never would be what I wanted but we will never know. At the end of the day, It was all my fault as I made poor ass choices.

So why am I so anti-dread?

Sure, having the concept of dread floating around in my mind caused ME to do some stupid shit. Maybe it wouldn't if written differently. But that's not the point and comes dangerously close to me trying to excuse my failures.

Nine out of ten times I see someone reference dread it's with the covert contract mindset. This is harmful and leads men to a dead end.

- "I'm going to up the dread because she's not fucking me"
- "I'm not going to up the dread because she's fucking me"
- "What level of dread are you on? Only 4? well no one she won't fuck you"
- "What level of dread should I run if she's fucking me?"
- "Can I just give the FMOFY speech so if she doesn't fuck me I can leave?"

Dread is the ultimate Nice Guy move. Instead of becoming a better YOU for YOU you're becoming a better YOU for her. And when that doesn't work – well you get butt hurt and pissed.

Maybe a different mindset will help someone, maybe it won't. But now I can link this post.

What's Good About the Levels

So, there are some great things that are preached in the dread levels:

- Take care of yourself physically
- Dress well
- Understand male and female polarity
- Create a MAP and own your shit
- Understand seduction
- Talk and be friendly with everyone

So, what if instead of dread we just say these are self-improvement levels. Hell, you start becoming the best **YOU** and *some* woman will fuck you. May not be your wife. And that's ok. Call it "Saving a Low Sex Life" if you want.

The Alternative View of Thinking

Paint the things you want in the realm of things YOU can control. For instance: I will have a satisfying sex life. Then work towards that. By becoming the best YOU that will happen. Just like if you eat healthy and lift you will look better. It may not be with a *particular woman* (your wife) but it will happen. Don't expect it from any particular person.

The real key to happiness is to not give two fucks about anyone (exception are my kids, I care a lot about those little

fuckers – maybe too much at times). Single fucks are ok for those close to you. Zero fucks for the rest. Be unapologetically selfish in what you want and be authentic to you. That authentic part takes a lot of ego shedding and it hurts. *Suck it up cupcake.*

Here's a 30,000 foot view of a process that is within your frame from the start:

1. Lift heavy because **YOU** care about your health and how you look
2. Read the sidebar because **YOU** know you need more information on how to grow
3. STFU for now because **YOU** know you aren't strong enough yet to open your mouth
4. Begin exiting her frame
5. Dress better because you care about yourself and how **YOU** look
6. Be fun and talk to everyone – men and women because **YOU** don't care what they think and it's enjoyable
7. Flirt with your wife and other women because **YOU** find it fun and enjoyable
8. Start living in your frame by being authentic in who **YOU** are because fuck with other people think
9. Begin pushing your frame out into the world by being openly honest and authentic with those close to you. Because **YOU** don't expect anything in return and don't care what they think
10. Manipulate the world to the best of your ability to get what **YOU** want

As a consequence of this cool and authentic new you, you'll give your time and attention naturally to ~~women~~ people who fit into your life. It will be a consequence of being busy and living your life that will take priority over others who do not fit within it.

So Tyred, what about the Sex? It's Rule 0!

I get it, new guys finding this place want the sex. It's all about the sex... until they get far along and it's not. When they build abundance and know the sex is going to be there, they start thinking "what else do I need to work on? why am I not happy?"

So, for the new, sex focused guys: ***This progression ups your SMV to crazy levels naturally. High SMV = high attraction = sex from some woman out there. And it does it from YOUR frame. No guarantees it's your wife.***

Oh, and through this process you may find you like your wife. Or you may find you don't like your wife and want to move on. Doesn't matter – doesn't change your view of the world or how you act (*stay plan is the go plan*).

Good ~~luck~~ careful planning and owning your shit with discipline

153
UPVOTES

[Epic FR] 12 Months of MAP Progress

2gunsgetsome · 19 April 2016 · Archived copy · Reddit

This is long as fuck. It's a compilation of the journal I kept for the past year documenting my thoughts and observations along my journey to reclaim and embrace my masculinity.

Calibration and Correlation

Throughout this post, I'll frequently describe my wife's actions. Applying concepts from NMMNG and WISNIFG means decoupling my judgement of myself from her judgement of me, but as is frequently stated around here, she is a reflection of me and filling the container I provide. I have consciously not adjusted my MAP in response to her actions, but observing her response to my changes and using that data as feedback has been effective when refining my tactical actions. I'm not doing anything specifically so she will fuck me, but when she does fuck (or respect), I pay attention to what I did that worked. I am mindful of her macro response because eventually it will be her response (or lack of) to my action that determines if I continue my married relationship with her.

Tuesday, May 5th 2015, I took the pill.

Starting stats:

Me:

- 34 years old
- Skinny-fat (6'3, 190 lbs, 20%+ BF), obvious jiggly beer belly
- Haircut I've had since High School
- Sloppy dresser (always had good hygiene though...)
- Career Beta-bux
- Lots of Omega behavior
- Serious, intense personality with my family; not a fun guy
- Gregarious with nearly everyone else, but lazy about making friends

My Marriage:

- Married for 8.5 years
- Dating for 7 years before that
- We're each other's only sex partner (as far as I care to believe)
- 2 young children, 1 and 3 at the time

Here's how I got to the starting line.

The morning I "took" the pill was literally the first day of the rest of my life.

I can't remember any event in my life that brought so much sudden clarity. Like every captain's journey, mine started out as a quest for sex, but I immediately realized **[RED PILL LESSON]** what I was missing was **respect** and the sex I wanted was just an expression of my wife's respect for me.

Anger? Of course I had a little but it was just so clear what the problem was and that I was the one who caused it. Why be angry with myself when I did what I judged to be the right thing with the information I had?

In my profession, I always tell people that anything can be done in two steps. First, define the problem; Second, solve it. Right there on the screen were both of those steps. As an engineer, the 12 levels of Dread was a clear path to a reality I desperately wanted. MRP was a community of guys who knew exactly what was missing in my life and

had done the same thing I needed to do to find it. The recommendation is to work one dread per month and to expect the MAP to take as many months as you had years in your relationship. We've been together 16 years so I decided to take things extra slow and work each level for two months and give her time to reflect properly.

Day 1:

The very first action I took was to get dressed that morning and tuck my shirt in. I haven't done this ever except when wearing a suit and tie.

- I got to work and created a new Amazon account and ordered hard copies of the side bar books to be delivered to my office.
- I found PDFs of the Sex God Method and Book of Pook, bookmarked them on my phone.
- I called a clinic and scheduled my vasectomy, something I'd been putting off for months.
- On my family Amazon account, I ordered Starting Strength.
- I found all the gyms within a reasonable radius from my office and house, researched their cost and hours, and called to ask about their free-weight arrangement.
- I found the r/fitness bodyweight beginner routine and printed it out to take home.
- I picked the dates and destination for a yearly camping trip we take with out-of-state friends, then sent an email to the group telling them the plan. I assigned each family a meal responsibility, and I booked the campsite. In the past, the logistics of this event were typically handled with the "IDK, what does everyone else want to do?" method.
- I installed the Clue and MFP apps on my phone and also apps for my bank and both our credit cards.
- I normally eat at my desk and work through lunch, but today, I drove to a nearby park to eat and read MRP on my phone.

I got home that night with my game-face on. My wife is a serious clutter-bug and I am the opposite. It always pissed me off that she wouldn't clean up her own shit, so I passive-aggressively just left the mess (like that would show her...) **[COVERT CONTRACT]**. My new attitude was: I want an orderly environment in which to live, therefor it's my responsibility to make it so. I went through the house and mentally noted all the things that needed doing. I knew I was in no position to order my wife around, so I got to work. I picked up and put away all the kids toys, cooked dinner, did the dishes, then sorted all her clutter on the table into keep and recycle piles. During all this, my kids were buzzing around demanding attention but my wife kept them occupied, saying "Don't bother your dad; he's mad about something." Then she would sort of side-glance at me with furrowed brow. In hindsight, my "game face" was probably way too serious and my behavior was probably too drastic of a change for day 1... whatever.

I didn't drink any beer for the first night in years.

That night after kids' bedtime, I dug out my old workout clothes and started the BW routine. My wife, sitting on the couch with her phone and TV, snickered and asked "Uhh, what are you doing?" I told her "I'm going to get in shape. I don't want to be the slow dad when our boys start sports." This would have been a great time to Agree and Amplify, but on Day 1, I would have just been a dick about it. The workout kicked my ass. I showered and went to bed after pecking my wife on the lips.

Day 2:

Again, I tucked my shirt in. Wife asked if my customer was in town. "Nope." I answered, and left it at that. Again, I spent my lunch hour (and many breaks during the day) reading the MRP wiki. I got home and blitzed the house to

knock out any outstanding chores I saw. We have always read to our kids, dozens of books per day. I continued that routine, but consciously made my reading more animated than usual and the kids ate it up. The BW fitness routine is every other day, so tonight after the kids were in bed, I went for a run. When I got back, I showered and got in bed. My wife came in, undressed and got in bed too. Tonight, she was wearing a thong, which is unusual for her. Her style of initiating is to lay in the middle of the bed, turn her back to me, and allow me to gently touch her body. That's what happened, but when I saw the thong, I outwardly showed my excitement. From then on in the session, everything felt a little forced and we had some gentle missionary sex. **[RED PILL LESSON]** Women dress sexy to please alphas all the time, reacting to it as if it's a treat just proves I'm faking it.

Week 1:

Throughout this week, my mission was to begin good habits and eliminate bad habits (AKA get myself in order)

- I stopped asking for permission to do anything, especially spend my time or money.
- I continued to sharpen up my current wardrobe by only wearing my best looking shirts and jeans, tucking them in.
- I shaved every other day instead of every third day.
- I stopped talking about work at home.
- I worked out and ran on alternating days, resting on Saturday. Ehrmagawd, the DOMS... felt SO good!
- I stopped watching TV and surfing the web in the evenings (Spent that time working out or reading Starting Strength)
- I stopped drinking beer (other than one at band practice or at a show).
- I felt disgusted by the weakness associated with porn and fapping, so that was easy to stop.
- We already eat healthy, but I stopped raiding the sugar-snack drawer at work.
- My books arrived and I started reading them on my lunch hours, NMMNG first. Jesus what an eye-opener...
- I created a spreadsheet (I know...) to track my fitness progress, my sexual progress, and my MAP categories.
- I stopped asking or thanking for sex.

I initiated sex every day, sometimes earlier than usual. As usual, my wife always had an excuse (too relaxed, too tired, whatever). Upon rejection, I either did something else or went to sleep. But on day 5, she gave in. During foreplay, I took some advice from the sub and just put my dick in her face without asking; she sucked it for the first time in over 3 years! Fuck yeah! I was on a roll so I spun her around and pounded her doggy-style until we both came. Now, DS has always been one of the allowed activities, usually once per month, with the rest being missionary or spoon positions, but this time I didn't hold back on the intensity and by her wetness, I could tell she enjoyed it. Looking back at my collected data, this was at the peak of her ovulation. **[RED PILL LESSON]** She WANTS to be dominated.

Two days later, she initiated again by wearing a thong and climbing on top when we went to bed (also highly unusual). This session, we went through two new positions and ended with a hard pounding in missionary. Afterward, she told me "That was fun!" I just smirked.

The next night, we both knew what was up and mutually initiated. This time, I asked no permission and ate her pussy, fucked her doggy-style to cum (in my condom), then fingerblasted and ate her out to cum again. This was a big deal, as I hadn't given her multiple orgasms in a single session in a very, very long time. And suddenly pussy-eating was back on the table...

During the waking hours, I was still (overly) intense about getting my ship in order.

Week 2:

My goal with the BW program was to get in the habit of exercise and gain some basic functional strength while I shopped for free weights and read Starting Strength. I started reading all about nutrition and tracking my calories

and macros. I bought some ON Gold Standard whey powder to balance my macros to 40/40/20 and got an inquisitive look when I brought it home (I just **STFU**).

- Finished NMMNG; my mind was blown. Started MMSLP.
- Sex this week was interesting. We had it every other day, she appeared to be into it, but she was dry each time and got kind of pissy that I took longer than she did to cum. During the last session before her period, she demanded to have a talk about “communication” before we fucked. She sensed a disturbance in the force! I said very little, but her main curiosity was to know “my plan for working out.” I just **[broken record’ed]** that “I want to get in shape. I don’t want to have a dad-bod.” I really didn’t get many other shit-tests; my wife was mostly indifferent towards me. We weren’t somewhere new with other women she had to impress with her control over me, and I was generally pretty busy just doing everything around the house that I wanted to be done.
- I stopped rushing home after work, band practice, and gigs. We generally don’t text that much, but I used to send her an “OMW” whenever I left some place so I stopped doing that.
- I started calmly enforcing boundaries and building my frame with my kids. TBH, this is still my toughest struggle, even nearly a year in. Now this, my wife did react to; “Why are you being so strict with them?” I DEER’d with “It’s my job to teach my sons appropriate social behavior”, but said no more about it.

My wife’s birthday was at the end of this month and I wasn’t quite confident enough to be a Skittles man this early in the game. I usually buy her some new electronical thing or something more masculine like a camping gadget. This year, I got her a nice cooking pot for the kitchen and no card. I took her to a restaurant where I wanted to eat and didn’t tell her where. I only texted and said “We’re leaving at 6, wear a dress.” She did, and her voice was quivering when we drove up to the valet at one of the swankier places in town. It was shark week so the covert expectation for sex after was easy to break.

Around week 4, my wife decided she ought to be working out too. She used to do a stroller fitness class that worked well, but had dropped that during her second pregnancy. She found her own BW routine and did it on my running nights for about two weeks then quit because she was sore (I never gave it much notice except “Awesome!” when she told me she was starting).

At the end of Month 1:

- Dread level 0, 1, and 2 were in effect. Some elements of level 3
- I weighed 192, lost an inch around my belly, gained 2” of bicep circumference (11-13”), and I felt healthy and invigorated. My posture and gait was greatly improved.
- I finished NMMNG, MMSLP, SGM, and started WISNIFG during lunch and Book of Pook on my phone.
- Had sex 8 times; lots of the old moves are back on the table.
- I started paying attention to my family’s finances (which are good and stable), but didn’t do anything to take control yet.
- Attitude wise, I was very distant and laser focused on getting my self and my shit in order. I broke my oneitis by comparing my attitude toward my career (definitively successful) with my attitude toward my married relationship (definitively unsuccessful) and adjusting my thoughts accordingly.
- Pussy, in general is still on a pedestal, but it’s down a notch because my mind is on finding holes in my boat.
- Socially, I still didn’t have any bros to hang out with other than my bandmates. I made a conscious effort to be relaxed and gregarious at gatherings with my wife’s friends and families. This felt like such a performance. With my manosphere knowledge, all I could see was the Beta-bux dynamic every couple we knew. I chuckled to myself and it was all I could do to maintain Law 38.
- My only hobbies were the band, planning trips, and working on our camping van.

Month 2:

I got my vasectomy. The two nights before, she was waiting in bed for me, naked; presumably because she thought it might be a week before I was recovered and she was ovulating (thanks Clue!). After the procedure, I never said peep about my nuts aching or needing to take it easy, I just spent more time reading to my boys. I was on the lookout for shit tests, but didn't spot any. Two days later, I felt up to it, so I initiated and escalated kino on the couch, got her so teased up, we ended up fucking. **[RED PILL LESSON]** Don't show weakness.

I continued to initiate about every other day and got rejected about 1/3 of the time. Some nights my wife was all about it, wet, and down for multiple positions. I'd finished SGM and I was slowly ramping up the Dominance, tracking the Variety, but still struggling with consistent immersion and failing with Emotion.

Sexual milestones this month were increased wearing of sexy underwear and compliance to my direction to touch herself during sex.

I started eating surplus calories, still hitting my macros, and I started taking Creatine.

Besides playing shows with my band, I started going out with my bandmates to see other bands, about every 2 weeks. I started going to the trap range every few weeks; sometimes by myself, sometimes with coworkers. It felt great to just do what I wanted. Just like NMMNG says about self-sacrifice, the family didn't really even notice and just adjusted themselves to deal with my absence. **[RED PILL LESSON]** Have bros, do hobbies.

I kept the same haircut, but got it touched up every 4 weeks instead of 8 weeks.

At the end of month 2:

- Dread level 3
- 6'3, 198 lb, 14.5" biceps, belly is still there. Wife commented that my chest looks more developed, but the measurements don't confirm that.
- Dressing sharper with the clothes I already have. Bought all new underwear.
- Finished Starting Strength, grinding away through Book of Pook and WISNIFG
- Had sex 9 times
- Hobbies are medium-strong
- My house, yard, and vehicles are in top shape.
- I'm debt-free and saving.
- Struggling to establish my frame with kids and parenting.
- Social life needs the most work.
- Game is clumsy.

Month 3

I started the month with a new haircut; "Mad Men" style side-part instead of the "Nick Lachey" that I'd worn since High School. Wife asked "Trying something new with your hair?" "Yep."

- I've been wet shaving for a few years, but I changed up my aftershave for something new.
- BW routine isn't wearing me out anymore. I need to find some iron to lift. The time when I can workout that fits with all my other commitments is at night, after kids' bedtime (usually at 8). All the gym options near me close shortly after that so lifting at a gym just isn't going to happen for me. That's unfortunate because I was really looking forward to using that as another social opportunity. I started adding a backpack full of milk jugs to my BW routine, changed my jogs to The Hardest km, and started scouring Craigslist for lifting equipment.
- I had run out of things to fix on my house, yard, and cars, so I went looking for other projects.

- I wanted to start building a stash of liquid fuck-you / bug-out money that the wife doesn't know about just in case I needed to quickly retain a lawyer or put a deposit on an alternate abode. I started clearing out my basement of surplus hobby gear and shit that I hadn't touched since my last move, 2.5 years ago. I sold what I could on CL and donated the rest. I did the same with my garage. Then I went through my closet and donated everything but my favorite weeks' worth of clothes (and specialty/seasonal items).

I REALLY like fireworks so I bought a SHITLOAD of them for July 4th. They're actually illegal to set off in town, but everyone in my neighborhood does it anyway. My wife rolled her eyes but she watched the show anyway and I could tell she was enjoying my boyish excitement over the event. **[RED PILL LESSON]** Watch what they do, not what they say.

The sexual milestone this month happened the night I brought home all the fireworks (also her ovulation week...); while I was reading on the couch, she came out of the bedroom wearing a skirt, tanktop, (and no panties), then proceeded to suck then ride me like a stolen bike. This was a milestone because she rarely wears something so classically feminine and it's even rarer that she "dresses up" for sex. I tried to be calm and dominant; she was receptive to some dirty talk, which she usually isn't. She repeated this performance a couple days later.

I finally got my first major **shit-test** the next day. She scraped her car against my truck tire when parking and broke off a piece of her bumper. She came in all pouty and I just laughed about the whole situation. She flipped her pouty attitude to "You think this is so funny. You're probably thinking 'that bitch, it serves her right!'". I just walked away chuckling. She was mad all night and I just did my own thing. The next day I went to the dealership, bought the broken part, popped it on there before coming into the house after work. I didn't say anything about it but my son noticed it immediately when they went outside. That night, she jumped my bones in bed, I held her down and ate her pussy to cum, then caveman'd her for myself, pulling her hair.

- I started intentionally initiating right before I had out-of-the house events planned so I could leave when rejected. In hindsight, this may not have been effective conditioning, because I still left whether she fucked or not.

Right as I finished my 12th week of BW routine, I found the deal I wanted on lifting equipment. I set that shit up in my newly-spacious basement, installed the Stronglifts 5x5 app, and got to work. **[RED PILL LESSON]** LIFT.

End of Month 3:

- Dread level 3, easing into 4.
- 6'3, 200 lbs. Body is looking proportionally bigger, but no definition.
- Diet is clean, I'm gaining weight.
- Haircut is sharp, clothes are sufficient.
- Finances are stable and I'm squirlling my F-U money.
- Read Bang, Day Bang, kept grinding on WISNIFG and Pook
- Physical "ship" is in order, crew is catching up but still resisting. Both kids are super clingy to Mom any time but bedtime and there's not much I can do but keep trying to be the fun dad they like to be around.
- Sex happened 10 times, 4 of which were exceptional and boundary-pushing for my wife. I was rejected 40% of the times I initiated.
- Social life is still weak. When I go to shows, I only engage with the folks I went there with. I need to branch out. After a gig, I caught some IOI's from some girls but I hesitated to approach and they left.
- Game is nonexistent. I don't really try anything new on my wife and she doesn't respond to the things I already do.

Month 4

- Lifting was going great, it was difficult to resist adding weight too quickly in the first few weeks of SL5x5 but I stuck to the program.
- Game was the name of the uh, game this month. I intentionally increased my “handsyness” with the wife and initiated some stuff like water hose spraying or washcloth snapping fights with my older son that turned flirty when my wife joined. Both of these times, she skipped panties after bedtime.
- When planning my son’s birthday party, I took an active role and my wife deferred to me to make some choices. This is new. I confidently made my decisions and executed them.

We got my son a pedal bike for his birthday since he’s mastered the balance bike. Teaching my son to ride has been something I’ve looked forward to my whole adult life (maybe a covert contract...). On the first ride, I was guiding and instructing him and things weren’t going perfectly, but they were fine. My wife steps in and tries to override my instructions. I took her aside and said “I’m doing this. It’s my job as a dad to teach my son how to ride.” She got mad and responded “A mom can teach a kid how to ride too! My mom taught my brother.” I calmly said “That’s true, but I’m doing it right now.” **[FOGGING AND BROKEN RECORD]** She fired off “Well you’re too mean to him” then went to sulk with our younger son. I continued, un-phased.

- I tried to order a HJ during shark week, got denied, countered with “Oh, you’d rather blow me instead?” and got shut right down.
- Had sex 11 times this month; 2 of which were exceptional. Sexual milestones were a few new positions, fucking with company in the house, and cumming on her tits (something I’ve wanted but she’s never allowed). My goal is to try one new sexual milestone each month. I don’t ask or discuss each thing, I just go for it. Surprisingly (to me), she has offered no resistance to trying new things. Of course she doesn’t come up with her own new things to try, but that’s not her job- it’s mine.
- 40% of my initiations were rejected. Usually the morning after I get rejected, I get ready just a little quicker and go to work a little early. Sometimes I stay later. If I get rejected before lifting, I’ll do a few extra sets of curls or something, just to take longer.
- Our yearly road/camping trip was coming up and I executed all the prep like a Captain.

End of month 4:

- Solidly in Dread Level 4.
- 6’3, 204 lb, filling out my clothes pretty well.
- Read the Ironwood Collection of Alpha Moves, still struggling through WISNIFG and Pook
- Diet is still clean
- Hobbies are strong- played a lot of gigs with the band and crushed it at the trap range. Built lot of Lego projects with my sons.
- Parenting is getting stronger.
- Game with the wife is improving but still a little rough.
- Social life is still weak. I’ve tried to engage other parents watching my kid’s swimming lesson, but everyone just wants to flick their damn phone.

Month 5

- I started growing a beard.

- I've started opening all the mail and paying our bills. She still thinks she's running things because she checks balances every few days (so do I, I just haven't told her I'm doing it). I haven't asked for permission to spend money or time on anything since I took the pill.
- I got a large bonus at work and didn't tell her. It hit our account and she asked "Whoa, what's going on with your paycheck?" I just shrugged and said "I got a bonus." She asked if I was going to tell her about it and I said "meh, you'd find it eventually."
- Took our road trip and halfway through, our van broke down on a remote highway. I had prepared for this event and executed the extraction plan like a Captain. I handled the repair and subsequent change of plans with a calm and steady head. My wife and kids still talk about this adventure.
- I started amping up the banter game with my wife. After building some wood project with my son, I turned to my wife and asked "Does anything else around her need to get nailed?" (Thanks Athol!) One night I invited her over text (from the kitchen) to "Come over. We can Netflix and Chill". That one turned into a great sex session.
- I bought a magic wand vibrator and brought it out (without warning) during shark week. No resistance to trying it; she came hard and I busted all over her tits and stomach.
- Once when I got rejected, she asked for a massage instead. I said "Sure, after we have sex!" She "humphed" and I went to sleep.
- In general, my wife is a pretty low energy person (around me...). Thanks to a few MRP posts, I've started to recognize that I'm boring as fuck too and way too serious. **She's reflecting me.**
- My older kid started school so I've been going to school events and looking for opportunities to engage other parents. Turns out, not a lot of dads go to these things and 99% of the moms are fat, sloppy, bossy, and bitchy; not useful for preselection.

End of Month 5:

- Dread level 4, easing into 5.
- 6'3, 207 lbs, gains are starting to show.
- Beard is thick and manly.
- Diet is clean. I've started tracking my sleep to make sure I get 8 hours. Started taking ZMA and it really does make me sleep hard.
- Game is getting tighter, but I need to bring more energy.
- Social life is unchanged and still weak.

Month 6:

We took a plane trip to see my extended family. If you read my post [Road to Zion](#), you'll remember that air travel with my wife and kids was the tipping point and the trough of my beta existence. This time, I instructed my wife to buy the tickets, which hotel to book, and which car to reserve. At the airport, I handled all of our paperwork (and held all four boarding passes), got the kids through security like a boss, and calmly read a book (The Art of War) while my kids went bonkers in the waiting area. On the plane, I was on-the-spot with snacks, toys, and iPad whenever I detected they were about to get bored with the current thing. Since I was expecting this and took it as my job, it was no big deal. **[RED PILL LESSON]** If you decide to be happy, you can be.

I have had enough of dealing with the questionable reliability of my camping van. I **told** my wife I was going to sell it, sell my current truck, then buy a bigger truck and a new kind of camper. She was a little apprehensive at first, but I was confident in my plan, and didn't actually ask her anyway. I cleaned up the van and sold it with little fuss,

exactly breaking even other than the money I'd burned on parts to constantly repair it. A couple days later, I got up after dinner and said "I'm going to look at a pickup truck." I grabbed my keys and checkbook, pecked her cheek, and cheerfully walked out the door. I already knew exactly which truck I wanted, I'd worked some deals over the phone and had quotes from two other dealerships, and just had to make the deal in person at my local place. I handled the negotiation like a boss, paid the price I wanted, and made arrangements to take delivery the next day. I came home, sat down on the couch with my wife and started watching the show with her. She asked "How many trucks do you have now?" so I said "Two." A few seconds later she asked "were you going to tell me?" I said "Yep, tomorrow when I bring it home." She just smiled and rolled her eyes. That night she was waiting naked in bed with a candle lit and we fucked all kinds of ways.

We had sex 10 times this month, with a 60% rejection rate. I attributed the increase in rejection to the fact that I was trying out lines and moves I'd read about and was probably not delivering them with the confidence and flow needed to pull them off.

At a show I attended, I was approached and asked to slow-dance by an HB6. She swolested my triceps. After, I chatted with her and her HB8 friend. I wasn't smooth, but I wasn't awkward either. Just a light, relaxing conversation with a couple chicks who laughed at my jokes. I shared way too much free information and didn't get a lot investment from either one of them though.

I'm getting kind of bored with the healthy meals we've been cooking; we have maybe 10 or 15 that we rotate each week then repeat. I signed us up for Hello Fresh and Blue Apron (they mail you 2-person quantities of 3 meals each week with prep and recipe instructions. The ingredients are fresh, whole food, and rarely repeat. It costs about \$60 per week.) As soon as I did this, my wife started calorie counting.

End of Month 6

- Dread level 5 but without the clothes.
- Acting like the Captain.
- Crushing the weights. 6'3, 206lbs, my thighs and butt are swelling up and making my pants tight, but my waist is shrinking so my belts fit funny.
- Diet is in line. I'm cooking a lot more of our meals.
- Read the Art of War, started Mindful Attraction Plan, grinding on WISNIFG and Pook
- Sexual milestones this month were use of a sex toy and anal fingering.
- Learning about better Game and trying out some stuff on the wife and others
- Forcing myself to leave my group in social settings

Month 7

My dominance game is getting better. One night she walked out of the bathroom wearing a thong (which likely would be for sex later), but instead of letting her go put her couch-mode clothes on, I picked her up, put her on the couch, and went straight to sucking tits. I pulled her panties to the side and ate her out, then switched to 69. This went well; she sucked with more enthusiasm than ever and moaned when I came in her mouth (first time in ~4.5 years). I ate her out some more, then I moved her to the bedroom to use my vibrator for a couple more O's.

Our wedding anniversary was at the beginning of this month. I got her a card that said "I'm glad I picked you" **[POWERTALK]** and a bag of Skittles. The one time per year when she ever considers wearing lingerie is on our anniversary, and when she does, we're both super awkward about it. I consciously avoided this (or having sex at all) as a covert contract. This year, she came out in a new outfit that I'd never seen. She was awfully proud that she'd bought it herself but I made things awkward by focusing too much on her outfit and not enough on taking it off. **[RED PILL LESSON]** Women dress sexy for the man they want to impress. Acting like it's a treat just shows her that I don't think I deserve it.

She threw a **big 'ol shit test** during shark week. She gets up whenever our boys wake up, which is usually around 6. I stay asleep until about 7 because that's what it takes to get my 8 hours (also one of the Omega behaviors I need to cut out- **the Captain should be the first one on deck**). So my wife tells me that we'll be alternating who gets up early. I STFU, intending to just not do it. The next morning, she kicks me awake at 6 and says "Your turn!" Thinking I was [**Agreeing and Amplifying**], I said "Awesome! So I'll see you at 4 to work the last hour of my shift?" She huffed a little but I got up anyway. I set my boys up with breakfast then unloaded the dishwasher and a couple other kitchen chores. I'm not sure if I "passed", but I didn't really care. That night, she apologized for making me get up then initiated an enthusiastic HJ. A couple days later, I noticed her doing more chores...

One night I went to hear a band by myself (so I HAD to talk to strangers). I approached and chatted up an HB6 who was VERY receptive to conversation, but I ran out of stuff to say. Later, an older HB5 with nice fake tits approached me, wanting to dance, but we ended up just chatting. When I got home, my wife was sleeping. I was feeling energetic, so I started kinoing her legs and eventually got up to her pussy. She woke up and started moaning, so I ate her out and overtly thumbed her ass while she moaned louder. She thanked me for waking her up. [**RED PILL LESSON**] I am the prize.

- Interesting observation: I rarely wake my wife up for sex. Twice now since I've been paying attention, I've done it and noticed a significant increase in her level of immersion.

About a week later, I initiated again in the evening, didn't get any response, so I lifted and went to bed. I woke up about 1AM with an erection and started kinoing her legs again, I fingered her pussy and ass, then ate her out to cum. I thought to myself "this is the night." I kept eating while I lubed up my dick, then went for anal. I was too focused on the task, my erection became weak, and I couldn't finish the job. She tried to finish me off with her hand but I was done for the night. I chalk this up as a milestone though because I went for it and she didn't resist. [**RED PILL LESSON**] Take what you want.

Toward the end of the month, I had been on SL 5x5 for 16 weeks. I had deloaded OHP and squats once each, but wasn't quite recovering from squats every day. I was getting bigger and stronger for sure, but my physique was very bottom-heavy. Strong is cool and all, but what **I** wanted for myself was to fucking fill out my shirts. I started researching other programs and decided to try out Wendler's 5/3/1 Boring But Big.

End of Month: 7

- Dread Level 6
- Still crushing the weights, still making gains, knees are suffering- audit my squat form.
- 6'3, 211 lbs, 18% BF guess based on internet pictures.
- Diet is still strong, but I'm getting tired of eating 4k calories per day.
- Finished reading Mindful Attraction Plan, WISNIFG (finally!), and Wendler's 5/3/1. Pook is on hold until I can get back to it.
- Hobbies are strong.
- Social life is getting stronger
- Game is getting tighter. Abundance is becoming evident.
- Sex 12 times this month, 3 times were exceptional. 50% rejection rate. Struggling with emotion and immersion.
- Parenting needs some work; I have some covert contracts about how I think my kids should act and respond to my corrections, especially in public and at restaurants.

Continued in comments

150

UPVOTES

The Razor's Edge

Alpha_Engineer99 · 19 January 2018 · Archived copy · Reddit

MRP has totally transformed my life and I'm in the spirit of giving back. After I unfucked myself and started gaming my wife, sex is back on the menu, so I started fine tuning every aspect of my life-which was the next logical step.

I learned the Razor's Edge concept from a book (I'll give the reference if anyone asks me, I'm not here to promote any books) and want to share with you. It helped me tremendously at work and even start my side business. I used it to advance my career and continue to use it today. I'm teaching it to my kids. It's a great mindset to have in business.

Like always, use this mindset from a position of strength – because you are a professional and take pride on your work. Don't use this from a needy little bitch mindset who tries to impress other people like your wife or your boss. You are you OWN JUDGE.

So here it is:

The line which separates winning from losing is as fine as a razor's edge... it really is. The real winners in life are, more often than not, only two or three percent more effective than those who lose. You are only one inch ... one step ... one idea ... away from turning onto the boulevard of beauty in your own life. You need to understand that you can be every bit as effective as anyone you read about or even hear about.

The Razor's Edge is simply doing a little bit more ... a little bit more than others ... a little bit more than is expected ... and a little bit more than is necessary. And it doesn't really take any special skills or talents to do it. The good news is you can have the Razor's Edge working for you. It can totally change your life. It did for me.

Always Fall Down Forwards...(Second Effort Concept)

Vince Lombardi, former football coach of the outstanding Green Bay Packers football team, described the Razor's Edge concept in football very well when he said, "Most games are won or lost in the last two minutes of the first and second half." But what Lombardi is best remembered for—with respect to football's Razor's Edge—is the "Second Effort" concept, which he introduced for the edification of his players. In a nutshell, the "Second Effort" concept simply meant, that when a player was initially stopped by the opposing team, he would always surge forward a second time, with the added thrust of a "second effort."

Now, just consider the tremendous difference you could create in your own life if you were to adopt a similar mental attitude. For example, if you are a person who is working in sales and currently selling only three units a week, what would the consequences be for you if you were to decide to make one additional sale per week, through a conscientious application of the second effort concept?

Well, on a weekly basis, it might not appear to be a major breakthrough. However, viewed over the time frame of an entire career, it would actually amount to well over two thousand extra sales. Moreover, from a monetary standpoint, it would mean you would actually receive an extra ten years' income over the span of a forty-year career. Yes, that one sale would be the Razor's Edge difference, which could catapult you into "the big leagues" in your chosen career.

At the end of a work day, I always "Fall Forward"... I clean my desk off, organize shit, make a To-Do list for tomorrow, send that one last email to close the loop on something, sign up from that training class, etc..

In 1947, the race horse named ARMED won \$761,500. But the horse who finished second in earnings that same year won only \$75,000. Now, if you were to look at their winnings alone, it would appear that ARMED was thirteen times better than his closest competitor. However, when you compare "the times" that were actually registered by those two horses in their races, you learn that ARMED was a mere four percent better!

There was only a little difference between the two horses, but that little difference made all the difference in the world. And it's a truth I see repeated over and over again ... in every profession of life. The "greatest" golfers ... like Tiger Woods ... are only 3 or 4 strokes better than the "poorest" golfers in the tournament, but their winnings are dozens of times higher than those who come in second, third, or fourth place.

So, it's rather obvious, "The line which separates winning from losing is as fine as a razor's edge."

It's simply doing a little bit more ... a little bit more than others ... a little bit more than is expected ... and a little bit more than is necessary.

-One person 'just about' starts a project, the other person starts it. -One person 'just about' starts eating healthy, the other person actually starts eating healthy. -One person 'almost' completes an exercise, the other does complete it. -One person sees an opportunity, the other acts on it. -One student 'nearly' passes the exam, the other does pass it... and although the difference in their marks may be only one percentage point out of a hundred, it's that one point that makes all the difference."

How can you get the Razor's Edge working for you?

There are dozens of things you can do.

1. Refuse to Settle for the Basics:

For example, you may have mastered the basics of reading by the fifth or sixth grade. But have you done anything since then to improve your reading skills? And you may have mastered the basics of arithmetic, but have you gone beyond that to master the skills required for saving, investing, and budgeting for your future? Get off your ass and go for something bigger and better.

2. Decide to become an expert in Something:

You see ... once people understand the basics of something, they usually stop their learning in that area. Only a small percentage of people ever go on to become the acknowledged experts in a particular area. And they are the ones, of course, who typically receive the largest incomes. That's why you should look at what you're doing, and ask yourself, "How good am I at doing it?" and "How much better could I be?"

3. Dedicate Your Time to Study:

All you have to do is study one hour a day in your chosen field, and in five years you will be an expert in that field. "If you were to follow this schedule rigorously, in a relatively short span of time you would stand among your peers like a giraffe in a herd of field mice."

4. Turn Your Car into A Library:

Turn your radio off and your CD player on. If you're like me, you drive thousands of miles to work or errands each year. In fact, if you drive as many as 25,000 miles per year, you're spending the equivalent of thirteen forty-hour weeks sitting behind the wheel of your car. So you've got the time to listen to educational, motivational CDs. And whether or not you consciously focus on what you're hearing, it's virtually impossible to keep on exposing your mind to good, clean, powerful, uplifting information and not be positively influenced by it.

5. Add the Razor's Edge Element to Your Job:

Perhaps you're in a customer service position. You will be astounded at what happens if you change your attitude towards your customers. If you tend to see customers as an interruption OF your business ... instead the reason FOR your business ... you're bound to lose some customers. But if you think of ways to sharpen your customer service skills ... and then actually do it ... you'll see an amazing difference in how you feel and in how much they buy. Try smiling at every customer. Give everyone a genuine, welcoming "hello" instead of perfunctory "hi." And make sure you go out of your way to thank them for their business.

Practical Applications of the Razor's Edge:

1. Studying for a test?

Work one or two extra practice problems a day, it will add up over time. Does that take any special skill? No. It can totally stack the odds in your favor. I also used the Razor's Edge when I wrote my first book, which was 182 pages. I didn't write that book in one sitting. I wrote 1/2 page each day for an entire year and ended up with a complete book at the very end. Little things add up to bigger things.

2. At work:

I also used it and got my first big promotion at work. Every Friday, we are required to enter the status of all the projects we were working on in an online website. I was in the construction field, so most engineers would write out what was going on the jobsites, etc.

However, I noticed that there was an option to include a picture in your report. I also noticed that no one else was attaching pictures in their reports. It was all words. So, I made a point to snap a photo with my phone every Friday morning when I visited the job sites of my projects. When I wrote my weekly status reports, I made sure to upload my jobsite photos. It only took a second to upload it. But it made a huge impact for the managers who read these reports in the main building every Monday morning.

When I was promoted, my manager told me that I was the only project engineer who attached photos to his reports. He also told me that a picture was worth a thousand words and he could really understand what was going on my jobsite and loved visually seeing the work that was completed. Taking a photo and uploading it took such little effort, but had a HUGE impact on my career.

More Examples:

1. Last week, I bought a travel chess board for my kids from an online company. I'm teaching my boys how play and one of them accidentally broke one of my wooden pieces. So I decided to buy them a board that has plastic pieces so I wouldn't have to use my nice board.

Anyway, when we opened the package, the online chess company strategically put several candy bars in our package. My kids were so happy and tore into them! What a nice little surprise. To see my kids' faces light up over a candy bar was awesome. They were more excited about the fucking candy bars than their present from me. Something that took a second to do and maybe only reduced their profit margin by .1% had a huge impact on my first impression of this company. If I ever need to buy anything related to chess again, I will buy it from them.

2)I was sick and visited a new Urgent Care near my house. They gave me a shot and some meds.. Few days later, I received a phone call from the Doctor who treated me. He asked me if I felt better and if there was anything else he could do for me? Wow! I never had a doctor actually call me before to check up on me, especially from an Urgent Care. Simple little things like that... you bet if I get sick again I will go back to that place.

Summary:

- 1)You are only one inch ... one step ... one idea ... away from turning onto the boulevard of beauty in your own life.
- 2)It's simply doing a little bit more ... a little bit more than others ... a little bit more than is expected ... and a little bit more than is necessary.
- 3)The line which separates winning from losing is as fine as a razor's edge... and it really is. The real winners in life are, more often than not, only two or three percent more effective than those who lose.
- 4)You need to understand that you can be every bit as effective as anyone you read about or even hear about.
- 5)And it doesn't really take any special skills or talents to do it.
- 6)Always "Fall Forward" and take the "Second Effort".

149

UPVOTES

[FR] My Affair, Her Husband, and Getting Caught

BarracudaRP · 17 March 2020 · Archived copy · Reddit

Field Report /fēld rə'pôrt/

Noun: The subjective account of one man's experience

Not a guide, recommendation or moral position

Informational, *not* instructional

I knew who she was years ago. In her late 20s, a brunette with a body chiseled by marathons. A few visible tattoos betrayed that there were more under her clothes, and her body was exactly my type. I was with mutual friends at a large event, and I thought we locked eyes; I was wrong, she was looking at my buddy's huge arms (and I wanted to be him). I would often fantasize about her when I was in the shower, but I never spoke to her. I was skinny-fat, frameless and thoroughly BluePilled.

Fast forward a few years. I had been lifting, reading and STFUing for long enough to change the way I interact with people, women in particular. I was un-learning my unattractive habits, and my physical appearance had changed. I was having fun outside of my marriage, but I wasn't actively seeking anything. One week, I volunteered for a program working with kids in the city, and the brunette was there too.

I learned that her name was Lucca, she was married with 3 kids at home. She was also 115 pounds of sarcasm and bourbon, so we quickly became friends. I would make logistics for us to be alone together, and soon we were flirting, texting and touching. Because I am a bad man, I watched her little ass as she moved around the classroom, and she found excuses to touch my arms.

Lucca knew I went to hot yoga on Tuesday nights, but I was surprised when she joined me one evening. She hugged me after class, while we were both shirtless and sweating. I placed my hand low on her hip, and left it there. I changed venues so we could be alone and get a drink. At the bar, she made excuses for us to touch ("Feel how cold my hands are!"), and I escalated until we were touching non-stop.

"If you think you can kiss a girl, you probably could have kissed her 10 minutes ago."

Mark Manson, *Models*

Remember how married women describe kissing Chad? "We were just laughing and having a drink and, I don't know, it just kind of *happened*?" It's true, because I made it happen, and soon we were making out in my backseat like teenagers.

I started seeing Lucca every week, and for a while we were amazing together. No drama, no expectations, no talk of leaving our spouses to run away together. Just lots of sex and genuine friendship, which evolved into a closer attachment. For once, that closeness wasn't ruined by my neediness or supplication. I would hold her close while she melted into my chest, and whisper in her ear: "I'm only here for the sex, not this cuddling bullshit." She would kiss me with a knowing grin and say "Yeah, me too." The sex was great, but the intimacy was wonderful.

One day, Lucca took a picture of <redacted>. Her husband found the picture, and shit hit the fan. She lied, saying we only fucked one time. The next time I saw Lucca, her eyes were exhausted and puffy from crying. She explained that she couldn't see me any longer. She had to fix things at home, where her husband was wildly alternating between wanting a divorce and another baby (what?). I wasn't butthurt, I didn't ask her to stay, and I wasn't afraid of her husband contacting my wife. Instead, I told Lucca that I wouldn't make this any harder than it already was. Her husband made new rules, and changed her logistics to make it impossible for her to see me. Lucca deleted me from all social media, and it was over.

...

Did you believe me? Just now, when I said it was over. You believed me? Haha, I can't believe you fucking fell for that. Seriously, that's like MRP 101.

Of course it wasn't over, we just learned to be more careful. We were *caught* over a year ago, and I still see Lucca every week. Sometimes we walk by the water, holding hands and kissing in the park. Sometimes we get stoned and try the new Thai place downtown. But *most* of the time, I fuck her like it was my last day on earth.

Here's What I Learned:

I've been told that extramarital sex will never be as good as you expect, and never as meaningful as it is with a spouse. I've been told to expect that the amazing, new sex of an affair will fade quickly. I've been told it will be replaced by guilt, once morality catches up. None of those things have been true for me, and I'm still a bit shocked.

Lucca only knew me as a Red Pilled man. One who was cocky, not needy, bearded, social, lifting, dominant. **This was my first time starting a 'relationship' that was entirely in my frame, and the differences are staggering.** I was dominant from the first time we slept together - ordering her to her knees and rewarding her when she said "Yes SIR!" (she tried so hard to swallow it all, it was adorable). Lucca works hard to keep me - sending me nudes (Snapchat only) and canceling her own plans so she can see me instead. *She acts exactly how a woman should respond to a high value man*, but I never knew how to maintain that before MRP. She didn't have to overcome my years of beta, because she never knew that guy.

"As you fix one area of your life, the other areas will start clicking into place more easily, to match the more positive energy set... all it takes is one of those factors in a different energy set to come into play and it makes all the other efforts in that set more likely to happen."

Athol Kay, *Mindful Attraction Plan*

I experience tremendous personal growth when I have an abundance of intimacy/connection/sex in my life. It brings a balance to life that works very, very well for me.

What are the signs of a man having an affair? Every Cosmo magazine and female website will tell you the same thing. Lifting, new clothes and upgraded appearance. Confidence, new friends, change in schedule, increased sex drive, new interests and new music. I was already making these (new, permanent) habits because of MRP, so nothing changed when I started seeing other women. When guys ask: "How do I make excuses to get out of the house to see my plate?", they're asking the wrong question.

There were repercussions for getting caught, including new rules that allow Lucca's husband to keep track of her. She promised to always answer his phone calls - so she always answers, even when she's in bed with me. Lucca has a good thing going on at home, and doesn't want to mess that up. Her husband is a good provider and father, he's tall and has a good job. He is also 'the emotional one' in their marriage. He gets drunk and starts fights, becomes defensive and insecure, and points out her failures. She feels like her husband is another child she has to care for. His actions literally drive her to me - she'll go to "the office" to get away from him, and I'll be waiting for her in the city. Man, I learned a lot hearing a woman talk about her loving husband while she was naked in my arms. And because of MRP, I wasn't surprised by any of it.

Having an affair before I had an established frame would have been a disaster (see also: **Children With Dynamite**). It's foolish to think I could have been having affairs as a BP guy (or even back as a newly fledged MRP lurker writing posts like **this one**). First I had to address my needy habits, sloppy "nice guy" game and an inability to keep secrets (I would have been tempted to reveal my affair during arguments, or when my wife insulted my ability to attract other women). Earlier affairs were ruined before they began by my need for validation. I also had to learn how to generate attraction in the long-term, rather than succumbing to easy, beta habits once I'd grown comfortable with a woman. We learn about game/frame/RP and we think we're ready to go slay some strange, but for a long time my frame was too weak to deal with the fallout of getting caught in an affair. If the thought of getting busted

makes you shit your pants, you should probably keep them on.

Kino fucking works, DEVI works. I wish I had known years earlier, this is exactly what women want. Take control of the situation, logistics, and the plans for the night. That works because you've been attractive and generated more attraction through your actions, which is why it doesn't work for simps. Be bold. When the time is right, take control of her physical position. Grab her ass and lift her off her feet, push her into the wall. Wrap your arms around her and make her feel small - that shit is the best. In fact, I learned that it's *my role* to keep escalating, to be the catalyst. I used to try to figure out the "right time" to make a move on a woman. I used to think about what my next step should be in flirting - fuck all that. My objective now is to keep escalating until she says No, or Until her pussy is on my beard, whichever comes first.

Ain't like them guys who wine and dine to keep they women
My bitches only want two things, that's to get high and kick it
-Wiz Khalifa

I've never put so little effort into a "relationship". There's no dating with me and Lucca, no gifts, no flowers. The only gifts I've given her are the panties and perfume I tell her to wear when she sees me (her husband should have noticed this). I need to clarify here, because I read the stories of so many faggots who turn their plates into new, shitty LTRs. There are no *I love you's, no compulsive need to talk on the phone, no covert contracts. Me and Lucca have only two rules:

Don't get caught, and
Either of us can walk away at any time

That brings me to my biggest lesson: Abundance changes everything. I'm starting to think I won't go back to having less than 2 sexual partners, ever again, for the rest of my life. I haven't gotten "hard no"s from my wife in a long time, but do you know what it's like to watch my (165lb) wife throw an epic shit test, or to imply that she's holding out sex on *me*? That shit used to hurt so bad, and now it is *fucking hilarious*. The only thing that changes is the size of the nut that I blow onto the next girl's face. Me and Lucca will be over some day, which is why I'm perpetually lining up more girls like her. **Abundance changes everything** - and we can pretend I'm just talking about pussy.

Edit: Redacted a couple of details.

149

UPVOTES

AWALT

BobbyPeru · 24 November 2022 · Archived copy · Reddit

AWALT

What does this mean? Most of us know that it means All Women Are Like That, but all too often we all assume we are in the same page with what that actually means or implies.

AWALT means that there are certain scenarios and ways of thinking where women behave basically the same... **all** women. **WITHOUT EXCEPTION** - It doesn't mean that almost all women are like that except the one snowflake you found. It also doesn't mean that all women act the same way in every situation. It just means all women act basically the same in certain situations.

Think of it like a continuum

For each AWALT, every woman will fall somewhere on the continuum. On a scale of 1-10, some women will be a 10 for that behavior, meaning they have an extremely strong propensity towards that particular AWALT. Another woman might be a level 5 for example. But, on true AWALT behaviors, ALL women will be 5 or greater. Of course, in practice, there can be a big difference between a 5 and a 10 on the continuum.

Hypergamy is an example of an AWALT. All women are hypergamous. A woman who is a 10 in hypergamy will basically always be looking to upgrade and will take those opportunities to upgrade whereas a woman who is a 5 on this trait won't be so quick to act on that nature - reasons may vary.

Solipsism is another example of an AWALT.

sol-ip-sism: the view or theory that the self is all that can be known to exist. They are unconsciously solipsistic - in other words, they don't think about it consciously, but they behave like it and think like with without knowing it.

Have you ever been just sitting with a woman in silence, and suddenly she says something out loud about something she has been thinking about in her head? It makes no sense to you because you don't know the context of her comment because before she said something out loud it only existed in her head and it was part of a long chain of thoughts in her head. This is an example of solipsism. She says it out loud assuming you will understand that thought, but you can't because you don't know the context. To her, since she is the only thing that exists, she assumes you are part of that world in her head.

If a man is trying to get a woman who can fully love him the way he wants to be loved, he will always end up disappointed. She may fake like she can do it for quite some time, but eventually her solipsistic and hypergamous nature will be revealed. It's not that she doesn't care... she's just incapable of fully appreciating a man and loving him the way he wants to be loved. AWALT

Because of strong evolutionary experiences, she will always default to putting herself and kids first. So, evolution combined with solipsism prevents her from fully appreciating a man unless he is offering her something... it's a what have you done for me lately type situation. It's not bad or good. It just is. It's AWALT

Just like a dog is not bad for not acting like a cat. A dog is just a dog. It's best that you as a man understands this in order for you to effectively deal with it.

At first glance, AWALTs may appear very negative towards women, but they are not. They are realistic, and they are truthful. And they also have a positive side to them, depending on the context.

Not that having a great relationship with a woman is the end goal, But in order to have a great relationship with a woman, a man needs to **not only understand the various AWALTs** like this, but he also needs to **ACCEPT** Them.

Then, he needs to apply effective ways of dealing with AWALTs. Just saying, "oh well, it's AWALT," or just pointing an AWALT is **meaningless** and tends to make men bitter if they only focus on the negativity of an

AWALT without going to the next step and figuring out ways to deal with AWALTs, and better yet capitalizing on the positive of those AWALTs.

Here is the good news ... you as a man almost always have an AMALT (all men are like that) that will naturally help you deal with any given AWALT. The problem the media, films, tv, society... etc are very effective at befuddling men and making them forget their AMALTs. So, instead, men often become prone to ONEitis and talking about deep feelings with women.

The problem with talking about deep feelings with women is one of their AWALTs is they need a man they can look up to. If the man is constantly whining and talking about feelings, women view this as weakness in men.

Sorry, not sorry - that's just how it is, and the sooner you accept that and start talking about your feelings with men friends, the better off you are.

The other thing to remember is ultimately women will encourage a man to talk about feelings as part of the betaization process. Ultimately they want the man to become domesticated but not too much. **However**, their nature is to continue testing the man, and if he fails to see he is being betaized, she will eventually become disgusted with him and lose attraction to him. This is the nature of the testing - through evolution she is subconsciously trained to make sure the man she is with will be strong enough to protect her, so the testing never ends. It's a survival of the fittest mechanism for her to always be testing. **A strong man is mostly indifferent to shit testing**

The good news is if you become a strong man, you will easily pass such tests and avoid total betaization.

It is, in fact, a paradox... seemingly counterintuitive that in order to have a great relationship you need to accept AWALTs. But, at the end of the day, a quality man can take or leave a relationship with a woman, and the stay plan is the same as the go plan**

Coming to acceptance with the nature of women yet remaining bitter and resentful falls short of the ideal. Many men are currently falling into this trap.

The ideal is to move past acceptance to indifference, to DNGAF. Ironically, coming to indifference actually gives you the upper hand in a relationship. This doesn't mean that you are indifferent towards the person you are with. You can still love them immensely. It just means you become unattached to the outcome and can be happy with whatever happens.

You become a man with a mission, and that mission is always number one to you.

It doesn't mean you let her walk all over you or abuse you. It means that by understanding and accepting AWALTs you are able to deal with them much more effectively if you also understand your own nature as a man.

But, at the same time, it needs to be stressed that **you always need to remain your own center of reference**. This is true frame. A woman should complement your life, not be on a pedestal.

THIS IS IMPORTANT You are not doing all of this for a woman.

Essentially, the fact women are like children because they get caught up in the emotion of the situation is also AWALT. We tend to present AWALTs on RP pages as negative, but it just as important to point out that there are also many positive AWALTs.

In fact, almost every negative AWALT has a positive flip side. For example, In the case of women being like children because they can get caught up in the moment, women's ability to fully feel things in the moment can be viewed as a positive in some ways and in some situations.

For example, this trait can enable them to really let loose and have fun. Ever notice most women like to dance? Often, one of the biggest reasons is dancing is very expressive and enables them to get caught up in the joy of the moment.

So, it can be seen that you can use the flip side of almost any AWALT to bring out the positive in women. **This doesn't mean you become a dancing monkey**, always trying to please her. It means you're just a quality man who understands the nature of women and can have fun with that knowledge while staying in your frame.

When you play with a dog, you can throw a stick and the dog might chase it and joyfully bring it back to you. If you try to play with a cat like it's a dog, you most likely won't get good results!

You will like some things about dogs' nature, and not like other things. The **same is true with women**. We can learn a lot from women just as they can learn a lot from us, and in such learning you can make your life more enjoyable as well as hers. But, I stress that you don't need it to live your best life. It just falls in place like that.

Women tend to not be nearly as direct as men, AWALT, but if you pay attention they will tell you everything you need to know. The question is are you paying attention to the message. I see guys on here constantly listening to mouth noises instead of paying attention to women's actions. **That is a big mistake that you will pay for**

Again, this doesn't mean you live to make her happy, because only she can do that... but it means you can use her nature and yours to make your lives better. **Or you can just choose to not have a woman in your life and still be happy**. Either way, you and only you are responsible for your own happiness.

At first glance, discussing AWALTs may appear very negative towards women but it's not. It's realistic, and it's truthful.

If you put in the work, you will find effective ways of dealing with AWALTs.

You will be able to deal with AWALTs appropriately without becoming resentful.

One more time, it needs to be stressed that you always need to remain your own center of reference - this is true frame. A woman should complement your life, not be put on a pedestal

Two more things

- If you think you found a snowflake, and you are early into the relationship (first year or two), always remember that she is on her best behavior trying to land you. All the the AWALTs will apply to her. Just because you don't see them currently doesn't mean she is exempt from AWALTs. It just means she's on her best behavior trying to lock you in.
- **and 2... listen up, this is vital....** You might even feel like this one is different because you feel like you can talk to her about your feelz. I have bad news for you, if you are talking about your feels with her, you are actually in stage 2 of the betaization process, where her goal is to get you to open up so that she can find ways where you can be useful to her later on.

If you are always looking up to a woman, that means she will be looking down on you

How do you get there?

Mission

Lift

Sidebar

STFU

146

UPVOTES

Depressive and Anxious Wives: Converting Dread to Desire (Part 3)

HornsOfApathy · 11 September 2019 · Archived copy · Reddit

If you've previously read my posts about Depressive and Anxious Wives (Part 1 & Part 2), this is a journey to continue that topic. I would suggest that you read both posts before continuing with this one. As usual, keep this in my mind: **It's all your fault.**

Part 1: Depressive and Anxious Wives: **How it's all your fault**

Part 2: Depressive and Anxious Wives: **Transformation and Building Escape**

In this post I'll continue to build a frame of two elements – extreme ownership and masculinity. By this time in your journey you've likely seen the real message I am trying to convey with all these posts: **You are the leader and creator of your relationship, everything good and bad is within your control, even if it's not with your wife.**

A little about me: I began this journey blue-pilled like everyone else here. I had little sex. My wife did not respect me. I failed shit tests constantly. I was angry at something... and wasn't quite sure where to place that anger. That anger was misplaced. It should have been burning within me, rather than setting the forest on fire around me. Your job is to take that fire within you and transform it into ownership and direction through leadership.

As I grew I began to figure out how dread worked within my relationship and used it as needed. For my wife, she responded hysterically to even the most covert dread. It was a fucking whirlwind with even the slightest 2 hour trip to work from a coffee shop. The least amount of dread sent her into a needless tailspin, but always resulted in great quality sex. After many months of doing this, I knew that dread was not the answer. It produced results, but not the results that I was looking for. Rather than produce desire because of this dread, it produced sexual anxiety. She was fucking to stay alive. This was a cycle that would eventually drive my wife to the brink of insanity.

My ideal relationship was one filled with genuine desire... to where I could just give her a smirk and wink and watch her come to me. Or, I could deliver a set of eyes that said "I am disappointed" and she would *feelz* the masculine power behind those eyes. I began to imagine a life where this was possible, but knew that any motivation from dread was not the way to achieve that. **Rather, I would use dread to inspire desire.**

Somewhere along the journey you'll discover that your wife is replaceable. Sure, it wouldn't be ideal to leave your wife – but you would be alright. You're a man and by this point you've realized that you can rebuild if needed. No big deal. You have the drive and determination to get what you want out of life, and use dread on your wife to help her move along. It wasn't until the discovery of the "replacement" mantra that I was able to shift from dread to desire.

Somehow, you need to instill in your wife that dread = disappointment. You're a man with limited resources and your most valuable resource is your time. If you're spending that time with a woman who doesn't express gratitude, like most men here, then you likely feel dread isn't working for you. It produces sex when done well, but it's not the type of sex that you want. Then... through true OI you figure out that STFU doesn't work anymore, and it's time to express your emotions in a masculine way rather than let them sit and eat you alive.

When my wife finally came to me experiencing enough covert dread to last a lifetime for her anxious mind, I took just a few moments to develop a narrative that explained why I was not interested in spending time with her (dread): **As a man, I have amazing gifts to give this world. These things that I give come with no strings attached. Of all of these - my time is the most valuable. I choose to spend that time where it is most rewarding and cherished for those that receive it. You do not have gratitude for this. That is why you are no longer receiving my gifts.**

After delivering a narrative similar to this one (in your own words), there was a dynamic shift in which her hamster will become aware of exactly what dread is: It's how a high value man spends his time and resources, and she's well

aware that he enjoys spending time with a woman that wants to fuck from her own desire. She becomes aware that with your reluctance to give her that time, she needs to step up to earn that time.

This is where dread is converted into desire.

From this point forward, you are able to give your gift of time where it is best deserved to those that are most gracious for it. Cunt wife for the day? "I'm leaving for the afternoon, babe. Your attitude is not working for me right now." And.... Leave. Go do something you desire to do. Take the kids if you want to. But the biggest mistake you can make in this scenario is to say nothing. You're upset that she is being a bitch. Express your emotions like a man: "Your attitude is not working for me right now."

I will warn you – if you're trying to make statements such as this and truthfully don't believe them, it will not work. Your wife knows you better than anyone. She sees every crack and fissure in your frame whether you see it or not. That is her job – to find those cracks, try to exploit them, and then turn those cracks in your frame against you as a test. It's in her nature. You should be thankful for it. It is one of the many tools that gives you clarity (if you can read through those tests) in your leadership and direction.

When you make statements like this at first, you will be fearful. It's natural. If you practice mindfulness or meditation (10-20 minutes per day is recommended) you will have learned how to center yourself quickly. Learn how to get to that space quickly in front of you wife. For me, I inhale deeply into the belly first, then continue to breathe in as it fills my sternum, then lungs, and finally my outer chest. As I begin to speak I imagine the air in my lungs being pushed into my belly as I exhale – and then I speak from my core.

There is nothing more attractive when it comes to words than a man who can say with extreme ownership and conviction: This is not working for me. Or, maybe it is working for you. Both feelings are owned by you. Express them from your core.

It is my belief that if you are able to truly own that fire inside of you – which are your emotions and reactions, fuel that with the powerful gasoline that is clear and direct masculinity – and be willing to share that burning fire with those that cherish it, you will have converted how your time is spent using dread into something much more:

Your time is valuable, and it is desirable by many. You choose how it's spent. No one else. If you wife wishes to receive this gift from you, the only way she will receive it is through genuine desire for it.

For me, when I reached this point my wife was still full of ego. ASD and Madonna/Whore were very real. She would never acknowledge how great sex was, or how much she needed it.

You must find a way to appeal to that ego and point it out to her if she has it. I looked her in the eye after one of these episodes of trying to rewrite recent history – knowing she was using ego as a protection from being vulnerable – and said to her the most simplest of things: "*You are a liar.*" You know what? She was. She lied about her true desires and feelings and used ego to crush them. Sometimes this takes the forms of shit tests. Sometimes it's comfort tests. But all tests are both a congruence test of your ability to cut through all the bullshit straight to the heart of the matter... and take action as a masculine man would. Sometimes, just sometimes, that takes words generated from the core of who you are as a man.

Your direction and leadership to cut through the bullshit is one of your greatest gifts. Give it, and give it freely to those that deserve it.

The next time you accidentally inspire dread (as it always should be – over dread is for retards), take a step back. Watch what she does. If she shit tests – call her out if you think it's time. If it's a comfort test – praise her and open her heart to the idea of being honest through your own masculine honesty of who you are.

Rise to the challenge of leading your woman to authenticity. Free her from the ego that she builds to protect her own mind. Set it free with your masculine energy and watch her femininity soar into your life with the burning desire to give herself to a man of high value. If you are, she will give herself through desire. Over, and over. To the ends of the earth.

Because you know what?

Through you direction, leadership, authenticity and great capacity to love.... There aren't many men in this world like you anymore. You are the prize. You are the man who draws desire out of your woman.

145
UPVOTES

A note for the Latter-Day Saints, Mormons, and frankly anyone from a traditional Christian background...

alphasixfour · 4 December 2018 · Archived copy · Reddit

A big thank you to u/becoming_alpha for proofreading and fixing this giant wall of text.

We've noticed a ton of Latter-Day Saint posters come through here and thought this might help you get started. You may wonder if this is for you. Read this long post before you decide.

Why You Are Here

You're a Latter-day Saint. A member of the Church of Jesus Christ. And you've got marriage problems. You feel like you were bait and switched, sold a bill of goods. You probably found this place Googling something like "why won't my wife have sex with me" or "why doesn't my wife desire me" or "how can I get my wife to desire sex with me."

Or maybe you were sent here by a well-meaning friend. You've taken a vow of chastity. That is that you will not have sex with any woman other than your wife.

What do you do when she won't have sex with you as often as you want, as passionately, or even at all?

You feel stuck. You've covenanted to be sexual with her and only her, but she doesn't want to be sexual with you. You feel like you're a roommate that she'll occasionally have sex with to keep you around.

This Isn't What I Signed Up For

Why do God and the Church command you to remain faithful but very little is said about her responsibilities? Doesn't she have a duty to you just as much as you have a duty to her?

You were told during your entire time in the Church that sex within the bounds of marriage is good, beautiful and holy. But you can see it's just a chore for her. Perhaps as a youth you were told that if you could just hold out until marriage that this wonderful world would be open to you with your beautiful bride and you would be free to explore and do whatever you want with her forever. Maybe it started that way.

Why now will she not have sex with you now?

After all, you're "Peter Priesthood". You Protect, Provide, and Preside. You do all the stuff in the Family Proclamation... but she seems less and less interested in you.

You do what's right. You follow the Commandments most of the time. You go to church on Sundays. You magnify your calling. You dutifully go to your job to make money to provide for your family. Maybe you figured out that whole protect thing (chances are you have, most US based male Saints are gun owners). But do you really preside? (I'll get to that later)

Duty Sex – Lack of Desire

Your wife doesn't seem to be attracted to you like she was when you were dating and couldn't wait to have sex. Maybe you made it to the finish line before going all the way, maybe you didn't but the Honeymoon is officially over. She has dutiful boring sex with you once every while.

She complains that she "needs to feel more loved to have sex" or that "she's just not very sexual." You notice that she just wants to get it over as quickly as possible. It feels like she's just checking another item off her list. You can tell she has no desire for you. Do you really want sex if it's just a duty?

You may think that something is better than nothing here, and you're trying to be grateful for any little affection she shows you.

Blaming, Bargaining, and Guilt

You secretly blame the kids you have had with her, they came along and took her tight body, her hormones, her time and attention, her unconditional love she was supposed to have for you forever, and now she is just tired. You love the kids, but that doesn't make it any easier.

You secretly blame the Church for sexually repressing her desire. Maybe she feels visibly guilty after sex and dries up even more. Your clumsy attempts to "spice things up" only making things worse?

You see she's busy, so you get the idea that if you do more around the house she'll have more time and energy for you, and you'll get the intimacy you need. You're doing extra chores around the house trying to take the load off her after a long day of watching the kids.

You're disappointed when she would rather sit in bed and scroll through Facebook than be with you. You're frustrated that she didn't even notice all you did to help her, and you're bitter she doesn't give you the attention you give her. After all, she knows what you want. How can she not?

You're still frustrated and feel guilty when you're having sexual thoughts about other women. If your wife would just have sex with you, that struggle would be a lot easier. You've talked or tried to talk to her about your needs and desires. You do your best to negotiate something that works for her. Maybe she said she understood and would try, and maybe you had better sex for a week or two. But then you're back to duty sex.

There is an extra layer of guilt layered on here as Saints. Let's be brutal and say that sometimes the frustration and rejection is just too much, and maybe you look at a little bit of porn, take care of yourself, and then feel guilty about it for weeks. You know it's not right, but if she'd just have sex, or really if she would just desire you, you wouldn't turn to porn or other fantasies.

You might find yourself reflecting on what attracts you to pornography and realize that yes, it's the sex and the beautiful women but it's also the desire. It's that validation feeling of a man being enthusiastically desired by a woman. It doesn't matter that she's on the other side of a screen, she has desire and it's aimed at you. Whether she's just acting or not, it's way more than your wife does.

Maybe you even repeatedly go to your bishop and wonder why you can't break the addiction. Why does porn keep pulling you back?

Does the cycle sound familiar?

You really aren't allowed any vices. Except food. So you've put on a few or a bunch of pounds of fat after a few years of this. Who cares anyway? Who do you need to attract? You got married already and she's not sleeping with you anyway.

Lack of Respect

Furthermore, she doesn't respect you. She tells you what to do and because "no authority should be exercised by virtue of the priesthood" you do your best to downplay that whole patriarchal bit.

You don't want to exercise unrighteous dominion, so you back off and defer to her opinions on just about everything. You want her to be happy so you put her on a pedestal and do everything you can to make her happy, all the while secretly hoping that if you make her happy, she'll make you happy (sexually).

You walk on eggshells around her because if you make her upset you'll feel guilty and you for sure won't get any sex. She plans all the activities, spends 99% of the money and dictates your schedule around the kids' activities.

So you find yourself feeling like a bank account for your family. Your wife and children don't respect you and the sacrifices you make. You are a comic relief sitcom dad. They don't respect what you do in your church service, your job or in your life.

You stop hanging out with most of your friends. You don't really have any hobbies aside from the odd game of golf that your wife lets you play. You always get permission from her to take time away from home to do things you

want. You're lonely. You find yourself headed to 40 years old, (maybe 40 is in the rearview mirror) you are depressed and wondering: Is this God's plan for me?

I'm here to tell you that it's not.

Rewarded for Being a Nice Guy

Perhaps you grew up in the Church. Maybe you're a convert. That really doesn't matter. In any case you've been told that if you do the right things and live the right way that you'll be blessed for your efforts. If you're nice enough, and serve enough, and endure to the end, you'll get your reward. And the reward is awesome. You get your wife and family in this life, then you get to be exalted, become like God, and have eternal increase with your wife forever. So, super cool resurrected God-sex making spirit babies for eternity. Sounds pretty good.

In many ways this is right, but in one fundamental way it gets twisted into what is essentially one of the worst lies ever told. As we know, that's Satan's favorite tactic: take a truth and twist it a little. No amount of good works on your part (or grace of God) can overcome the free will of another person.

Let me repeat that. **God will not undermine the free will of another person to prevent you from getting hurt.**

Free will is the essence of this life. It is the reason there is so much joy in this world, and so much suffering. God allows all the atrocities we know of happen because he gave us free will.

More importantly, free will is what you and I stood shoulder-to-shoulder to fight for in the great war in heaven. The moment you chose a side in that war was the moment you accepted every struggle, every joy, every pleasure and every ounce of pain in your life. What if I told you that you chose this fight?

Whose Fault Is It?

What if I told you that one person is responsible for all of this: the lack of sex and respect, the loneliness, unmet expectations, and sadness? It's you. Yes, you. Look in the mirror. No, take your shirt off and look in the mirror. Now honestly ask yourself, would you want to have sex with you? If not, you have some low-hanging fruit and improvements you can make quickly and easily. The deeper and more important changes happen on the inside.

What Do I Do?

You fix yourself. I'll tell you the secret of why your wife doesn't want to have sex with you. You're not attractive. And you don't fix yourself just to be attractive to her, you fix yourself because that's the man you want to be.

In the (paraphrased) words of Rian Stone – you came here for sex, but left with self-actualization. The best bait and switch in history.

This only works if you do it for yourself. If you want to fix yourself, there's hope. But it's going to suck, it's going to be hard, and it's going to require you to give your best.

Just like Neo in the Matrix, you are at a decision point in your life. Take the blue pill and keep doing what you're doing with that gnawing emptiness inside you, or take the red pill and discover the truth and what you need to do.

“And now that my soul might have joy in you... arise from the dust, my sons, and be men.”

If you'll listen and fix yourself, you'll learn or re-learn to be a man (not just a male).

Redpill is Amoral

All that said, if you've done ANY browsing here you might have been turned off by the swearing, (J. Golden Kimball has nothing on me) the talk of cheating or “spinning plates” and the general worldly attitude.

The science behind the redpill and understanding of female hypergamy and human sexual dynamics has its roots in the pickup artist community.

Doesn't change that fact that it works.

Guys here came from all walks of life. They do not share your morals. Some will be purposefully grating to test your resolve and toughen you up in a locker-room environment. I implore you to look past all of that for now and into the motives behind the message.

You have chosen a moral path that raises this stuff from hard mode to original Nintendo-hard. Good for you. Now get into the gym, lift weights, read the materials on the sidebar and start owning your shit.

145

UPVOTES

The SILENCE Here is DEAFENING

Aggravating_Tie4586 · 30 May 2023 · Archived copy · Reddit

We have 48,000 members. And yet week after week goes by without any new content being posted on this main sub. As I alluded to in the previous thread (by AfterDeath101), I think the reason is pretty clear. It's because there is a culture here that has grown up over the years that makes people "gun-shy" about sticking their neck out to post new things - for fear of the usual "pile-on".

Maybe I'm wrong. Maybe all is well and healthy about the culture here after all. But I think we need to discuss it. As the main TRP sub itself sinks slowly into the sea, it would be nice to know that MRP is still thriving - and a great place for men to come to discuss these kinds of issues. A healthy, thriving MRP is needed today more than ever. So let's discuss why this sub has become virtually a "post-free" zone. Your thoughts, men?

EDIT: Since many of my replies on this thread are now scattered by the flood of other comments, I will reply here with one main thought:

Many commenters act like I am just complaining about being "mean". That's not it. It's the SILENCE here that is so very telling. In other words, the culture on this board is so negative and attacking that even the VETERANS who have years of MRP experience are reluctant to post here. That's a sure sign that something is very wrong.

There has to be a better way of "coaching" men than to yell at them and rip their heads off every time they open their mouth.

144

UPVOTES

Stop. Thinking.

resolutions316 · 1 March 2019 · Archived copy · Reddit

I recently took a break from MRP, and since I've been back I have noticed a LOT of overthinking.

Everywhere I turn, in every post - people making things more complicated than they need to be.

This guy, for example - is fucking talking about *Quantum Mechanics*.

QUANTUM. FUCKING. MECHANICS.

No matter how much you wonder "Will my wife fuck me tonight?!!!?" it doesn't mean that she has Schroedinger's Pussy.

For fuck's sake.

Look -

I am not trying to gang up on the dude above.

In fact, I only notice posts like this because they remind me of any one of the fifty-bajillion posts I have made on here over-thinking everything from frame, to sex, to validation, to alphas, to betas, to hypergamy, to the manosphere, to....

Well, you get it.

Here's the thing:

Most of us on here are pretty similar.

We're smart.

e're motivated.

We're good at a lot of shit.

Many of us are very successful at work, or in the gym, or at leading people, or at fixing things.

When we experience something traumatic - our marriages falling apart, our sex life drying up, the realization that all isn't exactly as we thought - we tend to fall back on our strengths. To try to fix things using the skills that got us here.

And what is our strength? What's gotten us this far, what's behind the success we've enjoyed?

Thinking.

Always thinking!

Rationality, logic, trying to be objective, taking data, tracking numbers, setting goals, advancing towards milestones.

When you find MRP, there's a huge sense of relief....because it gives you something to *do*. It gives you something to *master*. There are even fucking *levels for christ's sake*.

"WHOA - I'm learning so much new shit! I'm seeing things differently! There are all these books to read, blogs to subscribe to, videos to watch! I'm getting feedback, I have new goals, I'M GOING TO TURN THIS FUCKING SHIP AROUND! I CAN DO ANYTHING!"

This is GREAT, don't get me wrong. Nothing wrong with goals, or books, or dread levels.

But here's the reality:

It isn't that complicated.

You know what MRP looks like, in practice? What all this boils down to?

At the gym, day in and day out.

Failing tests, day in and day out.

Initiating and getting rejected, day in and day out.

Trying to lead and having people laugh, day in and day out.

Trying as hard as you can to think for yourself, day in and day out.

Day in.

Day out.

And guess what?

Little to no thought required.

Now...after a while, you start to get stir-crazy.

You read some Rollo, you think about how "western society" is becoming "feminized."

You think, *"I think I'm understanding frame in a new way."*

You think, *"I have a theory about how shit tests work."*

You think, *"The best way to understand how to talk to your wife is through **quantum fucking mechanics**."*

BULL.

SHIT.

None of this is work. None of this matters. None of this MEANS ANYTHING.

This is your brain, getting bored.

This is your brain, rationalizing failure.

This is your brain, procrastinating.

People have been fucking other people for as long as there are people. You don't need a theory, you don't need something to think about.

You need to look at who fucks who - that's everything you need to know, out in plain daylight.

The levels, the terminology, the posts, the books -

They only help if you get out there and fucking do the hard-ass, boring-as-fuck, no-thinking-required

WORK.

Everything else is masturbation.

And look - masturbation is fun! Go ahead and jerk it a little if you've got the time.

But for fuck's sake -

No wife ever fucked her husband because he wrote a sick ass Reddit post.

So -

And, as always, this post is written as much to myself as to anyone else -

STOP.

FUCKING.

THINKING.

Love,

resolutions316

P.S. And yes, I wrote this post INSTEAD of writing some dumb-ass post about something else because I am a procrastinating fuck. Now I'm going to go lift weights before band practice. The end.

144

UPVOTES

Your woman is one of your greatest creations

HornsOfApathy · 19 June 2019 · Archived copy · Reddit

When you first begin this journey that is MRP, you were told to stick with the plan and work hard, the gains would be enormous. It's true. After six months you likely look at yourself entirely differently than you did for many years before. Your wife has likely responded in some positive way to your changes, and your family has as well. You begin to lead, and lead from a place of abundance. Things happen that don't go according to plan, but your extensive MRP training (sidebar & lift) has you prepared for nearly anything that you can come your way and you're well underway being the captain of your ship and crew.

When it comes to improving yourself, I think that many of us reach a point to where the gains are very small incrementally versus when we first began. It's in this stage that we begin to understand if the 1000 ft rope will tighten or not. Most see progress, some do not, but this post is for those of you who see progress in your wives and the willingness to follow her captain.

Your woman is one of your greatest creations. You may not believe it, but anything *great* about her is because of you. You are the one who draws out her inner feminine spirit that shines in the most peculiar and routine ways. You are the man that allowed her to find a place where she.... can be happy.

What a gift.

What a gracious gift that you have the ability to give this to someone else. Your energy, your attention, your time... all pieces of you that you give willingly to your woman so that she can grow from it all. She is a reflection of everything good and bad in you. She is moldable through your leadership and giving. Through your gift of her happiness, she adds value to your life in those peculiar, mundane and often sexy ways.

When you look at your woman remind yourself of your ability to give her this gift. You are the prize. In return she will give you the gift of femininity.

Recently, I found myself reflecting on how much my wife has changed since I began this journey nearly a year ago. Despite a few dealing with Rambo, I've found my new self is accepted and adored by my wife in most cases. Now she has begun her own journey of following her Captain, tugging at the rope trying to reel herself in to the ship that has been sailing on course for some time.

The only thing my wife did a year ago was take care of the kids (badly) and clean. She was a horrible cunt to be around. By the time I discovered MRP, she was only doing laundry and taking care of a 2 year old and I decided to pick up my life and do all the rest that was required for a home. Fuck her, right? Sex was starfish 1-2x week. I was angry.

Now one of my greatest creations – a reflection of myself – is nearly a perfect housewife. Cooks, cleans, takes (better) care of the kids, plans activities, joins a pottery class, enjoys vacations, gets ready everyday with makeup and hair, and fucks with enthusiasm and desire. And I'm only at the beginning. The thoughts of her improving more as I do are exciting. The journey itself becomes fun and challenging.

Realizing that everything she is doing now is a reflection of my hard work is astounding. I'm grateful. I'm beyond speechless. I can not believe that the biproduct of all this hard work on myself is a woman that I have lead to be a better version of herself.

And all of that without a single word.

For those struggling with validation... Not a single time did I get encouragement from her. Not a single bit of praise. Not a mention of anything that would resemble a wife who is proud of or to be with her husband. Not a single comment on my physique, style, new haircut, sexual position, or attitude. Nothing.

And I still haven't heard her say a nice thing once about any of my changes.

The fact is – we should have never let ourselves get to the place where all of this feels like *work*. It's not work. It's how we were designed to be and designed to live. A man is only as strong as his knowledge of this world and we were unfortunately sold a lie. Finding MRP just brings us back to what we were designed to be. It shouldn't have been, but it was hard work for me.

The comfort testing will increase. She will be seeking praise for her accomplishments along the way, and unlike her – I give them willingly because I honestly am proud of her. The feminine grows with praise. The masculine grows with challenge.

To me, that is the sense of pride that a man can have in seeing how his hard work has benefited someone else, and more importantly someone he cares deeply about.

For a willing wife, MRP can save them too.

You can lead yourself, and a willing wife to a place where she will be most happy and simultaneously add the most value to your life. You are the creator of your life. YOU can create a marvelous relationship with or without your wife. That's your choice. For fucks sake, make *something*. Always be creating.

You're the fucking captain now. Get to work.

144

UPVOTES

The Simple but Power Effects of Small Red Pill Behavior Adjustments

Mr_KenSpeckle · 11 June 2021 · Archived copy · Reddit

One Friday night several years ago, not long after I first encountered the various Red Pill forums and had been devouring their content, the wife and kids decided they wanted to go to P.F. Chang. The closest P.F. Chang is in an area I used to work in about 15 years before, but I wasn't very familiar with current dining options in the area. But, by chance, about a week before, an old colleague had invited me to lunch at a newly-opened, hip Asian fusion restaurant in the area.

The family and I went to P.F. Chang but upon arrival we discovered that there was an unacceptably long wait. Everybody was starving. I thought of the Asian fusion restaurant nearby that my former colleague had taken me to.

At this point, a set of impulses welled up inside of me: I had the impulse to tell my wife all about how I knew of this other restaurant because my former colleague had taken me there; I had the impulse to describe the restaurant for her in detail--where it is, what kind of food they have, what the decor is like, etc.; I had the impulse to conclude by asking her "So do you want to go there?" The old me would have done so.

But influenced by my recent RP readings, I repressed those impulses. Instead, I had the following exchange with her:

Me: "So you guys are in the mood for Asian fusion, huh?"

Her: "Yeah."

Me: "I know a place. Follow me."

Without even waiting for a reaction, I just started walking towards the car. My wife let out this audible response that I can only describe as an approving quasi-orgasmic cooing sound. I didn't let on that I noticed her reaction, but it actually made quite an impression. This was the first occasion that I actually tried to implement in real life some of the theory I had been reading about. Things had gotten pretty stale and platonic and here she is just melting and cooing based on one small adjustment in my behavior. I remember thinking: "Wow, this is powerful shit." We had a great time.

Lead. Be decisive. Tell, don't ask. Take the burden off of her. Reserve some mystery.

There was no point in telling her I knew of this restaurant because of my former colleague. This would only serve to cause her to think, on a subconscious level, "oh, my husband doesn't know any cool places; his colleague does." By not mentioning it, she marvels: "How does my husband know about this cool place?" "My husband is the kind of guy who knows about new, hip places."

If I had ticked off all of the characteristics of the restaurant, I would not only be implicitly seeking her approval, thereby recognizing her as the true authority figure in the relationship and communicating that my own judgment is not to be trusted, I also would be depriving her of the opportunity to be surprised and delighted. If I vomited out all of the details (A, B, C and D) about the restaurant, one of two things would happen:

(1) She might show up and agree: "yeah, sure enough, A, B, C and D." Not a terrible outcome but not very exciting that, yes, everything was exactly as expected; or

(2) She might show up and think: "yes, A, B and C; but this place isn't D." She feels let down. She feels like I promised something that I didn't deliver. Her opinion of my judgment is diminished.

Instead, tantalized by my confidence and decisiveness, but intrigued by the lack of details, her imagination can percolate. Just putting her in this positive and playful frame of mind increases the likelihood of a positive outcome. And you won't fail to deliver, because you haven't promised anything specific.

One of the reasons that this situation made such an impression on me was because of how utterly mundane it was, and what a minor adjustment I made. Yet, the impact was outsized. Now, any one experience like this, on its own, isn't going to turn everything around for you. But if you start layering experiences like this, one after another, it can have a big impact.

142

UPVOTES

Yes, you too can easily fuck married women.

HornsOfApathy · 27 February 2021 · Archived copy · Reddit

A few years back it was a somewhat recurring topic here at MRP in OYS posts... guys who wanted to fuck women figured out that fucking married women was the easiest way to lockdown an ironclad secret. Mutually good OPSEC, with assured mutual destruction - it is the closest you got to keeping your dirty little secret. And wow, there were some good stories.

There are plenty of books out there on game, hell - just the sidebar alone would probably do you well enough if you read it with some intent and then took that knowledge out in the world to calibrate to situations.

We know game takes time, but I want to tell you this: married women rarely get gamed anymore. They're dying for attention from a capable man. Their husbands are likely sitting at home and fucking their hands while watching pixel women fuck other men. How pathetic. In case you didn't catch that post, it's was about [how stopping problematic porn usage changes things](#).

So imagine your competition here - you're going up against that (probably) fat, boring, loser of a man. Hell, maybe he goes to cross-fit and gets sort of fit by validating himself against everyone else except himself. You know, not being his own judge and all you know that deep down, *he's a fucking pussy*. And his wife wants a fucking man. That's what we talk about here all the time.

Deep down in that woman, who's married to him, is a fucking slut that is dying for a man to come along and free her of a sexual prison. As she sits trapped in the ivory tower of prudeness, you roll up in your [2003 Mustang](#) (V6, not a V8) with 173,000 miles and a 10 foot paintjob... and she is AMAZED at you. You are *exciting*. That car is just.... *him*. Fuck. That guy. That is a man who fucks. And he can keep her dirty little sexual secrets? She's slobbin' on your knob in minutes. I've seen it probably thousands of times in the past two years alone.

So the next time you get that 6th sense that between that wife's legs she is soaking her panties, I say go for it. Why the fuck not? She'll probably test you and shit, but sidebar, right? You can pass that stupid woman shit.

That woman is the easiest lay in the fucking world. I say fuck them good. Fuck them hard. And fucking enjoy being a man that knows how to be *alive*. I promise that if you just move forward on that lonely housewife, she'll play along. She'll keep your secrets, and you'll keep hers. No one will ever know. Why?

That woman is your wife.

And if you aren't pulling up in a 2003 'stang, well, statistics show [someone](#) around here probably will.

Game on, retard.

141

UPVOTES

Quit Being a Lazy Cunt.

SBIII · 28 August 2019 · Archived copy · Reddit

Seven months ago, [u/SteelSharpensSteel](#) wrote the [ultimate guide to MRP](#). It is by far the most comprehensive guide you could read on the forum. A truly awesome piece of work. Between that - with all the links to various books and articles - and all the posts you'll find on the forums, all your answers are there. Everything you need to know about frame, game, lifting, STFU, divorce, OYS etc, etfuckingcetera. It's there. You just have to read through it and find the answers that you are looking for.

Despite that - some of you fuckers are apparently too lazy to read. Some of you fuckers are too lazy to do the work. Steel is practically spoon feeding MRP down your necks, yet you are too fucking lazy to open your fat fucking mouths for anything other than a donut.

Some of you fuckers even think it's OK to look for a quick fix by messaging people like me asking questions like this..

"My wife drops hints at a bj like "yeah you eat that pineapple". She knows damn well she's getting me riled up for a bj and then later when the time comes. Shoots it down hard no style and puts up massive lmr/asd. I've lost my cool in the past from her "teasing" and i think it's a shit test?

Nothing I do can pass this though. Every time i know it's happening but lose my cool and punch the wall. Any ideas? Fyi my smv is ~8 hers is ~3. Probably part of it is not being able to fathom a 3 turning down an 8. Just to keep power over me?"

The problem that brought most of us here is the same one.. pure fucking laziness. We got lazy in life, we got lazy about our health, we got lazy about our careers, we got lazy about gaming our wives, we got lazy about getting up early in the mornings, we got lazy about going to bed on time, we got lazy about our style, we got lazy about our grooming, we got lazy about owning our shit, we got lazy about planning the weekends, we got lazy about planning our lives, we got lazy about making money, we got lazy about saving money, we got lazy about everything.

We got married, we had kids, we put the feet up and we got lazy.

Lazy is unattractive. Lazy makes you weak. Lazy makes you fat. Lazy makes you rub your cock to Hentai porn rather than putting the effort in that it takes to get your dick wet. Lazy makes you reach for the pack of Doritos over cooking chicken and veg. Lazy makes you watch 3 hours of GOT instead of going to the gym. Lazy makes you hang around the house doing fuck all instead of going out and having fun. Lazy makes you the fat, unfuckable slob that you are.

Lazy is unattractive. Lazy will get you nowhere.

Quit being a lazy cunt.

Start doing the fucking work.

And if you can't do that, then don't fucking message me with your fucking lazy cunt questions about why your fucking wife won't blow your fucking cock.

I'm not going to name and shame anyone here, you know who **you** are.

Quit being a lazy cunt.

140

UPVOTES

Own your shit to avoid her negative emotional intimacy

Archwinger · 27 June 2017 · Archived copy · Reddit

I have long touted the position that sexual attraction and emotional intimacy are completely separate pillars of a relationship. This flies in the face of popular modern thinking. Women, marriage counselors, and modern society as a whole insist that for women, emotional intimacy is an absolute prerequisite to sex. That if she's not in love with you, her legs are crossed.

Of course, female behavior flies in the face of this assertion. You need look no farther than your nearest bar to see women going home and having sex with guys they barely know. The sexual attraction is there, but emotional intimacy is not. Many married couples find angry sex, when the two of them are fighting, and even the subsequent make-up sex, to be some of the best sex they've ever had. At that particular time, sexual attraction is there, but emotional intimacy is not.

On the flip side, one need only look as far as the internet, any marriage counselor's office, or even a modern sitcom, to see the opposite situation. People who love each other and are emotionally close, but the sexual attraction isn't there, so sex is absent, infrequent, a chore, a fight. Emotionally intimacy is there, but sexual attraction is not.

Sexual attraction and emotional intimacy are two separate pillars of a relationship. While society tends to prioritize "love" and insist that a focus on sex is shallow and trivial, a relationship that lacks sexual attraction is every bit as much of a failure as a relationship that lacks emotional intimacy.

However, while these two pillars are separate, they are not unrelated. If a woman does not think you are sexually attractive, this often manifests in her behavior. A wife trapped in a marriage to a husband she doesn't want to fuck tends to be disrespectful, bitchy, and downright mean. He may be the nicest and most thoughtful husband in the world, but if he's an unattractive chump in her eyes, nothing he ever does will be good enough. Conversely, if a wife is married to a husband she, and every single one of her friends and neighbors, wants to fuck more than anything, she'll respect the hell out of that man, even if he barely lifts a finger to do things for her. Most guys are somewhere between these two extremes.

If you're a random guy at a bar, picking up random women, you don't need to worry about emotional intimacy. You can just be attractive. But if you're a husband, the relationship between sexual attraction and emotional intimacy is a factor you need to consider in your dealings with your wife.

The core of the issue is that women contextualize sex. A woman will have a random threesome in college, just to see what it's like, with people she doesn't even like. She will have six one-night stands with strangers from the bar, one of which included her only experience with anal, all of which included blowjobs. She will consider all of this to be positive, enriching experiences. She will be raped one night in the bar parking lot and consider that to be the worst experience of her life. She will date her husband-to-be and make him wait six months before having sex for the first time, marry him after two years, and have once a month, missionary-only sex, no blowjobs. And all of these different sexual standards for different experiences will all make sense to her based on the roles each of these guys played for her.

Women will hold different guys to different standards, based on the role that guy is currently filling in her life. When a woman goes to the bar looking for a random dick to have some fun with, it doesn't matter if the guy is a bit of an asshole. He's hot, he's confident, so he's good for a fuck. The lack of emotional intimacy doesn't matter, because she's not holding him to any standard of emotional intimacy.

Conversely, when a woman is with her husband, she's holding him to a different standard. Her husband is expected to fill the role of husband, not the role of random dick from the bar. If her husband isn't measuring up and fulfilling his role for her and for the family, she is going to feel resentment, anger, even hate. Essentially, negative emotional intimacy.

While emotional intimacy isn't a prerequisite for sex, if your wife feels a whole lot of negative emotional intimacy

– anger, resentment, hate, etc. – then this negative emotional intimacy may serve as a barrier to sex, even if she’s attracted to you sexually. Even when, had you been a random guy at the bar instead of her husband, she’d have fucked you.

Your wife holds you to a higher standard than she holds other men, and if she feels resentment regarding your failure to meet that standard, this will keep her from fucking you even if the attraction is there. When you married her, you promised to fill the role of husband, not the role of random dick from the bar, and if your shit isn’t handled and you aren’t filling that role properly, the hate she feels for you for breaking your promise – that negative emotional intimacy – will cock block you worse than any nosy toddler. And all of the muscles in the world and all of the flirting with your neighbors imaginable won’t fix this.

What’s worse is that the next random dick at a bar she sees on girls’ night, who isn’t being held to the same standard as you, will seem a lot more emotionally close to her than he actually is, simply because all of that negative emotional intimacy isn’t there. The absence of resentment and hate will feel like love to her.

The normal advice of “be attractive, don’t be unattractive” works just fine for random guys at a bar, but once you’re married, you have the added burden of owning your shit. Getting you shit handled. Keeping your wife comfortable that the shit is taken care of and that she doesn’t need to worry her pretty little head about the shit.

Married life is harder than single life primarily because you’ve agreed to additional responsibilities, for the same sex you could have had while single, usually because you’re planning on making some babies. Essentially, the transaction is that you promise to be better than a random guy from the bar and she promises to have your kids. If you’re cheating your wife out of what she thought she bargained for by not owning your shit, more muscles won’t help.

Unmarried guys can disregard emotional intimacy in a way that husbands can’t. Although trying to trade good behavior for sex is a huge error, handling your shit like an awesome husband so that your wife doesn’t hate your guts is critical to getting laid, and every bit as important as lifting weights.

140
UPVOTES

Conversation Strategies You Won't Find in WISNIFG

Red-Curious · 5 August 2021 · Archived copy · Reddit

WISNIFG RECAP

Hopefully by now you've all read WISNIFG, which has some great communication strategies. Let me recap the most significant ones:

- **Fogging:** Find a way to agree with what someone else says, even if you don't agree to the substance. "I can see how from your perspective that would make a lot of sense." It's hard to argue with someone who keeps agreeing with you.
- **Broken Record:** Keep repeating the same phrase over and over without changing your position. This shows people that you won't back down and you insist on getting your way on this issue. "I want a refund ... I understand, but I still want my refund ... Yes, you may speak with your manager if he is the one who can give me a refund ... I appreciate your alternative offer, but I want a refund."
- **Self-Disclosure:** Providing relevant additional information about your situation, goals, motives, etc. that can move people toward understanding what you want from them and be more inclined to give it to you. "I need to reschedule our appointment" v. "My child is in the hospital, so I need to reschedule our appointment."
- **Negative Inquiry:** Asking questions that challenge the false assumptions people make when they accuse you. "Why is it wrong for me to spend time with my co-worker after hours?"
- **Workable Compromise:** Exchanging something that does not sacrifice your goals or self-worth in order to get what you want in return. "If you give me the parenting schedule I want, I'll agree to your right of first refusal provision."
- **Negative Assertion:** Admitting to your own shortcomings in order to build credibility or neutralize accusations. "That was a dumb thing for me to do." It's hard to accuse someone angrily who already recognizes the full weight of the accusation. Of course, this doesn't work if the "owning up" is done in a minimizing way.

RC'S ADDITIONAL STRATEGIES

In my time as an attorney, I've found that there are a number of additional conversational strategies that work not only in the courtroom, but also at home, in social contexts, high conflict scenarios, in the office, etc. Here are a few to dabble with.

It's About Me (But Really You) - Leadership strategy

Legal Context - I'll open with a simple one because it plays into some of the others really nicely. As we all know, blunt accusations aren't often received well. They make people defensive and emotionally unstable. So, I often suggest to my clients that instead of accusing the other parent of doing something wrong, take that exact issue and communicate (preferably in writing) to the other parent that you intend to work on that issue in your own parenting because you believe it would be best for your child. The idea is that the other side is then prompted to process the utility in what you're doing and they may attempt to implement it in their own home (even if my own client doesn't actually follow through or never intended to in the first place). This comes down to the power of suggestion. As a worst-case scenario, even if they don't implement the thought, if things go wrong my client now has a written record that they are trying to be proactive thinkers for their child and the other parent's failure to do likewise is what contributed to the mess.

Home Application - This works outside the legal custody context also. If your wife is fat, telling her, "You need to

lose some weight" can be powerful if you have the frame and value to pull it off, but it's still probably going to make her upset. The "It's about me (but really you)" strategy is simply to take ownership of something you want another person within your influence to do also. In this example, you could tell your wife, "I've decided I'm not satisfied with my body. I'm overweight and it's time to start dieting and exercising more." Often-times such clear statements about your own intentions causes the other person to self-reflect and contemplate that they should make a similar decision for themselves.

This conversational approach shouldn't be used to undermine the importance of "do, don't tell." There is still great value in not blabbing your mouth about your plans if your primary concern is your own life improvement. But sometimes the "lead by example" path doesn't quite get through. Remember the discipleship strategy Jesus used: (1) tell them what, (2) show them how, (3) let them try, (4) send them out/keep them going, and (5) pass it on. If your goal isn't just for your own improvement, but also to lead someone else, then it can be beneficial to tell before you show, giving them a context to see how to do what they're aspiring to and to stay motivated by seeing your progress.

There's also a split between situations where you're leading by example and leading by setting boundaries/expectations. I can tell my wife, "cook this for dinner" or "wear this tonight" without showing her how first. I'm not going to put on a skirt just to "show her how" when she already knows. So, if I'm setting a boundary or expectation for her, telling her without showing is sufficient and the "it's about me (but really you)" strategy is unnecessary. When this comes most into play is when you're dealing with more sensitive issues of a spouse's shortcomings and you want her to learn from your example how to overcome them.

Lastly, it's worth noting that you can use this strategy by replacing "me" with someone else your wife might have reason to keep up with. Here are some examples of how this conversational technique can work:

- **Example 1:** "I've noticed our bathroom sink getting cluttered. I think I'm going to clean it up and make an effort to keep it clean soon. Is there anything on there that you don't want me messing with?" Chances are, 80% of the mess is hers. You're not accusing her; you're just taking responsibility. But she will likely adopt that responsibility as her own also.
- **Example 2:** I want my wife memorizing Scripture more often. I start training my kids in Scripture memory. I tell my wife, "I've decided that Scripture memory is important and our kids need to be doing it. So, I've been having the kids memorize <this or that> verse. They're doing great! I love the idea that our family will become one that knows the Bible inside and out." She sees that the kids are starting to excel at something that she should be better than them at, so she starts memorizing Scripture with them to keep up.

DOC Examination - Conflict and Leadership Strategy

Legal Context - The goal of any good cross examination is to lead a person to your own pre-drawn conclusion by asking questions. The most famous technique is the "Pozner Cross," which involves only yes/no questions. You essentially back the witness into a corner where they ultimately have to agree to see things your way. Through a series of "yes or no" responses the person ultimately admits what you want. It's ideal if you begin the line of inquiry in a way that the other person doesn't know what you're trying to get them to admit to.

- **Pozner Example:** I may ask Bob about his favorite holiday. "Even if it's not your favorite, Bob, July 4 is always a great time, isn't it?" "Don't you just love to sit on your lawn sipping a few beers while the lights dance in the sky?" "And it's even better when you get to be with your kids, enjoying a family holiday, don't you think?" "Wasn't it great that you got to do that last week?" "And you even had your kids with you too, to make it even better, right?" "And you were drinking those beers while your kids were with you, right?" "And you knew the order prohibited drinking during your parenting time, right?" Trapped.

Home Application - To be clear, making your spouse feel "tricked" into an admission rarely goes over well, so avoid

the yes/no questions. Instead, I've started doing in specific cases what I call a "direct-on-cross" (DOC) strategy. During direct examinations you can only ask open-ended questions. Yes/no questions are prohibited (with limited flexibility). Why would you limit yourself like that on cross examination? Because it better shields your motives and removes the air of trickery, as they get to answer any way they like. But by maintaining control of the conversation and ensuring that it follows the direction I want it to, the person usually ends up saying what I want them to say anyway. Even better: in low-conflict scenarios, I can even persuade someone through this strategy to think that my idea is actually their idea.

- **DOC Example 1:** My son says something nasty to his sister. Instead of scolding him I ask, "Ten years from now, what kind of relationship do you want with your sisters?" He answers with something generally positive. "That's a great goal. If you want that goal to become a reality, how do you think that will happen?" He answers that they both have to work on being "excellent" to each other (a Bill & Ted reference I tease them about every now and then). "What are things you can do to help her be 'excellent' toward you?" He gives an idea or two and I latch on. "What are ways that will get in the way of your goal of having a good relationship with her?" He starts to connect the dots and realizes that talking mean doesn't help.
- **DOC Example 2:** Suppose I want to teach someone about the importance of prayer. I would open with the IAM(BRY) strategy: "I've been thinking about things I can do to improve my relationship with God." Response: *That's a good idea.* "Do you have any ideas on how I can do that?" He goes through a list. Prayer is on the list. "That's a good one. What would be good ways to approach prayer?" I let him brainstorm a few ideas. If he's struggling I give a few mediocre ideas while waiting for him to come up with the ones I really want him doing. "I like that. Do you want to do that with me?"

Buffering - Conflict and Persuasion Strategy

Legal Context - This is one of the most useful strategies I use in my legal profession. Parties in custody disputes can't wait for their chance to talk about how awful the other side is. When they get before a psychologist, judge, magistrate, guardian ad litem, or whoever, they just blab their mouth about "he's so evil because he did this" or "she's so crazy because she did that." Result? "You're both crazy and just acting out of spite and emotion. I can't trust either one of you." That's not how you win cases. And I like to win.

In order to combat this dynamic, I teach my clients the art of "buffering," which is a strategy I've developed for building credibility without compromising the very real and serious points you otherwise like to make. It's very simple: for every accusation you want to make, "buffer" it with a complementary statement of understanding and giving the benefit of the doubt. That's it. $Credibility = [Buffer] + [Harsh Truth]$. The two are reversible or can be multiplied in any number and order you see fit. It's a way of saying, "You can trust me. My motives aren't bad like you might assume, but I do want you to know the seriousness of this issue."

Especially when you're in a conflict scenario, other people are constantly trying to evaluate whether or not they can trust what you're saying. If you come off as your perspective being clouded by your own ego investment in the situation, you lose credibility and hinder your ability to achieve your goals in the situation. By demonstrating that you really are level-headed about the situation and thinking rationally and even with positive affect toward the other person in the conflict, you don't merely "not hurt" your credibility; you bolster it.

Home Application - This strategy works well in the home when you're giving instruction to someone else, such as your spouse or your child, on something you know they will be resistant to, but you want them to do it anyway. By creating an identification with their frustration, they are more likely to accept the reality of the undesirable task as a mandate from you because you're not asking them to do anything you haven't already done yourself. Or you can use this strategy to resolve conflict with your spouse because at the end of the day, your wife is probably more interested in being understood than she is in actually getting her way (at least if she trusts you this is more often the

case).

- **Example 1:** "[Buffer] In an ideal world, I'd love nothing more than to have shared parenting with equal time with my ex, [Harsh Truth] but that's just not feasible in this situation, and here's why."
- **Example 2:** "[Buffer] I fully believe that my spouse has good intentions and is just trying to do what s/he thinks is best, [Harsh Truth] but the reality is that she has made things worse."
- **Example 3:** "[Harsh Truth] Dalia is insane. [Buffer] I don't say that lightly. I love her and care about her. I wish we could figure this out peaceably between us. She's a beautiful, intelligent woman. [Harsh Truth] But the more I have spoken with competent professionals and researched what I've seen in her, the more I see lots of overlap with serious mental health concerns. [Buffer] I think if she could get the help that she needs, we might actually be able to communicate with each other in a way that would be fantastic for our kids. [Harsh Truth] But we're just not there right now, [Submissive Posturing] and I don't know how to get there. Could you help me figure that out?"
- **Example 4:** [Harsh Truth] Son, you're going to have to clean your room. [Buffer] I know you don't like doing it. It sucks. I hated cleaning my room when I was a kid too, so I understand your frustration with it. [Harsh Truth] But your room is trashed and it is your responsibility to get it back in order."
- **Example 5:** [Harsh Truth] Babe, this is what we're going to do going forward. [Buffer] I understand that you think this and that. I appreciate your thoughts and how well you have communicated them. But as much as I can see where you're coming from, [Harsh Truth] this is the decision I'm making right now and I would like you to be on board with me."

Submissive Posturing - Persuasion/Likeability Strategy

Legal Context - Another big mistake a lot of people make (especially in the legal arena) is failing to recognize power dynamics. For example, when meeting with a guardian, lots of people want to tell the guardian how to do their job, what they should believe, why their choices with the kids were the best ones, etc. This *can* work if you legitimately have the better position. But I've found that EXACTLY 50% of parties in custody cases overestimate the actual strength of their position relative to the other side, so it's a risky gamble. The better strategy is to set your own agenda aside, take some humble pie, and submit yourself to the "experts."

Home Application - To do this, you simply ask for help, advice, or suggestions from the person who has a power dynamic over you or with whom you want to build a better relational affinity. The goal is to demonstrate that you can be trusted because you're more interested in finding the best solution than in pushing your own proposed solution (or at least this is what you give the appearance of doing). If your solution really is the best one, it's not often hard for the person in the higher power dynamic to realize this, so you can blend in some DOC Examination strategy as a way to get them to your actual preferred solution. The real thrust here is that you're getting someone else to empathize with you and your way of doing things by letting them believe you are allowing them to be in control.

The reality is that you are in control. But you are expressing your control in a way that utilizes an appearance of submissiveness coupled with guided disclosures or questions that ultimately lets them feel like they have been instrumental in your decision-making process to the degree that they believe you are taking their advice rather than persuading them that your decision was the correct one. The end result is that people see you as an appropriately humble person who validates their need to be needed, giving them a positive affinity toward you in future interactions and makes them more inclined to side with you when you need them to ... all without actually having to change what you ever intended in the first place. Law of Power 38 comes to mind: "Think as you like, but behave like others."

Another benefit is that this gives you a win-win-win-win scenario in the aftermath no matter what the outcome.

Win 1: If things go well, they go well and you've improved your relationship with the other person by making them feel validated for having been able to participate in the process. **Win 2:** If things go poorly, you have the option to double-down on the humility aspect by accepting responsibility, even though the other person believes that they were the one who gave the advice that led to the failure. **Win 3:** If the situation truly calls for it, you also have the option available to defer responsibility because you were "just following so and so's advice, and after all, he's the one in charge." **Win 4:** By getting someone else's input before acting on your plan, you may actually discover a better plan than what you were thinking.

In all of this, don't apply this strategy on the mundane where it would seem trite or even pedantic to bring it up.

While I call it a "submissive" strategy, it is really about leveraging (hopefully authentic) humility to advance your own goals and build up others around you in the process. As such, it can be applied in situations where it may be beneficial to express humility, even if the person is not in a higher power dynamic over you, such as with your spouse at times. Women love to feel needed. Even if you have a plan, allowing her to feel involved in the process validates her desire to be helpful to you in what you do. Let her be that help, even if you don't actually need that from her. This is part of where she gets her feels.

- **Example 1:** I want to do something unique a certain way in my job. Instead of doing it myself, I go to my boss and ask, "Do you have any suggestions for how I can handle this somewhat unique situation?"
- **Example 2:** I have a tricky situation coming up with my job so I ask my wife, "What would you do if you were in my situation?" Whatever answer she gives, I say, "Those are some good thoughts." If she says the thing I was thinking, I answer: "That's a good idea. I think I'll go with that. I appreciate the help, babe." She doesn't need to know if I'd already come up with that idea on my own or not.

Key Issue Focusing

Legal Context - Virtually everyone in custody cases blurs the line between their own goals/desires and what's best for the children. They always assume that what they want is best for the children, but neglect to connect the two concepts. So, I always prepare my clients for meeting with a GAL or psychologist or before going into a deposition or trial: "Make sure to connect EVERYTHING to the well-being of the children in some way." If they can't stay laser-focused on that singular issue, then much of what they say will be deemed "not credible" and they can lose. Of course, many judges forget this line too, which isn't helpful. But as soon as one party repeatedly hammers that line and the other party isn't ready for it, you'd better believe the judge will suddenly remember the actual focal point, and guess which parent he's more likely to side with on that focal point? The one who repeatedly demonstrated the connection between their plan and the relevant goal.

Home Application - I remember days of arguing with my wife where we jumped from one issue to the next and at the end it was all just a confusing mess and the actual core issues beneath the argument became a thing of the past by the end. That doesn't mean the new things that came up weren't significant issues too; they're just independent issues that distracted from resolving the first ones first.

Keeping this in mind, "Key Issue Focusing" is a framework for applying things like "broken record" or "negative inquiry" or other WISNIFG strategies in a way that avoids the argument and minimizes your risk of DEERING significantly. The reason that arguments get out of hand and become unproductive is because people over-explain themselves in manners that remind the other person of *even more* things they want to complain about, or at least *more things* that they want to say in defense of their position or feelings.

To do "key issue focusing" effectively, you use a string of negative inquiry to figure out what the actual core of the issue is, then as the conversation evolves you keep asking questions to bring it back to that.

- **Example 1:** Your wife is bouncing between comfort and fitness tests like a game of pong. You ask questions to figure out what's really going on and find out an insecurity issue is at the core of her discontent. She starts talking about how annoyed she feels when you clip your toenails in the living room. "[Fogging] I can see how that would upset you, but [KIF] we've been talking about the insecurity you've been experiencing and I'd like to focus on that. How does that affect your feelings of insecurity?" She goes on about how annoying it is. "[Fogging] I get that and agree you find it gross, which we can talk about later. [KIF/Broken Record] But let's stay on the insecurity topic for now. [Self-disclosure/passing comfort test] You know you're my woman and I care about you. [KIF] That's what's most important here."
- **Example 2:** You're talking to a GAL and tell a story about how the mother is with a new boyfriend who you don't like. **WRONG:** "He's a dangerous person and shouldn't be around my kids. He has a criminal record for drug possession and assault. She shouldn't be taking people like that around my children." This is a lot of "he, he, he" and "she." The kids are mentioned, but not the actual FOCUS of the statement. **RIGHT:** "My children are experiencing a lot of anxiety through this legal process. Bringing new people into the home who aren't even established in the relationship could put the kids in a situation of building a bond with someone just to have it ripped away from them if it doesn't work out. This guy has a criminal history and if he gets picked up again, he'll probably go to prison, and that would be unnerving to have these relationships come and go without safeguards. That situation would also hurt their relationship with their mom too, if they started seeing her poor choice in men. What's more concerning, though, is that kids with anxiety problems are more prone to self-medicate through the use of drugs, and if this new guy in their home has a history of it, and may even still be doing it, there's a chance that he's going to endorse that type of behavior around them, or at least not discipline them against it, which could really harm them in the long term. The fact that he has an assault on his record also shows that he's easily angered to a point where he'll cross even legal boundaries - and if he did that in a public forum with others watching, how much more will he be willing to lose his anger in a private setting around my kids in a way that will increase their already existing anxiety issues? All around, it's not a good situation for them. [Submissive Posturing] So, I'd really like some feedback on the best way to approach protecting my kids in this situation. Do you have any suggestions?"

The E-Mail Formula

Legal Context - While this is generally a blend of other strategies, it's worth noting that when I find a client constantly communicating in ways that are damaging to their case, I always coach them on how they can communicate better in writing. After all, written communication will generally be used as exhibits against you if the other side can find a way to do so. So, I created a general formula for high conflict situations to create a productive and self-preserving written record in case the communication is ever shown to anyone else.

Home Application - The same communication strategy can work when you're dealing with conflict in the workplace, with your spouse, neighbors, etc. The only thing that may be different is that in some contexts you're less likely to have someone ever take a look at what you're writing - especially if it's a verbal conversation where you're applying this pattern. That said, do be mindful that even audio can be recorded, and you never know when a co-worker will want to get you fired, a spouse may want to leave you (even dredging up texts from a year or two prior), another person in the church will want to stir up trouble with you to the pastor, etc. So, tact in communication is generally warranted in most situations. With that said, here's the formula (no, I didn't bother to come up with some cool acronym; make up your own if you prefer):

- **Empathy:** Validate their feelings without validating their position on the issue and, if possible, share in them openly. "I'm sorry that you're frustrated by this situation. I am too."
- **Grace:** Communicate a way of giving them the benefit of the doubt (i.e. pre-buffering). "I believe you mean well and hope you know that I truly do understand your position."

- **Repeat:** Repeat what they're saying in your own words to confirm your understanding. This is not always necessary, but can be useful in some contexts. "From what I can tell, you're concerned about x, y, and z because of a, b, and c."
- **Assert:** Share your viewpoint in contrast in a clear, concise, and definitive way applying buffering (if you haven't already above). "[Buffering] While I can understand why you'd think that way, [Harsh Truth] I simply cannot agree. I believe h, i, and j is better because r, s, and t."
- **Offer:** Give them an olive branch - a way to look like the good guy or else pigeon-hole themselves into being the bad one. "[Buffering] I know you don't agree with me, [Harsh Truth] but a decision has to be made [Offer] and I'd like for us to work together on this. Are you willing to join me in doing things this way?"

139

UPVOTES

Success Stories

trp_dude · 4 November 2018 · Archived copy · Reddit

Over the several years I've been on this sub, I've collected success stories. There isn't a good way to search for them, and since I don't frequent the sub regularly, I thought I would post links to them. Enjoy.

You have 10 minutes to get ready, wear something fun **by** [u/creating_my_life](#)

"After breakfast I'm sitting on the sofa reading; and she comes over, pulls down my pants, gets me hard with a nice blowjob, and proceeds to take her clothes off and straddle me. GENTLEMAN, I have a had a deadbedroom for NINE(ish) YEARS. STARFISH SEX A FEW TIMES A YEAR IF I'M LUCKY."

Field Report: Year One **by** [u/SubPrimeMate](#)

"Thanks for reading, and for writing the posts that saved my marriage, possibly my life."

My wife 34F has stopped putting forth effort into our relationship A series of posts by [u/Fing_farted_on_me](#). MRP in action, although he didn't know about the sub when applied its principles. Guy's wife stops having sex with him. When confronted, she tells him she's no longer interested in having sex, that she was just pretending so she could have kids and a good life. He does a 180. He comes out on top. The entire series should be read.

"I used to think of my wife as the sun. My life orbited around her. I derived my happiness and joy from her, and everything else was secondary. Now I realize that I am the center of my own universe. My happiness comes from within. "

1. [Post 1](#)
2. [Post 2](#)
3. [Post 3](#)
4. [Post 4](#)
5. [Post 5](#)
6. [Post 6](#) and the [comments](#)
7. [Post 7](#) this time in [r/marriedredpill](#) and the [same post](#) in [r/relationships](#)

The long hard road, out of hell A series of posts by [u/SadMeatGrinder](#). This is a guy started in [r/deadbedroom](#), almost committed suicide because lack of sex, and then used MRP methods without knowing about it to turn things around 180 degrees. A [summary](#) is here. Each of the individual posts is below.

1. [Post 1](#)
2. [Post 2](#)
3. [Post 3](#)
4. [Post 4](#)

FR: You're not the man I married **by** [u/sh0ckley](#)

3 Year MRP progress **by** u/gearsmurf

A very, very dreadful Saturday **and** Six Months Progress Report **by** u/Persaeus

12 Months of MAP Progress and Lessons From the Past; My Road to Zion **by** u/2gunsgetsome

Lessons from a Flywheel **by** u/UEMcGill

One Year In **by** u/FossilGuy16

First year of MRP **by** u/DownVoteForDickPic

FR: 21 months on MRP **by** u/PurpleVeteran

Then and now - the difference a year or two makes **by** Tway5676

Reflections on the Journey **and** Main Event Follow UP: Return Home **by** u/bismarck8888

Lifting is paying **off** **by** u/gettingmymojoback

MRP Has Saved My Life and Possibly My Marriage **by** u/bowhunter6

It Actually Happened **by** u/RecoveringBPAddict

Thanks Red Pill! **by** u/Alpha_Rising

A RP Journey Part 1: Reviving my dead bedroom **by** u/ppdthrowawai

The comments are available but the original post is deleted so [here](#) it is

Here's Your Example **by** u/GargantuaBlarg29

Evolution of a Low Sex Marriage Male on Reddit **by** u/luckie_duckie

"After turning myself around, I am a better father, husband, businessman, and lover. My wife is more sexual than when I met her which is hard to imagine. For example, and I think this should be added to MRP in order

to boost I(mmersion), I took my wife on a vacation without the kids so there were no external stressors. She was able to let loose without the I(mmersion) being broken, so my focus could be on DE as V(ariance) was being met simply by being on vacation. My wife found out that she is bisexual/curious and enjoys the touch, taste, and feel of a women. Honestly I never thought this was ever on the table, but our relationship is so incredibly strong at this point that she feels comfortable bringing other women into our bedroom. In fact she has enjoyed the chase so much she now entices other couples play. Obviously I am still very cautious as I feel like a kid running around with a stick of lit dynamite. I just wanted to share my personal experience and the main point, that [/u/BluePillProfessor](#) should be required reading for any man about to get married."

[FR] The second try by [u/HandsOutOfMyPockets](#)

Field Report From a New Guy **by** [u/parkerfiveone](#)

139

UPVOTES

My First year in the Red Pill

RightNeedsMight · 15 July 2017 · Archived copy · Reddit

"Look in the mirror. Would YOU worship you?"

A little over year ago, I posted a begging, whining, plea for help on the askMRP forum.

"You weak shit. Help yourself. Read the sidebar."

The scales were pulled from my eyes and I saw a glorious and terrifying truth.

As far as I had managed to go, I was still just treading water, bragging about nothing, while my family was slipping through my weak fingers, and she was not on my side.

My BMI was 32.9, 61 pounds over the healthy 24 range. I had no regular exercise routine. I was between jobs. I was DEERing, engaging on shit tests, acting entitled and being bitchy when shut down. The word divorce was entering our arguments. I am completely shocked that I didn't get to "I love you but I'm not in love with you." THAT is a tribute to HER commitment, and has NOTHING to do with what I was.

July 9 2016, MRP helped me to light a fire under my own ass that pushed me to become what I was always meant to be--an insignificant speck, who decides, fuck it, I'm going to do awesome things.

I started lifting and running regularly. I had never lifted weights in my life. I networked hard and managed to land a new, better paying job that rewards hard work and dedication. I read the sidebar and listened to BPP's podcasts. He, Athol Kay, and RooshV have become my philosophical buddies.

Six months into my map, all hell broke loose. Can't say too much without revealing personal details, but the take home you should all be getting is that following this formula teaches you that it really doesn't matter WHAT happens. All that matters is how you hold to your frame.

What I have learned is that OI is an absolute must. You start TRP path thinking, "I'm going to save my marriage" and you quickly come to the conclusion that there is nothing to save. You have fucking ruined it already. She hates your guts and merely tolerates your bullshit, and even THAT doesn't matter.

All that matters is that YOU.MOVE.FORWARD and do what YOU think is best for YOU. This is the essence of what has become my frame. All of my game, all of my work, all of my self improvement are focused on me becoming my best self, independent of her response to it. And here is where my mind got blown, gentlemen:

Not giving a shit whether your marriage survives is the only way to ensure that it can.

You have to let go entirely of the notion that your marriage is something YOU can fix. You can only fix YOU. The rest is up to the universe. But if you are fit, strong, active, and productive, the universe is a lot less scary.

It's not about being a stronger honey-do-man. Doing shit around the house is ONLY a means to display your manly attractiveness to ANYONE who might see it--it's about being the best YOU, not about saying "hey look over here, am I good enough for you now?" If you ask her whether you are good enough, in word or deed, the answer will ALWAYS be no. Men don't ASK. Men DO.

I have had to drill down HARD on my covert contract and come out the other side. That showy, "aren't I great" shit was STILL a weak ass begging for approval.

Do yourself a huge favor—right now. Stop thinking you deserve anything at all from her. She will never appreciate you in the way that you think she should. That appreciation is a fantasy inside your head. So turn it on yourself, and do all of your own appreciation. Then you don't need anyone else to do it for you—but be WORTHY of that appreciation.

I had to find the place in myself where I said, IDGAF about what ANYONE thinks. I am my own judge for all things. I had to turn everything on its head and start saying, "This is awesome," and be completely disengaged on

anyone else's opinion of my judgment.

I do things around the house now because *I* want the fucking kitchen clean, and it looks best when *I* do it. I fold laundry because *I* like the way it looks when it's put away neatly. I am completely indifferent to her comments on the matter.

A year later, I am STILL walking this path, and it is STILL uphill, and there are always new ways to flesh out my frame, improve my game, and become a better MAN.

So far, here's what I've done:

- track her cycle. Track her cycle. **TRACK HER CYCLE**. Get the Clue app and pay attention to the bathroom garbage can for when the girl products go in there every month. This is imperative if she isn't on the pill.

- Stop engaging on shit tests. Say as few words as possible. Entertain only respectful, positive talk. The second it becomes a "DISCUSSION" disengage and find another thing to occupy your time. Under no circumstances do I allow myself to NEED her conversation for validation. I got pulled into an argument once where "we need to talk more about this" was her vent. I looked at her with disdain and said, "the shit I'm about right now is shit you DO and if you talk about it you aren't fucking doing it." And I walked out of the room. That ended up with some awesome sex.

- own your finances and own your life. Include her as a bonus, but not for "earning points".

- plan EVERY couples moment. Wipe the words "I dunno what do you wanna do?" from your vocabulary. Always have a preference or an opinion about things. Never appear to have no idea. Sometimes, she says, "why don't we go do...?" I have learned to respond with some form of, this seems like an interesting idea, or, I will entertain this plan. SOMETHING that lets her know that her suggestion is pending my approval. The rest of the time, it's something like this: "I'm taking you to lunch." "where are we going?" "I'll pick you up at noon."-radio silence. -run game, ask for sex when you want it. **WORK HARD** not to appear pissed if you don't get it. Being good looking and passing shit tests = sex.

- Exercise and eat right. I am starting to look really fucking good. My abs are showing, and I am toned. I have some residual gut under my navel that I'm trying to fast off, but that is **OLD FAT** from when I was a teenager. I ran a half marathon in less than 2 hours. Like I said, I never lifted in my life, and I am up to a 75% body weight one rep max on bench (I usually do 3x 10,12,15 on just over 50% body weight for bench). I usually eat one meal a day because my work isn't active. I started out at total vag and moved slightly north of vag six months in. Now I am working on achieving beast mode.

- start hanging out with dudes more. This helps to compare notes on frame, and also allows you to relax. It's odd, I used to always feel self-conscious around dudes. Now I don't feel self conscious around anyone.

I've bored you to death long enough. I wrote this to help and encourage the brotherhood. This shit works. I'm still married, but the amazing thing is that I stopped caring whether the marriage survived a while back. I work and perform, to maintain a home that is safe and comfortable for her and our children. Then I invite her to stick around. She knows where the door is. Men never beg. Being right requires might. When you become a "selfish asshole" who stops seeking external approval, that is when you will finally start getting it.

139

UPVOTES

Initiations: You're not that funny

HornsOfApathy · 15 January 2021 · Archived copy · Reddit

In my years here, I keep seeing dudes in the intermediate grinding stage screw up initiations over and over by stepping on their own dick in the final stages of initiation. They do not set themselves up to succeed with an initiation in the first place by using humor as an ego shield that allows them not to hurt their fee-fees. They are afraid of failure because that would hurt.

It's not funny.

Here's the gist of WHY you do it, up to you if you want to change.

I want to use a simple example that you can understand.

It's summer, and you just finished doing some yard work and you're covered in sweat. You come inside for a glass of water and your wife is standing there - and you catch her eyes staring at you for a moment. She sheepishly looks away, and you laugh to yourself. Suddenly, your dick starts to get hard and you think about fucking her right there in the kitchen, bending her over the table, covering her in your sweat as you fuck her from behind.

The option you **always** choose is this: You laugh at her from across the room and yell, "Oh yeah babe, checking me out? Why don't you come on over here and let me rub this hot nasty grass covered sweaty body all over you!" She laughs, you laugh. Day goes on.

The option you **never** choose is this: You walk across the room and grab her by both arms near her shoulders, spin her around facing away from you - your grip firm as you pull her ear to your mouth: "Bend over. I'm going to rub my fucking sweat all over you."

The reason that you always choose the first option is because you give yourself the covert option of non-failure. If she fucks you? *You win (validation)*. If she doesn't? Well it was a JOKE! lolz, haha, *I was just kidding babe!* But deep down? You're hoping, praying, but never really expecting that she will dart across that room to fuck you and satisfy your validation. If she does? Well that means she wants you. Right? And did you really risk anything at all except her not laughing at your joke? No.

The reason you never choose the second option is because it forces you into a binary set of results. Your initiation will be successful, or it won't. Sure - you've probably done this before... but I guarantee that you've never truly been vulnerable in that moment. You don't want to fail because that hurts your little ego and allows you to hide behind that shield instead of feeling the full brunt of rejection and failure.

Instead you use humor to shield against that paper-thin frame of yours. Full of ego and scared like a little pussy of being hurt.

Want to know what's even more retarded? The woman you're trying to fuck is probably not attracted to you - so all your humorous attempts or joking about sex just turns her off and makes her cringe when she once again realizes you're a thirsty beta fuck who doesn't know how to initiate like a man. It's unattractive. Only Chad gets to be sexually crass, because he's a guy who fucks. She knows it, he knows it. In fact, his little jokes about her being a slut who's going to lick the sweat out of his asshole later makes her pussy wet. Why? Because they both know it's actually going to happen. He is attractive.

Men who want things take risks. They push boundaries and are unwilling to let their fear drive their decisions. If you want to fuck your wife, you have to initiate like a MAN would. **A man who wants and desires to stick his dick in a woman, right then, isn't joking around.**

If you want something, don't go after it like a boy who half-heartedly went out for the football team. If you want it, half-reps don't count. If you want to fuck, you must be a man who strongly desires to fuck in all parts of him - and DNGAF of the outcome. Pussy is plentiful. Jokes are too. But until you're taking that pussy on the regular and it's yours, it's not funny.

Each time you take this non-committal action of initiation and it fails, the more and more unattractive you become to your woman. She sees a little boy, afraid of going for what he wants with both woman and the world, and it absolutely fucking disgusts her. The *sexual* attraction, if there ever was any, dies each time your humorous initiations fail - which they always do in this stage of unfucking yourself with MRP. You're acting like a little pussy and it's not sexy.

Take a look at the actions of the same guys outside of initiations, and you'll see this same mask used in many parts of their lives. Shielding yourself from failure rarely results in success. Put your fucking gusto into it. All of you. At least you know where you stand.

In the spirit of trading notes, **women also fuck up with humor** (note: no surprise she is short and fat). But sometimes **words aren't required** at all.

So a note for you, bro: Next time just stare at her tits, her pussy, or her ass. Think of it as the 10 second kiss with your eyes. Whatever your favorite part of that woman's body is that makes your dick hard. Her collarbone and neck? That shit makes me hard. Stare. Take it all in and don't look away like a beta fuck. At that very moment, there is no other person on this planet that wants to ravish her body like you. Can you communicate that with your eyes? You want her? Do you want to fuck her? She's going to say something to you when she notices your stare and when she does, don't be ashamed. You want it. STFU. Then walk up to her.

Smile, slapass, walkaway.

Now that's fun. And funny.

Who's the prize?

138

UPVOTES

How to Smell Amazing: A Man's Guide to Buying and Wearing Cologne

rocknrollchuck · 13 September 2018 · Archived copy · Reddit

I have recently discovered that I have a real love for wearing cologne. Cologne is something that many people enjoy wearing, although obviously there are some who don't care for it at all. But there are tons of choices out there today, and many of them are somewhat pricey. So I thought I would share what I've learned so far.

Unlike women, no one teaches men about fragrances. Mothers often take their daughters perfume shopping. It is rare for a father to do the same. The lack of knowledge and openness about fragrances pushes many men to choose between two bad options. First, play it safe and wear nothing. Second, wear something light and clean, so that you don't offend anyone.

Smell is the greatest memory trigger we, humans, have. Sniff the shirt you wore last night and memories of a great evening out floods your brain. Roll over to the other side of the bed and smell the pillow where your partner slept and you may catch yourself smiling. In short, fragrances capture memories. They do more than that, however. The cologne you wear communicates to those around you who you are.

I'm sure you've already heard tons of advice about cologne. The one I hear most often is that men should wear perfume that girls like. Sales associates often tell me to get this or that juice because it's a best seller or popular with the girls. There is, however, a tiny problem: it doesn't work. Here's why:

First, no guy has ever gotten a girl just because he smells good. A good scent might improve your chances, by say 10%, but that's about it.

Second, reeking of cologne that every other guy is wearing smells of desperation. Trying too hard repels any woman faster than you can spritz some more Armani Code on you.

The one piece of advice you need to forget right now is to buy perfume just because the someone else likes it. Here's the piece of advice you need to remember: **the only person you wear perfume for is you**. Your scent should say something about you. This is why you wear something you like, just for you.

"But Chuck, what if no one else like it on me"? When someone tells you they don't like your fragrance, they usually mean any of these three things:

1. They may not like a certain note in it. If someone doesn't like the smell of vanilla, they won't like any vanilla perfume, not just yours. It's not that it is a bad scent, it is just that they don't like that note. (I personally don't care for vanilla in a cologne)

2. They may not like it on you. This is usually the case when your fragrance doesn't match any or all of the three: your style, age, or the occasion. If you are a hardened biker dude, wearing a light floral scent would make you the butt of countless jokes. It's not that the scent is bad, it just doesn't fit your cultivated image.

3. You put on too much of it. This is probably the main reason why people tell you they don't like your juice. Putting on a fragrance is like putting spices in your food. You want to put just enough to give it a nice flavor but not too much to overpower the dish.

Cologne is the same way: you want to put just enough to enhance your image, not to overtake it. You want people to notice you, not your cologne.

Now let's talk about the terms used when discussing fragrances – knowing these can be very helpful for finding exactly what you want:

Notes

Simply put, a note is like an ingredient. Notes are divided into three categories or levels: top, middle (or heart) and base (or bottom) notes. The combination of all these notes together is known as the “accord.”

Top notes

Top notes are the first notes you smell when trying a fragrance, so they are the ones that shape your first impressions of a scent. These often fresh, fruity scents are usually light and burst on your skin as you spray, fading 10-15 minutes after applying. How many times have you tested a fragrance only to be turned off right away? Why? Because the top notes didn't make a lasting impression on you. It is hugely important that the top notes not only succeed at luring you in, but also smoothly transition into the heart of the fragrance.

Popular top notes include bergamot, orange, grapefruit, lemon, and basil.

Heart notes

The middle notes, or the heart notes, make an appearance once the top notes evaporate. The middle notes are considered the heart of the fragrance. These notes form the core of the fragrance. They last longer than the top notes and have a strong influence on the base notes to come. A perfume's heart is generally pleasant and well-rounded. It is often a smooth combination of floral or fruit tones; sometimes infused with spices like cinnamon, nutmeg or cardamom.

Popular heart notes include lavender, rosemary, black pepper, geranium, and juniper.

Base notes

The base (or bottom) notes are the final fragrance notes that appear once the top notes are completely evaporated. It is these notes that you remember most and that help create a memory in your mind, the lasting impression. The base notes mingle with the heart notes to create the full body of the fragrance.

These often rich notes linger on the skin for hours after the top notes have dissipated, but are typically associated with the **dry-down period** - that final stage of wear, when the top and middle notes give way to the base note. The amount of time it takes to reach the dry-down—and how the dry-down will smell—is unique to every individual, which is why the same perfume might smell different on you than it does on others.

Popular base notes include vanilla, sandalwood, cedarwood, jasmine, and patchouli.

Next, let's look at the different concentrations of fragrances available. Keep in mind that although I'm mostly writing about men's fragrances, these descriptions apply to fragrances for the ladies as well.

Eau Fraiche - Usually contains about 1-3% essential oil, making it the lowest of all available fragrances. The term Eau Fraiche translates to fresh water. It doesn't last as long on the skin but is still very popular, especially among those who cannot afford the often-prohibitive cost of true perfume.

Eau de Cologne (or just "Cologne") - EDC - 2-5% perfume oils. Top notes will be the most prominent, and the scents themselves will last only a few hours. These are usually the least expensive as well.

Important to note here that when we use the term “cologne,” this is often a generic term for men's fragrances and does not necessarily refer to Eau de Cologne.

Eau de Toilette (EDT) – (pronounced "twa'let") Toilette was the name given to the ensemble worn by the French aristocracy in the courts of the 18th century, which eventually came to mean the process of preparing oneself for polite company. Eau de Toilette was a key part of this, splashed on the body or clothes for a more pleasant aroma. These days it usually contains around 5-10% essential oils, and can be reapplied throughout the day.

Eau de Parfum (EDP) - 10-15% essential oils and can last five or more hours at a time on one application. Middle notes flourish here, as the scent has a greater longevity. Typically the strongest concentration you are likely to find

at a conventional fragrance counter.

Perfume - the finest, most expensive and strongest formulation available, with 25-40% essential oil content . Perfume has a significant depth of scent, can last a full day on one application and allows the wearer to experience all three levels of fragrance. It should be applied sparingly and, in contrast to its high concentration, is intended to be a far more subtle aromatic experience.

Keep in mind that when we use the term "perfume," this is often a generic term for men's AND women's fragrances and does not necessarily refer to pure Perfume.

A couple of other terms that are important are **Sillage and Longevity**.

Sillage (pronounced "see-yazh"), or **projection**, is a French term that describes the ability of a scent to be smelled at a distance; the bigger the distance, the stronger sillage is. It is the "trail" that the scent leaves, sometimes referred to as "the sense of a person being present in the room after he or she has left".

Longevity, on the other hand, refers to how long a fragrance lasts on your skin once applied. Important to note here that due to evaporation, alcohol content and a number of other factors, a fragrance will smell slightly different over time, and this is part of the longevity factor as well.

And the two don't necessarily correlate - sometimes we encounter fragrances with huge sillage but short longevity, and vice versa. **Performance** is an objective measure of sillage and longevity against the actual fragrance itself.

How Much is Too Much?

One of the biggest mistakes you can make when it comes to cologne is over-spraying. You know a guy, or worse you are the guy, who announces his presence with his cologne. He's the guy whose cologne gets there ten minutes before he does, and EVERYONE knows when he's arrived.

Even if your cologne smells great, you don't want **everyone** to smell it. It's tacky and shows ignorance about cologne, style and social manners in general. This can be tough because it is hard for you, as the wearer, to tell whether you've put on too much cologne.

Here's what you can do:

- Start with one spray and see for how long you can smell it on yourself. If you can barely detect it within 30 minutes, then you can allow yourself to put some more.
 - Ideally, on the following day put on two sprays. If you can smell it comfortably (i.e. it doesn't make you choke or feel uncomfortable) within 30 minutes, then this may be the right amount to put on.
 - Remember that you, as the wearer, can smell your cologne less than other people can. The reason is that you get used to it – your nose gets desensitized. This is why others can detect it at much smaller amounts.
 - If, within half an hour of putting it on, you can smell your perfume by moving around without it overwhelming you, you've put on the right amount.
-

HOW NOT TO APPLY COLOGNE

Applying cologne is simple but people have made it complicated. Let's start with some of the more popular bad pieces of advice on how to apply cologne:

1. Walk Through the Mist

In theory, applying fragrance this way works. You spray your perfume in the air and you walk through the mist. The fragrance mist will stick to your body, clothes and hair distributed evenly. The only problem with this advice of applying fragrance is that it doesn't work. You end up wasting it.

2. The Aftershave Approach

You pour a small amount in your palm and you slap it on your cheeks and neck. For unknown reasons, someone decided that the most manly way to apply perfume is by slapping it on your face. Unlike walking through the mist, slapping cologne on your face and neck works but it has some adverse unintended consequences.

Since perfume is usually a lot stronger than any aftershave, your palm ends up reeking of your cologne. That on its own is not a bad thing... until you have to shake someone's hand. Having your hands smell of another guy's cologne, no matter how good it is, makes you wonder what else he has transferred over. Did he wash his hands when he went to the washroom? How many times has he washed his hands since he applied this cologne that his palm still smells?

3. Rub and Dab

The rub and dab is another approach to applying fragrance. You spray some perfume on one of your wrists, rub your two wrists together and then you rub your wrists on your neck or behind your ears. Rubbing your perfume "bruises" the fragrant molecules and the scent doesn't develop as it should. You end up destroying the Top notes and blunting the Middle notes somewhat as well.

THE RIGHT WAY TO PUT ON COLOGNE

It's really quite simple: spray directly on your skin and you are done. It's that simple but there is a trick to it. The tricky part applying cologne is not how you put it on but where you put it on. The human body has certain areas that are naturally warmer, called hot spots. These are usually places where you can feel your pulse (neck, wrists, the inside of your elbow, etc.). Since warmth helps fragrance develop better, it makes sense to apply your cologne on those areas.

Through experience I found out that if there is only one spot you want to put on cologne, it is your chest. When you spray there, some of the perfume rubs off on your undershirt and the smell ends up lasting longer. The chest area is also warm, which helps your cologne bloom more if you were to spray it on your forearm.

HOW TO FIND “YOUR SCENT”

If you've never really given this much thought, then a good place to start is the [Fragrantica](#) website. You can search by name, Notes, etc. If you know some fragrances you already like, you can enter each of them in the search bar, go to the page, and there will be a section on that page suggesting similar fragrances.

There's also a page on Fragrantica called [What fragrance do women love on guys?](#) that has comments suggesting a ton of popular fragrances that women tend to like. There's even a pie chart that one of the commenters posted that breaks down fragrances by “main notes that women appear to like.” This is based on his own personal experiences, so YMMV.

Not that you would be buying a fragrance to impress anybody, and you may not like any of the suggested ones in this list, but it's a nice start.

There's also the [Fragrance Wheel](#), which is another breakdown by Notes to help you understand what kind of fragrance suits you best.

In addition, Fragrantica has their [Fragrantica Awards Voting](#) section, which shows the most popular selections based on votes by Fragrantica members. Some good ideas there.

Ultimately though, you'll have to go and try some out and see what works on **YOU**. Everybody's body chemistry is different, so that cologne that smells amazing on your friend may smell funky on you. So go to a Perfume Store, or a Fragrance Counter at your local department store like Macy's. If you know what kind of scent you're looking for, give them the info you have so they can help you find something that fits you. If you haven't done your research and just want to get your feet wet, ask them for some suggestions. They will spray different colognes on slips of paper for you to smell. Make sure you don't touch the paper with your nose, otherwise it will color the rest of the samples you smell. Also, any good perfume counter will have a small jar of coffee beans available – you smell these in between each sample, and it “clears and refreshes” your nose to separate the scents. Otherwise, they all start to blend together after a while.

IMPORTANT - Once you have settled on a fragrance you like, ask them to spray it on you. Give it ten or fifteen minutes, walk around, and really get an idea of what it smells like on you. Then ask for a sample and try it out for a couple days before committing to a purchase. Not a big deal if you're buying something relatively inexpensive, but when you're buying a bottle that's on the pricey end, you want to make sure you don't change your mind on how much you like it after you've worn it for a couple days (ask me how I know). Then go back and get a bottle if it passes the test for you.

I've been doing this for about 3 years now, and I've got about 10 different fragrances, ranging from inexpensive to fairly pricey, that I wear pretty much every day.

I almost never leave the house without applying some, because I like to smell good. **Unless I'm going to the gym – don't be that guy.**

Bonus: If you want to try out some high-priced colognes, then head on over to the [Frag Splits](#) Reddit page. There you will find people who have made a hobby out of taking an expensive bottle of top end cologne (usually in the \$300-500 range) and splitting it up into small bottles that you can buy for \$20-50, including shipping. A great option to be able to try some fragrances that would be out of many people's price range!

Edit

Things I've discovered since the original post: there are scents for men, scents for women, and there are also **Unisex scents**. Some of the unisex ones are quite nice, but most lean to the feminine side. I found out the hard way that I don't really care for unisex scents much (except for Creed Millésime Impérial), they smell like something a girl would wear. So I gave those to my wife. She especially likes the **Tom Ford Ombre de Hyacinth**, of which I won a 5 ml decant in a giveaway on Reddit.

At least I bought decants instead of full bottles - that's why I do it this way. So I learned something, and I'm still learning. I have at least 20 or 30 more scents that I want to try. I have found that almost everything by Creed I've tried is awesome so far. Tom Ford's scents for men are pretty great too, but most of the unisex ones are not for me. And Azzaro makes some of my favorite scents as well.

Also, if you're buying online, especially Ebay, watch out for fakes. [Here's a great article on BaseNotes that gives tips on how to spot fakes](#) when shopping online. Not as big an issue if you're buying relatively inexpensive stuff, but when you're paying \$300-\$500 a bottle for the good stuff, make sure you're getting the real deal.

Here's some of my personal favorites:

- **Terre d'Hermes EDP** – Citrus, woody, spicy.
- **David Beckham's Instinct EDT** – very inexpensive, amazing scent, smells like nothing else out there. Citrus, aromatic, woody, warm spicy.

- **Acqua di Gio by Armani EDT** – a light, summery scent (wearing it right now). Citrus, aromatic, marine, fresh spicy.
- **Azzaro – Wanted By Night EDP** – Elegant, bold, classy. Just got this one, it's very strong. Woody, aromatic, fresh spicy, citrus, warm spicy. Lasts all day, 16 hours or more.

Edit - so after getting a nice selection of decants since I posted this, here's an update with an additional list of what I like and don't like:

-----I LIKE THESE-----

Creed Bois du Portugal EDP - sweet, very fresh & pungent spice, reminds me of Christmas spice. Supposedly this was Frank Sinatra's signature scent.

Just bought a full bottle of this, it's become my new signature scent.

Tom Ford for men EDP - smooth, clean, masculine - this would be a good "interview" cologne

Creed Aventus EDP - fresh, sweet, fruity but disappears to my nose after 15 min

Creed Green Irish Tweed EDP - my wife's favorite - smells like lemon and fresh cut grass

Azzaro Chrome EDT - my wife loves this one too, it's bold, heady, warm, sweet - performance is awesome - 12-14 hrs on me. This is my favorite summer scent.

Mont Blanc Legend for men EDT - dark, warm, boozy, rum, spicy, sweet classic barbershop scent.

Dior Homme Intense EDP - powdery, sweet, vanilla, fresh baby powder-type scent. My wife loves this one too, but I read that it's recently been reformulated and doesn't last like it used to.

Tom Ford Italian Cypress EDP - sweet, minty, sharp, citrusy, unique; dries down to a spicy cinnamon-type scent - I've smelled nothing like this before. ~~This one is discontinued, but you can still find it online.~~ It has recently been re-released at an insane price.

Creed Tabarome EDP - warm, cozy, comforting, gentlemanly scent - just wore this today for the first time, it smells very "familiar" but can't quite put my finger on why. Very classy scent.

I bought a full bottle of this.

Creed Millésime Impérial EDP - warm, cozy, gentlemanly scent as well. Classy.

I bought a full bottle of this too.

Creed Himalaya EDP - love this one, it smells like a winter version of Green Irish Tweed.

My wife bought me a full bottle of this for Christmas, she loves it.

Maison Margiela Replica By the Fireplace EDT - got a 25 ml decant of this, it's fantastic. Starts out smelling like roasting marshmallows over a campfire. After a couple of hours the smoky campfire smell fades and it smells like roasted marshmallows. This stuff lasts for days on my clothes too.

I will probably buy a full bottle of this at some point.

Gucci Envy for Men EDT - this one is discontinued, but you can still find it on Ebay. Recommended to me by my best friend. Awesome peppery, gingery scent. The closest comparison I can make is it smells *somewhat* similar to the original Tom Ford for Men.

Amouage Jubilation XXV for Men EDP - smells like incense. I like it, bought a full bottle.

Mugler Alien Man EDT - has a 90's feel to it, but it's different than anything else I have. I got a sample of this, not sure if I want a full bottle. Lasts over 12 hours on me though.

Mugler A*Men Pure Tonka EDT - This one is the sweetest one I've smelled yet. I like it - it reminds me of vanilla-flavored coffee. My wife sarcastically remarked that I smell like Starbucks, so I won't be buying a full bottle.

Lalique Encre Noire A L'Extreme EDP - love this, it smells very different from anything else. Earthy, rich, dark. Better and more potent than the original Encre Noire, but my wife doesn't care for it.

-----I DIDN'T LIKE THESE-----

Viktor & Rolf Spicebomb EDT

Viktor & Rolf Spicebomb Extreme EDP - I actually had to wash this one off, it was so strong I could taste it.

Prada l'Homme EDT

Jean Paul Gaultier le Male EDT - smells like Spicebomb to me

David Beckham Intense Instinct EDT

Yves Saint Laurent La Nuit de L'Homme EDT - smells somewhat similar to l'Homme. Longevity sucks on the current formulation, I got 3 hours and it was gone. Buy vintage (pre-2013) if you want this one.

Eau Sauvage Parfum EDP - similar to Spicebomb, more smooth less intense, nice drydown. Of my "didn't like's", this one was right on the cusp. But there's too many others I really like.

Yves Saint Laurent L'Homme EDT - current formulation sucks, get 2016 or older if you want longevity (mine lasted 16 hours on me).

Hermes Un Jardin Sur Le Nil EDT - sour lime citrus. It's on the feminine side, and the longevity sucks.

Guerlain L'Homme Ideal Cologne EDT - starts out somewhat similar to Azzaro Chrome, nice, sweet; dries down 30 minutes later to a soft, warm ordinary baby-powder scent. Decent, but not worth buying a full bottle.

Creed Royal Oud EDP - meh, on me this smells exactly like the incense they use in Catholic Church.

Creed Original Santal EDP - this one was okay, but nothing special, kinda boring.

Mugler A*Men Pure Malt EDT - meh, has a "whiskey" smell to it, and doesn't last very long.

138

UPVOTES

[FR] Passing a shit test well enough that even the Uber Driver noticed

[deleted] · 12 January 2017 · Archived copy · Reddit

My wife and I were out for dinner last night. It was nice. Great meal, nice wine and terrific conversation. One of those dinners that serves as a reminder of why I married her.

Driving home

"I think you were flirting with our waitress"

"Was I?"

"Yes, you were certainly flirting with our waitress"

remained quiet, smirking to myself and actually trying to remember whether I was or wasn't

"I want you to admit you were flirting with her"

"ok"

"Ok you'll admit it or ok you were flirting with her"

"Which would you prefer?", smirking

"You're not taking this very seriously"

Put my hand on her knee, kiss her on the cheek

"no, I'm not"

a bit of silence. And then she breaks the silence:

"I read on reddit today the National Park may get transferred to State ownership making them a target for sale in the private sector, isn't that awful?"

And a nice conversation about Parks ownership commenced.

The bonus: We're getting out of the car and the Uber driver, after she has gotten out, looks at me and just said, "nicely done brother, nicely done"

So, here's something: 2 years ago, I would have denied flirting. The ride would have been sour and the memory of the evening somewhat spoiled.

The only thing WORSE than 2 years ago was the 18 or so months after discovering MRP and trying to manage these situations. Seeking out clever (what I thought were clever) retorts to these tests. Lots of words, both of us somewhat confused as to what the fuck I was doing. Those were shit times. My guess is a lot of you (and sometimes me still) are in that.

Last night served as a reminder that doing the right things, coming here and reading (sometimes posting) is a great exercise. Serves to reinforce what works as we've learned from guys that keep it tight.

138

UPVOTES

How to fuck your wife's friends.

weakandsensitive · 7 February 2020 · Archived copy · Reddit

We've had a couple of guys post on this topic -- asking how to make a move on your wife's friends.

It's really EASY!

Don't.

I can't believe I even have to write this. If you have to ask for advice on how to do it, do you really think you're getting good vibes on the situation? And if you get it wrong, do you realize how badly you've just fucked yourself strategically?

If they want to fuck you, they will make a move on you. And it won't be something like "hey... let's organize a kid's play date."

If you're regularly fucking other women on the side, and you can actually read a vibe and communicate intent non-verbally, this doesn't apply to you.

If you're already fucking your wife's friends, obviously this advice doesn't apply to you either.

This advice is **for these types of retards**.

138

UPVOTES

5 year Field Report - If you can't be vulnerable your frame is shit

HornsOfApathy · 8 March 2023 · Archived copy · Reddit

It's been a minute since I added some post value to the MRP sub here, and I've always found that Field Reports provide the most.

It's been about 5 years + since I found this corner of the internet. **My entire first year is chronicled** here for anyone to read. I've always been a wild ride - high performance, high output, high energy and high rewards. I did the work back then, even beginning a 24/7 D/s relationship with my wife which a lot of dudes here think is some aspirational holy grail of relationships where sex is on demand and my wife is a nymphomaniac. I mean, those things are absolutely true, yes. But recently I was asked **how things were going for me now?**

I said the jury was still out on that one. If you're read my stuff, you'll agree that I probably pushed harder than anyone here at MRP to the furthest reaches of sex in marriage. I've taken the sexual polarization of the masculine and feminine to the edges beyond anyone here I can remember. I've made this my hobby for over 4 years of discovering every corner of a woman's sexual mind, her strategy, and what makes it tick. I'm a master of sexual fulfillment for myself and I've gotten what most guys here dream of. If I told anyone what I'm up to in that area of my life I'd probably be in jail by now. Go **read my cheat codes** for a tame example of the things I've discovered and field tested with success.

It used to be that I needed to create challenges for myself to satisfy a sense of self-worth in all areas of my life, sexually included. But sexually to a lesser extent. I wanted to reach into the darkest parts of my mind and make them a reality. And, I did. It was some dumbass David Goggins bullshit built on a shit foundation of chasing the dragon. Nowadays it's a fun sidequest.

What I'm here to report is that even though I had built an amazing life with a crazy \$\$\$ C-level job where I travel the world, any woman I would want will look at me in ways every man here would desire, I have a wife who desires to fuck me 7 times a day, and productive kids in the world... something was gnawing at me and I was unhappy on the inside. Like a true Redpill Bro™ I powered through that unhappiness. Life is hard work, right? Some would comment to me it was because I was delusional with my wife, or myself being a narcissist asshole to a dark triad degree, or something something something. I listened and STFU without judgement. But still found no one could nail the magic mental model or answers or questions that would give me an insight into *why* this lonely feeling inside me existed despite my abundant life.

Hell, even I espoused that being lonely was a virtue of a man that understood the reality of his real place in the world and you could find comradery with other men that shared that experience. That part is true, but what I didn't realize until recently is that my adoption of this loneliness was just an excuse to cover up a larger gaping hole in my own frame that only I could find... because I was the only one who created it. Hidden deep inside my frame was another frame guarding my desires for joy. My frame is/was made of steel to both the world and women, yet, that did not protect something inside my heart. Yet, as I did the hard work more and more - the mental and physical lifting - and undoubtedly got some of the best results any man could imagine, I had forgotten that **happiness is only real when it's shared.**

This brings me to why I've chosen to write this field report.

Walking through the world until now

I had crafted my life to walk through this world in a masculine and erect way that suited me - becoming exactly the man I wanted of my own accord. I penetrated the world with big dick energy that was just humble and gracious enough that it left most things I encountered with a shroud of "who's that guy! wow!" mystery. I'm tough. Nothing

can break my frame. I know who I am. I know what I want. I know who I will become.

As I continued to walk through the world this way, the hardness and reality of it made me.... harder. I become more erect. It was a force multiplier that every encounter I had with my woman or world made me harder and harder to a point of getting the best results of any man I know.

I had fucked my way through the world with a wet dick and a grinning smile only to discover that it was unhealthy. I began to contemplate that perhaps I'd gone too far off in one direction and just found myself in the other ditch. I wasn't afraid of being "beta" or "too much alpha", those terms just don't resonate with me anymore or the associated behaviors. I wasn't afraid of making changes either. I just didn't know what to do. No one could help me. Hence, I dove deeper into the "you're a man and it's OK to be lonely" mindset.

I had been feeling a long time that my connection with my wife lacked something of... substance. Sure - the sex was awesome, I had the best wife in the world, and that was awesome. I was attracted to her a lot. But I wasn't happy with her. I wasn't delusional either. And as I traded notes with other men outside of MRP in our super secret smart dudes server, **I discovered that guys like /u/red-sfpplus and /u/tyred_biggums , or /u/bobbyperu or even /u/threekindsoflucky were experiencing the same thing I was.** We were all profoundly successful men. We fucked our wives. Dread was at astronomical levels naturally and we had to learn how to provide duty-sex to our own wives.

Yes, dudes, the tables turn on the other side after years of sustainable actions of not sucking. Yes, you have to duty-fuck your wife in our worlds. Sounds backasswards, but that's what happens when you're the prize.

Nowadays we trade notes on how to manage dread levels DOWN instead of up like the 'tards that arrive here. Imagine that?

But we all had the same problem. We didn't really know what we were all missing. So, I went on a mission and like everything here at MRP - *I tried doing something new to see some different results.*

The Girlfriend discovery

I'm not a guy who fucks other women for fun. It's just not in my DNA. But the idea of a girlfriend was hitting me hard - maybe that was the missing puzzle piece? I had led my woman to become a nympho who desired to please me in all ways, yet something was awry. I was told by other vets that "yeah man, that new love energy isn't always there - just look at me. I don't have it either". These were men that I trusted. Men that were men. Men that bent the rules of the bluepill world at their leisure effortlessly to get what they wanted.

But, I wanted better.

What I came to discover through trying different things is that I didn't need a girlfriend.

I wanted my wife to be my girlfriend. A woman who'd just be up all in my shit all the time kissing, hugging, saying I love you, being cute, and giving me that *young feminine energy*.

THAT is what I desired deep within myself, but yet I'd made a fatal miscalculation. I thought that by polarizing things further, I might discover that young feminine energy in her... maybe not... and I had resigned myself to the fact that she just wasn't that girl for me. I was contemplating hitting the nuke button heavily.

So like I said - I tried new things. And in that mess of things I discovered what I'd done wrong. I wasn't vulnerable enough with my wife. Maybe because she knew all my dark secrets and thoughts somewhere in my subconscious after years of unfucking myself and re-training my brain I'd forgotten that being *hard* could be taken too far. The harder I got, the better the sex was. Always. Because fuck, it's about sexual strategy right?

I didn't apply that stuff to my new actions. I was open. Just a "this is me, warts and all" approach and... I found that I hadn't been like that with my wife in 5+ years. **My wife rarely kissed me.** I lied to myself and said I didn't need

it. But locked inside the frame of the frame I had - that was a lie. I did need that. This attractive man with options who had many... needed intimacy.

Intimacy

As [/u/man_in_the_world](#) wrote once - **good sex requires emotion**. While that post didn't apply to my situation, because it's for guys that don't understand how to incorporate emotion into sex (which I became an absolute master at over the years) - it is an extension of that post.

Last night I laid in bed as my wife came in her Nadu position fully naked and I realized... back to basics. I asked her to lay down with me and said no more words. For 30 solid minutes, I just looked into her eyes. I didn't look away. She closed hers, she looked away, I stroked her jaw and her hair and just kept looking into her eyes. Every time she returned to my own eyes, I was there. **I communicated without words**. I said through my eyes only what I wanted. I begged it out of her. I wanted a girlfriend. Not just a lover. Not a wife. I wanted better.

And then she began to cry.

And I did too.

I realized that I hadn't looked at my wife like this in a very long time. I don't know the last time. I became too hardened to the world that I actually never thought of it. In fact, everytime I'd tried to be "sweet and nice" to her, the sex sucked. So maybe internally I'd resigned myself to the fact that I couldn't be this way anymore for my own sexual fulfillment. I could be this way, sure! I liked it. But I also knew it didn't lead to good sex.

After a bit of tears going, I asked her "**what do you need?**" This is an odd question for me to ask her as I'm her Dom - who is supposed to be intune to her needs at all times. Her genuine response, as I'd trained her to body and mind to naturally want through re-programming over the years was "please make love to me". I said no, that's not what you need. "I need you to fuck me" was her next answer. She wasn't lying and by this time my entire leg was soaked from her snatch and she genuinely, truly, desired sex. But I said, "No, that's not what you need."

I looked at her more, silently. Maybe another 10 minutes passed. Then something happened. She kissed me. The best she ever has. The best I've ever had. Deep tongue, passionately with the most genuine history of desire. This was something that no girlfriend could ever come close to giving me.

I realized what I'd done. I'd become so hard to the world that I hadn't left the hole in my frame that only she could enter, look around, and see the inside of me. Maybe a long time ago I was fearful that she'd find vulnerability there that she'd exploit like all women do. I was tired of that behavior after years before MRP. So, I built a wall around those things and she molded to the container provided.

I believe why I was able to explore this is that I didn't suck and **I knew exactly who I was** after years of self-actualization and hard work. That doesn't exactly appear to be a common thing the new guys here want after years of work. They have no idea who they are and so they wall up and change shitty behaviors that were *needy* before and then call that "frame".

That's not frame. That's a lie you're telling yourself to *build frame*. I haven't been "building frame" for years. It's either something you have, or something you don't. **For me, I didn't like my frame, yet it checked all the boxes of producing my known desired outcomes.**

As WISNIFG notes - you always reserve the right to change your mind.

I didn't have sex with her that night. I was enjoying this all too much instead. She kept saying how much she's missed this, how much she wants all the time to kiss me but doesn't, how much she has craved touching me all the time and being near me, but doesn't. And when I asked her why she didn't do those things anyways?

"I was afraid you didn't want them anymore."

She. Was. Afraid.

And so was I, somewhere, considering that **she is but a mirror of me and one of my greatest creations.**

I think this cycle all started years ago when I knew:

- I had options because I was a man of value and I was willing to exercise those options, which caused genuine passive dread.

- She saw me as a strong masculine man, unwavering, impenetrable, solid, stoic. Yet I was giving, caring, and willing to make all the hard decisions and work to get them done.

- My woman, feeling this natural order of things, wouldn't dare do anything to fuckup her position with me, and although felt like I chose her every day, didn't think "men" wanted this as I polarized the relationship further and further.

So I close with this my dudes: **The ultimate endgame of MRP is to fully understand who you are, what you're capable of, what women are, and how they work - but then taking all of that knowledge and being OK with loving your woman and risking getting hurt.** (Thanks [/u/threekindsoflucky](#))

There's a lot of risk in that for men with no frame. But for men who meet the prerequisites, it's required. This brings us right back to Iron Rule #1: Frame is everything.

I will be and am more centered and happy like this. It's always been the one thing lacking in my life: balance.

All of these discoveries have changed me a bit, but it's for the better. If there's one thing that remains true though: She still needs a Daddy.

Strength, motherfuckers.

137

UPVOTES

MCT Rules for Pandemics

MrChad_Thundercock · 26 April 2020 · Archived copy · Reddit

Hi Faggots, Social Distancing is killing most of you betas out there. Despite what she says about being stressed with homeschooling the kids or adjusting to telework at home, lack of attraction is why you aren't getting laid. It's also why she is acting like a sexless cunt and bitchy first mate right now. I already see it happening to friends and coworkers.

Look, if you ain't Gaming, you ain't Fucking. MRP is red pill on hard mode because you have to find a way to game the same woman every day. Once you find it, you must internalize it as your own so it flows out naturally.

Especially now, she is seeing you all the time. All of your weaknesses are magnified. For you fat beta fucks, it's like trying to light a fire with damp wood. She simply isn't attracted to you. You aren't getting laid for a reason and she is probably shaming you for even trying.

If you ain't Gaming, you ain't fucking. Your wife isn't yours. It's just your mother fucking turn with her. Don't be mad that Chad fucked her back in college in the foam party on spring break, he earned it. He gamed her. She thought he was hot. She didn't need an emotional connection.

Mystery's Cat String Theory still applies. If you just give the string to the cat it will be bored and stop trying. What the typical wife does when she marries beta billy. He turns into a blue pill faggot and she loses attraction.. If you put the string too far away from the cat it won't try to chase it. You must keep the string just out of reach of the cat and tease it. Keep the attraction going, drive bys, DHVs, teasing like she's your bratty little sister, kino, Fuck with her mind..always.

Now more than ever, keep her mind busy or she fill it in with a bunch of nonsense. 100% chance it will be directly proportional to money too. Your wallet will pay for it. More than ever, women are in competition with each other to display their resources. I know dudes not getting laid but getting suckered/ shamed into expensive kitchen upgrades, building pools, etc. all because they're failing to guide their wives during this time. Women stay plugged in and spend all fucking day long on instafuck, fuckBook, tik-fucking-tok these days comparing and contrasting their resources with other women, if you aren't providing the tingles or feelz, she'll start bitching about the next expensive home renovation or vacation that she REALLY needs.

Keep your emotions in check. Don't show weakness, save it for your bro's or keep to yourself. She doesn't give a fuck about you. She only cares how you make HER feelz. Keep your DHVs going. Also keep the illusion of work going. Never break Kayfab. Pro wrestlers never give the act away no matter how silly it is... Always stay in character. Even if you're considered non essential at work, she doesn't need to know that. You just got promoted congratulations. Let her know the important work you're doing. Tell her about the task force you were just assigned to. Wear a fucking headset and act busy as fuck during the day at your laptop. Print out a schedule and mark it the fuck up and tape it on the wall. Get dressed for your skype presentation. If you have free time, start a side business online. Women are attracted to high status and value. Must keep your high value going. If you appear to be doing nothing all fucking day long she'll dry up. Let her see all your work wives emailing and texting you. Keep giving the gift of Dread. Let her see how much they miss working with you in the office.

What have you done for me lately? They don't give a fuck that you took them on that expensive vacation last summer, what did you do for them right now? Always add right now after everything they say to give it context. Woman are always after more resources, trinkets, and prizes.

Don't get lured into arguments if she says you never do this or that. You never take me on such and such vacation - you're right, I reserve those for my girlfriends smile and grin. Keep AA at all times. She's flooded with emotions right now, bet your ass you'll be shit tested. Don't take the bait. Lead her. I ordered from XYZ restaurant, I'm leaving to pick it up have the kids ready when I get back. I'm grilling steaks tonight so go ice down the beer. Don't ask what she wants.

Take her on a virtual trip. Everyday around lunchtime, I take her out on the back patio. No kids allowed. Tell those little assholes to stay inside. MCT bought a bottle of red and bottle of white, told her to get her ass out on the back patio. We watched some videos on Napa valley.. travel channel, etc have fun, joke around. NLP terms it's called future pacing.

Talk about the future and what you plan on doing. Keeps her childlike and gets her into her hindbrain and out of her mommy mode forebrain. She feelz stressed from the kids, work, and all the Karen's out there. Take her on a virtual trip and learn about these new places. You're doing this for you, she's welcomed to join you. Let her feelz your strength, confidence, and DGAS attitude. Watch when she post pics of the 2 wine glasses on fuckBook and how all the other women swoon over what you created for her. Don't compete with anyone, let them compete with you.

Keep Prizing yourself. Be the Prize- by Prizing yourself. This is a great old school Swing Cat PUA move. Guy is a legend. Make it seem she is trying to win you over. Tease her, neg her. Did you just come over here to flirt with me? Keep that up babe, you're earning points with me. First time I told my wife she was earning points with me was at a party with her friends. They couldn't believe I said that. IOIs and all over me for the rest of the night. Also the opposite of that is good too-, babe, you're losing points with me- if she drops something. Cheeky smirk, ass slap, walk away.

A healthy marriage is one where she submits to you - you have to keep a higher value then her. Doesn't work the other way around despite what mainstream advice says. Best marriage is one where your balls remain empty. Must have male and female polarity for it to work. You can't be a walking doormat.

Keep your T levels up. Don't eat shit all day. Workout, pushups, chin-ups, squats, walk around the block,. Punch yourself in the balls if you have to. Stop fapping like a bitch. Low T level, means being weak, means not leading, means bitching wife, means No sex, means expensive kitchens in your future.

Don't be a lazy piece of shit. After your work is done for the day, for fucks sake clean up. Do yard work, pressure wash, clean all the shit up you've been neglecting the past year. Don't lose your day gaming skills -I'm not talking about fortnite either you faggots. Revisit the basics and why it works.

Reframe everything. This is a chance to double your workouts. Clean the fucking house. Spend more time enjoying your kids. More time honing your skills. More time to fuck.

Cool, calm, and collective. Don't be a keyboard jockey these days. Don't become obsessed with politics and the news. Check it once a day to stay informed. But stop being a bitch about it. That shit is purposely designed to make you feelz powerless. Conquer and divide tactics. They're pitting sides against each other.

A grown man doesn't get angry over politics. It makes you look extremely unattractive. It's a weak example for your son too. It's a victim mindset. Shows that you aren't the center of origin.

When is the last time you got a great blow job? Strong powerful man get great blow jobs. Say what you want about Bill Clinton, this dude was a champ at BJs. Go watch YouTube videos of him playing Mayor Game – how he just owned a room when he walked in.. dude could drop panties like no other. .

How you act today will remain with you for the rest of your life. Did you get shit done? Act like a little bitch? Failed to lead? Fail to help your kids? Did you work on yourself? Did you set goals and start action towards them? Become the King. The king doesn't complain or whine to the queen. When you act like a King, you start getting treated like a King. Women are preprogrammed to reward their prize with sex.

I use to blame everything and everyone out there. I blamed the weather, politics, the company, company policy, mission statement, the economy, the news, the president, the party in power. It's a fucking lie. You were lied to. It's all a set up. It's a joke.

You are the only one to blame. The world is abundant. You are the key to your better future.

If you ain't gaming, you ain't fucking.

Be safe.

MTC

135

UPVOTES

Married Man Game Part 2: Teasing

Red-Curious · 6 October 2018 · Archived copy · Reddit

"I hate you!" my wife said, hiding a crooked smile behind her hands. I had just pulled another one of my signature pranks: the forgotten child. I picked up the kids from day care and sent them to play in the yard. She gets home a few minutes later and asks where they are. *What? I thought you were getting them today!* Hysteria ensues.

It's easier to have fun with a wife who's extremely gullible. Mine has learned most of my tricks, which only forces me to amp up my acting skills and power of persuasion. It's actually good practice for life skills that help elsewhere anyway. After all, being able to maintain a normal face through an emotionally charged situation is foundational to your frame - only this time you're employing frame on the other end of the emotional spectrum.

Something is Better Than Nothing

Women can't resist a man who can make her feel something. It seriously does not matter if it is deep hatred or abounding joy. Emotions are confusing. There's an old saying that *you cannot hate something that you don't first truly love*. The idea is that you have to be emotionally invested before you can hate. The same concept applies to anger, jealousy, fear, and a host of other negative emotions.

For women, any emotion is better than no emotion at all. It's like a drug to them. It doesn't matter if it's designer weed and high-end pharmaceuticals or some hash a guy grew in his back yard. One end of the spectrum is preferred, but it's all good, regardless.

What a man must really avoid in his relationships with women is indifference. When a woman stops caring about him enough to be either elated or enraged at him, he has lost her attraction.

Push-Pull

Women want to know that their man cares about them. "Does he really love me?" she subconsciously asks herself countless times a day. Unlike men, she doesn't look to objective measures to answer that question. She looks to her own feelings. A woman's perception of the extent of a man's love for her is not defined by the man's behaviors toward her; it's defined by her emotional state. A guy could wrestle a bear to save her, buy her a mansion, or take her on an elaborate cruise - and if her emotions aren't into it she just assumes he doesn't love her. "He must have some other agenda - like getting sex from me," she thinks. That's another of many reasons why it's so important that she live within your frame. That's when your point of origin defines her emotional state.

How do you get her emotionally charged? The push-pull technique is a great one. This is really the broader category behind the art of teasing. The idea is that you want to create an emotionally charged environment by precluding a sense of normalcy and complacency.

- If you push her away all the time, the angst normalizes and just becomes a way of life. It stops helping.
- In the reverse, if you're pulling her toward you all the time, showering her with wonderful gifts, passionate poems, and all the time and attention she could ever want, these wonderful things normalize and stop holding any value. Rather than it being an emotionally charged treat, she just expects it.

That's one of many reasons why the blue pill "nice guy" strategy doesn't work. By creating a destabilized emotional environment, where the dynamic is always changing, a man's bride is kept on her toes, never knowing what to expect. If the fluctuating dynamic is maintained appropriately, her anticipation will be a longing for what he has to offer rather than a fear of what he might withhold.

TYPES OF TEASING

Teasing can be employed in different ways to effectuate a push or a pull. The story I opened with is only one of three main types of teasing. Can you guess which one?

Passionate: The most positive and enticing form of teasing is to unveil a restrained passion - enough to show the person all that's in store, but not enough to satisfy their fill. This is why lingerie is so freaking attractive to most men. Why would adding clothes to raw, naked flesh make a woman more appealing? Because ripping them off is gratifying. Because a little taste leads to a larger hunger. The very existence of lingerie is a form of passionate teasing.

- **Look:** Men can wear forms of lingerie too, but it's rarely quite the same. A better bet is to buy some form-fitting clothes and let your shape shine through. But women aren't nearly as visual as men.
- **Touch:** A better bet is to get her feeling the trickle before the flood. Ever notice how much she loves it when you sneak up behind her and hold her in your arms, kissing the back side of her neck and breathing lightly in her ear? Kino is powerful. It gives her a small taste of the full entree.
- **Talk:** The pen is mightier than the sword. A man's words are more powerful than his *sword*. You could certainly send her a dick pick or grind your crotch on her, but few things will rev her up more than taunting her with thoughts of what you're going to do to her. Women love to fantasize. That's why romance novels are consistently one of the top selling genres. Get her fantasizing about you before you even start.

Playful: This is when a man just has fun with his wife. He's not necessarily foreshadowing his momentarily veiled desire. He's enjoying life at her expense. The effect it has, though, is to bring her out of a state of emotional neutrality toward him. It's not enough that she is emotional at all - she must be emotional about him.

My wife has 4 months out of the year where she works 80+ hours a week. That's major stress. She occasionally comes home in tears (though it's far rarer since I have learned to be her oak). She is emotionally invested in her job. The more invested she gets in her job, the less invested she is in me. This isn't always a bad thing, as there is value in her being invested in her career. But it does preclude me from being able to lead her through the emotional whirlwind that she experiences during these busy seasons. How do I break through? I get her emotionally invested in me again. Rather than her employer's frame, she needs to come back to mine.

Engaging in passionate teasing doesn't work when she doesn't have enough time to be interested. She might want it, but she'll still intentionally avoid it, as work is the higher priority in the moment. So, if I want her emotionally invested in me again during these times instead of her work, I can't use temptation toward sex. Instead, I play with her. I get her riled up over something - or even better: over nothing. I play pranks, make silly jokes, or prey on her gullibility. Sometimes she laughs (pull) and other times she becomes frustrated (push) - but in either case, she's feeling something toward me again. Once I have her emotionally invested I can steer that emotional investment whichever way I want to lead her - whether into happiness, comfort, joy, or lust.

Piercing: The third form of teasing is that biting form of word-play that's thinly veiled by a light-hearted attitude, usually coupled with AA. For example, my wife once complained about one of her male coworkers being a total douchebag. She went on for about 20 minutes with her story about how frustrating he was being. She was emotionally invested in him. I called her out on it: *Aw, I think you like him.* "No, it's not like that," she insisted. *You want to screw him, don't you?* "Yuck! No." *You think such dirty things, and you won't even admit it.* She punched me in the arm, saying with a smile, "You're so mean!"

My wife has a "good girl, holier than thou" image of herself a lot of the time. Accusing her of being anything less is a blow to her ego. The fact is: she is less. Nobody's perfect. Rather than getting wrapped up in her emotions about this guy, I redirected her emotions to be toward me. I was a little mean ... but also a little playful. She liked it. She'd

rather be mad at me than him. At least she trusted me. If I could get her to care about me, she'd stop caring about him. Problem solved - and to my great advantage, as the power play was quite arousing.

You have to be careful here because too harsh a word can leave the realm of teasing and become outright cruel. While that can still get her emotionally invested in you, it's a more difficult emotional investment to steer in a more arousing direction. Of course, once again, any emotion is better than no emotion. There may be times when a straight-up neg is appropriate, though the motivation behind it matters greatly.

Adapted from a post created for [r/RPChristians](#).

134

UPVOTES

First year of MRP

DownVoteForDickPic · 18 November 2017 · Archived copy · Reddit

Together 7 years, married 2.5 years. I'm 33, she's 31.

November

I'm midway through a 2 month 15,000 mile business trip. I send postcards, gift boxes, everything to keep the peace. After a blow out fight with wife on the phone over money and attention, I find MRP and devour the entire sub. The more I read the angrier I get... at my wife... at all women... at all people, anyone but me. I feel completely used in my marriage... in my life as a whole. *What the fuck is happening?* It slowly sinks in that I blame others because I don't know what to change about myself. Now I'm angry at myself.

The bedroom ain't dead but the fun is. *I've nuked this marriage with my temper and attitude and I don't want to admit it.* Everything says hit the gym so I do.

December

I come home from the two month road trip and EVERYTHING IS WALL TO WALL SHIT. My car dies, my phone cracks and dies, *the handle on my fucking mug breaks and dumps tea into my laptop, which dies.* Ironically, it's okay that my shit breaks because I have barely any client work to do anyway. I'm thoroughly and embarrassingly broke. I honestly believe that I'm too broke to buy any of the sidebar books. Dark fucking times.

Wife is having an emotional affair with an ex, maybe more, I'll never know. He's a big part of her friend group and work group. I never had a problem with her friendship but I was away for 2 months and now she's texting, snap chatting, wanting to hang with the friend group (him) constantly. It's my fault for letting the marriage get too serious and tense. Now she gets her feels elsewhere. I bring up my concern and she throws a fit. I ask her to cut off all communication, but I don't have my shit together to pull an ultimatum. I'm too broke to go nuclear, and maybe it's time to learn a new tool besides anger. I decide to self-improve and maybe force the issue later. I watch BluePillProf's youtube series, the TFA's blog, and digest the sub some more.

January

I have a few small clients, like a few hundred bucks a month each and it gets me through hard times. I begin landing a dream client with steady 10hr/wk work for the next 9 months. I decide to put in for a major opportunity.

My mental focus is absolute dogshit. I work from home and hit a wall at 1pm everyday, where I start playing computer games and jacking off. Shame is intense. I decide I want mental stamina and therefore I want 100% control over my focus. I decide that I'm going to start and stop a habit every month. First month: I quit computer games for a month and read every morning. I read NMMNG and WISNIFG. I hate both books initially and then realize that I need to drop my judgements and just read. Just do the right thing. Good feelings follow good actions.

February

The emotional affair rages on. She openly mocks my concerns, telling me her ex slept with a client of mine, how much he's on Tinder. My trust in her is being absolutely destroyed, she's creating a huge issue by mocking my concern. I lay my ground rules again - no communication - and she throws a fit again. I don't back down from my demand, instead I just make it clear no communication, end the conversation and focus on myself. I don't care anymore if the marriage ends or even if she cheats on me, what I really want is better options than this.

I've been exercising with high reps and low weight. I want to see progress so I start cutting, taking creatine, protein and amino acids everyday. I go from 15 endurance reps to 8 strength reps with higher weights.

I receive the major opportunity. I put together a website for the project. I decide to start saving up for a new vehicle instead of repairing my shitbox. I quit chewing my nails and start journaling. I read MMSLP and Book of Pook.

March

This was perhaps the hardest but most transformative month of the year. Why? I was one of the “Men of March”. I didn’t watch porn or touch my dick for the whole month. I did all of the challenges or substituted a harder one. For example, I substituted in 10 minutes (5 x 2 min) of planks instead of 100 push-ups a day. I’m already overdeveloped in the chest but an underdeveloped core so this was a much more appropriate challenge.

I take a trip with wife to the southwest. Do some hiking and site-seeing. It’s been weeks since I’ve had sex or a fap. At a hotel, I need release but wife “is tired”. I take a shower and wife offers sad duty sex. I head out to a dive bar, and a woman gives me her number. She’s pretty skanky but now I understand the power of options. I come back to the hotel and wife initiates next morning.

Start couples counseling because what the hell. Read RMY1 and 16 Commandments of Poon.

April

I read *The Art of Seduction* and the seducer / seduction types are incredibly insightful. I realize wife is the “Idol Worshipper” and I’m the “Charismatic” seducer. Conversely, her strategy is “The Coquette” and I’m “The Rescuer” victim type. *This book is as much about being a successful seducer as it is recognizing how women manipulate me.* I read HTWFAIP by Mr. Carnegie. Best book for me. I do the thing he suggests and reread each chapter as I go.

I continue 10 minutes of planking a day, and watch FailArmy videos to make me laugh so it’s that much harder to plank. A good chuckle and a good sweat at the end of the day.

I feel good about my progress and so I “celebrate” on my birthday by giving myself the day off from work, getting high, watching porn, jacking off, and eating junk food. Guess what? **I feel a massive wall of depression by mid afternoon.** It hits me hard, so fucking hard. It eclipses everything I’ve worked on and every good thing I was feeling, almost blinds me to all of my progress. Guys on MRP tell me that’s natural. It’s good that I notice. Keep going.

Couples counseling is hell. Even wife says the counselor is biased against me, but I “stick with it” even though it doesn’t feel right. Week after week the two of them take a shit on me. I fog and broken record, but I keep getting more and more angry.

You’re wondering why I’m still in this, patiently allowing an emotional affair and the blame game to drag on. In short, wife is a trust fund kid and the trust owns our house. We’re equal in providing but she has the true financial assets. One day my wife is going to inherit several million, and I have no family to lean on. I’m still somewhat broke so divorce on a whim puts a lot of my progress in jeopardy. But it’s clear I’m butthurt about the emotional affair and staying *for practical reasons* is definitely letting my value slide before her eyes. You can’t save your ass and your face at the same time. This isn’t about pride anymore, it’s a future where I live the life I want live. I apply for a project 1,000 miles away, knowing that if I receive it I’ll never come back.

I take a trip to west for a week to help my sister out. I get several offers from women there. I don’t want to cheat - *sex wasn’t the major motivation for me finding MRP* - but catch and release is helping me understand how options are a side effect of personal progress.

May

I’m still naive about power but I slowly realize my near complete inability to notice when I’m being influenced is a massive part of my struggle. It’s my job to prepare so I start a journal called “Measuring Mindset” where I document the non-verbal cues from other people. body language, subtext, innuendo, word choice, tone of voice, omissions, plausible deniability, et al.

I catch wife getting a text from her ex. At counseling I subtly bring it up and counselor asks if she’s been in communication with him. She says no. I reveal her lie and walk out. Later I tell her that this doesn’t work for me. You know my terms, end the “friendship”. She cries and tries to guilt me that she’s losing a “friend”. I don’t care.

She uses plausible deniability, *he's* texting *her*. Like it fucking matters. I take off my ring and move into the office.

I read MAP and get to the end part about confronting your vampire. I prepare divorce papers over the next two weeks. I tell wife if she doesn't end the "friendship" completely, then I have the divorce papers printed out for her to sign. With venom in her eyes, she deletes every social media account. She's pissed, won't put her ring back on. Neither do I.

I go down to one cup of coffee a day and decide I can only swear when I give myself permission. I start 5x5 and enjoy it thoroughly. I have a bum knee so squats have to scale really slow.

June

Read 5 Habits of Effective People. I do the tasks. One of them is to schedule a time to write a mission statement. I journal my thoughts for a week and when I sit down, my mission statement comes out literally in seconds.

My mission is to meet as many people as I can, know them as much as I can, and celebrate with them as much as I can.

Immediately I start cutting out anything that doesn't serve my mission, or anything that isn't providing maximum energy for my mission. Conversation getting boring? *Nice talking to you, gotta go*. Underpaying client? *It's been great working with you, off to research new clients*. Nagging wife? *I'm going to the gym*.

Still ringless in the office but it feels good to be alone. Wife begs me to come back into the bedroom, I do and sex is better. Still no ring for either of us.

July

I take a trip to Atlanta and practice catch and release. I stay at an AirBnb and one night I go out with the host and her guy friend for a drink. At this point I've realize that idol worshippers want my undivided attention, so I just pour it on the girl. I realize by the second drink that this guy's come to town to try and fuck her, but she won't even look at him, she's just straight gazing into my eyes. By the third drink he's sputtering because he's practically invisible to her now.

Wife fucks me thoroughly when I come back. I mean like not in years. I say hey let's watch porn. She wants threesome porn. Holy shit my wife wants a (MFF) threesome.

Remember that opportunity I received? Huge success. I meet important people and get some great press. I'm in great shape and fun to talk to. I go to the beach with a hot client who is clearly into me. No pursuit of sex, just thoroughly enjoying her attention, it fuels me.

August

More progress with the project. I am living my mission. I send an email blast to the 3,000 contacts I've made over the years. My in-box explodes with praise and more opportunities. "This project is so you!" and "Wow this is so helpful!" I'm offered another project in the spring of 2018. A massive institution (one of the most prestigious of its kind in the world) reaches out and offers me a spot in the fall of 2017.

Wife is noticing the attentions of several other women. She starts saying how so-and-so looks at me, that the women aren't innocent about their intentions. I play dumb, which fuels her hamster. "I'm worried that you don't notice *WHY* they're talking to you." I continue to feign ignorance of their intent. Catch and release increases.

Threesome porn again. Definitely not a fluke, she has a full-blown fantasy. Her victim mentality makes a threesome a total powder keg. But suddenly I feel like I want to try at this marriage again. Maybe I could stay in this? Steady the course, something's working, find out where this leads.

September

Someone gives me a temp tattoo and I put it on my bicep. Wife says I look good with a tattoo. I post it on social

media the next day and it blows up. Wife's coworkers say "Holy shit. Your husband's jacked!" The next day wife and I take a long anticipated trip overseas for 10 days. Social validation of hot husband is indeed a massive aphrodisiac. We're fucking everyday, twice a day, three times a day. First time road head, second time road head, as I drive around a lake and through towns. My dick feels like crumpled paper but she's still horny.

I read WotSM on this trip. My mission is clear. I show up and own everything on my way to mastering my mission. When we get home, she puts her ring back and asks me to do the same. After a few days I do.

After planking for months, ab curls and all sorts of stuff the six pack finally starts showing up. I get knee compression sleeves and finally post some good numbers on the squat.

October

Bring my project to a second site - the super prestigious one - it pays me more in 10 days than my last one does in 3 months.

Take my wife on a crazy surprise weekend birthday trip. Her favorite museum, her favorite show, a hike on the tallest mountain, a dog parade, a restaurant I knew she'd absolutely love. Then on the ride back to the hotel, she says the cute waitress was flirting with me. Is this a threesome fantasy or a hot husband kink? Let's find out... "Huh well I'd be okay with being with other women". Not smooth at all but I wanted the intel.

Cue an hour long convo at the hotel. I hold frame. "I want what I want and I'm not sorry I want it, just being open, does that work for you or not?" She won't say but finally she says it doesn't, but I think it's more of a comfort test. Her complaint is not based on *my dick in other women* but that I "might hurt the other woman's feelings" and it's "not fair". Pretty sure this is all a morality cover up for her being afraid and feeling a power slide. To build comfort, I invite her to meet my counselor for a sesh and she loves him. She realizes her counselors suck, they basically treat her like a victim every week.

At the end of the October, I'm busy getting ready for a month long project out of state. Wife invites me to her work's Halloween party but I'm too busy getting the project on wheels. Guess who shows up at that party? Her ex. I process this info, then decide I'm done being drubbed.

"You could have told me." I say.

"But you would have gotten angry!" she replies (blame).

"And now I'm angry anyway. You knew he was invited and never mentioned it to me (omission). Then when he showed up it couldn't possibly be an issue (plausible deniability)."

I take off my ring and tell her I'm taking a break while I'm out of town. I move back into the office that night.

November

She wants to talk ground rules and discuss the separation while I'm gone. I tell her that discussing rules in the past didn't go well and that's why I'm taking a break.

I pack up my project to head out on the month long trip. She really wants to talk, actually sends me some pretty nice emails. We agree to try to enjoy our time together for the last week and for the most part we do. I decide what the hell and force the issues a few nights before we go. I tell her that her combativeness pushes me away, that I want better than that. She admits it, but then she kept throwing in jabs one sentence later. I begin to understand that she needs a fight in order to be a victim in this relationship. But I'm tired of fighting, I have more important things to do.

I work my goddamn ass off getting ready for this trip. I hit the road and I'm having a great time. First week of the project is a blast, I meet so many new contacts and new friends. I decide to spin a plate. Get several numbers. At a party I spot a beautiful girl. I approach and tease. We go out and I teach her poker at the bar. No money, we play for "truths". It goes how you'd expect and at the end of the night I've had my first fling in 7 years.

ONE YEAR

So here I am. This is what a year has brought. I was broke, now I'm a less broke but I've also bought a new vehicle. I can't tell you what I do exactly because it would destroy anonymity but I'm doing something I fucking love, something that gives *me* press instead of giving my clients press. My "favorite" things used to be complaining about my wife, jacking off, watching porn, eating crap, and playing computer games. Now I'm 100% living my mission, traveling around the country, meeting amazing people, and being invited to awesome things. I'm the same weight - 173 lbs - but I've dropped from 17% to 11% BF. Some people start their conversations by talking about how buff I am.

I won't lie and say everything is better now. Anxiety, anger and insecurity still plague me. Will the marriage work out? Will I cheat again? Did she cheat? I'm caring less and less about the details. I'm living my mission, the rest is background.

Year 2 will be harder. I can feel it. I welcome it.

134

UPVOTES

Are you new? Let's have a conversation...

sexysoulderdevil · 10 July 2015 · Archived copy · Reddit

Why hello there. How are you doing today? Good? Well great. Now, let's talk. Man to soon-to-be-man.

First off, you found this place. Good work. Welcome down the rabbit hole. There are men who take their last breath never learning the knowledge you could potentially gain here. And sadly most of them needed it. You are now among the few indoctrinated men who get to decide between the blue pill and the red pill.

Should you accept the challenge and swallow that red pill, what you learn will change your life. With a lot of time and self-reflection all the changes you work towards will give you peace. But first you will get angry. Embrace it. The anger will be your fuel. Store it up. Unleash it at the gym. Watch your body become a glorious, physical manifestation of your anger.

Outside this here manly Garden of Eden, you've been taught to talk with your wife about your feelings. What you want. What you NEED, damnit. These talks often centered around sex. Have you had this talk? Did the talk do any good? Nope, it didn't. You've been duped. You were never quite sure why these talks didn't work, but you had this feeling that something wasn't right. Well, here is what was not right...

You can't negotiate desire.

Say it again...

You can't negotiate desire.

Now hang on. You're about to face some tough love and some shocking language. Don't like that sort of thing? Leave now. Never come back. We aren't here to convince you of anything. But know we're here to help...somewhat...

Does your wife boss you around like you're a child? Does she treat you like a bumbling idiot who might shrivel up and die if she left for a few days? Sound eerily familiar?

This means you are her child.

And your wife doesn't want her child to fuck her. That's disgusting. And by the transitive property of fucking, you're disgusting. It's time to fix that. You fixing this problem does not involve your wife and definitely does not involve further conversations about your feelings with your wife.

Oh don't worry, I hear you. "But I go to work...I bring home money and put a roof over her and my kids' heads!" Doesn't matter. There are penniless but cocky, confident men out there who can slay gorgeous, female Heads of State. Any...time...they...want. Your wife's nether regions don't care about your paycheck. If your income and what you buy her alone guaranteed sex, then what you married is a whore. Don't treat your wife like a whore. That's also disgusting.

If your wife fell off a cliff tomorrow (this is not a suggestion), could you go out and get a date with an attractive woman easily? Do you physically look like a man a random woman would want to fuck? No? You're going to fix that.

Come on over here. Take my hand and let's go for a walk of knowledge. I'm going to hand-hold you through every step of learning the Red Pill.

Sucker. Let go of my hand. Fuck that. Jesus Christ, you're worse off than I thought.

Guess what? No one cares about you. No one. Nada. Zero. Zip. Not even your wife...at least not the way you thought she did. To all of us here on this forum you are a username with a post history. You are a set of 1's and 0's on this vast Internet. You could die tomorrow and we'll never know.

It's time for you to care about you. And by caring about yourself, others will want to be in your presence. They will

want to bask in your attention.

Your job right now is to shut up. Stop engaging all your problems and feelings head on with your wife. Assume you know nothing. Because you know nothing. Don't read a few posts on here and go all Red Pill Rambo trying to shoot down your wife's bad behavior like a seasoned professional. You will fuck shit up. Your wife is an innately trained Red Pill Ninja that has been skillfully subduing your pathetic ass without you even knowing it. So until you've immersed yourself in this knowledge and have truly internalized these concepts, don't go launching a Red Pill rocket at your marriage. It will blow up in your face.

Now, look to the right of this webpage. Do you see that Sidebar with a list of information? Do you see the Course Prerequisites? Read all of that. Seriously, read it. As you read it and sometimes get confused or stuck, THEN come here and post well thought out questions. If you are doing the work and you genuinely need help, the guys here will write novels trying to explain things to you. It will be the closest thing to caring you will find. But if you come here looking for easy answers and have not started the work, you're not worth anyone's effort. Oh and especially not your wife's...

So get reading. Get ready to be a better man. Everyone in your life is waiting for you to get this journey under way. They're rooting for you even if they don't know it. And you will be rightly rewarded for your hard work.

134

UPVOTES

How MRP Helped Change my Mental Models and Led Me to Training My Woman to Cum on Command

HornsOfApathy · 13 April 2020 · Archived copy · Reddit

I could have done this without using this method and vehicle outlined here but when I did, it helped reshape my mental models. I'm a **Chevy guy** (God I love southern women - and she looks *strikingly* similar to my woman). Maybe you've been driving a shitty Ford and want to take my Chevy for a test ride. Cool, maybe you'll like it. If you like it enough - keep it.

In a recent OYS, [/u/Balls_Wellington_](#) wrote:

Now that the sex frequency and quality is up, I'm forced to confront another issue: I'm not reliably giving my wife orgasms during sex. I last decently long so I don't think it is a mechanical issue (or at least not entirely). My dick isn't anything special but I am dead on average so that isn't the issue either.

The obvious answer is that I am in my own head here. I've pretty much fixed my validation seeking when it comes to the availability of sex, but once I'm doing the deed I crave the validation of making her cum. I can feel this kill the vibe just as reliably as attempting to bargain for duty sex.

However, this is also something I want to figure out for more reasons than just my own validation. When she's a good girl and does exactly what I want, she deserves a reward and it sucks to have trouble giving her that. She's been giving me shit about the rareness of her orgasms as well, which I actually take as a good sign: she never cared before because sex was a chore.

I too experienced this same phenomenon through my journey. My wife would only cum 20% of the time and **only from oral**. I went through a few phases of mental models (in this order):

1. I wanted my wife to cum because it meant I was good in bed (covert contract, **good lover validation**).
2. I wanted my wife to cum because I thought she would enjoy sex more (covert contract).
3. I wanted my wife to cum because I thought if she enjoyed sex, she would want it more often (covert contract).
4. I wanted my wife to cum because I thought she liked sex now and was attracted to me (attraction validation).
5. I wanted my wife to cum because I wanted to reward her for being a good girl (not necessarily bad in this post's context - but can be a wrong approach).

In my post linked above, the advice I was given by other MRPs was to up the dominance, introduce different toys, maybe porn... spice things up. You can see some of my early ego in that post ("*I know how to make my wife cum and make her cum hard*") which was quickly read through as bullshit by [/u/Cam_Winston21](#) - he pointed out that I could only make my wife cum one way... from oral, and it was a lot of work. It was boring. I was boring.

I took the advice of the people there and did spice things up, using variety (DEVI concepts - SGM on the sidebar - out of print but **available here** in the RP mega book collection) - but I was left with somewhat of the same results. She never came during sex. I could get her off from oral using clitoral stimulation. Vaginal was 100% out of the question. It was difficult and a lot of work. I was a one trick pony and secretly she despised my lack of imagination and skills, and read through my validation desire to have her cum.

It ruined everything.

There were some very, very serious mental blocks. I knew that in order to create better sex I had to destroy the shitty mental model that both of us had crafted and replace it with new ones. Even the mental model of "don't care if she cums it's her responsibility" didn't work - because she didn't know *how to cum*. **I had trained her so very, very badly from years of shitty sex**. This would take a very long time.

I wanted to create my own slut.

Here's what I did:

First, it's worth mentioning some things:

1. I began playing with this idea about a month before my main event and our formal D/s relationship in rare sessions to introduce it.
2. This method may have had a large part of leading to the D/s dynamic as it does introduce some very heavy mental aspects of submission.
3. I was one of those men that used to say, "*Yeah, my wife just isn't into that kind of stuff*".
4. This is now a 100% permanent fixture in our dynamic.

I began experimenting with **orgasm control** (there is a very good series [here](#)). **I did not let her cum.** In fact I forbid it. I told her during sex that she was not allowed to cum. I told her this daily. She was forbidden to masturbate. This allowed her to feel used and abused, making it a forbidden thing for her to cum. It's some weird reverse psychology shit for women. It also released all the pressure of her being inside her own head of trying to cum to **shockingly** please me (thanks Mr. Good Lover Validation). There were a lot of fucked up mental models on both sides and taking her orgasms away completely seemed to break her (and me) of these models and replace them with another one.

I started with the magic wand (corded version - moar power), which is super fucking intense for *any* woman. I would just shut it off mid session while talking dirty to her the whole time and telling her "Don't you dare fucking cum unless I tell you to, you little slut." or things like "You will only cum when I tell you to from now on. I own this little body of yours."

I never let her cum. If she wanted to cum, I would make her beg for it. Beg. Sometimes she would beg in a manic angry and crazy way – nearly in tears at times. I would still say no. After a few weeks of this I would maybe let her cum 10% of the time but only after the most intense begging.

About a month of that and then I would do things like count her down from 10, but stop at 1 and end the session. Just crazy shit like that blue balling the fuck out of her, until she understood that orgasm *was not the goal*. **Pleasure was the goal.** But orgasm was *a reward*. Which is what I was trying to get to mentally.

After that I would only let her cum when I came. She'd rub herself while she blew me or I gave her a facial. When I came I would command her to cum. She did almost every time. If she failed to cum when she had begged for it – or on command, I would blue-ball her the next night as punishment since I was unhappy that she had not accepted my gracious reward quickly. This associated my pleasure with her pleasure. Did that for a month or so.

Sometimes I'd randomly tell her to go to the bedroom and touch herself but not cum so her pussy was tighter for me that night. Other times I'd get just to edge of cumming myself and then just stop - but have her thinking the whole time she wasn't going to get to orgasm too since I was. Save it for later. Just random shit at random times.

After that I wouldn't let her cum for weeks. I'd make her tell me how many days it's been since she got to cum each night. The longest she went was 18 days. She'd grind her little pussy on my leg at night like a little teenage girl dry humping her boyfriend, begging me to let her cum - trying to get me to cum so she could cum - all kinds of crazy tricks. Random blowjobs, all kinds of shit. I would occasionally reward her for doing something really naughty. On the 19th day I let her cum because she did something exceptionally dirty.

I created a model where I consistently pushed her to her orgasm edge and would create a rollercoaster. I would push further and further each time creating a more diverse scale of pleasure – training her to dial it up and down that scale that grew larger in each session. I used the word "harder" to command her dial it up. I used the word "no" to have her dial it down. I would say the phrase "right there you little slut" or "good girl" to make her maintain herself there on the scale.

As she learned to control her own body and made it her responsibility - dialing up, dialing down, or maintaining, I would reward her with an orgasm for doing as I pleased.

Basically, I've been working this entire time to fuck her mind.

It took a good 3-4 months to change the mental models for both me and her and to remove all blocks to learn that experiencing **great pleasure was the goal**. Looking back now I didn't know it then, but I taught both of us that orgasm was the explosion of that already existing and constant pleasure.... and was always in my frame.

How the sidebar (TWOTSM) led me to this:

Towards the end Deida begins to talk about some fucked up shit and withholding ejaculation as a form of power. **I gave an easy version explanation of that here.**

I began by withholding my own ejaculation to understand this energy and power. **You want to know what makes a woman go batshit crazy from a high value man? Don't cum.** Serious. Just try it and calibrate. I can't explain it until you do it.

Withholding your own orgasm because *you want to* and have abundance that another sexual session is anytime you want it creates new mental models for you to adopt. It is abundance, not a scarcity mentality, and she feelz through that too.

Fair question - **when was the last time you just had sex without ejaculating?** Just for fun? Just to fuck her? **And gift her your cock?** (think about that mental model for a bit)

I then moved from that to me controlling her orgasms, yes. I had to learn to control myself first and strip her of that power. She knew I had control of the most primal part of my being as a man and that flipped some major shit with her hamster - or she thought I was getting my balls drained elsewhere - until I *did cum* and my god.... she learned to love facials. I was blowing loads like never before.

Fuck their feelz and minds and they'll mindfuck themselves to orgasm.

Why did this work for me?

Orgasm control/denial/play was just a *vehicle* for me to learn how to drive down the road of sexual power exchange. We say it here all the time: Men control commitment, women control the sex. Then we tell men here to play these power games of **dread** and manipulative nice guy ass-fuckery to get laid (at first – until they stop faking it and actually make it - or they don't and LARP themselves to divorce).

Fuck that.

I control both the commitment and the sex. Especially when she initiates. Her job is to manage the relationship.

My wife came into my office a few days ago and said, "*Hey honey. Can I bother you for a minute?*" I was slightly busy and annoyed. But as I look up she just drops to her knees and says, "*I just need you cock in my mouth for a few minutes, please?*" - I know she's doing this because she likes playing this power game too (always aware she's actually in my frame) and is trying to be such a good slutty girl because she wants to cum tonight. Maybe she will, maybe she won't. I just go with the flow.

But you bet she'll be begging to cum.

Where am I Now?

I've spent a lot of time training her to do the following:

- She has an orgasm if I put my finger in her for more than 15 seconds.
- She has an orgasm if a tiny bit of cum hits her lips.

- She has an orgasm if I tell her to. Anytime. Clitoral. Vaginal. Currently working on Anal.
- Orgasm on command through non-verbal cues (touch her collar a certain way).
- She learned to squirt. On the 19th day of orgasm denial, she squirted for the first time ever in her life. Now she regularly does so after learning to control her body.
- She still grinds my leg every night like a little teenage girl dry humping her boyfriend in bed.

The final reward for her is orgasm on command with no stimulation. I think it's hot as fuck that soon I'll just be able to look at her and whisper in her ear.... "*magic words*"..... and she will cum. Anywhere, anytime. I've been working on that for about 8 months now. Still about a year away.

Strength, motherfuckers.

133

UPVOTES

Married Red Pill changed my life

FlyingSexistPig · 28 September 2018 · Archived copy · Reddit

I'm not married any more. I found the red pill too late to save my marriage. If I had found it 2 years before my divorce, there would have been a chance. Instead I found it two years after my divorce.

When I found the red pill, I read a hypothetical scenario on a random post:

Girl spends her life up until her mid to late 20's riding the cock carousel. Then she finds a good provider. They get married. "I don't want kids", she says. She turns 30. "I want a baby right now". Two years later she says, "You've changed. Divorce".

It was as though a little camera was hovering over the shoulder of my now-ex-wife. What a fool I was.

Two years after the divorce, I was still in utter confusion as to what happened, why it happened and what I should have done differently.

The Red Pill told me: Lift. Read. Lead. It told me how women think and why they think the way they do. Women will take care of you? No, women want a strong man who leads them. If you show weakness, it's a huge turnoff. Showing weakness puts responsibility for it on the person you show it to. So don't be weak. Shore up your weaknesses. Get help where you need it, but don't victim puke all over your girlfriend, fiancée, wife, or HB9 you took home from the bar. The can't and don't want to help you in that way.

I found someone new. The relationship has a completely different dynamic. I lead, I rule, we prosper. I make all the critical decisions. I take her input, but the ultimate responsibility is on me. The bad things that happen to me are my fault because I am the one in control, I am the one with responsibility.

"Oh, I didn't see that one coming!" I could say to some tragedy that befalls me, but I don't. Instead I say, "I should have seen that coming." Now, I have to think about how to recover, shore up resources, and if I can't avoid the next bump in the road, I'll mitigate the damage. The long term problems (paying for my kid's education, for instance) are ones that I worry about. I know my ex won't, and can't. She will always have vision that extends only to the end of today, or, if she's very very foresightful, then to the end of the week.

So, I'm sorry to see TRP go from Reddit. I think that the people who made the decision to quarantine it are dumb, ideologically motivated, and misguided. I think that, while there are some men who misunderstand and misapply TRP, it helps men like me, raised fatherless, to know how to be a man and to do what's actually expected of me, instead of just what my single mother told me was expected of me. It helps men like me to be what society needs: builders, creators, protectors. Leaders.

133

UPVOTES

Your wife didn't make you beta; YOU did

man_in_the_world · 9 February 2019 · Archived copy · Reddit

It is a universal human (and higher animal) trait to test others to determine their *actual* boundaries and expectations, which usually differ from those *stated*.

- A child refuses to pick up his toys or to go to bed.
- A motorist exceeds the posted speed limit.
- An employee arrives late for work; a boss asks an employee to work late without additional compensation.
- A wife tells her husband to fetch something for her she could more easily have gotten herself, or overspends the monthly budget, or denies sex for months at a time.
- A boyfriend pushes beyond his girlfriend's sexual boundaries.
- A dog steals food from the table.

If those being tested assert reasonable boundaries and consequences, *as is expected of any competent adult*, mutually acceptable norms are established and satisfactory relationships emerge. But when someone consistently abdicates this responsibility, bad things result:

- Kids become spoiled brats who disrespect their parent.
- Everybody speeds, some dangerously so, leading to deadly accidents.
- Employees show up very late and gossip instead of working; employers exploit or abuse their workers.
- A wife loses all respect and attraction for her husband, resulting in a dead bedroom or an affair; some wives abuse their husbands.
- A girlfriend is taken advantage of or abused sexually.
- An out-of-control dog terrorizes its beta owners, until a Cesar Milan teaches them alpha behavior.

Enforcing reasonable boundaries and expectations is a central obligation of *all* adults in *every* relationship, notably including a marriage. For various reasons (Fear of conflict? Naive notions about romantic love? Misguided belief that Nice Guy covert contracts and behaviors will get his desired outcomes? A morbid fear that his oneitis unicorn will leave him alone and sexless?), some husbands abdicate this normal adult responsibility in their marriage, even some who exercise it elsewhere in their lives. Their wives gradually "discover" this in the normal course of largely unconscious boundary-testing common to all human relationships, and meeting little resistance the liberties granted and taken (again usually unconsciously) expand into relationship-damaging territory.

Having no independent personal agency and constantly seeking positive validation from others by mirroring their frames, our frameless reactionary betas mistakenly project all agency and responsibility onto others, and in particular **misattribute** their wives' natural accidental or opportunistic testing of boundaries, or her anxious insecure attachment behavior, as a deliberate, aggressive campaign to betaify him so overpowering that he is helpless to resist. In truth the causality operates in exactly the opposite direction; **the constant force driving the betaization process is the beta's commitment to appeasement to fulfill his covert contracts, and to avoid upsetting and losing his oneitis wife.**

This standard beta pattern of actively promoting their further betaization by unconditional acceptance of boundary violations is starkly demonstrated in [this post by an intelligent beta idiot whose steadfast refusal to reveal his boundaries and expectations to his anxious, insecure, codependent wife drove her over a period of months to ever](#)

more extreme BPD behaviors in her desperate but hopeless attempts to get some clarity from her ultra-Nice Guy husband.

Our hapless, still-beta hero continues to operate from a wife's frame by attributing primary agency and malice to her rather than to her husband (and thereby absolving his ego of the primary responsibility for his beta behavior), and his "solution" focuses on changing her rather than himself, which is both misguided and mostly out of his control. **Avoid this unproductive, ego-protecting way of thinking.**

Let us never again read "My wife made me a beta!" here at [r/marriedredpill](#). This is simply male hamstering and solipsism that hinders your progress. YOU chose to betaify yourself, and YOU drove the process forward with your misguided Nice Guy covert contract strategy, and with your neurotic fear of upsetting and losing your oneitis unicorn. Quit blaming your wife for YOUR failure.

The good news is that since it was always you betaifying yourself, it requires only you to reverse it.

133

UPVOTES

Why You Must Be Willing to Nuke Your Nuclear Family

HornsOfApathy · 5 May 2020 · Archived copy · Reddit

Here's short version of this post:

Your wife holds a trump card you don't want to admit she has, but you both know it. Take her card and burn it. Otherwise, you will fail.

That card?

Your nuclear family.

***Edit:** Based on feedback here, I think it's important to say the following things as a disclaimer before you read this:*

- The keyword in the title of this post is "**WILLING**".
- I'm not advocating pushing the button. Nor am I condoning it.
- If you aren't at least 6 months into your journey and past the anger phase, please save this post for later. You will blow shit up otherwise.
- This is MRP endgame. **This is very advanced stuff.** All of this is predicated on the fact that you've done the work and you're now a worthy and high-value man that isn't bullshitting himself in any area of his life.

A long time ago somewhere along the line in your lizard brain you evolved to have an instinct to protect and serve your woman and children. The difference today is that this instinct (and great trait, I believe) has been *manipulated* to be used against you – and to prey on these masculine so that you give them from a place of neediness rather than abundance.

No better social programming that relies on your hard-wired evolutionary psychology than this: **The nuclear family.** It draws on your desire to protect and provide for those closest to you – **at all costs. AT. ALL COSTS.** But now, you likely approach this act of giving to *keep* your woman and children.

Only low value beta men do things to *keep* a woman.

High value men provide as a *gift* without covert contracts. Because they can gift through *abundance*.

From a new poster here, [/u/DrBeaufort](#), he said [this](#) -

My internal dialogue was that I would normally never let someone treat me this way, but in this case my infant son and struggling wife needed my help, so I couldn't leave or set any boundaries. I felt trapped.

Most men do (and continue to) aspire to the idea of the Nuclear Family. Shitty parents? I'll do better. Great parents? I want to do that too. It is programmed into our DNA to love, protect and provide security to women and our children. It's not wrong, it's just all the rules have changed.

Hypergamy is hard-wired into a woman's DNA. The desire to protect and serve their tribe is also wired into a strong masculine man's DNA.

Cavemen would go out hunting and gathering to support their (notice the ownership?) cavewoman and raise their cavebabies. If she stopped doing her part by taking care of the kids and him, giving him easy access to sex, and keeping the cave tidy and meals cooked - he would kick her out and get a new cavewoman - because there would be a line of cavebitches outside his cave who are in line to be with a high value caveman that could hunt, gather and protect little cavewomen and cavebabies. This *was* how a man provided value and was a fair arrangement between the sexes. She would spend her entire youth learning the skills required to be a good cavewoman so she was

valuable to a caveman. Conversely, the caveboy would spend his entire youth learning the skills required to be a valuable caveman and if he chose, to gift that to a cavewoman. The man had the power of *choice*. He was the gatekeeper to commitment.

Even with choice, the caveman was more likely to function higher in the dominance hierarchy by having a cavewoman to add *value* to his life. The women did not have a choice – as their skills were developed to amplify and enhance that of the man's. Together they could rise up the dominance hierarchy where their odds of survival were higher with access to more resources. Men experienced freedom and challenge from the tribe. Women experienced protection, security and praise from the tribe. And so the bond was formed that allowed both of them to fulfill their deepest desires and fulfill a mutual cycle of gifting.

Until recently (1950 and 2nd wave feminism), that shit worked. It was the same caveman/cavewoman dynamic. Enter child support, government subsidies for women, and *equality*. Now a woman can freely pump out a few kids, stop doing her part as the cavewoman, become a *cavebitch*, and take half of her caveman's shit while being supported by all the other cavemen who pay taxes, AND continue to get half of his moose carcass every time he makes a kill... until her children can support themselves. And what prevents her from doing this? **Nothing**. Not even fucking another caveman!

So why would she keep giving access to sex? The first reason she'll do that is if you're that high-value caveman that's willing to say, *"Look cavewoman. You ain't cutting it. I'm going to give you first shot here - but if shit doesn't change to meet my needs, I'm going to the line of cavebitches outside to get what I need. No hard feelings. And yeah, you'll probably get half of the caveshit and the moose I kill next week - but as you get older and less valuable to other cavemen, well... you'll be last in line at the next cave. Just look objectively at the line. So STFU or get in the back of the line behind all hotter and younger cavebitches waiting outside."*

The second reason that you would have access to sex is because you have proven that you're the highest value mate available. The muscular caveman from good stock who won the annual rock carrying contest last year against his other local cavemen and is respected by all the other cavemen. By proxy, it gives her the best mate and social status.

Women have always understood this at a subconscious level - but then enter 3rd wave feminism where women lie to each other so that they can let hypergamy run amok and level the playing field. *"Oh my fellow cavebitch, listen. You don't need no caveman! You can take half his shit, set yourself up in your own cave and do you own thing for a while - other cavemen will be coming to your cave! They'll see how awesome you are. You can do anything a caveman can!"*

Problem is, men admire other men for that type of behavior. We don't admire that in women. Women believe that since we admire that masculine direction of freedom that it will make them attractive to us. It doesn't - and is the huge feminist lie. We admire femininity, beauty, and a woman who supports us and the cavebabies we make as we explore that which is outside the cave – and secretly gushes at our 12-point buck we hauled in from the field that we proudly display on the wall. Everytime she sees it on the wall she is reminded that she fucked the winner.

Kind of the same reason nothing is ever good enough. Big house. Bigger house. Nice car. Nicer car. Big Buck. Bigger buck.

Why did you listen to this fucked up shit?

This is where the blue-pill comes in. Modern-Cavewomen™ say to you: *"Look, everything is going to be fine! Yeah, cavewomen are hard work. But if you just listen to what I need, and compromise, and take good care of ME, and give ME everything I WANT... ME... I mean WE.... can have an equal partner marriage and be happy. And if you decide you want to fuck other cavewomen - well that's just wrong! You're a not a good caveman for doing that! Now, come over here and let me suck your little cavedick."*

How can you not see the manipulation in that?

How can you not see the solipsism in that?

Since when has being a fantastic man had *anything* to do with making her the prize?

Do you know what a high value caveman would do if he heard that shit? **He'd nope the fuck out and get another cavewoman.** In a matter of weeks she would die, find another suitable protector and mate, or find a way to get Chad McCavetroll to throw her some food scraps for fucking him on the side of the cave, or somehow adopt caveman skills like hunting (which hold no value to a caveman) and adapt to living alone in a cave lonely as fuck with her 4 sabretooth cavecats.

Do see the pattern here with Modern-Cavewoman?

Your woman will become selfish and ungrateful for how many fields you plow and how great you look because in the back of your mind you always are trying to live up to her equal standard of being a "Good Caveman" and wouldn't dare fuck another cavewoman.

She LITERALLY has you BY THE BALLS.

Inevitably, we know this doesn't fulfill their hypergamous desire to fuck the winner in the long run. The entire focus is on her and controlling the outcomes - which is a masculine caveman strength. Not feminine.

Basically, this is a long way of explaining RP 101 Rational Male concepts to you (sidebar already dude).

Without changing your mental models, you're letting your woman know that all those cavebitches that will be lined up at your cave are *off limits*, which cancels out *every need for her to do her part to complete the cycle required for mutual success*. She doesn't have to fuck, clean, look pleasant with a soft demeanor, or cook because... why would a high value caveman turn down hot as fuck cavebitches who really desire to fuck him when at the same time, she is not giving him that same desire and doing her part?

Because deep down he's a cavefaggot.

And dread is ALWAYS meaningless and backfires on faggots.

Yeah, it's waaay fucking backwards.

I mean, kind of.

Let's bring it all back full circle now. I wrote in [this post](#):

She WANTS you to pass this test. She desires in the darkest parts of who she is as a woman for you to fucking crush this and make yourself a man of high value. This woman has likely been on your team all along.

And here's the big secret that I want to share with you, brother.

She WANTS you to be willing and able to NUKE it all.

Your woman wants you to be able to take your pick of the best cavebitches outside your cave waiting on you, but you still pick her. **This signals to her that she is higher value** than all those caveTHOTS, has better skills, is better in the cavebed, and makes her more worthy than any other woman out there. She doesn't even have to say anything. Even if the other cavebitches give her shit; maybe telling her they cook a better venison roast, or they can suck cavedick better, or they're prettier and younger, or have some kind of great value above and beyond what she can offer....

All she has to do is look at them, look at you, realize that this high value caveman **is with her over them**, and that's all the proof she needs to say: *"Look cavebitches, whatever. Look what I have. Ya'll can fuck off - I've got the best and you don't. How 'bout them caveapples?"*

And every time you she secretly knows you'll refuse to pick one of the other cavebitches because of some retarded

bluepill indoctrination, she secretly feels less and less valuable to her hypergamous cavesisters and moves further down the dominance hierarchy where she has more unattractive options. But, if you don't need side-cavewoman because YOURS is doing her part very well – and you let her know with an acceptable amount of praise through your ACTIONS - she knows she's the most valuable woman in line. Period. Even Modern Cavewomen™ derive their greatest sense of value in the world from this feeling.

Do you ever notice how happy women are to be on the arm of a high value man in public? Take a look next time you see one. They are *beaming* with feminine energy and light up a room. Because they are *happy*.

Otherwise, your woman feels like her man isn't as valuable, and in turn, she holds no value either. That's the worst thing that can happen to her in this world, so her epic test either serves her by weeding you out - or making you high value. A side effect of this high value is that you then have your pick. She desires in the darkest parts of who she is to be your first pick.

Coming Full Circle

If you have worked yourself up the dread ladder and come to the FMOFY speech (also in the sidebar MMSLP by Athol Kay) then you likely understand the power of what that speech can do**. **Frankly, I think the FMOFY speech is bullshit.** I think if you've worked yourself up that high onto the ladder and are *forced or coerced* to have that speech, you are still trying to negotiate desire. And who the fuck wants to negotiate desire by holding your wife and kids hostage? You want your wife to fuck you with crippling anxiety? I never did. I knew that at some point my woman was fucking to survive and I see the FMOFY speech as a retarded way to overtly declare “Fuck me, or you'll suffer the loss of me.”

Weak. If she hasn't figured out by then you're a man who likes to fuck – and needs to fuck – then you've been fucking up all along anyways. Why go over?

I'd rather change that mental model here. I don't suggest the FMOFY speech, but the reasoning behind it is all the same.

Your woman wants you to not need her. She despises your neediness in every hidden corner of your mind and will prey on it. Only when you no longer need her or your nuclear little family will she understand that you have the power of choice and she can NO LONGER hold the power of the nuclear family hostage against you. Valuable men are always the gatekeepers of commitment, and she's not valuable enough to commit to – even with all the new fucked up Marriage 2.0 rules. Now that, sir, is a statement to her ego.

She knows how much you have always dreamed of having a nuclear family with loving parents and children together. She feels through all this – and is reinforced by your actions and words. She feels through every fiber of your being that you love your children in a powerful way and wish to be a part of their lives.

But she also knows that the rules have changed in her favor.** AWALT? Yes. Don't think for a fucking second that they haven't hamstered and questioned their security (along with their children) if you two split up. She knows it would suck, but she could probably milk you of enough resources to make everything “ok”. This is a game you cannot win.

So what to do?

Nothing is more powerful than a man that knows his own direction, is his own leader, and does not give a fuck what the world wants from him – but creates and takes what is his. That is freedom. That is direction. This is what a man does.

Everyday that she feels you not pursuing your core desires for freedom she *knows* that you are not being true to your core of masculinity and she still holds the trump card over all your passed shit tests.

Yes, you might be reading this and saying “*Wow, Horns. You are really going fucking Rambo here.*” If you read

through my history you'll see I was the least likely man here to go Rambo, yet, I know that when you have achieved Outcome Independence and become your own Mental Point of Origin – **there is one final test that you have created for yourself since you were a young boy.**

Can you live in this world and forsake *everything* just because you choose to be who you are? Can you nuke fucking *everything* so that you can make your own choices and not allow even *your own children* (who you love) prevent you from pursuing your deepest and most powerful core masculine desire of *freedom*? **Are you willing to nuke it all so that you can pursue your rightfully desired passion for joy?**

Or are you going to remain trapped?

This is the test you give yourself. If you cannot pass your own test, you will fail, and she will always use this to her advantage. It will be a small cloud looming over your head for the entirety of your life that you will try to ignore but she will always see. If you choose the *idea* of giving your children an intact family over your own happiness you will never succeed.

You know who I think did this? Jeff “Chad” Bezos. Richest motherfucker on the planet. Got ripped in the gym. Nuked it all because... well, I can only suspect – but let's just presume he got woke and was willing to nuke it all to pursue his joy and happiness. Lost billions. Do you think he cared?

You can have a preference. And yes, you can prefer that your little nuclear family survives.

But let's be clear about one thing up front.... Preference implies you have a choice.

You are a man with the nuclear codes. Sure, you could hit the button at anytime. But the difference between TRP and MRP praxeology is this: your kids *and* your woman are standing right next to you and that nuke. This idea of “nexting” (nuking) is rooted in TRP logic and is the most powerful tool in your arsenal – your ultimate trump card – your ability to remove all your time and attention *permanently*.

Take back the nuke button, but don't use Rambo to get it. He'll use it on the way back to you for fun.

You must be willing to push the button to pursue your own joy and happiness. If you flinch, you fail.

You don't *have* to press it though. But you sure as fuck better be willing and able to.

And when you can – with complete congruence to your desire for freedom and release from constraint that which could trap you – your woman will *feel* through this. She will know. And if you're not a LARPing faggot she might just shut the fuck up, get in line, and get back to doing what a good woman does for a valuable man.

And maybe she won't.

Your finger is on the trigger, motherfucker.

Dare yourself. Stop being afraid.

Dare yourself to live or die trying.

133

UPVOTES

Field report a few years after I filed for divorce

Taipanshimshon · 19 August 2022 · Archived copy · Reddit

So here I am about to give a field report. Tbh I haven't participated in this sub for a while so I'm going to make this short.

I've dated enough women post divorce to see this trend -

A woman who wants you - will buy you groceries, bring them to your house, make you dinner then happily drain your balls a few times.

A woman who does not want you will demand you take her out buy dinner and entertain her. Maybe she'll even kiss you.

How does that relate to what ever special problems you're having with her is up to you.

Draw your own conclusions.

133

UPVOTES

Most of you won't make it

threekindsoflucky · 25 October 2022 · Archived copy · Reddit

And that's how it's supposed to be. Most guys suck. That's just how it is. What's amusing about this observation is how incredibly easy it is to not suck.

I sucked. I let myself get pushed around. I worried about other people's feelings. I would take on other people's burdens. I focused on sex, as if good sex would fill the emptiness in my life. I let other people influence how I feel. I walked on eggshells around my wife, terrified of upsetting her.

I sat right in the middle of the bell-curve. Another average guy in a world of average guys. When I started diving into MRP, I knew I wanted to change. It wasn't going to be fun, but I didn't like the life I had set up for myself.

I read a few of the sidebar books. Read the old posts. Consumed as much information as I possibly could. Then I started applying that information. Trying things out, seeing what happened and reporting on those results in OYS. I made changes. I set up habits that would help me succeed.

I grinded it out for months. A year. Almost two years. Same thing every week. Try a new thing, see what happened, think about it, calibrate. Try something else, see the result, think about it. Re-try something with a different approach, see what happened. Think about it. Calibrate. When I was 6 months in, I was still caught up with dumb concepts like trying to exhibit 'alpha' behaviours. Thinking about what an 'MRP' guy would do in my situation. Trying to understand 'frame'. Good 'mindsets'.

By mid-way through, I had a long list of actions that I knew would work for me to get the results I wanted. I took risks, I did things I was afraid of doing. And I dealt with the consequences. I dropped all the 'red pill' bullshit. I didn't think about 'alpha' actions, 'beta' moves, or any of the other tropes that I saw guys in OYS get caught up with. I no longer cared what was in line with the current thinking on MRP. I knew what I wanted, how to get there, what I was willing to accept, and what the boundaries for me. I took what I needed and left the rest.

There was nothing 'fun' about it. It was work. Life is work. That's how it goes. It was dead simple though.

I am not special. But I 'got it'. But most of you will not. Why? Because actually committing to something, and doing the actual hard work, the thinking, is beyond most of you. Not because you can't, but because you won't. And that's how it's supposed to be. If everyone could do it, then the benchmark for men that 'suck' would change. It takes more than 'wanting' to change to actually change. Some guys will pay for coaching to try accelerate their progress, thinking that they won't have to do as much work. Wrong. The work is always there.

If you're wondering if you're ever going to get it, or if you're making progress, the answer is maybe, maybe not. If I had to wager a guess, I'd say no more than 5% of guys that show up here end up getting it. That's your top 5%. Everyone else sits at the center of the bell-curve. Enjoy being average. Because that's all most of you will be.

And it doesn't get more inspirational than that.

132

UPVOTES

You're Marriage Doesn't Define You —Merry Christmas!

JDRoedell · 25 December 2018 · Archived copy · Reddit

Just a quick thought for everyone today.

On Christmas Eve, I had this vision, this desire, after the kids had gone to bed, to sit by the tree, watch the lights, sip a bourbon and listen to Handel's Messiah. I pictured doing this with my wife. She was tired after a long day of making food, getting kids ready for church and helping me prepare the tree with gifts. I asked if she wanted to join me. She preferred to watch the rest of The Christmas Story and go to bed. I didn't push. I said "ok," and went into the living room to do just what I had planned. And you know what? I enjoyed the solitude, the time with myself and the calm evening. I had a good time all by myself.

Women can add value to our lives but should never be the focus or integral to our happiness. It may sound harsh and cold to newbies... but you don't need her. You can desire her, but you don't need her.

You don't even "need" your kids. You love and value them, but you don't need them or her. Yes, I would be devastated if something happened to my kids, but at the end of the day, I am still who I am when I stand alone. You don't need your wife. What you do need is to be comfortable in your own skin, by yourself...

Alone.

As men we are designed, biologically, to be self sufficient. To survive on our own. A woman can enhance your life-- but she doesn't define you. If you find yourself in a place where she is defining your existence and your happiness and purpose... you're wrong and you will be disappointed.

Women can add value to our lives but should never be the focus or integral to our happiness.

Be ok with solitude and your thoughts.

Be better.

Be enough.

Merry Christmas, men.

131
UPVOTES

PSA: Lockdown and You

SteelSharpensSteel · 8 April 2020 · Archived copy · Reddit

This is a public service announcement.

Odds are you're in the midst of a lockdown due to Covid-19.

- You are not allowed to stop working out.
- You are not allowed to stop tracking your food, fattie.
- You are not allowed to stop showering.
- You are not allowed to stop dressing appropriately, you lazy fucker.
- You are not allowed to stop brushing your teeth.
- You are not allowed to stop trimming your fingernails and toenails, and your nose hairs.
- You are not allowed to stop shaving your balls.
- You are not allowed to stop being the oak.
- You are not allowed to lose all of the discipline you've gained.
- You are not allowed to not have a damn plan for the pandemic, even now.
- You are not allowed to stop preparing for the future.
- You are not allowed to let the things you can't control control you.
- You are not allowed to stop having fun and stop gaming your wife.
- You are not allowed to stop fucking your wife because you're stressed.

What I'm saying is, you are not allowed to stop being attractive. You have to be attractive. Don't be unattractive. Even in a pandemic.

I got a few doctor friends. They are all saying that their patients are getting fat. Every. Single. Patient. And booze sales are up 55%. Gee, I wonder why.

"But... but... I'm stressed, Steel. I need some comfort food. I NEED that drink." Well boo fucking hoo, you weakass.

Just remember, the next time you reach for that cookie or beer or what have you, and think to yourself, man, I deserve this...

Yes, yes you do. You reap what you sow, after all. In fact, that's what got you into this mess, isn't it.

Now get back to work. Summer is right around the corner.

130
UPVOTES

The night before Christmas

threekindsoflucky · 21 December 2018 · Archived copy · Reddit

Twas the night before Christmas, and a glass was left out
Beside it a pill, red and bright, filled with doubt
With a promise of change and a new way of thinking
He grabbed the glass, and started drinking

The man took the pill in his hand and he swallowed
But he was not ready for that which followed
He spat it back out with a great deal of force
But his life was the same and he lived with remorse

So he tried it again, and this time it went down
It got caught in his throat and he started to drown
After coughing and fitting and making a scene
It slipped into his chest and he started to dream

He began to fit, and dance like a monkey
His wife, not impressed, would not be his flunky
Hoping for sex and a life much improved
His cute little wife had turned into a prude

He came to a forum online filled with strangers
They laughed and insulted, highlighting the danger
'No change will you get if you don't shift your mind'
'your lifts don't impress me, and we are not kind'

'realise you are one of many dumb men'
'and your wife will keep you as a sheep in a pen'
Disgusted with life and hoping for change
The pill reached his head and he felt rather strange

He realised he must do things for him only
His wife, quite bemused, thought he was a phoney

As he changed his perspective to become like the rest
He weaved, and dodged, and avoided the shit-tests

He no longer cared if they banged all night long
As the girl at the counter clearly wanted his shlong
He knew he could bang any girl that he wanted
And his wife knew he could not be confronted

The wife, feeling tingles down her spine
Decided to bang like her life was on the line
They went forwards and backwards like a man in a fight
By the end, a new kind of man came to light

He did what he wanted and lead a tight ship
And her cute little pussy was starting to drip
For a man he was now, no longer a boy
And his wife could finally be his fuck toy

Merry Christmas gentlemen. I am no poet but hey.

130

UPVOTES

Divorce brings it all full circle

red-sfpplus · 13 August 2018 · Archived copy · Reddit

Divorce (or the divorce process) is, based off my personal experience - the last phase of a man fully becoming Red Pill.

All of the reading, training and all we talk about here, it all comes into focus during the divorce process. AWALT is 100% real, and the hunt for new pussy allows you to see everything from the start through the Red Pill lens.

Months into the process, I now live two very distinct lives.

Life #1 is the life I am untangling with my wife. It has gotten to the points of daily threats from her. She has withheld prescription medications from our children in an attempt to hurt ME. Hacked my cell phone account (embarrassing considering I am an IT guy) and had my phone shut off. Stalked me on social media to the point I had to block her and all her friends and family, and even tried to remove me from our family car insurance plan - a policy I pay directly. I have her on video coming up to the marital home, looking in the windows, etc. to see what is going on.

The amount of fucks I give in Life #1 is in the negative at this point. My lawyer is costing me a ton of money, but my "cost to fuck" is going down. She is up to six different infractions of standing orders. Her payout goes down, each and every day as she sinks her own ship. When someone is so focused on drilling holes in your ship, when they finally get kicked out of yours, and they are in their own - they do not know better and keep drilling holes.

Life #2 is the other life I live. In this life I have completed my second Big IT certification. I am now double certified in my field. This is huge for my career, and I have been wanting to do it for some time, but my energy was focused on trying to save my marriage and tame my wife. Now, I use that energy on myself. Also in this life I continue to kick ass with my kids as their primary custodial parent. No need to say anything further, other than the amount of energy I now have to focus on myself, kids and career is at least 30% more now that I am no longer dealing with the Mrs. and her daily drama. And I thought I was doing pretty good before. You will never know the full extent of being gaslit, until that person leaves and tries to do it from afar.

This life also contains an endless supply of Bumble pussy. I have it down to a science at this point. In the last few months alone I am somewhere between 12-16 different women I have dated and fucked. I don't even bother to count anymore. I was at three plates pretty consistently, but I only spin two plates now. I broke the 28yo smoke show a few weeks ago when she dropped the marriage/kids conversation after only 3 weeks of fucking. Personally, I like the 32-37 year old women at this point. Little more mature, and I am OK with that. To many 25-30 year old's just want to day drink on the weekends and week nights. Whatever, not my style. There is no one at this point in their life with no baggage, and I am fine with that. I don't give a shit about their baggage, and manage my own.

In this life, I now have a complete and full understanding of the word NO. I have had women that I have rejected go absolutely ape shit on me.

"What kind of man tells me NO!?"

"Men do not tell me NO!"

I had a woman who is fairly close to my men's social circle overtly ask me to hook up. Nice gal, but I point blank told her I "do not shit where I eat" in so many words. The hamster is strong on this one. She still texts me every 3-4 days asking me to reconsider, and go out for drinks. She even said the fact I told her NO, makes her want to fuck me even more. Unbelievable? Nope, it is not.

The point of my post is somewhat obscure. I will argue that I am somewhere between still being in the MRP group, but trending towards MGTOW but without the Incel part of it. Its why I do not post on the main TRP sub, and I do not read MGTOW, but I understand the concept.

The reason I make this post, is because I now look at the askMRP and MRP threads with a different lens. The last few weeks have had some posts related to the infamous GNO epidemic, a few threads here and there about women wanting to be unicorns, shit tests, a fucking post about a wedding ring and some dumb motherfucker who doesn't know how Finasteride works.

All of these posts disgust me now, because they are all about the WOMAN. Who fucking cares? There is an endless supply of pussy out there, and like I was at one time these men are still trying to save a woman from being a woman, or a marriage from failing. Walking away from my marriage, has set me free. I was dodging bullets and no doubt taking one or two in the arm before, but now I can see the code and I stop them dead.

These men, and parts of this sub need to go back, focus on the Dread levels and boost up your Abundance Mentality. Go and download Bumble. Put a pic on there of you in a nice suit and see what you can get. I am not telling you to close, but I am telling you that after making the SAME fucking mistake these men are, for 10-12 months - you are wasting your life.

You will not give a flying fuck if your wife goes and whores it up on GNO. She is replaceable.

You will not care if she wants to be a unicorn. She is replaceable.

You will not care about a ring. That ring means shit to her, me, her friends and any other Chad out there.

You motherfuckers need to sidebar the fuck up. Get your heads out of your asses, get into the gym and stop letting a woman who is 100% replaceable run your lives.

Since my wife left, I have fully replaced everything she did, either with maids, dry cleaners, or 28-35yo smoke shows who will do ass to mouth on the 2nd date.

Since she left, she still gets a lousy amount of money from me, drives a car I gave her, lives with some old empty nesters, continues to look for a job, and sees her kids 4 days out of every 14. I am the prize, and if she didn't know then, she sure as fuck knows now.

I am going to state, for the record that the single most important attribute a man needs in his life is ABUNDANCE. You need it in everything. In women, career, money, all of it. If you have any single points of failure, you need to fix them right now.

If it is Monday, and you cannot fuck another woman than the one you are currently fucking by Saturday night - you fucking suck.

If in your career, you cannot go from fired to hired in 90 days or less - you fucking suck.

If you cannot walk into the gym tomorrow and lift your body weight on the big three - you fucking suck.

If you lay awake at night, butthurt over something she did, or that you didn't get your balls drained how you wanted - you fucking suck.

If your kids treat you like shit, are little disobedient fucks, are on ADHD meds because you cant fucking parent or because the need an ass whopping - you fucking suck.

If you ask your woman where to go for dinner, if she drives the family car when y'all go out, if you have not been on a family vacation in the past 12 months, or if you have not even been out of your own state in the past 6 - you fucking suck.

What is the point of living if you let another person run your life? What is the point of living if you walk in fear of what she will do? Why would you let someone, who is replaceable fully in less than 90 days, even take up that much space in your brain?

You need to act. You need to take control of your life, and you need not wait 10-12 months like me to do it. That is 10-12 months of MY life and my kids life I will never get back.

Pissed? Yeah - I am pissed at the man I used to be.

You faggots need to learn the power of the word NO. You need to understand the power of NOT GIVING A FUCK. The minute you really, truly understand this single item - it makes everything 75% easier.

You cannot and never will truly, not give a fuck when you lack abundance.

Are you going to learn from my mistakes, or at least put an end to making your own?

Or are you going to continue to fucking suck?

130

UPVOTES

Merry Christmas - I've put together my "Tricks of the Trade for a Fun Frame" list as your present - good ideas for fun during the holidays

Red-Curious · 25 December 2020 · Archived copy · Reddit

PREFACE

First off: This isn't a playbook I draw from. It's a slideshow of organic occurrences. These are mostly things I just naturally do that bring some fun and life into our relationship - ESPECIALLY in moments when she's acting sad, bored, depressed, furious, etc. That is, I created this list by reminiscing on times when she was caught in her own head, but I managed to pull her into my mood/frame/way of thinking in the moment - and what I remember doing that triggered it. That is, they are expressions of my frame. Some are heartfelt moments (which are often repeated more often than others, thus may look like they're not a significant part of my frame - don't be fooled). Others are cheap gags to introduce fun at random times (which, while high in quantity on the list, are used with far less frequency). Still others are just random things that generate feels. Play around to figure out what works for you and not.

I don't encourage you to copy my examples exactly or even try to write your own playbook. Rather, this is more to give you inspiration as you learn to develop a fun, safe, comfortable, and enjoyable frame for her to live in. Try a few things. Use what works, leave the rest. Tweak them. But if your frame sucks, by all means DO SOMETHING to build it.

Second, with the above in mind: this is meant for men who already have the foundation necessary before developing a good frame. You can't be a fat blob who gets butthurt all the time and expect these things to BE your frame. They are things occurring from my ALREADY EXISTING frame that have the effect of pulling her in when she's otherwise letting her own feels outside my frame be a bother to her.

Third: Don't be an idiot. Exercise discernment if you try these at home. For example, when she's sad, there's a difference between how I'd respond to "I'm sad just because I am" and "I'm sad because my mother just died." Don't be an idiot. Thad said, toy around with these, even if the context doesn't feel right. You may be surprised what works when you don't expect it.

Fourth: Also note that these are either supplements to existing strategies (AA, AM, etc.) or even, at times, expressions of them. Don't ignore everything you've learned and assume that you can skip the actual advice to try a few things that consistently work for me.

THE SLIDESHOW

Without further ado, in no particular order ... things I've done to pull my wife out of her own head and into my frame in the moment:

- **The Elevated Hug:** Hug her nice and sweet. Gradually tighten and lean back so her feet come off the ground, then bounce her a bit. She always complains: "Ouch, don't hurt me!" but it never fails to make her laugh and smile.
- **The Height Shift:** My wife is pseudo-tall (5'10") and self-conscious about it. I'm 6'0", but sometimes it's fun to hug when I'm on a step and she can feel petite, resting her head in my pecs instead of my shoulder. One time recently I did it in the reverse and dug my head into her breasts. That was fun(ny). For some reason, this one makes a difference to her when she's in need of a mood-booster.
- **The Frown Upside-down:** I have a few times picked her up and turned her upside-down and said, "See? That frown is now a smile. Mission accomplished." Extremely powerful - always gets the job done, especially when

kids are around and say, "Do it to me too, Daddy!"

- **The Feels:** Hand on cheek, foreheads touching. "That sucks."
- **The Tickler:** Actually tickle your wife. I can't believe I went several years forgetting that this has magical smile-giving powers.
- **The Tickle Transfer:** Tease the kids about mommy being a grouch. "But Mommy doesn't like getting tickled too much because Daddy's tickles are too strong. So I'll tickle you and you can give her my tickles for me."
- **The Confession:** Hand on shoulder, "Can we just say it like it is?" with a laugh. She looks back confused. "Life sucks right now! Repeat after me (if you want extra emphasis, one hand on each cheek): Life. Sucks. Right. Now."
- **The Sinatra:** Start singing a song. Bonus points if you serenade her in front of someone (kids count, but not as many points as strangers/in public). Even more bonus points if you're embarrassingly bad at it. Brownie points if it's a song she knows and you invite her to sing the chorus with you.
- **The Ballerina:** At random times throughout the day/week, grab her hand and give her a twirl like you're on the dance floor. Dip her afterward.
- **The Punching Bag:** When she's frustrated, suggest that she needs to let it out and exaggerate telling her that "violence is the best answer for relieving frustration." Flex and let her punch you in the abs or tricep as hard as she can. The first few times she'll be sheepish, but egg her on to do it harder and harder. This one always works well for brightening her mood ... need to remember to bring it back. Been too long, old friend.
- **The Imitation Game:** Play the imitation game with her mannerisms, but grossly exaggerated (a form of agree and amplify, charades-style).
- **The Impressionist:** Pick a character to impersonate who you know she's familiar with. Randomly start impersonating that person during conversations when she's not expecting it. Bonus points if you're really bad at it.
- **The Foreigner:** Randomly start talking in other accents and see how she responds.
- **The Nuisance:** While she's working on something - typing on the laptop, cooking, vacuuming, reading the kids a story - keep "accidentally" bumping into her or interrupting her while she's talking or tapping her on the shoulder to get her attention, then saying, "Nevermind, I figured it out." Not enough to be actually annoying, but enough that she can tell you're toying with her. This is my natural twist on Athol Kay's "shower move" from MMSLP ... just doesn't require the shower, but same idea.
- **The Fakeout:** Make up some story that's believable, but also just barely pushes the boundaries of reality. Ex. We're watching a movie and she asks who an actor is. "Oh, that's the girl from <random movie she's not actually in>. Did you know she went to high school with my brother's ex girlfriend?" Every time: "Really? That's crazy." "No, not really, babe. You're so gullible."
- **The Back Hug:** Walk up behind her while she's doing something and wrap your arms around her. Lean your head into her neck and sway.
- **The Sniffer:** Start with the back hug, but sometimes start making sniffing sounds (noticeable, but not exaggerated). Pull away from her quickly. She gets awkward and asks, "What?!?" STFU and don't answer. "Do I smell?" If you feel like it, start laughing to confirm her suspicion that it's a joke.
- **The Jalepeno:** I've done this one several times - when you order a sub (or cook a meal where it's feasible), ask to have a single jalepeno hidden inside. Sadly, she only notices about 1/4 the time I do this one. Maybe you'll

have better luck, or use a hotter pepper (not too hot though).

- **The Pillow Thief:** My wife knows I love sleeping with lots of pillows. It's been a long while since I've done this one, but when you make the bed, put every pillow on your own side - none on hers. Haven't tried it yet, but might be funny even to bring up random pillows from the couch to exaggerate how many end up on my side of the bed.
- **The Dreamer:** If you wake up in the middle of the night and she's also up, but doesn't know you're awake, start moaning like you're having a wet dream. Whisper some other girl's name. Have fun with the story (short mumbles). "I'm married" then 10-15 seconds later, "Okay, fast" then take a deep breath.
- **The Provoker:** Storm into a room she's in with an elevated voice and start accusing her without being exactly clear of what you're accusing her of (or be clear, but something that's not a legit issue). She gets worked up and defensive, you bust out laughing, "Just teasing you babe. Want to do X with me?"
- **The Hunk:** She's upset. "Babe, I know life sucks sometimes, but no matter how bad things get know that you always have one thing in your life that will never change that will always cheer you up." Stop there. She eventually asks, "What?" STFU. "God?" *Well, sure. But that's not what I had in mind.* "You?" *Kind of.* "Then what?" *These!* Grab her hand and put it on your bicep as you flex. *Any time you're upset, just grab these and squeeze and I'm confident it will make you feel all better again.*
- **The Mad Hatter:** Put random things on her head and say, "Hey, I found your hat. Stop losing it."
- **The Comb:** Rub her head. "I love rubbing my hands through your soft, smooth hair," then rub fast enough that your hands inevitably get caught in knots (but not so fast it hurts). "So silky smooth."
- **The Empath:** She's upset. You just hold her (standing or laying) and rub her back occasionally. Don't stay too stiff - motion = being present in the moment; stiff = awkward.
- **The Protector:** Someone upset her that day. Go to the door and start putting on your shoes. She asks what you're doing. "I'm going to kill him/her for you."
- **The Listener:** Actually listen to her. <I know, right?>
- **The Nazi:** Find a random framed picture in your house - particularly one she's not likely to pay much attention to. Open the frame. Slide the picture out. Replace it with a picture you printed of Hitler (or whatever else you think would be apt). Put it back on the shelf. STFU and wait for the fun to happen - preferably days or even weeks later.
- **The Wrong Turn:** You're driving and pretend you don't know where to go. Panic and ask her for directions because you can't remember. Whether she tells you a way in time or not you say, "Okay, I'm going left/right <pick the wrong one>" while you are simultaneously turning the right way. In the moment, she's paying more attention to what you're saying than what you're doing and doesn't pick up on the fact that you actually went the right way. "Too late, babe. I already turned. Can I make a U turn here?" She looks out the window and gets her bearings and punches you in the shoulder.
- **The Story Teller:** She asks you a question about something she's struggling with, wanting to know how to cope. Instead of telling her the answer or giving her advice, you tell her a story from your own life about a time you experienced something similar and came out with the result that she's looking for. Let her connect the dots for herself.

DURING SEX (leaving off most things that I assume you've already picked up from books like MMSLP, SGM, etc.)

- **The Talker:** Make her say what you tell her to say: "Say please" "If you want more, ask for it" "Beg" "Announce when you're cumming." Then add a phrase that's totally unexpected: "Tell me you like to do puzzles. Say it! Say it now! I like to do puzzles." When she says it, act like that's the thing about to push you over the edge. Yes, this breaks immersion, therefore defying SGM. But I've found that sometimes a sudden jarring out of immersion creates a jolt as a physical reaction and if it doesn't prompt an immediate orgasm (usually/I assume by breaking the concentration that was holding back), it's a nice transition point to shift to a new position. It can also be effective if she's just not immersed at all or her head seems to be somewhere else, pulling her back into the moment.
- **The Disappointment:** Edge her just before climax, then pretend you thought she already finished and lay down next to her like you're done.
- **The Pretzel:** Start moving her around like you're trying to change positions, but keep shifting things around in ways it that it would be ridiculously impractical to actually have sex like that.
- **The Favorite:** Give 98% of your attention to one part of her body - enough to others that you acknowledge that it's there, but voraciously go after that one part. For example: do everything and the book to the left boob for a while, then shift to the right boob and kiss it twice, then hammer right back into that left boob. So confusing to her, but seems to get a positive reaction the few times I've done it.

Okay ... I'm out of time, so I'm going to cut myself off there. I really wish I could keep going, though. This was fun to write!

No, I don't actually have names for these things in my head - I just put them there while writing this for the fun of it. That said, while writing this list, it's interesting to me that while she denies "physical touch" as one of her "love languages" (if you buy into that stuff), many of these involve physical touch and only work *because* of it. The ones that don't are often (but not always) less effective. Kino matters. Learn to take these starting points and build from them.

WHY I WROTE THIS POST

Because I love to have fun with my wife - and I'm sure you all have even better stories of things you've done that work and not. I'd love to hear those stories and be inspired by them. Maybe I'll add them to the list with credits.

130

UPVOTES

I used to be Alpha

ReddJive · 28 April 2021 · Archived copy · Reddit

No. You really weren't. No one really was. What you were was in a time of your life when you had no responsibility. Then for some reason you decide to complicate your life with a wife, job, house, college debt, car....then kids. And just like that you assumed a life time of responsibility before you were really ready. Just because you were free of all that and felt like you had a good bead on your life doesn't mean you were alpha.

What the statement "I used to be alpha" is really telling everyone is your ego is seriously in play. Your ego is an obstacle that must be overcome if you have any desire to grow and move on. It's a wall that prevents learning, and an excuse to ignore thoughts worth hearing. So, either get over yourself, or get comfortable with a stubborn and stupid version of yourself.

This level of ego will drive you to feel like you are entitled. Entitled to the best sex, best life, best job, people submitting to you when you walk into a room. We've seen men come in here and suddenly "get alpha" and really what happened is they felt entitled to all the things that come with life with none of the understanding of how to actually get it. When you act with entitlement, you deserve disappointment. You end up expecting someone to do something that can only be fulfilled by THEM. That's a powerless position to put yourself in. This explains why you're always victim puking.

Any relationship marred by ego cannot stay for long. To give your ego a boost, you will always think twice before taking the initiative in a relationship in any situation. You'll FEEL like you have to say something, you'll FEEL like you have to sperg out, FEEL like you have to....This is because ego boosters give you a false sense of superiority in a relationship. In reality, unless you have your ego in check, you are far inferior when compared to your wife in a relationship.

Practically speaking, everybody in this world wants to have that false sense of superiority. It makes use feel better. Emotions have a strong impact on the decision making process. Its why the whole world has shifted towards emotional outrage over everything. It literally makes people feel better to get upset at the slightest thing. Women have become extremely effective at it while men follow that example of emotional puking, feelings of outrage. Hence, in the battle of ego vs relationship, it is the ego which will be the winner and relationship will always be the loser.

A mature man makes the right judgment & applies wisdom; A strong man holds onto his beliefs; A Weak man allows others to decide his fate; an immature man lets their emotions decide his actions.

Everything men do is a decision.

We just rationalize it as outside influence.

129

UPVOTES

Why refusing bad sex works.

sabresixtwo · 8 April 2018 · Archived copy · Reddit

Lurker of about 2 months. Both of us early forties. Married 14 years, together 20. 3 school aged kids.

Making like Eric Clapton and had enough bad love?

I swallowed the pill and have some intel to share with my MRP friends who, like me, may just be starting down the MRP path. Having sex on average 5 to 6 times a month with wife which is what led me here. It's ramped up slightly after RP; but still not anywhere close to where it needs to be. At Dread Level 3 now with plenty of work and hobbies outside of the house. Still getting hard rejections about half the time – but not being butt hurt about it.

My advice is this: if you settle for, or moreover, allow, bad sex then you will receive more bad sex.

After swallowing the pill I hit the gym and went a little too Rambo to start. I remembered reading here and also in Sex God Method that you should never be the nice guy who asks his girl, "Can I put my dick in your mouth?" You should tell her, "I'm going to put my dick in your mouth." DIVI. Well, after initiating with the wife one morning we get into it. She just came from me fingering her so I decide to keep it going with my fingers while I put my dick in her mouth. Being a newfound Sex God, I announce, "I'm going to put my cock in your mouth." Well, you can guess what happened next..."You need to ask me instead of just doing it."

"No." I say.

"What do you mean, 'No?'"

"I'm not doing that. I'm not asking to have my wife suck my cock."

"You think you can do whatever you want to me?"

"I understand how you might feel that way, but I don't think sex is a game of 'mother-may-I.' You are my wife. I'm here in bed with you out of desire and love for you. I hope that's the same reason why you're here with me. If you want me to ask permission before every act, that's not going to work for me."

A little DEER'y – I know – but I felt like an explanation had to be made as to not come off too autistic. After that explanation my answers became much shorter. Broken record. "No, I'm not doing that." "No." "No."

It went back and forth like this for a minute. I kept the talking to a minimum but stuck to my guns that while having sex with my wife, I wasn't asking for shit. Old me would have tried to smooth it over – anything to get the pussy; especially while she's wearing my favorite lingerie no less! Gotta get the pussy!

But new RP me isn't settling for shitty sex where I have to ask all nice-nice to have my dick sucked. So, I waited for her to end one of her diatribes, paused, maintained good eye contact and said, "OK, I'm out." Took my stinger, got out of bed and started getting dressed to go and do something else.

She followed me. She was drop-a-nuclear-bomb kind of mad and blabbering a mile a minute. At one point she said, "...so what's your answer?" My response was, "I don't know, I wasn't really listening there for a minute, what was the question?" IDGAF.

I continued to get dressed and prepared to leave while she blabbered on. She accuses me of cheating. (I'm not.) When asked direct questions about asking permission instead of announcing, I just kept giving her more broken record, "No. I'm not going to do that. I'm not asking."

I stayed calm and matter of fact when I had to respond, but mostly tried to STFU as much as possible at this point. She was bullshit. Her hamster must have been spinning the wheel quite hard as she was feeling a tiny bit of power slip away. The pussy always got compliance; this new dynamic will not stand! As she continued her yelling/blabbering/accusations, I thought of a great post here about holding frame. The advice was this: imagine you have antlers. Not any antlers, but a majestic 24 point, 6 foot-wide set of antlers the likes of which the world has

never seen. You can't help but smile while you think about your gigantic rack. I am the king-shit buck of this house. And that's what I did. I had to stop myself from laughing as she's frothing at the mouth about how I will ask to do things to her instead of announcing that I was going to do it. Old me would have been so worried about making it all right again and worried if we would make it through this existential crisis. New me? No shit to give. Me and my 24 point rack don't have time for this foolishness.

I continued to STFU and get my shit together so I can get out of the house. She finally runs out of gas and offers a compromise in the face of my "no" broken record. "I would rather you just put your dick in my face for me to suck instead of announcing that you're going to put it in my mouth." OK, I can live with that. I still leave but I do my best to be stoic; giving her a kiss on my way out like I would my daughter.

We had sex the next day and that's exactly what I did, put my dick in her face. And she sucked it. Problem solved. The sun also rises.

I think the important difference from the past is that after this "disagreement" I didn't get butt hurt that day or the next. I was sweet, happy, smiling – ratcheted up the kino and pretended like it never happened. She needs the feelz, give her something positive and lead her to being happy too.

Fast forward to a few weeks later and we are in bed about to get started doing the deed. She is wearing probably my second favorite piece of lingerie today. This is going to be good. Oh, what's this? She's yawning. I ask her, "Are you here right now or somewhere else?" This degrades into some kind of argument, and, quite honestly I can't remember what the hell it was about because again, I just looked her in the eye and said, "OK, I'm out. I don't have time for this. I have to get up at 5am to go to the gym, so I'm gonna go to sleep." I got up, turned off the light, got on my side of the bed and set myself up to go to sleep. I left her on her side of the bed to pout in her lingerie which, I am sure, made her feel uneasy. Honestly, I was hoping that she would reach over and try to smooth it out, but she didn't and I was OK with that. 10 minutes later, she gets up in the dark and puts on her pajamas. I didn't say another word and neither did she. Old me would have DEER'd it out and it would have ended with starfish/duty sex. Fuck that. I'd rather have no sex than bad sex.

The next morning, my alarm goes off at 5am and I'm out of bed to the gym. When I get back I help out with the kid's morning routine and get myself ready for work. Morning pleasantries with wife, happy, smiles, a little kino drive by... After kids are on the bus, I walk into the bedroom to finish getting ready for work and she's wearing nothing but the lingerie from the night prior. (She never initiates.) "Want to try to do this again?" Of course I do...and it was good sex where she actually put an effort in. Different positions, oral, dirty talk, acting slutty – she checked all my boxes.

Executive summary: If you are given bad sex, don't take it. You don't have bad sex anymore. You only have good sex. Even if you're balls deep and she's not putting in the effort, walk away. It will pay dividends.

129

UPVOTES

The Three Captains

ice_walker · 18 August 2019 · Archived copy · Reddit

Three ships with three different captains were sailing alongside each other. Ahead of them was a huge storm forming.

On the first ship, the 1st officer came running to the captain.

- "Captain, captain, there's a huge storm coming, I'm so scared our ship will sink and we'll all die! You have to turn the ship around! "

The Captain replied : "I can see you are very upset and frightened. I don't want any of my crew to feel like that, so I'll turn the ship around." As soon as they reached the harbour, the 1st officer signed off and never sailed again.

On the second ship, the same thing happened. There, the Captain said:

- "1st officer, you are clearly not in shape to be of any assistance at this point. Go to your quarters immediately!"

With his 1st officer trying to calm his nerves with a bottle of vodka in his quarters , the captain then radioed the weather services for the latest reports, checked the radar and the chart for alternative routes, then made his decision. The 1st officer became an alcoholic and eventually signed off.

And behold, the same scene played out also on the third ship. This ship had the most experienced captain of the three, and he said to the 1st officer:

-"Dont worry, I've seen worse and there's no doubt our ship can handle this. What I need you to do now is to radio the weather service for the latest reports, meanwhile I'll check the radar and charts for alternative routes, then we can see how best to handle the situation." The ship reached it's destination, although a little late, and the 1st officer sailed with the captain until his retirement.

End of story.

129

UPVOTES

The Book I wish was on the sidebar.

RStonePT · 13 September 2022 · Archived copy · Reddit

Marriedredpill won't last forever

Honestly, I love this place, and have almost finished my second book. If you don't know, Fuccfiles was a book I wrote a year back, describing my old days of pick up and how I went from average frustrated sailor all the way to sleeping with women, eventually settling down with the woman I'm still with today after 13 years.

The professor has also written a book on Dread Game, or the process of teaching a man to stop being taken for granted in a sexless relationship. I read it and it's the best we have so far, but it's far from what I wanted. Many of the older guys in these forums have been through the meat grinder and can talk about that more.

So as a second book I was aiming at writing a better description of Dread Game, with help from a decade in this forum and more guys than I can name. Concepts that have been here for years:

- The tetrahedron of Frame
- What we mean when we talk about Dread: the Scoreboard
- Passive Dread
- Active Dread
- The problems that men have (1000 foot tow rope, children with dynamite, catch and release, demoting wife to plate)

Some stuff from Jacktenofhearts, some stuff from UltimateCAD, UeMcGill, Steelsharpenssteel, bluepillprofessor, whinemoreplease, bogeyd6, strategos, Archwinger, Whisper, countpoodyoola, ford_contour, alphabeta79, alphaasWorf, iamstevemcqueen and a hundred more. As I got near the end of Dread I found out there is a real chance that this stuff is disappearing. It's getting harder and harder to find all this stuff.

So the Book has expanded scope, and is now more like a codification of the Married Red Pill. e.g.

- Why Father Knows Best is better than the Captain First Officer dynamic
- Why Overt Dread is counter productive
- Why Frame is so hard to describe but easy to see?
- What is the Main event and how do you pass it?

If you're curious I'd ask you to subscribe and I'll be emailing out excerpts for a few more months as I finish off the editing so you can follow it along yourself.

Is this place better or worse than it used to be?

I know there's some rumblings about whether the new crop of men are better than the old crop. I can't say, you're more than welcome to opine though. I do know that almost no one who has been here for less than 2 years know who vampiresquidina is, or why she's important, or what you can learn from sepean and the amount of shit he got for holding Frame against a world angry that he didn't go back to a life of sexless desperation. Why UltimateCAD showed how sometimes you can be the worst human being in the world and that's exactly what your wife wanted from you in the first place. Why AlphaAsWold is a cautionary story for guys who can't calibrate. The better beta divorce guide is on the sidebar, but there's a hundred more guides like it that are just ... gone. I have a hundred different examples and they are all fading away.

Should all go as planned, it will be a new book on the sidebar that will have EVERYTHING that men have learned in this forum over a decade, and endure after Reddit Decides to actually ban Red Pill, instead of just quarantining and banning all the members from random subreddits.

so I guess I'll end this with ... thanks. I've always said this place is a take a penny, leave a penny type space. I think I'll consider myself square after this.

128

UPVOTES

[FR] Fastest Attitude Change I've Ever Seen

coachdad8 · 3 October 2018 · Archived copy · Reddit

I'll make this quick. I'm a good looking guy who modeled for a short period of time in my 20's. Athletic, less than 8% bodyfat and very comfortable around women. There's a group of about 8-10 people who workout together at my gym including several women who all know I'm happily married, so the IOIs are minimal other than occasional poke when I make fun of them.

We've never discuss jobs or anything personal, we just lift, joke around and leave.

Yesterday one of the guys in the group told the women that I own a business that they recognized as a popular brand in the fitness industry. Instantly their attitudes changed. For the remaining 40 minutes the IOIs increased 10x. I was watching this group of women aged 25 yrs - 40 yrs go from casual to aggressive. Hair tossing, needless giggling, personal questions, and standing in close proximity. To be clear, it was obvious that their interest was fueled solely by their discovery that I own a company they recognized.

Women are unbelievably shameless when they see something they want. I'm not even sure they can control it.

128

UPVOTES

The Mindset...of a Man Who Fucks

Blarg_Risen · 22 January 2021 · Archived copy · Reddit

I wanted to add a few things to Horn's [post](#) that I think warrants a separate discussion.

Being a man who fucks

Are you a man who fucks? What does that mean? Not the "who fucks" part, but the "being a man who" part. (What blarg? That doesn't even make sense). I'm going to bring up a post about perceived identity that *a guy I know really well wrote about a long time ago*.. The main message at the end of that rambling post (man that guy can really ramble huh?) was that you craft your own identity. And the identity you have *to others* is that which *you choose* to display to others. Not only is that identity your choice, but it is also malleable.

But recently I've noticed some things within myself that relate to this topic. And one of those things is my identity as **I** see it, as opposed to how others see it. And what that means and how it relates to my decisions in life. See, when I think about myself, I can describe myself as a guy who's "woke", as a lifter, as a father, etc. And the reason I can do that is because those are the things that I consistently do and which are important to me. Just like Billy the gamer in the referenced post is a guy who games.

But something happens when I find myself in a spot where I haven't consistently done those things. For example I'm an avid climber. I've been going indoor climbing with friends almost weekly for about a decade. But there are times where situations come up, or friends aren't available, where I haven't climbed in a few weeks. When this happens, I find an intense anxiety within me that starts driving me to go climbing **RIGHT NOW**, with or without friends, regardless of logistics, or (most importantly) **IF I EVEN WANT TO GO CLIMBING RIGHT NOW OR NOT**.

And upon noticing this, I've learned that that feeling that's driving me to go climbing is my own ego protection of my identity as a climber. A climber is a guy who climbs on the regular. Billy the gamer is a gamer because he games on the regular. So if I haven't climbed in weeks, can I say that I'm a climber? Well that starts getting called into question now doesn't it?

Are you a man who fucks? I've said it before in OYS that an important part of removing the validation seeking behavior between you and sex with your wife is to ask yourself when you have the idea to go have sex with her: "Do I even want to have sex with her right now? Or is this just for validation?" In the same vein then, you must ask yourself: "Do I want to have sex with her, or am I just trying to protect my identity to myself as being a guy who fucks?"

And yes, honestly I've been a victim of this too. I'll have gone 5 -7 days without having sex with my wife and I'll start to get a feeling. And I'll say to myself "Hmm, I haven't fucked her in awhile. I should go fuck her." But then I catch myself and ask "Wait a second...do I *want* to fuck her right now? Or is this feeling coming from a place of SELF validation that has convinced me if I don't go fuck my wife right now that I'm **NOT A GUY WHO FUCKS**."

The lesson here is this: Take these examples I've given and see where they apply in every facet of your life. Self identity is so important that it can be classified as one of our basic needs along with food, shelter, and sex. Get a hold of your own mind and ask yourself when you feel the urge to do something: Is this urge natural? Is it really who I am? Is it what I want to do? Or is it coming from a place of neediness, of validation, to others, **OR MYSELF**, that satisfies a covert contract that unless I do what I'm being pulled to do, then I am not who I thought I was. This

is a thin hair and potential dynamite to those who are using Fake It Til You Make It to try and be someone who they arent currently. The point isnt to NOT do things if they ARENT who you are...the point is whether or not you ARE doing things for the sole purpose of validating to yourself that you ARE who you are.

She will withdrawal emotionally, you will withdrawal physically - and a stale mate will set in until you are willing to act on that desire.

Horns accurately is describing the point here concerning you withdrawing yourself from your woman as a result of a decrease in attraction due to you not valuing the validation she gave you before. The point here is trying to teach you to act on the true desire to fuck her when you want to. But there is a situation a marriage can get into, especially a "comfortable" marriage when a beta is trying to change himself and the dynamic in his marriage to one where his woman genuinely desires him, that involves this stalemate EVEN IF you change yourself and start fucking from true desire. And that stalemate comes from the fact that your wife still doesnt have a desire to fuck you. (In other words you've changed yourself into a man who initiates from true desire...but that doesnt mean she will desire to fuck you.)

What do then? The main thing to remember here is that you dont control her. However she decides to respond to your initiations (with desire, or compliance, or not at all) is her choice. However, if you notice, the stalemate is one in which you withdraw physically, and she withdraws emotionally. Her withdraw emotionally is IN RESPONSE TO you withdrawing physically. This is done in order to keep a leg up on you in the power dynamic, and coerce you back into giving physically.

To reiterate...the situation started with her in control of the power dynamic: She is fulfilled in marriage enough to be "comfortable" and you are in a state of discomfort because you arent getting your sexual needs met. In response to you withdrawing physically, she will withdraw emotionally which happens to KEEP the power dynamic in her favor. This doesnt necessarily mean she's doing it on purpose, IE: "Oh he thinks he's going to stop touching me? Well I'll turn into a cold bitch. That'll show him." She could simply be reacting to your withdraw from a state of discomfort IE: "He's not touching me as much as before...I'm worried about what this means...so I'll become more reserved emotionally to protect myself." Either way the result is now you going from one discomfort (lack of sex) to two (lack of sex and emotion), while she only experiences one (lack of you physically).

The lesson here is this: Changes dont happen in a vacuum. And changes dont happen unless there's a drive to change. This is why talking some of the time doesnt work. It is good to have a line of communication to ensure that needs arent being ignored merely due to the other party not knowing...but if the other party is fully aware of the dynamic, and are not under pressure to change it, most of the time they wont. When guys get into this situation, they will feel that they are still at a loss due to being MORE uncomfortable, and thus resolve the situation by going back to their wife and showing physical presence and affection again.

The problem is, this simply puts the old dynamic back in place. This is another lit stick of dynamite because guys may think that the key to *changing her* is to make her more uncomfortable. And then write a covert contract that **because** they change...she is then supposed to. That's not true, remember I said you dont control her. Threading the needle here, and bringing Horn's lesson back into it, is to initiate from a place of YOUR true desire, but understand that this doesnt mean she will change. And that changing the dynamic by removing yourself *isnt done for the purpose of changing the dynamic*, it's done because your time and attention is better spent elsewhere. If she so chooses to then change because **she's** uncomfortable with the new dynamic...awesome. But to you, you're just doing what you're doing for *the next best dynamic within your control*.

Your woman can smell when you fuck your hand instead of her and it just reaffirms you're a beta male that can't get laid and refuses to power through that masculine energy and drive.

This isn't figurative. This is literal. They can literally smell it. And so can you. They don't know it. This is something that happens subconsciously. But smell is absolutely a driver in social-sexual dynamics. Examples:

- I was out at a bar after co-ed sports one time. A woman we were playing flip cup with went into near euphoria and declared "Someone in this room smells so freaking good right now." It's been proven that women's preference in sexual partners peaks during ovulation (T shirt test). I thought to myself right then "Yep, she's ovulating".
- Just the other day I was playing sports and some guy brought his wife/gf along. She passed by me and smelled like the perfume an ex of mine wore a decade and a half ago. I recognized it instantly.
- There have been numerous studies involving mice where a female mouse being in the presence of a fertile male's urine causes her to go into ovulation. A male mouse being in the presence of a dominant male mouse's urine causes him to be submissive. And male dogs will absolutely start frothing at the mouth when smelling the presence of a female dog in heat's urine.

The lesson here is this: You ARE giving off cues undetectable to either of your senses when you do these things you do...EVEN things you do out of the presence of other people. We've been biologically programmed to pick up on this. So don't think for a second that "because no one sees me do it, they'll never know".

Slow....the fuck....down

Finally I want to throw out a concept that ties into initiating with purpose and dominance that also seems to permeate multiple aspects of life. I know the context of lessons learned from a mind-altered state present themselves as some kind of LARPing enlightenment...but let this land for a second and I'm sure you'll see how it rings so true in many facets of life. There are multiple lessons I've brought back from trips I've taken, each one being different. But the one lesson that stays the same each and every time is to SLOW...the FUCK...DOWN.

A story first: How often when eating do you just shove the food into your mouth, chew it up, and get it down in an effort to get the next delicious bite in? How often do you savor it, roll it around in your mouth, and enjoy the sensations you're experiencing? On one of my trips I had a small bowl of dirt cake. I was sitting with family playing board games and after awhile one of my relatives looked at me and said: "Blarg, it's been an hour and a half, are you going to finish that bowl of dirt cake ever?"

I was slowly savoring each and every bite. The texture of the cookies. The taste of the pudding. The freaking metallic feeling of the spoon. All these things I usually ignore when getting a snack at night, choosing instead to polish it off in less than 10 minutes.

The cause here is absolutely dopamine related. It's a short-term drive to get as much pleasure as you can, as quickly as you can, ignoring all else. And it's not unique to food. Think about the last few times you've had sex with your wife. What was the order of events? Did you game her for the day? Did you touch her and then withdraw? Did you kiss her slowly, savoring the taste of her lips, paying attention to every curve of her body? Or did you quickly ask for a fuck, run to the bedroom and drop clothes, and fuck her?

As men we get our fix from finishing a task. But women get a lot of pleasure from what happens IN the task. So when you initiate as fast as possible, get her naked as fast as possible, and fuck her as fast as possible, you get your fix. But she feels empty. There's no Emotion. There's no Immersion. Dominance and Variety are a man's main spices. But Emotion and Immersion are a woman's. That's not to say she doesn't enjoy dominance and variety and just getting taken sometimes. But the difference here is those things contribute to the emotion and immersion of the situation by their very nature.

The lesson here is this: When you SLOW DOWN and attempt to enjoy every piece of the game from initiation to post-sex cuddling, you allow her to also savor and enjoy what's going on. But even more importantly...when you slow down you REMOVE the ego-protection that is the lack of time to be AFRAID of what's going on, because you're forcing you and her to experience it.

You know how when you're nervous in a situation, such as having to make a presentation at work, and you find yourself speaking quickly, flailing limbs frantically, and generally wishing it was all "just over"? That's the feeling you're unconsciously trying to get rid of when you go fast. You're trying to move fast enough to not allow the universe to inject any negative feeling or reality into your situation. But in doing so, you also not allowing the universe to let you (or her) feel any *positive* feeling or reality into your situation. Bathe in that chaos. Allow the potential of both good and bad in the situation to wash over you. And accept who you are, who she is, and what's going on in it's fullest sense.

127

UPVOTES

She Picked Out My Clothes

SiegreicherMarsch · 19 January 2019 · Archived copy · Reddit

I like watching the couples on those house hunting TV shows.

Last night was a fat betabux accountant and his wife looking at a house to renovate, and the ruggedly handsome contractor holds up some bright patterned backsplash tile. The wife hates it, and when the guy points out that it's basically the same color and pattern as her husband's shirt, she says she hates that too.

The shocked husband turns and says "but you buy my shirts for me!"

I also work with people who readily admit that they wear "whatever shirts my wife picks out at Costco". They're always bright colors like orange or pink and they never fit correctly.

My wife used to help me pick out clothes at the store. She used to buy stuff as gifts that "would look good on me". Looking back years later, there were fundamental problems with almost every piece of clothing I owned.

And just like the accountant in the show, my wife would regularly critique my appearance:

"You should wear more <color>"

"You should wear more <some style>"

"You should wear this hat"

"Your hair should be more <something>"

I NOW SEE THERE WAS NO VALUE IN THESE SUGGESTIONS. THEY WERE FASHION SHIT TESTS. The other night I was looking through old photos and laughing at how I looked. She agreed and joined in the fun. As I realized she was the one who suggested I let my hair grow shaggy and wear that oversized dress shirt I laughed even harder.

A few months into my RP journey I learned how to fix my appearance. I built a new, smaller wardrobe from scratch. I learned how to get my hair cut properly. I read by myself like a big boy and followed basically none of the advice she had bothered me with for years. And all that stopped. She no longer makes any comment about my clothes other than "you look good" and a smile while looking me up and down. She no longer buys me any clothes unless it's something I specifically asked for (still get softball shit tests about how she "can't buy me anything" because my standards are too high).

- Unless you've got the money, keep your wardrobe small and simple. It's going to cost money to do it right. Do it right. Do not own or wear a piece of clothing that is not flattering and appropriate for the time and place.
- Find a good tailor and make friends with them; you'll be there a lot. Tailor your long sleeve button downs in the torso and sleeves. Tailor your chinos in the waist and leg. Show the body you're building in the gym.

- Don't show me your white Hanes undershirt. Gray v-necks are invisible.
- Consider shirt-stays to keep your dress shirts tucked with clean lines and no "muffin top". The military uses them for a reason.
- Learn about suit fitting, then find and tailor your suits.
- Learn how to match ties to shirts.
- Learn how to tie a tie in a symmetrical knot.
- Find a brand of t-shirt that fits you well (looks tailored). Don't tailor t-shirts.
- Same with jeans. Stretch material is great.
- Once something fits correctly, don't put it in the dryer if it can shrink. Buy a drying rack (they aren't just for weed).
- Learn which brands fit your upper body best, and which your lower. That's your go-to for each. For example Express dress shirts leave a gap at the back of my neck that looks weird. Banana Republic cuts lay flat against my neck.
- Study advertising to learn what kinds of clothes should be worn together and how they should be worn. They know what looks good, because they are literally selling it.

This will all take time, effort, and money, but it's worth it. Your clothing is a reflection of you, and you have high standards.

127

UPVOTES

Neutralizing competitors

redpillrobby · 25 September 2017 · Archived copy · Reddit

Was out at a bar with my wife and two of our married friends when a couple of single dudes making the rounds stopped at our table and starting chatting us up. Our wives were easily the hottest girls there that night so it was obvious what they were up to.

They were good looking guys. Imposing. Tall (quite a bit taller than me actually) and they were doing what I do when I'm trolling for pussy: moving from table to table and group to group making friends with everybody (or at least appearing to). It's an incredibly effective way to build social proof when you're alone or only with a friend or two and you're not already known for something else generally (athlete, musician, etc).

I'd never been the guy on the other side of this before and I felt the power dynamic shift away from me and my friend and you could sense our wives instant, primal, autonomic reactions to it, then sudden recoiling when their brains took back over. They shot us these looks that seemed to say "I can tell what they're doing, you can tell what they're doing, please make them go away, but please don't embarrass me."

Do I think my wife would leave with either of them? No. But if I wasn't me she might. Not that I'm that special but my game is solid enough that's not a concern I have. Admittedly they're not the kind of guys I want her running into on a girls night, but these are the chances we have to prove ourselves so that when we're not around, guys like that fail to adequately impress them.

My natural instinct was telling me to resist these guys. To take my wife's hand and make a hard exit. Or to ask them to leave, or to tell one of them he had something in his teeth or some shit like that (the teeth thing is great response to someone insulting you in some way--in that instance, since he hadn't insulted me, it would have looked really weak).

But my brain, luckily, was there to bail me out. Instead of resisting these guys, I EMBRACED them. I asked where they were from in order to retake the position of asker (they were asking way too many questions for my liking). I paid them a couple compliments. ("Man, you're a big motherfucker, aren't you? Did you play football?") I stood up. I told my wife and the other couple with us to make room, and I told them to grab a couple chairs and join us.

This threw them off. You could actually see them shrink somehow. I made my offer grandiose. I was louder than them. I made bigger movements. It felt somewhat like agreeing and amplifying, but in actions, rather than words. I wasn't threatening at all. I was warm. Too warm for their liking anyway. Because it was obvious that they weren't actually there to make friends with me.

It was like I had suddenly turned into a king who was welcoming some exotic visitors into his court, and that's what they suddenly became--my entertainment. A part of MY show. They had lost their identity within mine. They felt the shift, and they excused themselves quickly. Threat neutralized. Frame maintained.

When I sat down my wife winked, smiled, and squeezed my hand. Sex was good that night.

127
UPVOTES

Fuck You , that's why

Taipanshimshon · 14 May 2019 · Archived copy · Reddit

Welcome back to another episode of what kind of shit can old Scurve (those who know me from back then) stir up.

Nah. You wouldn't believe me if I told you I had a good college educated girl want to get tied up and fucked with a knife.

Now. No one was injured. Relax.

This isn't about sex.

Not directly.

It's not about your wife. Or your job. Or your kids. Or that single mom you're trying to fuck on the side. It's not about creating drama. Not directly.

It's about power dynamics in any relationship. Love. Work. Anything in between.

There is only one secret to this whole thing.

Not giving a fuck and being willing to walk away. From anything.

Fuck you. I said willing. I didn't tell you to divorce her. That's your choice.

Here's the deal. One of the reasons we tell you to go lift is to give you confidence about doing hard things.

The reason we say to get money to walk away from your shitty job is to make it logistically easier to do so.

But nothing can help you if you're not willing to say " fuck it " and walk away when you're not happy with the company you keep.

If you're not willing to burn that shit down - it's all for nothing and you'll still be in your dead bedroom.

If you can't tell your scared inner boy " fuck you, talk to women" - I don't care how jacked you are.

I've seen too many jacked guys who are in the 1k club, 9% bf be scared to talk to girls to still believe that's all it takes.

Build your inner game. Be willing to take a risk. Be willing to open a girl up with " nice shoes , wanna Fuck?" Jus for laughs. (this works waay more often than it has any right to).

So do the work that makes you able to say "fuck it " and walk away.

Thank me later.

Fuck you.

127
UPVOTES

[FR] Initiate Often, Confident Always

Red-Curious · 14 October 2019 · Archived copy · Reddit

Most of my life I had no confidence. Whenever I would reach out to people, they'd reject me and I'd take that as validation of my self-perception that I was socially inept. My confidence was further broken - but I embraced this because I was a validation-seeker at that time, and even negative validation of my own self-perception was still validation all the same. This happened in my marriage over years as I would initiate with my wife. Rejection after rejection broke my confidence that I would ever succeed, until I eventually gave up and welcomed a long dead bedroom.

Fast-forward a couple years. Shortly before finding the red pill, I started working out initiating sex again, expecting that because of some of my peripheral improvements I should see a changed response from my wife. I didn't. This was a covert contract: "I improve myself, she responds sexually." But I hadn't really improved myself. Sure, my physique got better from the tub of lard I'd been, but what I thought were improvements to my frame were actually hollow projections of what I had not yet become. What I thought were confident initiations due to my external behavior was really an internal way of dabbing my toes in the water. It was feigned confidence. Because I was merely playing games at confidence, when it didn't work I took that as further validation of my being a sexual failure.

After swallowing the pill, I realized a subconscious shift in my interpretation of rejection.

- Before: Frequent initiation and rejection validated my perception that I was a failure, **killing my confidence**.
- After: Frequent initiation and rejection immunized me from the pain of rejection, **improving my confidence**.
- Now: Confidence is authentic, rejection is rare.

I had given up on initiating sex with my wife for a year and a half at one point - all due to the pain of rejection. When that pain had become severe enough, I developed a natural DNGAF attitude. I had hit rock-bottom so hard that her rejection no longer mattered to me. It was another drop in the ocean. When I started getting affirmation again, there was a brief temptation to salivate at the carrot dangled in front of me, hoping not to get the stick again ... but the next rejection quickly reminded me that I couldn't trust my wife with my emotions any more than I would trust a teenager with my financial portfolio. It's a bad investment.

Here's where I screwed up: more recently, I've stopped initiating. I didn't feel like I had to. After all, she was doing most of the initiation for a while anyway. So, after a couple weeks, I caught myself asking: "Why isn't she initiating like she used to?" Now, I start rationalizing that it's because she worked over 90 hours last week due to a busy-season deadline. Probably some truth there. But there were also openings I didn't take. At the end of the day, the answer to my question was simple: *Because she's a woman*. Women are primarily sexually responsive. I had stopped giving her anything to respond to.

What's more interesting is the small voice in the back of my head that used to be a dominant air-horn, now whispering: "She just worked 17 hours today. If you initiate, you'll get rejected, so it's pointless to initiate." Tell that voice to screw off. I stopped initiating, my anti-confident thoughts started returning.

In reality: *so what if she rejects me due to her 17 hour work-day?* First, maybe some sexual release would be good for her to relieve the stress - but even that is still in her frame. Better just to initiate and either (1) end up having hot stress-relief sex (is that a thing?), or (2) get rejected, making it clear to my subconscious that it's pointless to try taking away my confidence because rejection is not a fear that cripples my confidence, but an invitation that bolsters it.

Axiom: If you develop confidence through successes, your confidence only lasts while you are successful. If you develop it by immunizing yourself against failure, the confidence can never be broken.

126
UPVOTES

Back to Basics – Mystery Method, The Game, and the Rules of the Game, Married Edition

SteelSharpensSteel · 2 November 2017 · Archived copy · Reddit

“If you can't attract a woman, you are, by dictionary definition, sterile.” – Mystery

Ah, 2007. Pickup artistry was going strong, and many a young man heard about this mysterious method to “get beautiful women in bed”, as well as a Rolling Stone writer exposing the seedy underbelly of pickup culture.

Before I get started, fair warning – my review will not do justice to these books. These are classics of literature here (Shakespearean in a red pill way), and as potentially life changing as the sidebar depending on where you are in life. Second disclaimer, I have not been, nor do I claim to be a pickup artist. For those of you who are, well damn, post your stories below!

The Mystery Method was the very first book I had ever read from the pickup culture. That book, along with The Game was a gift to me by a friend back in 2007, and I quickly devoured those books. After that, I bought the Rules of the Game. Similar to the books on the sidebar here, it was massively life changing (and in a few years – I got married, so technically the “get beautiful women in bed” statement worked).

A recent comment recently inspired me to read these books again and looking at them through both an unplugged and married lens, there's quite a few gems here – you can see the building blocks of MRP praxeology.

So without further ado, let's get started:

The Mystery Method

The Mystery Method is a model. There are three stages of the M3 model: Attract, Comfort, and Seduce. Each of these three stages are broken down into three sub-stages.

A1 – Open: The man approaches a set, runs an opener, and immediately earns the set's acceptance

A2 – Female to Male Interest: The man demonstrates higher value, while simultaneously showing lack of Interest in the target. She responds with Indicators of Interest.

A3 – Male to Female Interest: The man baits the woman to become more invested in the interaction, and then he rewards her with Indicators of Interest.

C1 – Conversation: The couple shares in friendly dialogue. A sense of comfort and rapport follows.

C2 – Connection: Both parties feel a vibe that “It is on!” Kissing occurs. This phase may last over the course of several dates.

C3 – Intimacy: Now at a seduction location, heavy making out ensues and the couple moves into the bedroom.

S1 – Foreplay: The couple begins the physical escalation toward sex. If this happens too soon, it can cause buyer's remorse.

S2 – Last Minute Resistance: Last minute resistance is the point of no return before sex occurs. It's often a freak out moment for the woman.

S3 – Sex: It is necessary to have sexual intercourse several times in order to ensure a sexual relationship.

Remember, the Mystery Method focuses on attraction first, not seduction. There are certain hardwired attraction switches in every woman's mind. **Attraction is not a conscious choice that people make. Rather, it's a response that they feel automatically as a result of these switches being flipped.**

Examples of DHVs (Demonstrator of Higher Value):

- Preselection from other women

- Appearing to be a leader of men
- Being supporter and protector of those you love
- Being non-needy
- Being unaffected
- Social intelligence
- Negging her
- Having a strong frame
- Having interesting knowledge
- Emotional stimulation
- Being socially "in demand"—other people are seeking your attention or validation (alternately they are paying attention to what you are saying)
- Connecting conversationally

MRP Note: You should be all of these things, and doing them as well. I would also add play with your wife, and not in the giggity way – that comes later. Always be having fun. Always be gaming. Also you must be maximizing your physical attractiveness. Lift. Work out. Exercise and eat right. That is also part of your game.

Examples of IOD's (Indicators of Disinterest)

- Avoidance: She avoids eye contact. She avoids your calls. She avoids you in general.
- If she can pretend that she didn't hear what you just said, she will.
- She won't contribute to the conversation.
- She gets impatient easily.
- She walks away or looks away.
- She leans away, turns her back, or talks to someone else.
- She is nonresponsive, or she repetitively says "uh-huh" instead of giving you a real response.
- She won't move with you, even two feet away. She won't invest.

Frame Control

Here are the early words from Mystery on frame: “The frame is the underlying meaning. It's the context, the implication—the unspoken assumption in everything you say. If someone asks you, "Are the fish biting today?" then he is implying that you have been out fishing. He hasn't said so, but the listener will assume it is true—it's just part of the frame. The frame supplies meaning to the content. For example, if someone says, "Yeah, that guy got off," what is the meaning of that statement? Depending on the context, it could mean that the guy just got off of work, that he beat a rap at the courthouse and was set free, or that he had an orgasm—three completely different meanings.

"Frame" determines which of those meanings becomes accepted. He who controls the frame controls the communication itself. For this reason, when people interact with other people, they constantly play frame games. Through behavioral cues and subtleties in what they say, people convey their assumptions. If this conveyance is done with enough congruence, others will accept the frame as reality without thinking twice about it. If your frame is strong enough, you can get away with anything.”

MRP Note: Frame is all. Whose frame are you in? Yours or hers? Think of the first Iron Rule of Tomassi – “Frame is

everything. Always be aware of the subconscious balance of who's frame in which you are operating. Always control the Frame, but resist giving the impression that you are." Rian_Stone mentioned in his recent 21 Convention speech the following: *"What is frame? Frame is your 30 second elevator pitch for your life. It's your reality. It's not power; though establishing frame can be you exercising the use of power. You are always in someone's frame. If it's not your frame, it's someone else's frame. It's the narrative of your interaction with the world."* BPP has mentioned that frame is Dread level 1. You need to change and build your frame, and stop being in your wives frame.

Resources for frame are in the References section.

On Kino

"If she is standing there talking to you, just continue escalating. Always assume that it's on. This is also the best way to improve your calibration. Once your dynamic calibration is accurate, all of your escalations will happen smoothly, which is the long-term goal in building your skill set."

Some forms of kino include:

- Arm in arm
- Hands touching
- Embracing from behind
- Kissing lips
- Kissing or nibbling on neck
- Hand on knee
- Sitting on lap
- Arm around waist
- Touching face
- Smelling or pulling hair
- Hand on ass

Don't be tentative and wimpy about touching—be natural and confident. Touching (guys and girls) is one way that alpha males like you demonstrate their dominance.

MRP Note: You should be doing these to your wife normally and naturally. If you're not, then start doing it. If you are, then continue to do it. BPP mentions in his podcasts (in the sidebar, people) around YouTube being an excellent resource for kino – take some time and do a review. Also, you'll have to find the right amount of kino, not too much, not too little. Calibrate what you are doing.

Having Solid Game

- Are you a healthy, ambitious, socially comfortable person?
- Do you convey a lack of neediness at all times?
- Have you otherwise demonstrated value via preselection, the leader-of-men switch (social intelligence and social proof), emotional stimulation, frame control, and so on?
- Has she chased and otherwise invested in the interaction?
- Have you been compliance testing? Do you have kino escalation and compliance?
- Does she feel that she has earned your interest? (Have you demonstrated your "growing pair bond" for her, using qualifiers and other IOIs?)

- Have you built comfort and trust, and a sense of connection, over seven hours and several venue changes? Did you use the jealousy plotline so she is sure she wants you?

MRP Note: Look at all of these classic things that you were and were doing when you were dating your wife before you were married. Time to bring this back to basics – if you need to have one thing, let it be Game -

<https://therationalmale.com/2012/02/23/looks-count/>

Freeze-Outs

“If last-minute resistance seems insurmountable, do a freeze-out: Turn on the light, snuff out the candle, check your e-mail, head to the kitchen to make a sandwich, or pull out a checkerboard and challenge her to a game. The power of this is in its sincere delivery. If you were sulking or angry, that would show that you were affected. Just act as if your arousal circuitry has simply been shut off.”

MRP Note: What Mystery is talking about is Outcome Independence. You are independent of the outcome. This is a reminder to be sincere about your outcomes, and to not be butthurt.

Punishment/Reward

You can't do a freeze-out unless she wants your attention in the first place. A takeaway done on someone who cares less isn't a takeaway at all. It only works when you are of value to her. When she says or does something negative, then remove your attention to make her feel lonely. She feels bad and knows she would prefer talking to you. That's why a freeze-out works.

MRP Note: You have to be high SMV in order to be able to do this in the first place. Look at yourself in the mirror. Would you screw you? Now think about what you have to do in order to get higher on the SMV scale.

MRP Summary: I highly recommend reading (and for many of you rereading) the Mystery Method to get an understanding of some of the building blocks of attraction as well as MRP praxeology. A good read for the single, divorced, and married man. Remember, this is a tool in your toolbox.

The Game

Don't hate the player... Hate the game - Neil Strauss, The Game

Practically The Game is short on tips, but it is long on substance and story, and is a fascinating look into the pickup culture that was going on. If you have not read it, I would definitely recommend purchasing this one.

Here are a few quotes from the book:

“After all, it had only been a month since my workshop with Mystery. I still had a long way to go. It was time for a motherfucking change.”

"The number one characteristic of an alpha male is the smile," he said, beaming an artificial beam. "Smile when you enter a room. As soon as you walk in a club, the game is on. And by smiling, you look like you're together, you're fun, and you're somebody."

"Look at you. You're wearing glasses because your vision sucks. You have a hat on to cover a huge bald spot. You're ghostly white. And you look like you haven't seen the inside of a gym since grade school. You're doing well because you're smart and you're a fast learner. But looks count too. You're Style, so start being Style. Just snap: shave your head, get Lasik, join a gym."

I also found his credits to be highly amusing:

“Thanks to Britney Spears, who also got married. Twice. And to Tom Cruise, who recently announced his engagement and wasn't afraid to proclaim his love from the rooftops. Every time I have to make a tough decision, I ask myself: "What would Tom Cruise do?" Then I jump up and down on the couch.

Take some time and enjoy the read – it has a lot of classic stuff in it. And now you know how to make tough

decisions like Tom Cruise (man, that was a while ago... but still funny).

Rules of the Game

The goal of this book was for the reader to get a date within 30 days. Through a series of 30 missions/challenges, the reader should have changed himself and approached enough women to have a date.

From a married perspective – you guys should be old pros at this! I mean, come on... this is **Married** Red Pill, after all. And yet even more so than The Mystery Method, there are so many good reminders and tips here that it is worth a read and review. Perhaps you have become complacent in your marriage, or you never really had the next level to your Game – regardless, take some time to go through this and remind yourself on Game.

Looking at the sections below, these are the areas that I believe would be most impactful for the married man. Feel free to read the book and comment below.

Day 1 – Mission 1 – Evaluate Yourself

As discussed in this post -

https://www.reddit.com/r/marriedredpill/comments/77mf7f/purpose_the_rules_of_the_gameway_of_the_superior/ - you need to evaluate yourself and where you stand.

Fitness programs require you to weigh in on the first day. Financial plans ask for a list of your assets and debts. So to revamp your social life, you'll need to make a social assessment of yourself.

Your first mission is to write answers to the following questions. Don't worry about what anyone else will think of your answers. Your goal is to be as honest with yourself as possible.

1. Write one or two sentences describing how you believe other people currently perceive you.
2. Write one or two sentences describing how you'd like to be perceived by others.
3. List three of your behaviors or characteristics you would like to change.
4. List three new behaviors or characteristics you would like to adopt.

Day 2 – Mission 1 – Set Your Goals

What is your personal mission? (fill out the following statement)

I will become (MY ROLE, maximum four words) who will (MY CLAIM TO FAME, maximum four words) within (NUMBER) days/weeks/years.

Day 3 – Briefing - Vocal Training

Here we learn about the basics – breath and posture. Breathing deeply (but not too deeply) allows you to give full power to your words. Having bad posture prevents you from breathing correctly. He mentions imagining a string pulling to the top of your head – but be relaxed about it. He also discusses the issues with speaking with a low voice, speaking too quickly, brain farts, monotone voice, and statements that sound like a question (hint, you need to end your statements conclusively). I was in a public speaking class earlier this year, and one of the things that people tend to do is say the word “um” when they are nervous and presenting. Slow down. Gather your thoughts. Relax and focus. Don't say the word “um”.

Take a look at Private Man's page (may he rest in peace) on voice - <https://archive.fo/1TtEB> - for some more details on this.

Day 4 – Mission 1 - Hit the Showers

For this mission, the key takeaways are to be well groomed – shower, shampoo, and soap (similar to the 3 R's of the manosphere, or the 3 M's of cocktails). Smell good – mouthwash, cologne, etc. Shave your face clean (minus the

beard – we don't touch the beard at MRP). Clean the hairs around your ears, nostrils, and the back of your neck. Once you're done – suit up (https://www.youtube.com/watch?v=TT_vf5ioXXk) , look in the mirror, and remind yourself how awesome you are.

Day 4 – Mission 3 – Stand Up Straight

“Before you even open your mouth, a woman has formed an initial impression of you. And that impression is based largely on your body language.”

Men, this is very important. Game STARTS before you even open your mouth.

One of the key areas is posture.

This mission has you standing with your back against a wall. Make sure your heels, butt, and shoulders are touching the wall. Additionally, the back of your head just above the level of your chin should be against the wall as well.

Stay here for one minute. Reach behind your back and check to make sure there isn't too much space between your lower back and the wall. If there is, tighten your abdomen to bring the small of your back closer to the wall.

Now move away from the wall, and walk around the room for a minute without changing your posture, Commit the position and alignment of your body to memory.

Repeat this at least once a day.

There is also a post on the sidebar about this -

https://www.reddit.com/r/marriedredpill/comments/3qkonn/lets_talk_body_language/

Day 5 – Mission 2 – Make a Change

Style says – “The first step to better looks is better grooming. The second is committing to the right style.

Go to the clothing store—preferably when it's least likely to be crowded—and speak to the saleswoman who seems the most helpful. Tell her you want to change your style, and ask her to put together a complete outfit for you. If she wants you to be more specific, tell her you're going to a high-profile fashion show, art opening, movie premiere, trendy club, or whatever imaginary event best suits the new you.”

Make a change in your outfits. Now realistically, I'm speaking to a more mature audience here – we all have clothes at this point in time in our lives (if not, time to up your career game).

But let me ask you this – how many of you have wives who pick out their outfits for them? Yeah, I'm looking at you, Mr. Fixer Upper. Are you in your wife's frame again? Yeah, I thought so. Go and make a change in your outfits. You do it, not your wife.

It's like it's on the sidebar - https://www.reddit.com/r/marriedredpill/comments/45yz3l/60_dod_week_4_style/

Day 5 – Grooming Checklist

Here are items that you should consider when you are grooming yourself:

Change your hairstyle; Ditch the glasses; Get tan; Get a manicure and pedicure; Remove excess hair; Examine yourself closely in a mirror; Manage your eyebrows; Whiten your teeth; Freshen your breath; Get free dermatology advice (department store beautician); Accessorize; Join a Gym (MRP Note: LIFT); Eat healthier; and Make sure your clothes fit.

The only thing I would mention here is the tanning and the risks of skin cancer. Get some sun, but don't be stupid about it.

It's like it's on the sidebar... again -

https://www.reddit.com/r/marriedredpill/comments/44liif/60_dod_week_3_hygiene/

Day 6 – Mission 3 – The 8 Hour Rule

This is a mere sentence where Style states that you need to get 8 hours of sleep for the following day's mission, and yet sleep itself is an underrated part of everyone's MAP. Yes, pussies sleep, while Men wish for sleep. And of course, Chuck Norris doesn't sleep – he waits. But in all seriousness, sleep has so much regenerative help on everything that it should be a key part of your MAP. Sleep helps reduce cortisol, the stress hormone, along with affecting testosterone production. And if you snore for many years, you're at risk to get Alzheimer's when you are older (since not enough oxygen is getting to your brain for years). Consider getting your recommended amount of sleep – it has effects on your attitude, and thus your game.

Day 6 – Abolish Approach Anxiety. The limiting mind and the freedom mind

There is a great discussion here on the limiting mind, the freedom mind, and how you have to identify your limiting mind and awaken your freedom mind. “Most fears and limits we have are the result not of nature but of nurture. We place limits on ourselves as the result of negative experiences from our childhood and the influence of authority figures.”

“The first step on most roads to recovery is acceptance—admitting that there's a problem. The second step in overcoming the source of our anxiety is to bring it out of unconscious darkness and into the light of our conscious awareness. Only then can we begin to dismantle it, see how it works, and create procedures to nullify it.” This section talks about positive scripts to give to your mind frequently to overcome, preserve, and succeed. Additionally, there are several good points around ‘letting go of outcomes’ – think about what it would be like if you were in a sexless marriage, you're starting to turn yourself around, and you've heard of this funky thing called ‘Outcome Independence’ – you have to let go of the outcomes.

Style also mentions how important it is to remove failure from your vocabulary. He mentions a famous Michael Jordan quote – “I've missed more than nine thousand shots in my career. I've lost almost three hundred games. Twenty-six times I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.”

Honestly, you have to have a spine as well -

<https://theprivateman.wordpress.com/2015/02/15/the-sexiest-part-of-a-mans-body/>

Day 7 – A Field Guide to Openers

There is a quote here mentioned again that is worth repeating due to its importance - “The game begins before you open your mouth.”

In this mission, Style mentions Chris Rock, and his routine where anything that a man says to a woman translates as “How about some dick?” If you barrage a woman with generic questions, what she hears is “How about some dick?” Offer to buy her a drink, she hears “How about some dick?” Introduce yourself, comment on her necklace, ask for the time, “How about some dick?”

Now consider this from a married game perspective. Yes, you should game your wife. Can you go overboard? Absolutely. Do not let everything that comes out of your mouth translate as “How about some dick?” You have to mix it up – balancing sexual and non-sexual fun.

Don't be like this: “How was your day?” “Ok. Yours?” “Ok.”. Also, don't be like this: “Want some dick? Dick? How about some dick?” For a vast majority of us, that's not going to work.

Day 9 – Briefing – The Fourteen Laws of Learning

These fourteen laws are mentioned:

- Acquire and apply knowledge in small chunks
- There is no such thing as rejection, only feedback
- It's never her fault

- Learn actively rather than passively
- Don't rehearse negative outcomes
- Understand how your mind learns
- Be willing to go through the pain period
- Don't look to friends or family for approval
- Be willing to test new ideas, even if they don't seem logical
- Once something works, figure out how and why it works
- If you don't know what to do, don't leave
- Hang around someone better than yourself
- Make sure your ratio of efforts to results is increasing
- Finish what you begin

This is like a guide to your MAP, and can apply to everything, not just game. Take some time and really look at these, and see how they reflect in your MAP. "It's never her fault" – No, of course not – it's your fault! "There is no such thing as rejection, only feedback" – Damn, are you butthurt again? FEEDBACK! This is a very deep section (yet simple), so take some time to really think about these items and how they affect both your game and your MAP.

Day 10 – Briefing – The Power of Disqualification

"One of the quickest and most playful ways to accomplish this is through disqualification. To disqualify a woman, demonstrate early in an interaction that you're not interested in her. Exert though you may be chasing her, disqualification turns the tables and makes her want to chase you. For example, telling a woman with blonde hair that for some reason you've only dated brunettes disqualifies her as a potential girlfriend."

Now since you're married, disqualifying someone is a bit different than dating – telling your wife that you only dated brunettes before isn't going to get you that far. Style mentions though that they are the bedrock of flirting. They're supposed to be playful. A disqualifier should never be hostile, critical, judgmental, or condescending.

MRP Example: Your wife is getting ready for your date night (fool, every night is date night, hard mode remember), and she asks you teasingly "I think this skirt is too short, what do you think?" Your response should be "You're right, way too short – WAAAAY too short" while leering at her.

It's easy – flirt with your wife. Game her!

Some examples include:

- Saving her from you
- Giving yourself a monetary value
- Go over the top
- Reversing the roles
- Employ her
- Be the snob
- Be the authority figure
- Challenge her

And so forth...

Day 13 – Mission 3 – Borrow some Culture

Style suggests picking up a copy of a local events guide – this can be a free weekly newspaper, a magazine-style going out guide, a daily paper, or even a local Zagat guide to restaurants.

Read up, become interesting again. There's also a recommendation to read a Cosmopolitan magazine in the following mission – just don't – you are not desperate. You have NOT sunk that low. I don't care how low you think you are, you're not there.

Midpoint Coaching Session

“What you get out of something is equal to what you put into it.” – Neil Strauss, The Game

He mentions this quote, and it doesn't just apply to game, it applies to life. Every single thing that I have done that was worthwhile I worked hard at, and I truly got more out of it the more I put into it. Work, career, graduate school, sex... the list goes on.

THE SAME THING GOES FOR GAME! What he is saying here is that you need to spend time learning how to game – what you get out of it is the same as what you put into it. The same thing also goes for your work here at MRP.

Day 16 – Mission 1 – The Missing Link

This has a fascinating section about the missing link:

“The guy who fails at the game is the one who goes out looking for women to make him feel good about himself. The guy who succeeds at the game is the one who goes out and makes other people feel good about themselves.”

I remember a long time ago reading an article about a woman meeting up with a pickup artist – and afterward, she made the same comment. The pickup artist didn't do slimy tricks, he just made other people feel good about themselves.

Think about that missing link and how it applies to your wives. I would even add there there's something more to it than that. The guy who succeeds at the game first knows himself and has built himself up into a confident, positive, masculine Man. THEN as they game, they make their wife feel good about themselves.

Day 21 Briefing – Worksheet

There is an excellent section on the anatomy of attraction - Open, Demonstrate Value, Create an Emotional Connection, Structure a Call to Action, and Make a Physical Connection. This is back to basics 101 here. Open – Meet up with your wife. Demonstrate Value – Show her how valuable you are (you do lift, don't you). Create an Emotional Connection – Show her how you two are bonded, do something fun, give her the feelz!

(<http://archive.is/rZ7DN>). Structure a Call to Action – Give her an incentive to sleep with you. Arouse her with your touch or talk. Make a Physical Connection – Avoid mistakes that will cause her to change her mind (aka beta behavior, validation seeking, submissive “I don't know, what do you want to do?” behavior), and don't make her feel used or any other negative autopilot response.

Day 22 – Mission 2 – Constructive Reframing

This mission is about reframing something negative into something positive. “When you hear a friend, colleague, or stranger complain or say something negative, try to reframe it into something positive. For example, if a friend says that he's incompetent at something, tell him that he just likes to do things perfectly. If someone says, “My girlfriend is driving me crazy”, respond, “Why do you think she nags? It's only because she cares. If she didn't care, she wouldn't nag.”

This is an excellent mission on seeing the positive. Are you still butthurt? Are you lost in the anger phase? Try

reframing one item per day – call it frame practice if you must.

Even more interestingly, try it on your wife! Be unfailingly positive!

Day 22 – Mission 3 – Flirtatious Reframing

This mission is a choice – you can either choose to reframe an accident into an intention (example: if you are in a bar, and someone bumps into you, you jokingly say “Did you just grope me? You know, I’m not that easy – I require dinner and a movie first.”), or you can reframe kindness into self-interest (example: go to a store and ask for advice on a good CD to play. When they suggest a CD, teasingly accuse her of being paid to say it. “You really think I should get that CD? He you’re not getting a kickback from the record label, are you?”

When applied to the married lens, this mission is fairly easy. Just have your wife bump into you and tease her unmercifully. Or if she says “Wow, you changed the sheets”, you say “Yep, I did that on purpose – we’re going to get them dirty tonight” with a smirk.

Gaming your wife should be easy.

Day 22 – Briefing – Changing The Frame

This briefing focuses on four specific reframing techniques (from Slight of Mouth by Robert Dilts): Changing Frame Size, Context Reframing, Content Reframing, and Reframing Critics and Criticism. I highly recommend reading this section as it complements other articles on frame.

Style does mention that the more you learn about frames, the more flexibility, fun, and success you’ll have in your social AND professional life, and to keep in mind the following three things:

1. Always keep a strong frame. Have her meet you in your reality.
2. Reframing is the key to both persuasion and flirtation. “It gives you control of a conversation, with the ability to redirect it somewhere humorous, positive, exciting, or, at the right time, sexual. Practice it as much as you can, and not only will you become more successful with women, you’ll become a more talented speaker and better-rounded thinker as well.”
3. Use these techniques in moderation, and don’t become obsessed with controlling the frame in every interaction all the time. Sometimes surrender can be victory.

That last point is very important. You can hear FRAME FRAME FRAME so many times that you become obsessed with it. Moderate and calibrate your use of controlling the frame.

126

UPVOTES

FR: "None for me, Thanks"

creating_my_life · 8 April 2017 · Archived copy · Reddit

The biggest piece of advice I've taken to heart is to not rambo MRP. I've been reading, planning, and acting slowly. Over time, I've seen myself respond MUCH better to shit tests, and it is completely changing the dynamic of the relationship.

A few things happened this week that were interesting. I got the standard "get me a drink" shit test. I've read enough MRP now to recognize this for what it is. I ignore the first request. She mentions it again a few minutes later and I quip, "Busy. Are your legs broken?" She huffs, and then gets up to go get her own drink. I push my luck with a smile and immediately say, "While you're up...". Pure confidence. Deep down inside the woman inside her was pleased I passed that shit test. There's been a lot of "man servant" tests lately, or maybe I'm just observing them finally.

I've stopped asking to do things with her. All my phrases are now, "I'm doing X, you're welcome to join me." It's not "Do you want to do X?" "How 'bout X?". It's flat out, "I'm doing X." Many of these things are things I know she'd enjoy. Some are for me. I don't care. Here's the trick though: you have to say this because you want to do them. She will test you and say "no" sometimes to see if you're serious. You MUST do activity X ON YOUR OWN if you suggest this. If you don't follow through you'll look weak and lose huge amounts of progress.

I'm giving out more hard "no"s about life. She's constantly testing me. I'm eating more healthy and giving up restaurants for a month. She noticed I've stopped talking about going out, and asks me about it. A week later we're out running errands, and we go to one of our regular stops. I recognize this as a test. We sit down, smile, laugh, she orders her food, I pleasantly look at the waitress with a smile and say, "none for me, thanks." Wife says, "I thought you were hungry?" I say, "I am, I'll make something when I get home." I'm not angry, I'm simply holding true to a promise I made for myself. Test passed. There's several other examples of "No" not worth going into.

Finally Saturday morning, we're up doing our morning thing, and she comes into the bedroom with, "can you rub my calf for a bit?" (She's had a nagging running injury). Again, I finally recognize this for what it is: this is as forward as a woman asks for sex. She gets a good calf massage, one thing leads to another. She's happy, I'm happy.

tl; dr: came from deadbedrooms and hard nos. had sex 3 times this week alone. Passing shit tests and recognizing minor clues leads to sex when I want.

126

UPVOTES

MRP is not an identity

threekindsoflucky · 19 October 2021 · Archived copy · Reddit

Too many people find this place and embrace it as their new identity. A 'Red Pilled' man. They feel special, as they are now part of a group. They think they 'know things' that most average guys don't, and this knowledge makes them somehow better than the average guy.

It's all bullshit.

Every time I see the term 'red pill', 'alpha' and all the other catch phrases thrown around, I cringe internally. Everyone is trying to find a nice little box to place themselves in and derive their identity from that. I was 'blue pill', I 'swallowed the pill' and now I'm working towards becoming a 'red pill man'. I believe Rian calls them container words.

I call them 'dumb concepts that people grab on to, with the intent of trying to fit themselves in neat little boxes (that they define themselves) because it's warm and comfy in there', but that doesn't have the same ring to it.

You are not 'red pill'. You are a guy that read some shit online and took it hyper-literally and now you feel proud of yourself for it.

MRP is not some special group that you're part of. It's a place where a bunch of notes have been traded around for a few years and refined into a sidebar where you can read what other guys have done in the past. Knowing the MRP sidebar doesn't make you 'better' than anyone. Belonging to a group of internet retards only makes you retarded.

If you feel good because you got flair, or upvotes on your OYS or whatever it is - you're falling into the trap. Stop doing that shit. It doesn't matter.

Stop role playing as a red-pill man and start figuring out who you want to be. I'll give you a hot tip. You don't want to be me. You don't want to be Horns, Blarg, MITW, Tyred, or WNS. You might think that's what you want, but that just means you have no idea who you are.

The point of this place is for you to figure out what you want, not for us to tell you who to be. This isn't a factory where we take normal guys and churn out 'red pill men'. It's a place where a bunch of guys have tried some stuff, some of it worked for them, some of it didn't.

It's on you to figure out what works for you, and how that fits into what you want.

125
UPVOTES

Quick links for all of Jacktenofhearts posts

Tebulus · 31 March 2018 · Archived copy · Reddit

/u/Jacktenofhearts was an MRP endorsed poster with a talent for **unpacking** complex ideas and questions in a way that clarified them to a wider audience. Highly recommend you give everything below a read through at least once.

Does not include most of the PPD/bluepill since thats all bullshit imo. Look for context in the parent threads as best you can using the "view full context" button. Feel free to correct anything I mistitled, missed, or missed the mark on. Also keep in mind some of this stuff is advanced, some of it is probably bullshit, and some of it the mods/endorsed/senior members are indifferent to or think is outright wrong so dont take anything as gospel without learning more or posting to /r/askmrp first.

- Submitted posts to /r/marriedredpill:
 - [Meta] Subreddit Fragmentation
 - What we talk about, when we talk about Dread (1/3) - Dread. Part 2 and 3 in comments
- Posts in /r/marriedredpill:
 - The little sister metaphor
 - It's like she expects me to be a mind reader
 - Be Married Like it's Your Job (Career Beta-Bux? Get in here!) and segues into mayor game primer
 - A plea for irrational confidence
 - Presentation matters
 - Why do women give terrible dating advice?
 - They think we're losers because too many of our members act like losers.
 - Jack vs stonepimpletilists
 - The "go to the bar for me" shit test
 - Turn off your brain
 - Married Friendzone?
 - Personal epiphany about betas
 - Get over your Madonna/whore complex
 - Narcissistic family
 - The Anxious Wife & Advanced Fogging: (one of my favs)
 - Bending the Rules of Fight Club: Trolling MGTOW/PUA/MRA and Deadbedrooms for Married Red Pill.
 - What do you wish you knew before your divorce?
 - Being conscious of your actions and how they impact those around you
 - The cyclical nature of women
 - Entertainment Options?

- "Im Sorry"
- you're missing the point, dumbass!
- Mindfulness & It all comes down to: what do you want?
- Translation: "Your frame is made out of high quality steel and construction, but... are you intentionally making it so uncomfortable for me to enter intentionally?"
- Differences in culture aka India is a shithole
- Calm down before you go Rambo/Divorce/Cheat
- Why are dread levels 6-8 not suggested for men in stable relationships?
- Alpha - discussion on post by Rollo about Corey Worthington
- Parsing Anger and working through emotions while unplugging
- Narcissisism. Correlation with MRP/PUA does not equal causation
- Take her back or burn it down? A lesson on digging through the trash and how shitty some people can be
- The alpha chihuahua, a retrospective. - Case study on alpha_as_wolf rage quitting MRP
- Weak Frame (interesting post by now active/endorsed /u/persaeus
- Shit tests vs shitty comfort tests
- So he says to me, dude, you told me to act like CEO. Well if I was CEO, I'd fire her fucking ass. So should I get a divorce?
- Adding value is a two way street:
- All Women Are Attracted to Men Who Add Value in Their Lives
- How husbands and wives view sex
- does my past mean this typically unforgivable violation is, in fact, forgivable?
- E-prime statements for MRP/OYS
- you are a fucking loser)
- Verbal intercourse is optional, a counterargument
- Mishandling a shit test
- Failure of leadership
- Setting yourself on fire to keep other people warm
- Observations of a career beta
- Wife found the sidebar
- Anything to learn from rejecting sex?
- Budgeting the wife

- Wife wants me to control her phone like she is a teenager. What do you think of my approach?
- Another unplugging post
- Less Rock, more Oak
- Executive function
- Leadership requires work. From this work comes authority
- Should I stay or should I go?
- Cheating increases Dread without a corresponding increase in SMV
- Lazy wife
- Why a main event occurs
- Shit test, comfort test, or crazy bitch?
- FR: passing shit tests means being treated like shit?
- Question: She disrespects and dislikes my dad
- Pushing for sex with a sick wife
- understanding your wife's frame
- why didn't you say anything?
- Wife doesn't deserve an unplugged man
- Stoic vs Maintaining frame
- Opinions on doing shit for your wife
- Unplugging during pregnancy
- The dangers of Red Pill
- Honor:
- Killing the puppy
- Explained RP to my wife without explaining RP to my wife
- Thoughts on thinking long term
- Married shit test examples
- Planting alpha seeds
- "I need to feel like you know how I feel."
- Your wife is not on your team
- Fogging and negative inquiry
- Dont try to fuck your wife, become more fuckable.

- DivorcedRedPill? Need help accepting and dealing with what feels like a powerless situation
- Too many people use "asshole" for "unintentionally inconsiderate."
- Alternative to Captain/FirstMate- Father knows bestA
- Hard Core PUA on ROK Gives Red Pill truths on the nature of women and Long Term Relationships
- "what do I actually want her to do?"
- What are some of your strategies you use to deal with her snide/condescending remarks?
- Unfortunately there's a bad convert contract going on here.
- The winning move in a Shit Test is always "not to play," right?
- The easiest way to avoid your wife pouncing on your weakness is not to be vigilant against exposing weakness, but to not have any weakness to expose.
- FR: She has definitely noticed, no change in sex life though
- you need to learn to shut the fuck up
- 1 month in, i just punched a hole thru a door.
- Dread is not supposed to be operant conditioning. The sole purpose of Dread to prevent your wife from taking you from granted. That's it.
- Rollo's Post on "Managing Expectations"
- FR-The night before wife leaves for two day business trip
- "Are you having an affair?" - best answer
- /u/archwinger talks about Real Alphas in TRP
- Posts in /r/askMRP:
 - How to handle a wife that is always "sick" and/or "tired"
 - Parenting 101 is a hard boundray
 - Transitioning from Phase 1 (operating in her frame), to Phase 2 (Establishing your own frame):
 - OK, the cluster B stuff - Dealing with a Narcissistic/Cluster-B wife.
 - Finding the right balance, a story about Dave
 - Too cold? - That
 - Walking on eggshells is a broken mental model
 - Did I handle this properly?
 - Tramping over boundaries while being stupidly defensive about yours is the root cause of anti-Oak behavior
 - "I like skinny guys",TL;DR - Even you should lift, bro.
 - In that moment, you ripped yourself of her frame. OK, great, now what?

- Dont be a passive aggressive pussy
- There's a destructive line of Red Pill thinking that goes something like this:
- MRP is not a solution to every problem
- Ok, But What About Love?
- "Calling out disrespectful MIL and SIL after movie and comments about sexy leading man"
- Dealing with physical shit tests (as in hitting)
- What's your narrative, OP?
- How to deal with rage while unplugging, reading, and living with my wife
- What law of power do I need to study to stop being vocal about reading people.
- Heading correction
- Blurring the lines between sex, sexy, and discrete activities
- Did I mess up? Possible failed shit test
- "what's gotten in you, you've changed..." What if TRP is wrong? tl;dr OP is a moron
- Being assertive & Wife thinks I'm treating her like a baby...
- Religious faith does not encourage introspection
- Own the frame you have instead of pretending you have the frame you want.
- What she wants is leadership, competence, execution, and progress. She wants a fucking Captain.
- Passing Fitness Tests vs Providing More Comfort and Security
- How much RP is too much?
- Hint: She's not crying because you bought red wine.
- She doesn't want to tell you because she wants you to "just get it."
- Act like a captain if you want to be treated like one
- You are not the first guy we've seen here to read The Rationale Male and immediately conclude the best option is to just nuke his entire life and marriage. We've seen you before. We'll see you again
- Does being Alpha mean you have to be an insensitive selfish prick?
- A woman's dad is the only male in her life who gives her attention for something else besides sex:
- Should I stop initiating? tl;dr no
- Marriage counseling is bullshit, treating emotional/psychological issues is not:
- STFU is never a bad idea, but it doesn't mean it's always the optimal choice either
- Help me with outcome independence

125
UPVOTES

Words of Weakness, Words of Strength

ancient_resistance · 24 April 2020 · Archived copy · Reddit

Our words make us weak or strong.

The words we choose, and how we deliver them, send a powerful message about our value and status. We need to train, strengthen, and calibrate all aspects of our lives, including our use of language. This isn't as straightforward as hitting the gym or reading a book, but like anything, it is a skill we can train.

This is nothing new. I compiled this from sidebar material, specifically NMMNG, MAP, RM, and WISNIFG. These works offer a more in-depth picture of what I list here, and those unfamiliar with them should start there. This is aimed at beginners like me who mostly understand STFU and are ready to explore the next level of linguistic strength.

For the autists who eat paint and don't understand nuance: Language is not black and white. Examples below describe general traits, but most have a valid counterexample. The key is contextual awareness. It's not just what you say, but how and when you say it. Also consider that most forms of weakness in language are matters of excess more than substance. For example: self-deprecation could be personal ownership gone too far, and an overly cocky attitude comes off as insecure.

WORDS OF WEAKNESS

DEER (Defend, Excuse, Explain, Rationalize)

Speaking with the assumption that you are under scrutiny or attack, and therefore need to take a defensive posture. Justifying your preferences or behavior to others as if they are in a position to judge you. Stating the obvious, or unnecessary rephrasing. Adding clauses to statements that begin with "because..." or "so I can..." Externalizing one's thought process for arriving at a decision.

- *Why we do it:* Wrongly assuming our identity, value, or approval comes from others.
- *Why it's weak:* Core RP philosophy states that we judge ourselves from our own mental point of origin. Our thoughts, desires, and actions warrant no explanation or defense. Our rationalizations belong to us.
- *Examples:*
 - "I want to go out to eat **because I'm in the mood for Chinese.**"
 - "Let's buy this grill. **It's less expensive than the other ones.**"
 - "I'm going for a drive **so I can clear my head.**"

Chatty

Verbal bullshit. Speaking more than necessary to convey a specific idea.

- *Why we do it:* Trying to seem friendly, energetic, or fun, or out of fear of being misunderstood.
- *Why it's weak:* Comes across as desperate, annoying, or disrespectful. Dilutes the power of words. Actually increases confusion and likelihood of misunderstanding.
- *Examples:*
 - Talking about pointless shit to fill silence
 - Speaking over people
 - Finishing other peoples' sentences
 - Using 20 words when 5 will do

Disclosure

Freely offering personal info to anyone. Too open.

- *Why we do it:* Thinking it will make us accessible or interesting, or out of an unresolved need for sympathy or

understanding

- *Why it's weak:* Comes across as desperate, needy, or overwhelming. Kills mystery, a core basis of attraction. Knowledge is power; divulging yourself to others gives them strength over you.
- *Examples:*
 - Talking about deeply personal stuff in casual conversation
 - Answering all personal questions directly and factually

Indecisiveness

Unable or unwilling to take a clear position, especially on a controversial topic. Unsure of one's own preferences or needs. Taking too long to decide. Deferring decisions to others.

- *Why we do it:* Genuine ignorance of one's own preferences or needs. False belief that decisiveness will alienate others, or that our needs or desires are not important.
- *Why it's weak:* Someone who doesn't understand them self is uninteresting and unattractive. Unsure people also come across as unpredictable and unsafe.
- *Examples:*
 - "kinda/sorta/maybe"
 - "I'm not sure..."
 - "whatever"
 - "I don't know, what do you think we should do?"

Hedging

Qualifying statements to soften their meaning or minimize risk.

- *Why we do it:* To seem friendly, non-threatening, or correct
- *Why it's weak:* Betrays a deeper insecurity of appearing unfriendly, threatening, or incorrect. Sounds pedantic which is unattractive. Weakens the force of statements by making them vague, conditional, or compromised.
- *Examples:*
 - "one of the most..."
 - Lots of "probably" statements
 - Lots of "like" and "sort of/kind of" statements

Insecurity

Seeking permission or approval from outside oneself.

- *Why we do it:* Lacking internalized sense of value. Not our own mental point of origin.
- *Why it's weak:* Depending on others for approval or validation is weak by definition.
- *Examples:*
 - Overly cocky attitude
 - Fishing for compliments
 - Starting sentences with "Can I just...?"
 - Ending sentences with "right?" and "huh!"

Ownership of others

Mental point of origin depends on actions and thoughts of others. Attempt to control others through subtle manipulation.

- *Why we do it:* If we depend on the relationship for personal stability, we take ownership of them trying to ensure our own safety.

- *Why it's weak:* Depending on others for approval or validation is weak by definition. We have no ultimate control over others; attempting to is foolish.
- *Examples:*
 - Making baseless assumptions about the motives or perspective of others
 - Excessive encouragement or compliments
 - Speaking on someone else's behalf

Diminutive word choice

Using words that evoke weak or small imagery. Minimizing one's needs or wants by implying they are not significant.

- *Why we do it:* Fear that if our needs or desires are too big or inconvenient, people will not meet them.
- *Why it's weak:* Apart from the inherent weakness of dependence on others to meet our needs, it conveys a sense of weakness through associating one's speech (and by extension, one's identity) with small and weak things.
- *Examples:*
 - "...just a little..."
 - "only..."
 - "tiny bit"
 - "real quick"

Emotional / feminine word choice

Phrasing things from an emotional, feelings-centered, feminine perspective.

- *Why we do it:* For attention, or out of immaturity and ignorance.
- *Why it's weak:* Emotions are fickle, and those driven by them have not mastered themselves. Anchoring your speech in feelings and emotions sends an unstable message. Since feelings are subjective, describing things in terms of feelings also makes it harder to discuss objective facts and reach agreements.
- *Examples:*
 - Starting sentences with "I feel like..."
 - Excessive use of feminine vocabulary, e.g. "love", "beautiful", "cute"
 - Excessive emojis

Emotional tone

Conveying excessive emotion through vocal tone.

- *Why we do it:* For attention, or out of immaturity and ignorance
- *Why it's weak:* Conveys lack of self-control
- *Examples:*
 - Using tone to convey strong moods
 - Speaking with excessive passion, disappointment, anger, or excitement

Weak tone

Conveying weakness through vocal tone.

- *Why we do it:* To appear less threatening or more likable
- *Why it's weak:* Conveys lack of confidence. Evokes childlike impressions.
- *Examples:*
 - Speaking too quietly
 - Speaking in a high-pitch register

- Speaking from the nose/throat

Weak eye contact

Rarely or never making direct eye contact with the person you are speaking to.

- *Why we do it:* Insecurity, or wrongly assuming eye contact is threatening
- *Why it's weak:* Conveys insecurity. Makes it less likely that people will listen to and remember what you say.
- *Examples:*
 - Shifting eyes
 - Looking at the floor
 - Breaking eye contact before the conversation is over

Self-deprecation

Speaking of oneself in a negative tone.

- *Why we do it:* For attention, out of a genuine lack of self-esteem (believing oneself is actually stupid, not just doing a stupid thing)
- *Why it's weak:* Lacking self-esteem and depending on others for approval is weak by definition
- *Examples:*
 - "omg I'm such a retard!"
 - "wow, I'm so stupid"
 - "what the fuck was I *thinking*?"

Apologizing

The opposite of excusing; taking on excessive blame. Similar to self-deprecation but directed at others.

- *Why we do it:* False assumption that if we do not take the blame for something, then people will withdraw their attention
- *Why it's weak:* Overly submissive or contrite attitudes are weak by nature
- *Examples:*
 - "omg so sorry!"
 - "Please forgive me!"

WORDS OF STRENGTH

Brevity

Speaking as little as necessary to convey relevant information.

- *Why it's strong:* Avoids most of the pitfalls of weak speech by cutting them off directly. Words are less diluted, scattered, and pointless, therefore more concentrated, purposeful, and stronger.
- *Examples:*
 - Speak as briefly as possible, then *Shut The Fuck Up*
 - Use 5 words when 5 will do
 - Use none wherever possible, especially early in MRP

Focus

Keeping conversation on point, dealing with one issue at a time. Avoid unnecessary tangents. Do not conflate separate issues.

- *Why it's strong:* Demonstrates both self-control, and control of the conversation. Distills meaning. More likely to

arrive at a conclusion or agreement.

- *Examples:*
 - "Let's get back on topic."
 - "Let's work this out before moving on to the next issue."
 - "Sounds like we are talking about two different things, let's handle them one at a time."

Reservation

Maintaining curiosity and mystery through restraint and selective disclosure.

- *Why it's strong:* Knowledge is power. Offer knowledge about yourself sparingly, and only for a return on investment. Also, mystery is a core aspect of attraction.
- *Examples:*
 - Slowly revealing facts and details about oneself; not offering personal info freely
 - Being intentionally vague about one's intentions, motives, and perspectives without seeming closed off
 - Answering personal questions indirectly, with irony or exaggeration

Decisiveness

Taking a definitive stance, especially on controversial issues. Making decisions for oneself in a timely manner. Speaking with cadence; no filler words ("ah/um").

- *Why it's strong:* Conveys confidence and self-assurance. Reduces ambiguity and anxiety, thereby increasing a sense of safety.
- *Examples:*
 - "Yes" or "No"
 - "I don't know, but I will find out."

Assertiveness

Stating needs and desires directly. Choosing words that are clear, specific, to the point. No bullshit.

- *Why it's strong:* Conveys confidence and self-assurance. Increases likelihood of getting what you want.
- *Examples:*
 - "I want to <...>"
 - "We should do <...>"
 - "I don't like that."
 - "Let's fuck."

Personal ownership

Directly taking ownership of one's behavior, without drawing unnecessary attention to it. Owning one's mistakes and making reasonable effort to correct them. Speaking truthfully.

- *Why it's strong:* Disarms the ego while preserving self-respect. Creates trust and preserves relationships with others. Maintains integrity without shame.
- *Examples:*
 - "Oh shit, my bad!"
 - "My fault, working on a solution."
 - "I was wrong. Here's what I'm doing to fix it."

Functional / masculine word choice

Phrasing things from a functional, practical, objective, action-oriented, masculine perspective.

- *Why it's strong:* Men are adapted to change the environment. Our body, psychology, and sexual essence are wired to see things in terms of obstacles to overcome and objectives to achieve. Aligning our speech to those principles strengthens it.
- *Examples:*
 - "Problem solved."
 - "Knocked that project out."
 - "I don't see how that will work."

Strong tone

Conveying strength through vocal tone.

- *Why it's strong:* Conveys confidence. Evokes solid, steady, and masculine impressions.
- *Examples:*
 - Speaking clearly
 - Speaking in lower register
 - Speaking from the core

Strong eye contact

Making direct eye contact to the person you're speaking to, but not in an overbearing or awkward way.

- *Why it's strong:* Conveys confidence, increases the likelihood of people listening to and remembering what you say.
- *Examples:*
 - Maintain eye contact for at least 80% of the conversation
 - Break eye contact for brief intervals during conversation to refresh your posture and not seem awkward

Humor

Elevate the tone of a conversation with humor. Serious only when the situation warrants.

- *Why it's strong:* Evokes trust and submission from others. Demonstrates competence, social awareness, subtlety, and command of the situation.
- *Examples:*
 - Irony - the opposite of what we expect
 - Exaggeration - describing things far beyond normal limits or expectations
 - Teasing - inviting others to have a sense of humor about themselves
 - Hubris - playfully cocky attitude

Controlled attitude

Tone and word choice do not convey excessive emotion, especially negative emotion.

- *Why it's strong:* Conveys confidence by demonstrating self-control and social awareness. Maintains mystery, a core basis of attraction.
- *Examples:*
 - Amused mastery
 - Attitude unaffected by circumstances; outcome independence
 - Alternate between stoic and playful attitudes, as situationally appropriate

124

UPVOTES

Make your fucking choice.

weakandsensitive · 9 October 2018 · Archived copy · Reddit

Common theme among unattractive men - they just can't make a fucking choice. This is for the most part just a rant.

You see it all over [r/askmrp](#). Every post is effectively the same thing - "Help! Help! Help make this choice for me!"

Just randomly picking from the current front page, we have

- I want to leave my wife, but probably not for a good reason. Me 30 - wife 25
- Want a LTR, plates too distracting
- Want to improve my fiance's domestic skills. Classes?
- How to become more successful in initiating sex? Share your strategies.
- Do you feel closer to your wives after MRP?

You might think the last two were really about discussion. You'd be wrong.

And please give input on mine. I don't have much experience in LTRs.

and

Do you guys feel like you have a closer relationship with your wife after making the change from beta to Chad? Or am I misguided to think those two things are possible at the same time?

The real translation is this - "I am scared shitless of doing it wrong, so I want to shift the burden of ownership". Other people might be more charitable and call it analysis paralysis. But either way, it's just weak men being pussies - more afraid of failing than they are of the odds of doing something and possibly learning something along the way. Active, engaged analysis and learning apparently isn't a thing anymore these days.

But why's that so bad - you might ask? I mean, does indecision really lead to bad consequences?

Yes. It makes you insufferable - and a generally awful person to spend any time with.

Two weekends ago, I spent the weekend in Vegas with a 22 year old buddy of mine. Really nice guy, pretty personable, decent looking but Jesus Christ did I lose all respect for him after that weekend. Frankly, it's unsurprising why he doesn't really succeed with women. The whole entire weekend, I could not get a single preference out of him. The whole thing was painful - "Thoughts on food?" "Oh you know, wherever." "Steak or sushi?" "I'm good with either." Passive, reactive, and oh so fucking boring. It was as if he weren't there, completely inconsequential. His existence literally did not matter to me. Hell, it didn't even matter to him apparently. How do you engage with someone like that? The answer - you can't, and so you don't.

The power of choice is that making a choice means having a consequence. For the path that is chosen, there will be a path that is rejected, and with that comes ownership of the consequences of the decision that is made. To make a choice, to be decisive, is to embrace that risk and potential uncertainty. It's much easier following than leading - and unless you're really incompetent, most people are happy following. Just pick a path - and maybe you'll learn something along the way.

- Re-write the kitchen lighting, and get zapped a few times. Residential voltage won't kill you.
- Try to fix the garage door opener, and bust the entire thing - so now you're stuck replacing the 20 year old opener.
- Eat that escargot from that shady dive bar in Miami - realize snails are nasty.
- Choose to not fuck with the engine, and pay \$2000 to the professionals instead.

- Fuck that sketchy hooker. Most STDs are curable.

Or simply make the choice to not choose, to not care, which is very different than being ambivalent.

Making a choice is really easy. Just go do something. Sure you might be wrong, but at least you'll stop being one of those jackasses who are at a fork in the road, sitting around twiddling their thumb in their butts, waiting for someone else to hold their hand and lead their way. Those guys aren't making progress. And no one wants to hold your hand if your thumb has shit on it.

124

UPVOTES

Stop letting people treat you like shit

Hot_Caterpillar_2586 · 5 July 2023 · Archived copy · Reddit

It's great to learn how to lead your family, and get in shape... but a lot of the guys on here miss the most important aspect of frame, something even more basic and more important than everything else:

Stop letting people treat you like shit.

Most guys on here are co-dependent and passive, and will do anything to avoid disapproval- both in relationships, and at work. Maybe you already sidebar and lift, but in the back of your mind you are telling yourself "if I just get attractive enough and learn to lead I can stop being a doormat." That will never happen, no matter how fit you get, you are never going to give yourself permission to stop being a doormat until you realize you don't need to meet some precondition to get treated with the same basic courtesy you already extend to everyone else.

Look at all of the overweight, lazy guys with wives that treat them better than yours treats you. The difference is these guys have some boundaries, and will say something about it when they are treated like shit- they would rather leave, or be alone than be in a relationship that sucks and their wives know it. Your wife knows you will put up with anything.

You don't need to get fitter to set boundaries. You don't need to make threats to set boundaries. You don't need to memorize any script or conversation technique. You don't need to be superhuman and stop making mistakes and forgetting things. You do need to be willing to leave before you take abuse- but don't need to threaten to leave either.

Her: (angry look) I can't believe you forgot to take out the garbage on garbage day! You idiot!

You: (look her steady in the eye) I can see that you are upset, but it's not ok to speak to me like that.

Calmly focus only on her being disrespectful until she can raise a concern in a respectful way. Always bring the conversation back to that and refuse to address any other points she raises, until she can manage to be respectful first. This is not to win the argument, but to have some respect for yourself, regardless of the effect on her. Your goal isn't to keep trying things to get her to respond a certain way- hopefully she is able to stop treating you like shit, but if not you will eventually find someone else that can, and be better off anyways.

A few years back I sidebar'd and lifted to the point where I was winning strength competitions and could fog/broken record like a pro, yet my marriage still went to absolute shit. I told myself, in the back of my head, that leaving was never an option because of the potential impact on my son, and because of that, my other efforts were for naught. Ultimately, I decided a doormat dad was worse than a divorced dad, left, and I've never been happier, and my son is thriving with a dad that is present in a way I never was before. The two of us love doing strength competitions together, and I met an awesome woman that does them with us.

123
UPVOTES

Establishing an “Emotional Connection” With a Woman

RedPillCoach · 21 May 2018 · Archived copy · Reddit

I am not just a coaching graduate of a top school in the International Coaching Federation! I am not just an attorney or a PhD or published author!

I am a very fortunate man in possession of the Hamsturlator. This is a device originally devised by prominent manosphere blogger “Deti” and given to /u/bluepillprofessor in order to help him write **the book**. He has kindly loaned me the device for the time being, and indeed, the Hamsturlator is a sophisticated piece of equipment, possibly of alien origin, and likely made entirely of Vibranium. The Hamsturlator interprets the language of “**Womaneeze**” into comprehensible English.

One of the most common complaints we hear from men is that their wives are telling them some version of “I need to feel an emotional connection to you before we can have sex.” Therefore, I found it necessary and prudent to run this phrase through the Hamsturlator. Unfortunately **it started beeping and smoking!!** Luckily, I was able to unplug it before it exploded!

After the device cooled down I powered it back up and tried again. This time I just input the phrase “emotional connection” and the green lights started flashing. After several minutes, the humming and steaming hot machine spit out a 21 page 14,000 word answer which I will attempt to summarize in this post to identify what women mean when they say “I need an **emotional connection**.”

Before I go there, however, I want to remind you of some ancient wisdom from Heartiste (where pretty lies perish) taken from **The 16 Commandments of Poon** which explains exactly what we are discussing:

IX. Connect with her emotions Set yourself apart from other men and connect with a woman’s emotional landscape. Her mind is an alien world that requires deft navigation to reach your rendezvous. Frolic in the surf of emotions rather than the arid desert of logic. Be playful. Employ all your senses. Describe in lush detail scenarios to set her heart afire. Give your feelings freedom to roam. ROAM. Yes, that is a good word. You’re not on a linear path with her. You are ROAMING all over, taking her on an adventure. In this world, there is no need to finish thoughts or draw conclusions. There is only need to EXPERIENCE. You’re grabbing her hand and running with her down an infinite, labyrinthine alleyway with no end, laughing and letting your fingers glide on the cobblestone walls along the way.

The bottom line according to Heartiste is that you connect with a woman’s emotions by **experiencing** them with her. You have to let your own (tightly held) emotions roam free. There is no destination, no logic, no answers. There is only the experience of leading her on a fun adventure!

Are you leading your wife on a fun adventure? Are you experiencing her emotions like a duck experiences water? That is, do you let her emotions wash over you like a cool relaxing shower as the oil (**YOUR FRAME**) causes the droplets to bead and roll off your feathers. Or do you let her emotions “flood” you and ruffle your feathers?

THIS “FLOODING” BY THE MAN IS THE DIFFERENCE BETWEEN ESTABLISHING AN “EMOTIONAL CONNECTION” THAT MAKES HER FEEL SAFE, LOVED, AND READY TO BE SEDUCED AND FAILING TO ESTABLISH AN “EMOTIONAL CONNECTION THAT MAKES HER TENSE, ANXIOUS, AND FEARFUL ABOUT YOUR LOVE AND COMMITMENT AND LESS LIKELY TO BE SEDUCED

If you are not familiar with “flooding” I briefly describe this in **My Post on Marriage Therapist John Gottman**:

Flooding occurs when your sympathetic nervous system activates while having a discussion with the wife. That is, you get nervous, increased heart rate, sweating etc etc. Flooding means that YOUR WIFE activates the fight or flight instinct in you. This is not good.

Another way to interpret this is that “Flooding” occurs when you mentally and psychologically lose your frame. Think about it! That is what MRP guys mean by “Holding Frame.” We simply mean don't get flooded. Don't let a mere woman rattle your cage. Smile at her and acknowledge where appropriate, engage where appropriate, and walk away when appropriate. Just remember, as Vladimir teaches us: “It is usually best to avoid arguing with a woman.”

MRP focuses mainly on overt behavior because that is something you can observe and learn to control. However, it turns out that internal mental processes are almost as easy to control as behavior! The entire field of Cognitive/Behavioral Therapy is predicated on the idea that both our thoughts and our behaviors are closely connected and that you can learn to control them. For suicidal thoughts the cognitive behavioral solution, stated in simple terms is to **stop** thinking about killing yourself. One way to do this is to substitute “good” thoughts for the “bad” thoughts. For example, a therapist might tell a suicidal patient to think about his love for his children whenever his thoughts turn to killing himself. One cannot (usually) think of love for your progeny and entertain the idea of hurting them by killing yourself at the same time.

The Cognitive-Behavioral solution to “Flooding” is very similar. When you, as a man, begin to feel “Flooded” or you feel that you are going to blow your top over the seemingly unending provocations from your wife the solution is to **stop**. How do you do that? Well the best way is to train yourself to **stop**. Practice Meditation. Learn how to breathe. Read the Stoics, in particular The Meditations by Marcus Aralius. Develop a strong, indefatigable frame that is loving, giving, kind, positive, affirming, happy and **strong**. Substitute “good” thoughts for the thoughts that are “flooding” you. For example, I recommend when you feel flooded to step back and realize exactly who it is that you are dealing with, and why. Take a moment to laugh internally with amusement. This provocateur who is aggravating you is **just a woman**. In MRP/TRP terms she is a child who needs a Daddy to correct and protect her.

If your 11 year-old daughter were Shit Testing you and pitching a hissy fit how would you react? If she were stomping her feet and crying how would you act? If she were calling you names and telling you she “hates” you then how would you react? Would you get butthurt and sulk? Would you get mad and try to hit her back with the same level of emotional pain? Would you “Stonewall” and storm out of the room so you can “punish her” for treating you badly?

OF COURSE YOU WOULDN'T DO ANY OF THOSE THINGS! You would probably take charge of the little girl. You would know that her words of anger are temporary. You would understand that she is a child and you are the adult. You would not tolerate abusive language from your children and you would calmly explain to your child how language like that is not used in this house.

Why does this work so well with your kids but not always with your wife? Because **YOU ASSUME GOOD INTENTIONS** when dealing with your children. How often do you assume “good intentions” when you and your wife are arguing? Probably the answer is never or almost never and that is a problem because guess what guys? **That little girl is your wife.**

Take a few minutes to try to understand how life must suck to be a woman. Every day she wakes up feeling different. Her emotions change day by day and minute by minute. She cannot describe how she feels because our language does not even contain the concepts. **She wants conflicting things in a man.** which sucks for us- but imagine how it would feel to be like that. You would probably also cry at random times for no apparent reason! She thinks she wants a man who will do things for her and take care of her and most of all help her check off the ever growing, unending items on her unending lists. Yet when she finds a man willing to work 24/7/365 to complete that incompletable list she realizes sooner rather than later that such a man is not worthy of her. Such a man who is willing to sublimate his own thoughts, emotions, and desires just for a chance for weekly Starfish Sex is obviously not a “worthy man.”

Then once she realizes that her man is no man at all her anxiety ramps up and her Hamster starts running full speed. How can this accommodating man protect me and the children? I am so alone in the world with nobody to protect

me! I don't have an **Emotional Connection** to this man.

Guess what else happens? The list continues to grow no matter how many items you cross off. **It's not about the nail and it was never about the lists.**

To paraphrase the great /u/Jacktenofhearts she doesn't want you to help her check the items off her list. She wants there to not be a list at all for her to worry about. She doesn't want you to do more Choreplay and housework. She doesn't want you to do the dishes. She wants there to be no dirty dishes in the sink!

Similarly, she doesn't want you to go out of your way to establish an "Emotional Connection." She wants there to BE an emotional connection. She wants to FEEL an emotional connection with a man to whom she is sexually attracted.

So how do we as MRP Men achieve this nebulous, ever changing target? Actually, we have several options. These were largely taken from a Coaching session I had with one of my clients. He can chime in and take credit if he wants to be known but I can't identify him: Thanks Broh! This is good stuff!

- 1. Avoid flooding: As described above when you get that uncontrolled, pulse pounding adrenaline rush at the moment you start to perceive your wife is **criticizing** you then you should mediate and seek first to understand, only then to be understood. Assume good intentions and don't be touchy or butthurt. Learn to recognize the signs of flooding. Control yourself, your thoughts, your emotions, and your feelings. When you have control of yourself, you will have control over her. A healthy dosing of IDGAF often helps in establishing a mindset that avoids flooding. Cool off brah. She's only a woman.
- 2. Speak using the language of women

A. Use light and nonsexual

[Kino](https://www.youtube.com/results?search_query=kino+and+seduction) during the day and initiate using progressively sexual Kino. Kino is the secret language of women that they use to convey this nebulous "emotional connection." When we say STFU we don't mean stop communicating. Dummy, you thought we communicate only through words? Try again. 70% of communication is nonverbal and if you would just follow our advice and STFU you could probably start actually communicating with your wife. B. Spend 20-30 minutes ****every day**** actively listening to your wife. Listen with full attention. Listen with interest. You married this woman so there must be something interesting about her life. Her friends divorce drama can more entertaining than a UFC match! I recommend that you cut this time short if your wife starts using this time to complain and moan about you or to criticize you. That is a boundary that should not be crossed but beyond this, if you want an "emotional connection"

I suggest you spend some time every day **talking** to your wife while at the same time you STFU. I know it is a contradiction but it is what they mean by "communicating." Get it? YOU STFU and SHE talks and talks and whines and complains and emotes. See how that works? Remember, to a woman "talking" is not about exchanging information or reaching a solution. It is about listening with sympathy and interest and encouraging her to tell you more while showing empathy:

Example:

Her: "My boss did blah and blah and blah." You: "Aww, that sucks dear."

Hopefully you can see how easy this really is! The key is to **genuinely be interested** in her silly drama and to **not offer solutions**. Don't be condescending, be interested. Offer interest and sympathy. It is not for long. If you are good you can get in your 20-30 minutes of active listening during dinner.

3. Be the fun captain: Start every day with a reset no matter what level of Dread you are on. Throw a lifeline to your wife every morning. It may take quite a few casts but eventually she will understand and begin to eagerly grasp onto it. Be in charge but

include her in decision making and if she has a good suggestion go with it. Give her the respect due to her as your First Officer and wife. A Captain must have deep and abiding respect for his First Officer and that is also what she means by "Emotional Connection."

Have a positive, affirming attitude. Women are empathes. They sense emotions from others and if yours are tumultuous and churning and you are angry or sad she can feel it and it starts to rub off on her and she starts to feel it. Conversely, when you are upbeat and confident and fun, she starts to feel that. You want to be FUN and a POSITIVE influence, not a downer and a negative influence.

- 4. Tell her "NO!" Many guys claim that the sexiest thing you can say to a woman is the word "no." It is entirely counter-intuitive but has been reported so often we cannot ignore the results. If women are children like some guys in the manosphere claim then they are certainly smart children who know they need boundaries. When you say "no" with conviction, love, and calm confidence, it very often juices her up and creates a powerful emotional connection in her mind. Be careful using this power and use it wisely.
- 5. Be a master. Heartiste teaches us: "When you have mastery over yourself you will have mastery over her" but mastery does **not** mean perfection. Even Eddie Van Halen makes mistakes when he plays the guitar but he continues on with the near perfect song so the notes blend together seamlessly. I doubt even the most expert ear can pick up Eddie's mistakes! In the same way you will make mistakes. You will misinterpret emotions, respond to Shit Tests with supplication (and fail) and respond to comfort tests with anger (and fail). None of that matters. A master sees the overall picture and continues on as if nothing has happened and to his audience, nothing bad has happened. It is all good. When you feel it and know it in your soul then she will also feel it and know it.
- 6. Be the leader: Lead her on an adventure. Lead her negative emotions to more positive emotions. Lead her to bed. Be the benevolent Captain. If she won't follow, imagine that your giant ship has charted a course and it is traveling East. You are unraveling a 1,000 foot rope tied to your wife. If you travel in one direction for 1,000 feet, the rope will pull taught and she will be forced to follow behind you. Your job as Captain is to reel her in slowly so she doesn't slip the rope and so that eventually she is at her place by your side and close to your heart. Of course most guys prefer her by the side of the Captains bed working on that slurping "emotional connection" that all men crave but one step at a time guys. If you are still working on the whole "emotional connection thing you are not ready for Sex God Method but don't worry. There is a time for everything under Heaven.
- 7. Don't be autistic and fuck it up by continually treating Comfort Tests as Shit Tests. This is one we see all the time. Guys, let me say again: **YOU ARE NOT GOING TO AGREE AND AMPLIFY YOUR WAY OUT OF A COMFORT TEST.**

Many guys (and girls) mistake Dread Game as a prescription to "cheat." By no means! Dread Game is a prescription to **not** cheat. When a wife has The Dread and starts whining how you don't care about me, or accusing you of flirting, **THAT IS THE TIME TO TAKE HER IN YOUR ARMS AND REASSURE HER.** During a comfort test you can usually be a smart ass and agree and amplify so long as you are holding her. If you are sniping and carping across the room you are not only failing the Shit Test, which lowers her attraction. You are failing the Comfort Test which can and will completely destroy the relationship.

The difference between a Shit Test and Comfort Test is simple. If she is carping and bitching and rude it is a shit test. If she is whining and complaining and rude and she is saying some version of "You make me feel bad" it is a comfort test. For a Shit Test you agree and amplify and make fun of her antics. For a Comfort test you take her in your arms and reassure her- then you agree and amplify and make fun of her antics.

If your wife is sexing you regularly there is usually no good reason for advanced Dread game (above level 6). If she throws a comfort test when you are regularly having sex it is usually easy to take her in your arms and whisper something supportive to her.

However, if your wife is in sexual denial mode this is when you use Dread Game. When she responds and complains about you "flirting" or not having an "emotional connection" she will often push you away violently and

refuse to let you comfort her. The answer is to laugh, stay upbeat, and don't get butthurt. Then leave her alone if she wants to continue ragging and raging. You don't have to tolerate this behavior from a frigid shrew. You need to teach her that she will get one response from you when she is in sexual denial mode and she will not get what she wants. However, you have to leave the door open for showing her another response when the issue is no longer "Why do you always think about sex....I fucked you last month."

This is the big secret they don't want you to know guys and it is the essence of the Red Pill. If you know it then you have taken the Red Pill. If you don't then you are still gagging or you spit it back up.

Women don't know what they want and they change every day anyway so they require a strong man to lead their emotions. Sure, it is a royal pain in the ass for us guys but imagine how much of an endless source of angst and pain is must be for them! It does not need to be so for you.

You should not get mad at the tide any more than you should get mad at a woman's emotional fluctuations. You simply take a few moments to understand the tide and perhaps even appreciate its majesty, beauty, and grace. When the tide is coming in strong you just calmly step out of the way and even when it is rushing far out across the beach you can know with absolute confidence that it will return.

Moreover, you don't run away to another beach because the tide came in and got your towels all wet! That would be pointless you see because that damn tide is just going to do the same thing at the other beach unless you change your behavior first. Sure you can argue that some lakeside beaches have gentle waves lapping on the shore and no discernible tide at all but you will find that even the most pristine beach is not fun all year round. Some freeze over all winter and some have entire seasons with biting gnats and mosquitos. Not all beaches are the same but trust us on this one, all of them have hazards designed to entrap and then test a man.

Knowing and appreciating the woman's perspective makes you more likely to assume good intentions and avoid being "flooded" so you can respond to her like a calm, strong, **masculine man**. The key is to also be the man who can speak in her illogical, emotional language, hear her, understand her, appreciate her, **and** can steady her, and be an Oak Tree and a rock who stabilizes her emotions. This is what women mean by "establishing an emotional connection." No Problem! We will get right on it.

123

UPVOTES

A Practical Guide To Building Frame

resolutions316 · 30 March 2017 · Archived copy · Reddit

A few notes:

This guide is largely untested. I'm in the middle of this process myself, and the act of laying it out in this way is meant to help me better understand the process and, hopefully, get feedback from the community to make it better. I am not setting myself up as an expert in this area. The techniques below are cobbled together from multiple sources, all of which are cited at the end.

I was sitting at my desk - lost in thought, *why isn't this working? Let me check the code...* - when she walked in, pulled up a chair, and sat down next to me.

Her long, gray hair hung down to her lower back. She had a billowy scarf wrapped around her throat, but no winter coat - despite this being mid-winter in New England. Her dress seemed to all be one piece, the kind of rough, gray thing you'd see hanging up in a shop that sold crystals and tarot cards. She started rummaging through her messenger bag and pulled out a tattered notebook.

"You do websites, right? Here's what I'm thinking - we open in a few weeks and I'm going to need several pages completed before then. We're also going to need a pretty substantial social media presence - we really want to make our presence known. Do you know the cancer treatment center nearby? No? Pull it up on your computer and I'll show you what I mean...."

I turned and opened up the browser. I started to type in the address she gave me when I suddenly realized:

I don't have an appointment right now. I don't make in-office appointments. This woman looks homeless.

And, finally:

I don't do websites.

After she left, 45 minutes later, I called the law office that she told me would handle the \$20,000 payment for my services.

I wasn't surprised when they told me they'd never heard of her, and I wasn't surprised when I googled her name and found absolutely no evidence that she was the head of cancer treatment at the hospital she mentioned. I had, more or less, suspected that from the moment she walked through the day.

So why the fuck did I spend 45 minutes talking to her?

The answer: she had one of the strongest frames of anyone I'd ever met. She acted 100% as if she was supposed to be there and I fell immediately in line.

And that was when I started to think about frame....and wonder why my own was so weak.

WHAT IS FRAME?

Before we define frame, it's important to understand that there is no universal definition of frame as a concept. It's used, by various communities and fields of study, in a variety of ways.

"Frame" as a concept seems to originate in NLP (neuro-linguistic programming). In NLP terms, frame is broadly the mental "boundaries" we place around an event. It is our (normally) subconscious "perceptions of our world based [on] our mental template or our internal representations."

(<http://www.mindtrainingsystems.com/content/introducing-frames>)

In plain english, NLP "frame" is a specific method of viewing a particular situation, designed to elicit certain results. For example, you may view a situation through the "ecology frame," which asks "how will this event affect the larger community or environment?" Or, you may approach a problem through the "As-If Frame," which asks

you to act “as if” the intended result is already true.

In Manosphere or MRP terms, “Frame” is a more amorphous concept. Rollo Tomassi defined frame as “an often subconscious, mutually acknowledged personal narrative under which auspices people will be influenced.”

(<https://therationalmale.com/2011/10/12/frame/>) This is often broadened out to encompass an overall “personal reality” - as Tomassi asks, “Whose reality are you living in” - yours, or your wife’s?

Frame is also used in a general way, to refer to a sense of overall confidence or personal strength of will. This is the broader sense of frame used in the excellent series of MRP posts on Frame by /u/strategos_autokrator

(https://www.reddit.com/r/marriedredpill/comments/337uvx/the_elements_of_frame_0_introduction/). Frame, in this broader context, incorporates your intellectual, emotional, and physical “stability.”

None of these definitions are “right” or “wrong” - but they have strengths and weaknesses when it comes to effectively using the idea of “frame” to better your life (which is my primary goal).

So I’d like to suggest a definition of “Practical Frame” - one that largely avoids the broader, philosophical questions around frame and instead focuses on what regular men can do, right now, to start improving their lives.

Here it is:

Frame is the meaning you bring to any situation.

Only physical events exist. Everything that’s ever happened between you and your wife, or your kids, or your boss - those events consisted only of certain bunches of chemicals bumping into certain other bunches of chemicals. None of those events meant anything in any real sense. But how we interpret those events - how they make us feel, and the stories we tell ourselves about what events mean - is fully subjective. That’s our Frame.

FRAME CONTENT IS IRRELEVANT

What gives our day to day lives emotional *meaning* is our subjective *interpretation* of the events that happen around us. Things occur, and we supply the meaning after the fact. That meaning - again, the meaning that *we supply* - is neither more “right” nor more “wrong” than any other meaning, and is not intrinsic to the event itself.

The only practical difference, then, between any two subjective interpretations (“Frames”) of an event is *whether or not they serve to bring us closer to our goals*.

A positive frame is any frame that allows us to move closer to our goals, to better ourselves, or to improve our lives.

A negative frame is any frame that doesn’t.

To fully appreciate and utilize frame in our day to day lives, we must realize that the beneficiality of any frame is *content independent*. We are not trying to find the “right” frame or the frame that is “objectively” the best - interpretations of events are fully subjective, and so no frame can be more “right” or “wrong” than any other.

What your frame consists of - it’s content - does not matter. All that matters about a frame is whether it serves you.

FRAME IS IMPORTANT BECAUSE IT DRIVES BEHAVIOR

If frame was completely internal, it would be meaningless.

Frame is only important to the extent to which it *influences our behavior*.

Our interpretations of the world around us influence how we act towards it. If we’re walking down the street, and see someone scowl at us, it could mean any number of things. Which of those possible meanings we choose to latch on to will affect how we react in a number of ways:

If we interpret the scowl to mean that the person hates us and is aggressive towards us, we may drop into a defensive pose, ready for a fight; If we interpret the scowl to mean that the person is having a rough day, and is in need of compassion, we might open our arms to embrace them; If we interpret the scowl to mean that the person

sees someone behind us doing some questionable, we might spin around to see what they're looking at; If we interpret the scowl to mean that the person has a physical defect with their facial muscles, we might avert our eyes downward so as not to make them feel awkward.

All of these actions will then influence the actions of others. Striking a defensive pose, for example, may cause the oncoming person to do the same; opening our arms to embrace them might startle them out of their bad mood.

We are constantly taking in information from the world around us and incorporating it into our running narrative of the world - what I'll call the Reactive Frame.

The Reactive Frame is largely unconscious, and is driven primarily by our upbringing, culture, and the immediate events surrounding us. We are continually plugging events from our day to day lives into this frame, expanding or altering it as necessary.

This frame, in turn, affects our behavior. In fact, we will often act in accordance with our Reactive Frame in such a way that the frame becomes reinforced; thus, Reactive Frame is self-reinforcing, which is why it is often so difficult for us to see it for what it is.

Let me give an example:

Let's say that you grew up in an abusive household. Your father drove wedges between you and your older brothers; bullying and violence was commonplace. Because of this, you internalized an unconscious "frame" that "People are shit; people will take advantage of you any chance they get."

This internalized belief changes how you act. You are suspicious of strangers and tend to hold them at arm's length. You are rude when people approach you and are emotionally unavailable to friends or lovers. As such, the people around you find it very hard to form emotional attachments; that leads them to betray you, treat you poorly, or abuse you more often than someone they felt deeply connected to. These experiences serve to deepen your entrenched belief - "See?! She cheated on me! All people are shit; they'll take advantage of you any chance they get."

The Reactive Frame is thus a feedback loop, strengthening itself over time.

Because frames influence our behavior, and our behaviors affect how the world reacts to us, *positive* frames (that move us towards our goals) have increasingly *positive effects*, while *negative* frames (that move us further away from our goals) have increasingly *negative effects*.

HOW FRAMES INTERACT

Frames, being completely subjective, often come into conflict.

Take the interaction above, with the scowling man coming down the street. Say that the scowling man believes that all people are shit, and is simply acting in his own perceived best interest - scare people away and they'll have no chance to hurt you.

Meanwhile, the man coming up the street has internalized a frame of "This guy must be having a very stressful day; he needs a hug!" Acting in what he perceives as his own best interest, he sets out to comfort the scowling man by throwing his arms wide for a hug.

These two men are harboring competing frames - differing interpretations of the event that is occurring. What will happen?

Human beings have incredibly sensitive tools for analyzing the actions and intentions of others. In *Thinking Fast and Slow*, psychologist Daniel Kahneman describes this system as System 1 - the pre-rational portions of our brain that evolved to enable incredibly fast - yet sometimes messy and inaccurate - decision making and analysis. System 1 is contrasted with the slower, rational System 2 - capable of making incredibly accurate decisions, but much more resource intensive.

System 1 is essentially on all the time, subconsciously analyzing thousands of data points - a facial micro-expression, the position of someone's arms, a darting of eyes - and giving us a vague "instinct" or "feeling" about a situation. We turn down a dark alley and instantly feel uneasy, though we're not sure why; we get the sense that a coworker dislikes us, even though they're always nice to our face; we get a seemingly innocuous text from our wife and instantly feel a pit in our stomach, sure a fight is incoming.

System 1, then, is largely how we "sense" another person's Frame. Any situation in which the actions of another person are directly in contrast to our intuitive understanding of a situation - when they're acting as if our Frame is incorrect - we experience a sense of cognitive dissonance, a discomfort and creeping suspicion that maybe, just maybe, we might be wrong.

In the world of Early Man, being wrong about a situation, or striking off on our own against the advice of the tribe, often resulted in death. As such, the experience of frame conflict is unpleasant.

In any situation where frames are in conflict, there will be a subconscious urge amongst all the people involved to "decide on" the strongest frame and adopt it. If everyone adopts the same frame, the conflict - and cognitive dissonance - disappears.

HOW DOES ONE FRAME OVERPOWER ANOTHER?

What determines whether one frame or another becomes the dominant frame?

The dominant frame in any situation is the one which the group adopts.

That's it. Remember, since frames are subjective, no one frame is better than any other (although it is true that frames can be better or worse for you, based on your goals). The "winning" frame is purely defined by which frame "wins" - it's a popularity contest, pure and simple.

If you hold your frame, you win. If other people abandon their frame, you win.

So - what determines whether you hold or your frame? What makes other people abandon theirs?

The truth of the matter is that in nearly every situation you will encounter, every one has an incredibly weak frame.

Most people are unaware of frame as a dynamic and thus aren't conscious of whether they are holding or abandoning frame at all. Most people do not have a strong preference for one frame or another; they seek consensus more than they seek any particular outcome. Most people have no specific frame at all, resting entirely within their Reactive Frame.

Because of this, the primary characteristic of a "strong" or "dominant" frame is simply the extent to which it's owner is willing to hold it.

To put it simply:

The person that holds their frame the longest will usually see their frame adopted by the group.

That's it.

This is the reason that "fogging" works in *When I Say No, I Feel Guilty*: the fogger makes no attempt to explain themselves, defend their position, or provide any kind of rational argument to the other person. Instead, they simply continuously insist on a particular outcome until the other person abandons their frame and gives them what they want.

In all instances where the competing frames are weak, simple insistence on holding your own frame will triumph.

However, in situations where the other frames are strong - for example, when emotions are running high, or the other participants perceive the stakes to be high - both sides are likely to insist on maintaining their own frame. In these situations, what determines which frame is "stronger"?

CHARACTERISTICS OF A STRONG FRAME

Frame “strength” is best described as *the extent to which people - including the frame holder - perceive a frame to be “objectively true.”*

Now, we know that frames are not objectively true or false - they are subjective. But a preponderance of *evidence* - either that our frame is true or that it is *useful* - will make holding a contested frame much easier.

The elements that determine a frame’s strength are:

Social Proof

The frame is consistent with the stated beliefs of others. *“I’m definitely going to pick up a girl tonight; after all, all my friends say I’m a total catch and I had ten Tinder matches tonight.”*

Experience

It's much easier to hold a frame that you've successfully held before without any trouble. *“I’m definitely going to pick up a girl tonight; every time I approach girls they’re into me.”*

Belief

Having positive beliefs about yourself, and your capabilities will help a great deal. *“I’m definitely going to pick up a girl tonight; I’m hot as hell.”*

Strong Goals

If you are committed to getting something, you won't likely be dissuaded. *“I’m definitely going to pick up a girl tonight; I’m 100% motivated to hook up tonight, it’s been a long time.”*

Instinctive

In line with our basic instincts and needs (sex, food, shelter, etc). *“I’m definitely going to pick up a girl tonight; I’m horny as hell.”*

Examples of instinctive drives:

Food Social acceptance Relationships and sex Self Actualization - *“This situation means I am going to gain knowledge, insight or skills that will put me closer to my goals.”*

Frames that align with one or more of these elements will tend to be easier to hold and thus “stronger” than competing frames that do not align with these elements.

Note that, even with all of these strengthening factors, the ultimate factor in determining a frame’s strength is simply *the ability of its holder to maintain frame longer than everyone else.*

It is possible, of course, for no frame to become dominant; if two people with conflicting frames simply refuse to accommodate one another and leave with both of their frames intact, then neither frame was “dominant”; the conflict ended in stalemate. This is not necessarily a bad thing!

FRAME IN PRACTICE: HOW TO BUILD A STRONG FRAME FROM SCRATCH

I found MRP in the same way that many of you did: Googling “why won’t my wife have sex with me?”

Coming into MRP from that perspective can be extremely frustrating. I was looking for some kind of quick fix to make my wife horny; instead, I found a bunch of advice on “ownership” and “leadership” and intellectual discussions of hypergamy.

The common thread through nearly all of the discussions I read was Frame - it came up over and over again, especially in comments on my OYS posts. People seemed to think I had lost the frame, or was in my wife’s frame, or needed to work on my frame....but what the hell did that actually mean? What, specifically, was I supposed to do

to work on my frame?

The paragraphs above should give you a fairly detailed understanding of what frame is, and what it means to lose it:

Frame is your subjective interpretation of the events that happen around you. Frame is important because it influences our behavior and can create powerful positive or negative feedback loops. All frames are equally subjective; frames are good or bad only in the sense that they move us closer to or further away from our goals. When frames conflict, the person that holds their frame the longest will typically see their frame adopted by everyone else. Aligning your frame with the core characteristics of strong frames will make it easier to hold. If both people hold frames indefinitely, the conflict is simply a draw and nothing changes.

Holding frame becomes important when we realize that *being dissuaded from a positive frame will move us further from our goals*.

Likewise, if we can promote a positive frame and get others to adopt it, *we can enable the people in our lives to move closer to their goals*.

This was one of the major shifts in my thinking on frame, specifically in the context of MRP:

It is our ethical duty to help others adopt frames that are positive for them.

For example: let's say we're in a fight with our wife. She's in a completely negative frame, blaming you for what's wrong in her life. Her frame is inherently self-sabotaging, and doesn't allow her to take responsibility for her situation and grow past it.

(This is assuming you are owning your shit and aren't actually the cause of her problems, because if you are....you know. Knock that shit off.)

Now, your wife, despite all her problems, *wants to be happy*. We all do. We all want to be self-actualizing human beings, capable of pursuing our own dreams, resourceful enough to withstand an uncaring world. She may not know that she wants that, but she does.

If you allow her frame to overwhelm yours, you not only are moved further away from your own goals (by adopting a negative frame), but you allow your wife to move further away from her goals (by maintaining a negative frame).

Conversely, maintaining your own positive frame will both move you towards your goals and allow your wife to adopt a more positive frame, one that will enable her own growth and development.

Thus: it's an ethical imperative that we do not allow the negative frames around us to overwhelm our own positive frames.

So, the question becomes:

How do we develop a strong, positive frame - and hold it?

PHASE 1: BUILDING A FRAME

There are three steps to building a positive frame:

Determining the frame Strengthening the frame Internalizing the frame

Let's break those down, with specific exercises.

Determining the Frame

Consciously determining your frame ahead of the time is probably the single most powerful thing you can do to improve your overall frame control.

The plain fact is that most people do not have a frame in mind; they do not have a specific goal when entering a situation, nor make a conscious effort to think about how they will interpret the events that are likely to occur to them.

Most of us simply float through life, deep in our Reactive Frame, allowing our instinctive reactions to guide us.

Because of this, in most situations our frames will be both unconscious and weak. This is true of the people you interact with as well.

In a world filled with unconscious and weak frames, the consciously-chosen, strongly held frame will win out 9 times out of 10. It is a MASSIVE game-changer.

The method for this is simple: before you enter a situation, simply take a moment to pause, consciously decide on your frame, and hold that frame in your mind.

To remind myself to do this I practiced consciously deciding on a frame whenever I walked through a doorway. You could choose a similarly arbitrary trigger, or simply try to keep this task in mind while moving throughout the day.

The situation also doesn't matter. Going to the grocery store? Pick a frame. Walking the dog? Pick a frame.

The specific frame really doesn't matter in this instance; instead, we are simply practicing consciously choosing our frame in advance, and remembering that frame throughout the subsequent event.

Eventually we want to get to the point where we are intuitively and automatically selecting positive frames throughout our day. This will do more than anything else to strengthen our overall ability to hold frame and get others to adopt our frame.

Strengthening the Frame

So, we're supposed to be setting frames throughout the day - but what frame do we set? How do we set a frame that's both positive and strong?

Setting a Positive Frame

Remember, "positive" frames are entirely defined by their ability to help us in the pursuit of our goals. That means that, in order to set positive frames, we need to know what our goals are.

This can be surprisingly difficult. For many of us - myself included - we've been so bombarded by instructions on what we should want, from our wives, from our families, from society at large, that we're profoundly out of touch with what we actually want.

In a very real way, the modern american man does not truly know himself or his desires. That puts us at a profound disadvantage when it comes to selecting positive frames.

It's not up to me to tell you what you should want; only you can determine that. I also happen to think that that's going to require deeper, more introspective work than can be addressed in this post.

So, for the moment, let's simply leave it that you should be trying to get in touch with your deepest self, and finding out what it is you really want when freed of the influence of the world around you.

In the short term, though, you can work on setting short-term goals for the events you're running into.

Need to return an item? *My goal is the return this item even though I don't have a receipt.* Fight with the wife? *My goal is to simply not apologize, because I don't feel I did anything wrong.* Got the kids for the day? *My goal is to have fun, no matter what happens.*

Don't worry too much about whether your goal is the "right" one - in the beginning, just focus on having a desired outcome you can build a frame around.

Something I find very useful when setting goals for specific events is to make the outcome *completely within my own control*.

For example, I wouldn't set a goal to "convince my wife she's wrong;" after all, I don't really have control over that.

If I walk into that fight with that goal in mind, I'm giving my WIFE the power over whether I succeed or not.

Instead, I can set a goal to "hold my frame," or even just to "practice holding frame." These goals serve my needs, but are completely within my own control...regardless of what my wife does.

An example from my own marriage: over time I'd developed a real fear of initiating sex with my wife. I'd been rejected so many times that I experienced intense anxiety whenever I thought about initiating; that led me to half-ass my initiations, trying to save my ego by not putting too much effort into it. After all, if I got rejected I could console myself that I "didn't really try."

This obviously led to a lot of problems and, as negative frames tend to do, a feedback loop of rejections, leading to hurt feelings, leading to weak initiations, leading to more rejections.

To counteract this, I changed my goal from "get sex with my wife" to "practice initiating without acting hurt." This way, the outcome was completely within my control - all I was trying to do was practice initiation. Whether or not I was rejected, I could be successful....breaking the negative feedback loop.

I can't stress enough how important these small wins are, especially if you've had a track record of losing frame. Breaking the negative feedback loop and establishing a winning record - even on small, seemingly insignificant goals - will have HUGE positive effects on your ability to hold frame. As long as these small goals are moving you towards your ultimate desires, it's better to focus on small wins early on, rather than swing for the fences and fall apart.

Setting a Strong Frame

Now that we've covered setting a positive frame, how can we make sure our frame is also strong?

To set a strong frame, we simply take the list of characteristics of strong frames mentioned above and work on internalizing evidence that our frame aligns with those characteristics.

As an example, let's take the frame of "I'm a charming person." That's a powerful frame for driving us into positive social interactions.

But what if we're secretly afraid that we're a loser, and we're not charming at all? Those negative beliefs will sabotage our ability to hold our new, positive frame.

To strengthen this frame, let's go through the characteristics of strong frames and literally write down (or mentally catalogue) pieces of evidence that support it.

Social Proof

I have a bunch of friends, and they think I'm charming! I have a whole bunch of Twitter followers, too. Remember that girl, last summer? She said I was charming.

Experience

Whenever I hold this frame, things go really well for me.

Belief

Charm is a learnable skill, and I'm a great learner. I've been reading a bunch of blogs and I'm very good at internalizing information I read.

Strong Goals

Holding this frame will drastically increase my chances of finding a girlfriend, and that's one of my big goals for this year.

Instinctive

Holding this frame will help me be more sociable and meet people, which will help me eventually find a mate.

You don't need to go through every characteristic for every frame, but the more evidence you can amass and really believe, the easier it'll be to hold the frame.

One of the nice things about this method is that, every time you successfully employ it, that success itself becomes further evidence that the frame is strong. After a while, you'll fully internalize the frame, and actually start to take it for granted. That's as strong as a frame can get.

Internalizing the Frame

OK - so, we've deliberately set a positive frame for an interaction beforehand.

We've also, either in the moment or beforehand, gone through and established a strong set of evidence that strengthens our frame.

Now - how do we internalize, and actually hold, the frame during the event?

This is where deliberate practice comes in.

Deliberate Practice is a process by which we push ourselves just beyond our capabilities, expanding those capabilities in the process.

For frame, the best practice is to simply concentrate on holding frame during an event. Simply hold the frame in your mind, don't lose track of it, and don't abandon it during the event.

If you're in a fight with your wife, and your frame is "this is not a big deal," simply *continue acting like things are not a big deal, no matter what*. If you're returning an item, simply *continue insisting that you can return the item until they accept it back*. If you're watching the kids for the day, and your frame is "I'm going to have fun no matter what," simply *continue having fun no matter how bad their behavior gets*.

Simple, right?

Well, it should be. But it isn't! It's actually incredibly difficult - at least, it is for me - to maintain my frame in those situations.

Setting the frame deliberately, and strengthening the frame ahead of time, will improve your abilities by a great deal. But those two techniques alone will not be enough. In order to hold your frame in challenging circumstances, you'll need to develop your overall Frame Control with deliberate practice - just like strengthening a muscle over time by lifting weights.

Below are a list of training exercises you can use to gradually increase your frame control over time:

Quick Pre-framing Drills Go into the supermarket with the intention to only buy one item, no matter what. Do this when you are starving. Buy something other than food. At a fast food restaurant, give your entire order while holding eye contact and smiling with the cashier. Go into a coffee shop with the intention of getting the staff to suggest your order. Hold eye contact until they make a suggestion. Don't give them anything to go off of. Choose three words you've never said before, and use them conversationally with friends. Choose a specific word to elicit from someone else without you telling them or using the words. Choose words people don't usually use. Go into any social situation with the intention of getting three names from three strangers. Work the area until successful. Do this in typical situations (parties, clubs, etc) as well as in the general public. **Practicing Frame Conflict** Return an item recently purchased but leave the receipt at home. No matter what the clerk says, practice saying "I understand that, and I'd like my money back." Set the intention of saying it at least ten times. Look out for disagreements among friends (for example, on where to eat). Whatever they say, agree, validate, then restate your case without

trying to prove them wrong or yourself right. "I know that pizza is the delicious. I know that it's got a long history. I agree that it's the cornerstone of western civilization. These are all valid points that I unconditionally agree with. And I think bacon cheeseburgers are perhaps the best invention of mankind." Join any group where disagreements are common (book clubs, etc) and practice defending a specific frame. **Daily Frame Review** Find a situation from the day where you lost the frame. Review it in your mind. Slowly go through each step and think of something you could have done or said differently. Then imagine the situation in your mind as if it actually happened that way. Review this "new memory" several times. (For more on intense visualization, I recommend checking out the book "Psychocybernetics."

Daily Practice Exercises Frame Observations - Watch other people. For each person, come up with at least three intentions and three potential frames for their situation. What do they want? What meanings are they giving to their environment? Find pairs or groups that are sitting. Try to determine who is controlling the frame. Do they hold it? Does it shift? Reframing - At the end of the day, review any event that made you feel like a victim. How did you interpret that event? What would be a different way to interpret it? Can you find any evidence that supports this new meaning? Any evidence that counteracts the negative interpretation? Pre-Framing - Do this as often as possible. Before going into any situation, ask yourself: What do I want? Be as specific and reasonable as possible. State your intention before going in. I will get X or something better. Ask yourself before going in with a pre-set frame: How will I interpret events in light of what I want? What meanings support me getting what I want?)

My suggestion on using these exercises is to simply schedule one for each day. Go through the list pick one you haven't done in a while, and focus on practicing it a few times as you go about your business.

As I said in the beginning, I'm not some weird Frame Grandmaster. In fact, the only reason I have all this information to hand is because I've had to consciously explore, research, and practice everything about frame.

I hope some people find this useful, and I'd love feedback. I will do my best to answer questions to the best of my ability.

Cheers, everyone.

SOURCES

Much of the exercises mentioned above were taken from the book "Frame Control", by George Hutton. That was a fantastic resource, although sometimes confusingly organized. I recommend it if you want a deeper dive, and it's a short read.

The Rational Male - therationalmale.com

/u/strategos_autokrator -

https://www.reddit.com/r/marriedredpill/comments/337uvx/the_elements_of_frame_0_introduction/

This excellent series of posts was a real eye-opener. I don't THINK it was ever completed - hopefully it will be. You can find the rest by searching for "elements of frame" in /marriedredpill.

123

UPVOTES

[Married Game] If you're not flirting with/gaming your wife, you deserve celibacy (looking at you intermediate MRPs).

A_Rex · 13 February 2017 · Archived copy · Reddit

Post after post after post here and on askMRP lately have been something like this:

OP: "I've been doing MRP for 4-8 months. Lift religiously, solid gains, dress sharp, killing it at work, 2-3 cool new hobbies, IOIs from random bitches. But wife still barely fucks me. What do?"

Comment: "do you flirt/game/initiate?"

OP: "no, because reasons".

Comment: "are you fun?"

OP: "no, need to work on that".

See the problem? If you don't flirt with and game a woman, she's not going to fuck you. It doesn't matter how "hawt" you're getting. This is just as true for your wife as it is for some club girl or Tinder slut. No game = no fun = no pussy.

We tell newer guys to go slow and not go Red Pill Rambo. Nowhere do we say not to initiate until you've won more Super Bowls than Tom Brady. In addition to lifting, dress, frame and the other dread levels 1-5, you need to be working on game. And you need to be fun! The last thing you need is to go from being a fat, supplicating bitch to being her boring, old, stodgy, all-business father. She doesn't want to fuck either of those archetypes.

Flirt with your wife. Give her the same body language, smile and eye contact we tell you to give strange broads in public. You know, Be Attractive. Now she's your wife, so you can and should push the hell out of the envelope with her.

We have a litany of posts on how to get your wife to be a slut (check my post history, /u/TheFamilyAlpha 's post history, The Family Alpha blog, MMSLP, etc.). But if those are too advanced for your marriage right now, and they might be if you aren't hawt enough yet or don't have total frame, here are some beginner basics and tips that have worked for me:

- Give her a kiss and firm ass grab when you get home.
- Pinch her ass or push up on it if she bends over in front of you.
- Pass shit tests with A&A laced with light hearted sexual innuendo. (here's the subtlety. Sex and sexuality must always be at the forefront, but do it smoothly. Even if you are six-pack jacked with bitches throwing their panties at you in the supermarket, most women do not like downright raunchy sex talk out of nowhere. It activates their latent anti-slut defense and makes them **feel** dirty. Then they feel like you are being creepy. Don't do that - that's unattractive.)
- If she says something mundane, pretend you misheard it as something sexual, then laugh about it together and give her a knowing wink.
- Kino. Do it regularly, without being creepy. Sitting on the couch together? Quit being the scared little boy we all were when we were 13 and went to the movies with a girl for the first time. She's your wife; put your arm around her. Pull her in for a quick kiss. It doesn't need to be 10 seconds or bust. It needs to be **fun**. Give her the butterflies in her stomach. Make her feel alive.
- If she puts her feet near you, rub them. Run your finger gently up her calf.
- try tickling her next time she acts bratty
- if kids aren't around, rock out with your cock out unexpectedly from time to time. If she comments, say "stop

looking at my penis, you little pervert!" In a joking tone.

- if you wake up before her, roll her way, gently rub your hand on her mound while leaning in to give her a good morning kiss. Judging her reaction (and based on logistics), this can lead to wake up sex. Bonus points if you have raging morning wood. (Pro tip - women are shit judges of cock size, so use this to your advantage, no matter your size. If you wake up raging hard, prop yourself up so that your torso is sitting at about a 45 degree angle to your bottom. Say "oh my god, hunny, you gotta wake up and see this". This angle will make it look like your dick reaches your navel, which is one way chicks measure dick size. It's retarded from a mathematical standpoint, I know, but remember women don't have any concept of actual measured length. They go by feels, and the relative size comparison here is what a lot of women use to judge whether a cock is average or huge. Many a morning I've done this, and even though I know it's the same size, I act like its unusually huge, and the result is her saying "holy shit! I need to feel that - let me pee real quick. Keep that thing hard!")

Bottom line - unless you in the act of withdrawing time/affection, be fun and flirty all the time. It won't always lead to sex on the spot and generally won't unless you escalate it - but it doesn't have to. You are setting the tone (frame) that sexy fun is just something you two do. It's part of your marriage. Do it all the time, and it won't seem weird to her and activate any latent slut defenses, because that's just what you do. If you have logistical opportunity, escalate if you want. If she no's, go about your business and try again later/tomorrow.

Come up with your own moves, but remember: Girls just wanna have fun. **So be fucking fun!**

Edit: best I can do with formatting on mobile.

121

UPVOTES

The Second Kiss of Death

Red-Curious · 18 June 2019 · Archived copy · Reddit

There is a saying in the manosphere that is so notorious that it has been labeled by some as the "kiss of death" to a marriage: ILY, BINILWY. "I Love You, But I'm Not In Love With You." This is usually directed from a woman to a man. It's an expression of her hypergamy and hamster brain at its finest: "I'm not a bad wife. I still love my husband. But someone else is giving me the tingles. That's reasonable, right?" 9 times out of 10, when you hear this phrase, it's over. Only the top men will figure out how to recover from this - and doing everything you can to make her happy isn't the answer because that's what got you into that mess in the first place. But this isn't the only "kiss of death" out there - it's just the only one that gets verbalized.

As many of you know, I see a lot of broken marriages. It's my day job. I've noticed another kiss of death, and this one is usually directed from a man to his wife. It doesn't roll off the tongue as nicely, but here goes: IH, BINHIFY. "I'm Horny, But I'm Not Horny For You."

THE PEOPLE

Women talk. Men do. Women are willing to say ILY, BINILWY. Rarely will a man communicate IH, BINHIFY.

For these men, their wife is willing to have sex with him, but has no personal desire. She wears jeans and a t-shirt everyday. She spends all her time on social media, primping her house (because you know it's not really his), or binging Netflix. She may have been attractive at one point, but she no longer feels the need to put in the effort.

The men themselves are boring. They waver between work and vegging out. They don't have a mission. They don't employ kino. They're not hitting the gym. They may have been attractive one point, but he no longer feels the need to put in the effort.

THE PROBLEM

What's unique here is that these guys have willing wives. How do I know? Because the thought of not having sex with her doesn't cross his mind until she actually offers and he realizes he's not interested. After that it delves deeper to the point where he's not interested in initiating either.

If she's willing, what's the problem? The problem is that he's not attracted to her, which is closely related to the fact that she's not attracted to him. If she was, she'd see his disinterest and try to spark interest again. Married men have standards too. When talking about SMV, most men size up a woman by her looks, but most of us agree that this isn't based on the raw material alone (weight, symmetry, etc.):

- How she dresses. This is a part of her looks. An attractive woman who hides what she's got isn't attractive anymore. To pick on an easy example: have you seen **Jennifer Lopez in sweats?** Not bad. But **have you seen her in actual sweats?** No thanks. Outfit matters.
- Makeup. This is also part of her looks. We've all seen **before/after pics of celebrities without makeup**. Dear goodness, most of them look ... normal? Some women can pull off normal and still make me want to screw them. Others can't.
- Posture/Pose. This is all about how she presents her looks. It's the difference between **"There she is on her phone again"** and **"Dang, I gotta get her off that phone again!"**
- Seduction/Attitude. This is less about how she looks and more about sexual behavior, speech, mannerisms, etc. When you talk, does the conversation go **like this?** Or a little more **like this?**

There are more I could go into (hair style, skin tone, muscle toning, accessories, etc.), but you get the point. Having a hot wife doesn't mean squat if she's only hot on Friday nights when you happen to have a babysitter, and even then only if she feels like it. Yes, I've been there.

Ironically, his non-attraction to her often makes her feel more validated in her sexuality within the marriage, not less. Her hamster spins, "I'm ready and willing. All he's got to do is initiate. He must be the problem, not me. I'm fine." How can she get away with this false-validation? Because he's too big of a pussy to tell her plainly: "Screw off, woman. I don't cum on to just anyone. I have standards," or even, "I'm horny, but I'm not horny for you."

MISTAKES/SUCSESSES

Now, when a man actually has this conversation with his wife, it rarely goes well. I tried that in the past. My wife is naturally attractive, but doesn't always put in the effort I like to see. Progress is progress, but here are some mistakes from my past.

- "You should wear more tank tops and skirts. I think they look really sexy on you." ... didn't result in her wearing more tank tops and skirts. It's good for her to know what I like, but simply telling her didn't cut it.
- She's riding me, but I'm not even close. I tell her to bite her lip and moan. Mistake. She goes off about how she's not going to fake it, and she already finished and just wanted to be done because she was getting sore. Blah, blah, blah.
- I've also tried outright saying "No" to sex when she initiated, giving a clear cold shoulder and explaining that I'm just not feeling horny toward her in the moment. Huge butthurt moment. No, this did not inspire her to start perking her chest when I walked in the room from then on in order to make me horny.

Want to know what did work?

- Buying her a skirt. She wore it.
- Making her moan in bed, then sticking my dick in her while she was still moaning.
- Initiating sex in a way that made her feel sexy and want to keep feeling that way.

See the difference between how "saying" failed, but "doing" can succeed?

TEMPORAL HOTNESS

Now I'll note, this is still something of an ongoing struggle with my wife. Every now and then I catch myself thinking, **"What's the point of having a hot wife if I don't get to see her being and acting hot?"** Then I remember that "hot" is not just about a woman's *potential for hotness*, but about her *actual hotness in the moment*.

To that end, my wife was not hot yesterday. There were a couple days last week when she was hot, though. See how that works? Yesterday she was a harpy. There are other days when she's an incubus. Some days she's all business, other days she's all play.

RETENTIVE ATTRACTION

The degree to which I am attracted to my wife isn't temporal, though. Guys seem to have a weird lingering subliminal memory for how we view women. About once every 6 months I'll go on Facebook and see pictures of people from high school. My ONEitis from back then looks fine today, but for some reason I still see her as a goddess. My wife is 11 years older and 10lbs heavier than when we married, with stretch marks from 4

pregnancies, but there's a part of me that still sees the girl I dated when I look at her.

Yet my attraction toward her does waver. Why? Because I see the dissonance between my memory of her hotness and the present reality in front of me, when they're not aligned. But instead of a sharp spike in attraction from day to day, it's more of an average. If she's hot 6 days in a week, I'm still horny for her on the 7th, regardless of how she's wearing her hair, posing her body, or that she's not wearing make-up. But if she's only hot 1 day in a week, suddenly I'm more interested in the girl with the tight midriff walking down the street. Did my wife's facial features change? Did her weight take a massive hike that week? No. But in those times she does make it hard to visualize the hotness my memory wants to recall.

WHY DOES THIS MATTER?

For guys out there whose wives already make them horny 7 days a week, it doesn't. For that matter, if you're the type of guy who would bang a brick of cheese to get off, it probably doesn't matter for you either.

For those of us who find ourselves sexually disinterested from time to time, acknowledging when you're not horny for your wife makes a difference. For some guys, this is the "kiss of death" in the relationship that leads them toward divorce. They've given up before they even started. However, instead of cutting off hope of things getting better, this recognition can give a guy motivation to take action to improve things - especially if you're the kind of guy whose mission and MAP includes keeping her around.

IMPROVE THE MAN

We talk a lot here about "fixing the man" and general self-improvement. That's great. But in my experience, a guy's self-improvement doesn't *automatically* make his wife start improving all on its own. It does increase her attraction to him, but if he wants to be more attracted to her, she's got to make some changes too. Her being more attracted to him might give some underlying reason to improve, that reason doesn't manifest into action until there's something prodding the action. Remember, women are told all their lives that they're perfect and any guy would be lucky to have sex with them. If you keep positively reinforcing her through your expression of your sexuality toward her, all she thinks is: "This is awesome! I'm getting a better husband and I don't need to do anything at all, except have sex more often with a more attractive man."

This is one of the greatest shortcomings I see in MRP. I completely get that "you can't change her, only yourself." I also get that self-improvement is foundational. I also get that there aren't to be any covert contracts: she may never actually improve. But none of this is a license to ignore all conversation about how to get her to improve beyond "improve yourself first." What after that? The imbalance of content on MRP in favor of male-improvement leaves the implication that men *shouldn't* nudge their wives to improve themselves because we're so used to reading, "Just work on yourself and if she responds, great; if not, leave. Abundance, blah, blah, blah." The posts about how to "train up your slut" are either incredibly narrow in focus or otherwise extremely rare. I'm not saying to make this a 50/50 - but 90/10 is better than 99/1. Improving the man is only the starting point.

THEN IMPROVE THE WOMAN

Last week I made [this post about "gravitational centers"](#), which tracked a common journey from "ILY, BINILWY" to bliss. Bob had thought "IH, BINHIFY" toward his wife before. But Bob's wife didn't improve all on her own. It wasn't some magical thing in her that she suddenly decided to do when she saw him making progress. He was inviting her to improve with him all along the journey.

- "I'm going to the gym. Want to join?"
 - "I need a new suit. Want to go shopping together? You can do a fashion show for me in the dressing room."
 - "I'm going to cook a new meal. Want to help?"
-

He led by example. Instead of affirming her, he stretched her.

Most wives don't ever realize "IH, BINHFY" is a thing a guy thinks from time to time. I remember my wife at one point thinking that sex was just about ejaculating and that it didn't matter how she acted, which outfit she wore, etc. "I'm naked. Why aren't you hard yet?" She had to be taught that guys don't get hard on command. I remember a radio host doing a prank call with a woman, sharing embarrassing stories, who commented, "This girl must be hot because apparently she grew up believing guys were always hard. She'd never seen a naked guy in front of her who wasn't!" The sad thing is: in today's culture where just saying "Do you want sex?" *actually will* make a dozen men nearby hard, there's not a lot of reason for women to believe otherwise.

That's why dread is so powerful. You've got to be high enough quality to make her want to keep you happy. But even after that, you've still got to nudge her to work on herself too. It's not enough to tell or show her what makes you happy: you have to make it an express expectation.

SUGGESTIONS

How do you do that? A few things I've tried to get the conversation rolling:

- Buying clothes that I like to see her in. I actually went to an "adult superstore" recently, for the first time. It wasn't as absurd as my pious sensibilities were expecting. I bought a pair of leggings, looked around for a while at some lingerie and toy options, and left. (Funny: I commented to my wife about how I heard the store was going out of business and she replies: "Good. Less of that kind of sin to worry about." She'll get there).
- I also downloaded a free app that offers sexual ideas and matches them between partners (Kindu, if you're interested). Every now and then she'll do one of their "packs" [of options] and press the "wink" button, which sends me a signal that she wants to try it. This gave her some inspiration to start working with.
- Instead of averting my eyes as soon as my wife sees me glancing at another girl, I let her see me linger. She doesn't like it, but it tells her what catches my attention. It was easy to start with steamy scenes in a show, then move everyday life.

Figure out what works for you. But don't just assume that self-improvement by itself is going to get her on the self-improvement track too. It might give her the energy to change, but you've still got to make clear that you *expect* her to change.

If you all have any more tips, feel free to share. I'm far from an expert on the *how* of this, but given how little conversation I see on the subject (other than "improve yourself and see what happens"), I bet there are some good answers to go around.

121

UPVOTES

InChargeMan's Story

InChargeMan · 22 June 2019 · Archived copy · Reddit

Per some comments and PM request I'm posting my "story". My goal was not to make this a TL;DR (I can see that didn't work out). Summary is: Was BP, did the monkey dance, wasn't happy, found MRP, fixed me, helped wife find her submissive nature, now live in a wonderful 24/7 D/s relationship and I've now gone a full 360 and do believe that the fairy tale relationship can exist, you just have to re-write the book. Feel free to ask questions.

Disclaimer 1: I am no guru, these are my experiences, I am a sample size of 1, take value where you see it. I am not special, I make no assertion otherwise.

Disclaimer 2: I'm open to any questions, but OPSEC will be observed. If I choose I might respond with particulars through PM to flaired members.

Disclaimer 3: Some details have been changed for anonymity, but the core content is there.

Disclaimer 4: I did not/do not do everything "by the book" regarding MRP. I don't know if I could have gotten here a different way, but I'm very happy with where I am now and where I am headed.

Keep in mind, a man's journey is never complete, each new day is the first day of the rest of your life...

Starting point - Typical life/career progression: I followed society's step-by-step guide for success. I was naturally smart, somewhat lazy in HS but also very competitive when I cared, middle of the pack for popularity, above average athletically but didn't pursue athletics beyond HS and for personal enjoyment, had little/no game, had little direction from my father on women/dating. Met my wife-to-be early on in college, fell in love, stayed together for a long time, got married, had kids. Went to college for a hard degree in the sciences (found my motivation, kicked ass), worked really hard, went to grad school, worked really hard, supported my wife to pursue her career goals for years, worked really hard to support the family, worried endlessly about being the only source of income while wife pursued her goals and we have kids, ran my business all this time, stuck it out through very hard times, built it into something very successful, in my industry I am known. I am mid 30's, married, 3 kids, nice house, wife and I have respectable careers, nothing special. I have more money than most, lots of people have a lot more, so what, money really doesn't buy happiness once you get past the point where you are living paycheck to paycheck.

Relationship progression: Never got to deadbedroom, never got to harpy cunt, really most guys would have been in my shoes and been "happy". My wife is a naturally good person, very beautiful (side note: I know everybody has wife goggles, but as a stupid test the other day in a busy public area I wanted to see how many random women within a +5 - 15 year age range I would consider equally or more attractive than my wife, I got to 100 and stopped counting, although I live in USA, so that might not be saying much...), very smart, thin, healthy, weighs about the same that she did in college, good mom, etc. At first everything was peachy. We dated for a long time before being engaged and eventually married, waited a few years then had started having kids. We have great kids.

Act 1: Something seemed off. Before the wedding there were occasionally (I now know) shit tests. I didn't understand, I failed. At my wedding my Dad advised me "happy wife, happy life". Thanks Dad. Occasionally (once every couple of months) my wife would flip out about bullshit, I would DEER like a pussy, eventually things would calm down, but in the back of my mind I was always hyper aware of her emotional estate, wondering when the next egg shell might be stepped on. Sex never dried up, but it just wasn't a priority, and was only occasionally "hot". I tried negotiating desire, which was super effective. Unrelated to sex, sometimes I would just be plain confused, "I thought we were on the same team, why did you do/say that?" Eventually I found myself feeling more and more stressed, particularly when she was around or if I knew she would be soon. Then I started hearing voices. Not in an insane way, but in the way where I could hear what my wife would say if she were present, in my head, all the fucking time. She was a huge fan of declaring into the ether that something needs to get done, then complaining later that this thing didn't get done, even if it was some bullshit that didn't really need to get done. She might say "we", but she meant "you". For example, viewing media: I couldn't watch a goddamn movie in peace, it was like I

was personally responsible for everything that ever happened in the world. "I don't know why they chose to have that actress dress that way and run in slow-mo, I didn't make the fucking movie, maybe call the director to complain, can I just relax and watch a movie please?" Sigh... A typical night where she was away at work I would sit in peace, enjoy the silence, watch a movie, then delete the viewing history to avoid having to justify my actions. A grown fucking adult who is very much in charge outside the home constantly in a state of stress about what his wife might think. That was my life.

Act 2: Remember when Neo saw the cat and had Deja Vu? I started to sense the presence of the matrix. I looked around at all of the other examples of relationships I saw with people I interacted with frequently. I observed how "men" spoke when they were not around their wives, I observed how the women spoke. Nobody was happy, everybody was delusional, and in many cases it seemed like everybody was trying to find a way to deaden the pain. The men were binge drinking, obsessing about TV sportsball and hiding in "man caves". The women were having ladies nights, complaining, trying to out-do the other moms at the PTA bake-off, and putting ALL of their energy into their kids, not into their husband. Shit, I did what they said, I'm highly educated, I work crazy hard, I have good money, nice house, nice neighborhood, I try so hard to make everybody happy, I do more than my fair share around the house and with the kids, I'm in decent physical shape, why am I not happy? Then there was the fight that broke the camel's back. The stupidest, gayest, you couldn't make this shit up kind of fight. What the actual fuck is going on here? (feel free to PM if you can stomach just how gay, too specific for OPSEC) Then I stumbled into TRP somehow, I don't remember why, probably one of the typical "Why doesn't she" google searches. It was interesting, but I'm not trying to bang randos, then I found MRP. It all clicked, in a fucking hurry too. I had the anger phase for sure. I lost attraction to my wife for a while too. It was like a mask had just been taken off. I thought I married this thing, but I got something else, I don't know who you are, that isn't who I love... After enough reading, studying, learning, I started to get really into the psychology and behavioral side of things, then I got to the point where I realized that she is not to be blamed, she is a victim of her biology, her upbringing, and society. I didn't lose something, I never had it. We both got what we wanted, just not what we needed. I was ready to change that. The biggest point though, is that my goal was NEVER to change her, it was to fix me.

Act 3: Tractor pull, not 3D Chess So many guys are trying to use TRP to outwit, outplay, outlast (thanks survivor) their wife. I am lucky to have not fallen into that trap, thanks for the heads up MRP! I have one life to live, I am not going to spend another minute worried about what some other person thinks, period. With that being said, I never stopped loving my wife, and honestly she never did anything wrong, she did what her programming told her to do. She really is a genuinely great person, she was just dancing to the wrong beat just like the rest of us. My plan was to fix me and while I'm at it see if I can help get my first mate on board, but that was always a secondary target. I was careful not to go rambo, but at the same time I had the mentality that I'm not getting any younger, and now that I can see the truth, I can't live a lie pussy-footing around, to me that is living in her frame still. During the process I learned about D/s relationships and it immediately clicked. This is what I need in my life. When I am away from the home I expect to be constantly under attack. When I get home I want zero conflict (not necessarily zero stress, there is a difference.) Why do some guys love fixing up old cars, or even changing their own oil for that matter? It for sure isn't less stress, that can be a lot of work, I believe it is the sense of contentment that comes from knowing that you have shaped this thing in your image, you are fully responsible for it, but you know that it will serve you well if you care for it. That is when I started really focusing on the concepts of needs and wants. IMO this is one of the most important things you need to understand. I plan on making a post soon specifically, but the point is that until you really understand yourself you cannot shape the world around you. I constantly maintain a list of needs and wants in my head. That list can absolutely change over time, but you must never waiver once you have determined what non-negotiable things you NEED in this life.

For me, on the early days, the list of what I needed was short. **I needed respect, peacefulness at home, and good enthusiastic and frequent sex.** I had been with my wife for 15+ years at this point. I planned for up to one year grace period, then after that if my needs were not being met, well, that wasn't an option, I decided that my needs will be met within 12 months of that day. I repeat, I decided that my needs would be met, period, no more, no less. I was hoping that would include my wife in my life, but that was on the want list. From that point to the mini-main

event it was somewhat routine, you could do an MRP montage. Bringing us closer to D-day. There had been a number of push-back events, I was ready, every fucking time, I was ready. I had been learning, studying, thinking about this shit for 6+ months and she thinks she is going to put me back her her frame about something stupid, LOL, fat chance, this train only goes one direction now m'lady. I had my needs and wants down solid, and once you have that, it is like a goddamn cheat code for life. "Oh, you want me to _____, well, let me check my list.....nope, it doesn't help me with either my wants or needs list, so, you're going to have to draw a card and roll again." Sure, I was accused of being selfish, immature, insensitive, compared to a rapist (for real, you can't even make this shit up), but my resolve was relentless. I had spent most of my life experiencing the discomfort that comes from hard work, I can eat hard work for breakfast. From a relationship standpoint, I was steel. Now, is this Rambo? I don't think so. I didn't do shit to provoke her, I didn't argue, act immature, walk out of the house and disappear for 3 hours, threaten my wife about how I can get someone else, and I didn't tell her how to behave, at all. But, once I had my plan, once I knew the man I wanted to be, I flipped a switch. I was now version 2.0. I wasn't going to do the frog in boiling water thing. One day my wife discovered that she was now legally married to a different man. I was going to give her lots of room to get to know him, but there was going to be no slow introductions, he was here and this is his life to live. Every person who is allowed into my inner circle is in my frame, in my box, period. She checked every nook and cranny of that box, trying to find a weak spot, but there were none. Once the banging stopped, once she had accepted that my reality is the only reality relevant to me, I knew it was time for D-Day.

Act 4: Grand finale I knew I wanted a D/s relationship, whether or not it had that label didn't mean shit to me. If I'm checking my needs and wants list then I am good, period. If a want isn't met, no biggie, I'll think about ways to get that met, but it is ok if I never get there. Needs are met, period. Eventually things had gotten to the point where sex was hotter than ever (but not good, I'll explain in a bit), I was saying NO left and right, I was saying YES left and right, I was not asking for her opinion unless I NEEDED it, and I was establishing and defending boundaries, and I learned to think a lot about her needs, while giving zero fucks about her wants if they violate anything on my list. She was stressed, she felt the shift, she felt the dread, she didn't know where she stood with me, and by extension in the world. I knew her needs, even if she didn't. Above all things **she needs security, guidance, and to feel that she is of value.** She would ask me THE questions, you know the ones, the questions where everybody in the room knows the answer, but the guy will lie and the woman will be happy to accept that known lie. Homey don't play that. For example "Do you think about sex with other women? Are you going to cheat on me? Are you going to leave me one day? Would you remarry if we got divorced? If I died? Do you only care about yourself?" For fun, my answers: [Yes], [No (I don't cheat, I would tell you before I started fucking other women)], [if I'm not fulfilled yes], [Remarry, probably not, I would probably have girlfriends though], [same answer], [No, the list is kids, me, you]. She didn't like those answers, I would shrug, tell her next time don't ask questions she doesn't want to hear the answer to.

How 'bout the sex? It was getting a lot better, it was always good vanilla sex, but now it was different, hotter, but still not there, not for me. Remember my need for enthusiastic sex? The problem with "dread sex" is that you instinctively know that this isn't what she really "wants", it is what she is prepared to do to achieve her goals. The **"Every unhappy wife is a rape victim"** post really hit me hard. I don't want a woman to have sex with me because she has to, I want it because she wants to. Caveman? I literally cannot do it. It is just of no interest to me and an instant turn-off. Now she was in my frame, but she was still in the maze trying to figure out how to get to the point where all of her needs are met (although she didn't even really know what her needs were). Having sex out of fear that a guy will leave you (and still wondering how much is enough) isn't helping her feel secure. Eventually there were tears, she was at peak stress, had been bouncing around the maze for almost a year, and felt just generally lost. It was time to throw down the life line and see if she wanted to board my ship.

D-Day: I was about to leave for a business trip for a few days, I think she was worried I might cheat (not that I hinted like I would. I hold myself to the highest standard, and day one I was working to be the controlled and principled 2.0 man I wanted to be), she was just feeling insecure. She told me she was feeling stressed, didn't want me to leave, was worried for our relationship. I had her lay on my chest and we had a long talk. (So funny, most of

my marriage when we slept she would face away and very rarely lay on my chest, now it is routine). I helped to guide her to understand why she felt the way she felt, but didn't placate her feelings, her feelings are hers, not mine. This is where I went OVERT, lots of talking, but not DEERING for sure. I told her my needs list, point blank, and that if my needs are met then our relationship is in good standing. She cried, hard. She felt bad that she had not been meeting my needs. I told her that she is not at fault, I am responsible for my needs. Those "impossible questions" came back again, they got the same answers again, but, this time it was different. She saw the light. My real and accurate answers aren't a threat, they are part of her roadmap. Her feeling of insecurity is gone when she realizes that she doesn't have to live up to some undefined standard to "keep" me, she just has to make sure my needs are met. This time my "bad" answers were the right answers. She tried to challenge, for example "So, you are saying if I don't have enough sex with you we will get divorced?" "I didn't say anything about divorce, I said that I need sex. If that time were to come, I would not cheat, I would inform you that my needs are not being met, and we would as a team discuss the options." She nodded in agreement. I explained to her that so many of our past relationship problems were related to insecurity and a constant struggle for power. She now could see that too. She had read 50 shades, so she knew about "D/s" relationships loosely, but frankly that book gets it way wrong. I told her that we can continue bouncing around through life, going through cycles of happiness and fights or depression, or we can start a new relationship 2.0, one where we are hyper focused on each other's needs. I told her to research real 24/7 D/s relationships while I was gone and we would talk when I got back.

She read until her eyes bled, learned all she could, basically took her own red pill, and when I got back we started our new relationship. It was awesome, we felt like teenagers again, and it hasn't stopped. We worked as a team to craft our relationship, take ownership of it. I am her dominant husband, she is my submissive wife. Her needs are BEFORE my needs. You read right. She has given herself over to me, she is mine, and I am responsible for her 100%. We have a signed contract, and she wears a symbolic collar 24/7. As such I am fully responsible for her needs, that is number one in my mission. The D/s hierarchy is sub's needs, dom's needs, dom's wants, sub's wants. Notice that her wants are at the end. Sometimes she doesn't get what she wants, I give her what she needs. She has rules for her behavior and rules for day to day tasks. If she breaks a rule she is punished with spankings. Every day we have time set aside to discuss her needs and wants as well as mine. She lives to serve me and make me happy. When she serves me well I make sure she feels very appreciated and valued for her efforts. This is how we meet all of her needs (Security, guidance and feeling of value), and she has unwavering guidance from me to make sure her needs are ultimately met, which really means making sure that my needs are met. She can now completely shut off these negative parts of her brain, they are unnecessary. She knows I am happy, and I make it abundantly clear if I am not. Our sex life is amazing. Not only do we do everything I could ever want, she is obsessed with my pleasure now. That is what gets her off. She can have an orgasm just from me cumming in her mouth. I of course praise her constantly for her good behaviors, but one of the worst things I can do is "let something slide", as that would tell her that I have lost interest in the relationship. She feels loved, cared for, safe, and highly valued. I feel incredibly satisfied, I enjoy my peaceful life at home, I love my family, and honestly do feel like a Disney marriage is attainable, it is just that we were looking in the wrong place. We have been in relationship 2.0 for a couple of years now, and it gets better every day.

I've already gone on way too long, if you have specific questions regarding how our day-to-day relationship runs feel free to ask. I hope this was of some value to some of you. As I said, I can't say that my path is the "right answer", maybe I just got really lucky, who knows, but I can say that I am forever indebted to all of those who have worked to make MRP what it is, and I'm all too happy to try to pass on the favor.

121
UPVOTES

Actual conversations with "abuse" victims.

Red-Curious · 4 June 2020 · Archived copy · Reddit

It occurred to me recently that many guys may not know what their wives are telling the attorney in preparation for that looming divorce filing she didn't tell you she was already planning. So, let me give you some insight on what that conversation looks like behind the scenes.

All of these are approximations of actual quotes I've heard throughout my career. They usually start with an allegation that the other side is abusive, followed by my asking: "How is he abusive?"

The Typical Conversation

This is based off of an actual conversation I had with one client in particular, but is fairly common of most:

"Did he ever hit you?"

"No," she says.

"Okay, so how was he abusive then?"

"He's verbally abusive."

"How so?" I always ask.

"He swears at me."

"Out of the blue or during arguments?"

"During arguments."

"Did you swear back at him?"

"Yes, but nowhere near as bad as he did it to me. He gets REALLY angry during arguments. Did I mention he's emotionally abusive too?"

"How's he emotionally abusive?"

"Because he gets soooo mad at me for little things or when I didn't do anything wrong at all!"

"Does he think you did something wrong?"

"Well yeah, that's why he's mad. But I swear I didn't. I just didn't do it his way - and he wants to make me feel horrible for that. That's emotional abuse. I looked it up on the internet."

"I'm sorry to hear that. Have you ever gotten mad at him over something that he felt was unjustified?"

"Oh sure. He accuses me of nagging him all the time."

"And have you ever yelled or gotten angry in those situations?"

"Well, yeah - because he's so abusive that it makes me mad and I can't help but yell and get angry! But what do you think? Can we show the court how abusive this man is?"

Other Memorable Quotes

I have added the first sentence for context, but I assure you that ALL of these quotes have included an allegation of the exact type of abuse referenced at some point in the conversation/testimony, and the second sentence on is part of the explanation given. Some are my client, others are the opposing party during my examination.

- "He's manipulative. He doesn't actually do anything that I could call abusive, but he does things to make me feel

abused anyway. That's how he tries to get away with his abuse."

- "He's manipulative." I ask, "How does he manipulate you?" She answers, "By asking me to do things, and then I feel like I have to do what he wants all the time." I ask, "Does he ever threaten you if you don't do it, either direct or implied?" "No, I just know that he'll be angry. He uses his anger to manipulate me into getting his way."
- "He's manipulative. He uses the kids as pawns to get at me." I ask, "How so?" She answers, "When we're fighting, sometimes he takes the kids and leaves the house. He says he's 'giving me time to cool off.'" "What does he do with them?" "Usually they go to a park or out for ice cream or something fun, knowing that I'm at home in tears - and he doesn't care. Then he looks like the fun dad and I'm the crazy mom who they have to be saved from. And everyone thinks HE is the hero in the situation!"
- "He's emotionally abusive. Every time we argue, he just sits there silently and doesn't talk or get mad or do anything. He knows it infuriates me, but he keeps doing it!"
- "He's emotionally abusive. He loves to look at me with this smug grin on his face, even when I'm obviously mad at him." I ask, "You mean he does it when you're not mad too?" She answers, "Yeah, he's just smug all the time."
- "He's emotionally abusive. He told me if I tried to leave him, he'd fight for custody of the kids."
- "He's emotionally abusive. He told me that if I didn't handle this situation his way, he'd take the kids and live with his mom for a while." I asked, "Isn't that what you did when you filed for divorce two years ago before dismissing it?" She answers, "Yeah, but I'm the mother. That's different."
- "He's sexually abusive. He thinks I should have sex with him whenever he feels like it, and he'll try to pressure me to say yes." I ask, "Do you say yes or do you stand your ground?" She answers, "I always say yes. It wouldn't be abuse if I felt like I was allowed to say no."
- "He's sexually abusive. He made me give him blow jobs even though he knows I don't like it."
- "He's sexually abusive. He looks at me all the time, even when I don't want him to. It creeps me out."
- "He's sexually abusive. When we have sex, after he's finished he ends things and never tries to help me along, then makes me feel guilty for not finishing as fast as him. It makes me not want to have sex with him anymore." I ask, "So did you stop having sex with him or tell him you didn't want to?" She answered, "No. I just started finishing myself off afterward."
- "He's sexually abusive. He raped me many times during our marriage, forcing me to do all kinds of outrageous things, like blow jobs, hand jobs, and other stuff." I find peers in her congregation to confront her about these accusations. She tells them, "Oh, I made all that up. My attorney said I had to say those things to win custody."
- "He's financially abusive. He controls the check book and I have to ask for permission whenever I want to buy anything." I ask, "Has he ever said no to anything that you needed for daily living purposes?" She answered, "No."
- "He's financially abusive" as above (a common one). I ask the same question. She answers, "No." I ask, "Has he ever said no to anything you wanted to buy at all?" She answers, "No. But he still has all the power over the finances and I have none."
- "He's financially abusive. He keeps all the accounts in his name and refuses to let me know what's in the accounts." I ask, "Have you ever asked and he told you no?" She answers, "No. I don't feel like I'm allowed to ask. But he never gave me access."

- "He's financially abusive. He buys whatever he wants, like eating out for lunch while he's at work pretty much every day. But when I want to buy something, he always says no." I say, "Give me examples of things he's said no to." She answers, "Usually new decorations for the house." I ask, "Is he buying decorations for his man cave or his office?" She answers, "No, he doesn't value decor, and because he controls all the money, it means I can never have what I want, while he still gets to have whatever he wants." I ask, "And what is it, exactly, that he wants?" She answers, "Usually he just spends money on food." [Note: the guy wasn't even obese.]
- "He's financially abusive. He spends all our money, and then there's nothing left for basic needs. We're in so much debt." I ask, "What types of things does he buy?" She answers, "TVs, sound systems, video game systems, computer stuff." I ask, "Have you ever bought things like that for fun yourself?" She answers, "Yeah, he buys me a new smart phone every year. I also have a few ipads and a laptop. He likes to buy me jewelry too. He thinks I have to forgive him when he does that. But then when there's no money left for groceries, we end up having to put it on the credit card, and now I'm constantly in a panic over all the debt we've racked up. Can the courts make him stop? I can't handle the financial abuse."
- "He's financially abusive. He knows I can't afford this divorce, yet he keeps doing everything possible to ring up my attorney fees and make this case cost a small fortune." I think to myself, "No, you calling me for 3 hour chats 2-3 times a week to talk about your insecurities and not letting me hang up the phone is what's costing you a small fortune. Learn to shut up and this whole thing would have been 80% cheaper."
- "He's verbally abusive. He yells and screams and swears at me all the time." I ask, "Do you ever do it back?" She answers, "Yes."
- "He's verbally abusive. He lies all the time." I ask, "Do you have any proof of any of the lies you just told me about?" She answers, "No, he's really good at hiding things. And a lot of the stuff he lies about are smaller things just to get under my skin, not big things that would be provable."
- "He's verbally abusive. He calls me names and tries to make me feel bad about myself, telling me I'm worthless and that nobody could love me." I respond, "I'm really sorry to hear that. That sounds cruel. How did you handle it?" I thought she'd say she went to her room and cried. Her actual answer: "I know I shouldn't have done it, but I started breaking his things. I figured that if I wasn't worth anything, he couldn't have anything worth anything either. I get that I reacted poorly, but that doesn't change the fact that the way he talked to me was abuse, and I want the court to see that."
- "He's physically abusive. Just look at these pictures!" She pulls them out, I say, "Oh, that red mark on your neck?" She says, "No, that was a bug bite. It's the spot on my arm, where he hit me." I ask, "Oh, the dot right there?" She says, "No, the other arm." She points to a slight discoloration that I'm pretty sure was really just a shadow. I say, "Oh, the picture must just be faded too much to notice. Can you get me one with better resolution so the judge can see what you're pointing out?" After she gets me the better resolution copy the next day, I still couldn't see it. She didn't have any other angles of the shot (presumably because she couldn't get the shading just right from any other angle).
- "He's physically abusive. Look at the pictures of the bruises on my arm!" The pictures were entered as exhibits and showed very serious bruises. She added, "I took this video of him slamming a door on my arm repeatedly." It gets marked as an exhibit and played for the judge. The video shows the two arguing, then she drops her phone, so the video goes black, but audio can be heard of her screaming and a door slamming on her arm multiple times. Later at trial, I have my client on the stand presenting a video that he was taking simultaneously, showing her slamming the door on her own arm with an identical audio track.
- "He stalks me. He walks his dog in front of my house all the time." I ask, "How far away does he live?" She answers, "4 houses down."

- "He stalks me. He constantly posts things on Facebook directed to me and he won't stop." I ask, "Have you ever told him to stop?" She answers, "No." I ask, "How difficult has it been managing your social media account with him doing this?" She answers, "Oh, he doesn't actually tag me in any of them. I only find out about it because my friends tell me about it."
- "He stalks me. He used to take videos of us having sex together." I asked, "When did you find out about this?" She answers, "I mean, I agreed to it at first, but I didn't know he was still doing it after the first few times. Plus, I didn't know he had videos of other women too - and he didn't delete them after he broke up with them! He probably still has my video too. Don't you think that's creepy like a stalker? He's out there watching videos of me naked after we're divorced. The court has to realize that's stalking, right?" I ask, "Do you have any evidence that he's actually watching those videos?" She answers, "No." I ask where she found the videos, she answers, "In a box in our shed." I ask, "Does he know you found the videos?" She answers, "No." I ask, "So, in all probability, he thinks they're still packed away in a box in the shed and hasn't actually seen them in years, right?" She answers, "Yeah, I guess that makes sense."

In all of these situations, the women genuinely believed they were the victims of abuse. I 100% believe that they were being sincere in their allegations, despite that in most situations they did not come anywhere close to the actual legal standard of abuse. To that end, **I have only used examples from cases where the allegation of abuse didn't actually get substantiated in court** (except a few of them, where the cases are still pending, but it's not been an issue yet). I'm not here to increase panic about the divorce-rape boogey-man.

BONUS 1. Gender Reversal: "She filed a CPO against me saying I'm abusive, but she's the abusive one!" I ask, "How so?" He answers, "For example, when we would have sex, she'd make me choke her. I was really uncomfortable with it, but she'd pressure me saying she couldn't orgasm unless I was choking her hard enough that she was actually having trouble breathing."

BONUS 2. Parental Alienation [an EXTREMELY common conversation]: "He/she is alienating my kids from me! He/she lies about me, blames me for everything in front of the kids, keeps telling the kids I cheated on him/her, tells the kids it's my fault we're getting divorced, etc. This HAS to stop. Don't the courts care about parental alienation? I read online that this is a big deal and that the Courts will put a stop to it." I ask, "How's your relationship with your children?" They answer, "Oh, they love and adore me. Our relationship is very strong." I ask, "How's the other party's relationship with the kids." They answer, "Not very good. The kids really struggle being over there because of how bad of a person he/she is." I ask, "Given what you just said, who do you think the court will believe is the actual alienated parent?" They answer, "But they're doing it to themselves! I'm the one being alienated by all the things they say about me." I answer, "Give me 3 examples of how your relationship with the children has been irreparably harmed by those things." They never get past the first.

BONUS 3. Danger to the Child: "He doesn't love our daughter. It's so obvious. He's using a size 3 nipple, which I know is the manufacturer recommended, but she had acid reflux 6 months ago, so she should only be using a size 1 nipple on her bottles to limit the flow. How does the court not see that he just doesn't care about his daughter at all?" [Yes, this one's more exaggerated because of the way I summarized the conversation, but every claim I referenced is true, nonetheless.]

Caveats

In maybe 2-3 of these cases there were more significant things that came up and these were secondary rationales. But in the majority, these were the primary reasons given.

I also have a number of cases where the abuse was very, very real. This isn't to say that abuse doesn't actually

happen. Rather, it's to show that women have a grossly inaccurate concept of what actual abuse looks like.

NOT The Point

My point here is not to make you afraid that all women will cry abuse just because they can. It's also not to make you afraid of abuse charges that she will inevitably contemplate at some point throughout your marriage. I'm also not trying to make you extra cautious of doing anything that could possibly be interpreted as abuse in court.

The Point

My point ACTUALLY IS that if a woman isn't attracted to you or (even if she is) she's decided to leave, she's going to be prone to interpret any negativity in the relationship as a form of abuse no matter what you do. Sometime her feelings will be legitimate in light of the circumstances. Don't be that guy, unless it's self-defense. But none of the things I referenced above went anywhere in court, no matter how fervently she pushed the issue (some cases pending). So, my conclusion for you guys is to look at a list like this and think to yourself:

- There's no point worrying about whether or not she's going to cry "Abuse!" someday. Just assume she will.

From there, **the guys who fare best are the ones who make her second-guess why she's divorcing him in the first place.** And yes, that second-guessing is EXTREMELY common as well, despite how few women are willing to admit it. But they tell their attorney everything along those lines too. This is one of the reasons it's so vital to maintain a firm "stay plan is the go plan" mentality if your marriage is falling apart - not in the hope that you might win her back, but because the things that would give you that chance are the same things that are going to tweak whether she cries "Abuse!" or "Aw, I'm going to miss how bold of a person he was."

121
UPVOTES

I got the "I love you but..." (ILYBINILWY) and solved it in 5 days

Bekrured · 18 July 2024 · Archived copy · Reddit

I rarely post anything, but I feel indebted to this forum. Most testimonies about ILYBINILWY have bad outcomes, so here's one that's seemingly recovering from this deadly phrase.

This is my case:

Me (40y old), she (36y old). Living together for 10 years, officially married for 7. We have two kids 5, and 3. I'm a successful entrepreneur, she stayed home to raise the kids.

Over the years I have been transitioning from a kind of alpha-male-with-submissive-wife mentality, to an equal marriage. We were in the process of building a very expensive house (something I didn't want to do but ended up accepting for her) and I planned and executed actions to get money out of my company to share with her 50-50, as she had been complaining that if I leave her she has nothing, which made her feel insecure.

Two weeks ago, on a Sunday morning, out of the blue, I got the ILYBINILWY. I made a move to initiate sex, and she couldn't resist telling me how she felt.

She said that for the past few months she had been fighting her lack of "in love" feelings towards me. She tried to solve it alone but couldn't. She had sex with me 2-3 times in which she felt REPULSION during sex, she didn't like my smell, etc, and she even felt raped forcing herself to do it.

She wanted "out" of her life, out of her commitments to take care of the kids all the time, and out of the commitment to have sex with her husband. She wanted us to split and have the kids 15 days each. She said that just thinking of we living apart and splitting the kids made her horny towards me (this gave me hope).

I initially took it well, knowing something was wrong for months. She had been extremely stressed with the kids. We have a lot of help but STILL, the 3y old is really difficult, and both kids have been going to our bed every night, hugging her in a way that prevented her from sleeping well. We agreed to talk more at night.

That Sunday I started to read everything I could about this. I found the ILYBINILWY post and learned that 95% of people in my situation had been cheated on and 5% were in a situation in which she was already attracted to another guy. I started to feel worried and angry.

That Sunday night I asked her if there was another man. She said no, not one specific man. However, she said she started to notice other men. While she was in love they were invisible, but now they weren't. So, she could be talking with a guy and think "he's interesting". She said she doesn't want to be married with the potential of being attracted by another man.

I asked one important question, and the answer felt like an atomic bomb, still haunting me to this day.

"I understand you want to be alone, and we can do that. I can leave the house and we can split the kids, but do you want to do this still married or do you want to be single. Think about it well."

"I want to be single." - she answered.

I took my ring off, handed it to her, and left the bar. I picked my things and moved to an apartment.

I couldn't sleep that night, my stomach hurt so badly. How the fuck was this happening? It felt like a nightmare I couldn't awake from. I always thought if anyone was going to end the marriage it was going to be me, possibly attracted by a younger woman in my 50s. For that reason I was trying to do everything to express my commitment and make me invested in the relationship. But, honestly, even in the case of feeling attracted to somebody I never pictured myself divorcing. I romanticized the marriage as something to keep to the death. For example, I watched Peterson Marriage series and made my marriage kind of a priority, and something to fight for no matter of what.

That night I read everything I could. I read big part of the MMSLP, and many posts in the married redpill forum.

Based on insights from these readings plus reflecting on what she said I took three actions:

1- I discarded the idea that keeping the marriage was the only way to live. I don't want to be a Will Smith anyways. I imagined life alone after divorce and made me like it. I would start a new business venture, something I love but I don't anymore because it takes too much time from the family, I would fuck the whole city as a rich and successful 40y old man and, eventually, I would have 2-4 additional kids with one or two women, something I don't do now because of my wife not wanting more kids. My current two kids would suffer a lot, but I realized they wouldn't hate me when they grow up, because I would explain to them how hard I fought to make marriage work to be with them as a nuclear family, and that it just didn't work. I would still be able to have a relationship with them and have their love.

Suddenly, divorcing my wife started to feel like a good life too, just different.

2- I realized that disciplining my kids to stop bothering my wife had to be my job. She couldn't do it, and the idea of doing everything like an equal marriage was bullshit. I discovered that in this group and the books. I realized a need to play the role of a male in many things, not just providing for the home. I was responsible to discipline the kids so they could let mom sleep well, and for us to have intimacy time.

3- I removed this idea in my mind that she should be in love and love me no matter of what. I had to make time to seduce her, find that time for intimacy, do new things with her, like when we dated. I was under the idea that her interest, love, everything was granted and forever to the death, just because.

On Monday morning we met. I said I was sorry for mean things I may have said in my state of shock, that she was important to me and I wouldn't let her go so easily. She said she would speak with her therapist. I said I booked with the marriage counselor. Also, I said I would take a day off and we would go to the mountains (something I never do). Her eyes lighten up when I said that and it gave me hope.

Tuesday: mountains. All day together. We hug, we talk. Still, she is not in love anymore. But, there's something, there's some closeness.

Wednesday and Thursday: I don't remember the details, but we fucked one time, still she was not in love, or just a very little bit. I execute points 1 and 2 above. She believes me when I explain I'm not disliking my potential life as a single man. She knows I admire Elon Musk and she thinks that living a little bit like him (workaholic with many kids from many women) would be enticing to me. She also believes I would have lots of women pursuing me.

Friday: we go to a motel, we fuck 2-3 times like in the old days. We also have a deep talk in the jacuzzi, like in the old days too. I explain how I felt dissatisfied with her wanting to be single again instead of fighting for the marriage, that I don't understand that kind of living that is so fragile. What about the votes? the promises?

She said she never saw marriage like me. She doesn't care about any promises. She was always with me because she wanted to be, because the way I made her feel. She wants to be happy first of all, preferably with me for the kids, but if not possible, then alone and eventually somebody else. She said she needs to feel in love to be happy.

I said I'll try to see the marriage going forward as she does. I see advantages, like I will stay more fit and date her more. I also see disadvantages, like I won't build an expensive home for something that can end at anytime. She is OK with that. We decide to cancel the construction of the home.

I also say I want to setup everything for a potential breakup, a postnup. She has said that she doesn't want anything from me but, at the same time, she has said that it's unfair that during our time together I developed and grew a business while she stagnated professionally. I propose to give her money now to compensate for the years she lost professionally raising the kids, so she can invest and expand her venture. Also, in case of a breakup, she will keep a house (we'll buy one, just not as expensive as the one we were about to build) plus good money to maintain her standard of spending for a few years. She accepts.

It's been 6 days since that Friday. I cancelled the construction of the house and initiated work with a family lawyer to write the postnup.

In the meantime, I have been fighting feelings of hate and sadness because I lost the romantic notion of the marriage. I have been reading things related to Tomassi Rule #6, trying to just accept that's the way it is with any woman.

She continues to be super in love, reminds me of the first months together. She is afraid that she destroyed our marriage with what she said about being single. Her excuse is that she said that but did the opposite, and that she always says things and then does the contrary, that I know she is irrational and stupid like that.

In a way I am optimist this can turn out well. I'm excited at the idea of seeing her as a lover and not a second mother. It's sexy, it makes me feel more horny and wanting to enjoy her. On the other hand, I will no more put myself inside a cage, protecting me from outside temptations. I mean, if I am going to be fit and dressing well to attract her, I will also be attracting other women. I hope I will not be tempted but if I am and I go nuts for another spectacular bubble butt (my weakness) then that will be a threat to the relationship. So be it. If it ends it ends, and it will be a fair ending with a postnup agreement mutually agreed upon.

That is for now.

120
UPVOTES

Red Pill Truth- Nagging LTR/Wife? You are the one at Fault. Not Her

Victor-James · 4 December 2018 · Archived copy · Reddit

First of a little about me. I am 34 in a LTR with a 26 year old woman. Fully took the red pill many years ago but am constantly still learning and evolving.

My gf was initially was one of my plates but over time she proved worthy of a much more serious commitment so I dropped everyone else I was seeing at the time and became exclusive with her. For the first 8 months of the relationship, everything was great. I fully embraced my role as a masculine man and she was able to relax and flourish with grace and femininity. I am the captain and she is my lieutenant. Things were great, until slowly but surely I lost sense of who I was and reverted back to my old blue pill tendencies.

As the relationship progressed, my love for her grew more and more. Gone was the idea that she was replaceable at a moment's notice to thinking she was a rare Unicorn who I was going to marry and have children with. The thought of losing her started to become unfathomable to me. With those feelings came my beta like behavior. Never wanting to disagree with her. Making sure she was happy, without regard to my own happiness. Allowing her to change certain aspects of myself because I thought that is what she wanted (my hairstyle, what I ate, etc).

It was pathetic. When she was a plate, I never would have tolerated any such behavior because I wasn't scared to walk away. But over time I fell in love and slowly my masculinity drifted away and I was slowly letting her have my balls on a platter. As you can probably imagine, things between us became terrible. The more I was pleasing her, the more bitchy she became. We started arguing more, sex was less, and it never seemed like she was happy. To say I was resentful is an understatement.

I vividly remember the moment the lightbulb clicked in my head. I was at her parents house celebrating her birthday. She was being a bitch as usual and my phone happened to be on the table. She knew the password to my phone and started looking through my messages. I was very uncomfortable with the fact but I was too much of a pussy to upset her. I noticed she started to look through messages between my mother and I. I told her if she would mind giving me back my phone. She said no and kept reading. I asked her again. She ignored me and kept reading. Then the third time I regrettably whined and yelled at her and grabbed the phone from her hand. She then proceeded to scold me like a child and demanded that I never talk to her like that again. **And then, it all made sense to me. I realized the problem wasn't her. It was me.**

I lost my way as a man.

It was as simple as that. I no longer was this masculine man who was the leader of the relationship. I no longer was a man that people wanted to respect and follow. I no longer was a man who believed in himself and was willing to set boundaries and walk in a moment's notice if those boundaries were crossed. Her frame became my reality.

How can a man expect his girl to love and respect him if he isn't fulfilling his role as a man should be in a relationship? How can he expect his girl to be feminine and sweet if his actions are causing the polarity between the two to fade away? **Her bad behavior was a result of my inability to be the man she fell for in the first place. Her bitchiness and nagging was her way of crying for help. It was her way of indicating I needed to change and be the man I know I am capable of being.**

From that day forward the entire relationship changed back to the way it was before. Even though I love this girl, I realized that I had to respect myself first and foremost and make myself happy. Setting boundaries, telling her no, not changing my unique quirks just to please her. **I had to adopt the mindset that things may not work out between the two of us but even if it does I WILL BE FINE.**

Once I did that, the bond between us grew exponentially and things couldn't be better. She no longer nags or complains because she knows I will walk. She is completely comfortable now being in her feminine because she can finally feel my internal strength again. She feels that if she pushes me to far, theres another girl ready to take

her place.

A women will never love you unless they respect you. In order to get that respect from her, you have to be the leader and never lose sight of that for one minute. Fellas, never play the role of victim. You are responsible for your significant others behavior. Be the captain and she has no other choice but to follow. She's either in or she's out. It's as simple as that.

120

UPVOTES

We have all the weapons

InChargeMan · 8 October 2018 · Archived copy · Reddit

I once had a mentor well skilled in various fighting arts. He once told me (ad-libbed) "When a person has a weapon they put all of their energy, concentration and faith in that weapon. When you take that weapon away they are now lost. Don't put your faith into a weapon that can be taken away." Your body, strength, intelligence, instincts, and willpower are your weapons.

A woman's weapon is withholding sex and divorce-rape. Everything else is noise. Take away those weapons.

How funny is it that men all over the world put up with a harpy cunt who won't fuck when her only weapons are to remove her shitty presence and continue to not fuck them? Seriously, what weapon does she have? It is all smoke and mirrors if you are a man of value.

Divorce rape? Yeah, if you've fucked up to the point where you are now a prime candidate for divorce rape, then that sucks. But, what's done is done. Sunk cost fallacy applies here. In your mind, take half your shit, everything that you will "lose" in divorce and bury it 6 feet under. Consider it gone. Money is a tool, you can always get more. Don't let the fear of losing something as arbitrary as money allow you to squander the limited time you have in this life.

"I spent my life unhappy because I was afraid I would be unhappy if I lost money." and "I don't want to piss off my wife because she might give me even less sex than the non-existent amount I get now." Sound pretty fucking ridiculous, don't they?

You are the only person who has power over you. Be the master of yourself, use your weapons to shape the world to fit your vision. If your wife doesn't fit your vision, give her the tools to adapt or send her packing. If you are doing this right there is no negotiating, no arguing, no conflict. If you are upset that it is raining do you yell at the clouds? No, clouds DNGAF about your feelings, you are operating within their frame. Your choice is to stay out in the rain or leave, the cloud is going to do what it does either way. Be the cloud.

You are going to live a life with as much quality sex as you want, spending time with people who are respectful and add value, and doing things with your time that make you happy. If she wants to be a part of that vision then great, if not, great. She has no weapons, you have all of the weapons, use them.

120
UPVOTES

8 years later

ReddJive · 16 August 2024 · Archived copy · Reddit

8 years later....

Life is much better without half assed people. It doesn't get any simpler than that.

pursue things for your own satisfaction and do not to get caught up in someone else's narrative and chase a title or goal that isn't your own.

I've retired from one career and started another. Im officially a problem solver as I like to think of it.

My team and I come to your emergency (hurricane tornado, your town leveled....whatever) and solve it. I've traveled the US several times from California wild fires to Florida hurricanes. To get here I had to become a firefighter with several certifications in technical rescue. A paramedic with licenses in critical care, advanced medic for trench, and HAZMAT/CBRNE certifications.

Time and energy. That's what it takes. That's what everything takes.

My sons are living successful lives with bad ass careers.

Last year at the age of 50 I finally achieved elite status (2000 pounds across three lifts) in the powerlifting world. Nearly a decade in the making.

Total 2170 Bench: 565 Squat 680 Deadlift 925

This life I have now was not a straight trajectory. Filled with defeat. Setbacks. Water wears rocks. It's a process of time not a magic spell. It will be rough. It will be mind numbing.

Sometimes the bad guys win. Sometimes others cheat and get ahead rather than get caught. Sometimes the ranger instructor will not count your push-ups.

You can't control any of that, but you can always control how you respond. You always own your own attitude and reaction. Stick with it, even if it seems "unfair."

It probably is, but then again, life is not fair.

Live life like the unmerciful god that you are.

119

UPVOTES

Verbal Intercourse is Optional

sexyshoulderdevil · 28 October 2015 · Archived copy · Reddit

The matters we discuss here are all about creating sexual options by becoming a better Man. It is about developing the mindset of abundance and embracing the fact that YOU have control of your life. If you put in the work...

It's also about realizing your wife has similar control. To rehash everyone's favorite example, your wife has control over whether or not she is receptive to your want for sexual intercourse (aka fucking). You may be married and shared in some vows, but you simply do not own her body. If you initiate sex and she gives a 'hard no', you back off and play it cool. That's just how it works. This journey is not about forcing anyone to do anything they don't want to do. Quite the contrary. You only control yourself and your job is to work on yourself and make it where she simply cannot fathom saying 'no' to such a high value Man. The sidebar (look to your right-->) is The Instruction Manual for the assembly of such a Man. Read the instructions before attempting to completely re-assemble yourself.

But there is some good news for you. These rules of control cut both ways.

To beginners, we give the advice that you should simply shut up as you work to internalize all these concepts. You must stop engaging the emotional chaos around you until you can learn how to manage yourself first. But when you begin to establish this stoic frame, your wife feels it and is jarred by it. She will attempt to engage further to test your resolve.

You need not engage.

However, what do you do when your wife persists and chases you around the house with her raging emotions trying to initiate verbal intercourse (aka talking)? It's simple...give the 'hard no' to her initiations. If you don't want to have a conversation, say 'I'm not having this conversation.' And leave the room. If she persists and continues to follow you around the house demanding you speak while ignoring your 'hard no', remove yourself from her presence physically by leaving the house. Go for a walk, go to the store, or better yet go to the gym. When your wife gives her 'no' to sex and leaves the bedroom, do you follow her around the house with your raging erection trying to jam it whatever orifice she's left uncovered? I'm betting she wouldn't be fond of that, and if she is then you should have just tried that years ago...

Until you're worth fucking, she has every right to say no to sharing in sex. And until you think she's worth conversing with, you have every right to say no to sharing in conversation. But now you're at a stalemate right? Wrong. Your self improvement will break the stalemate. As you build the body of a worthy man who possess strong frame, she will want to engage you sexually. In return and with time, you will want to converse with your now sexual wife who gives off a wonderfully feminine air even during simple talks. Well, that is until the next fitness test...

For the benefit of both you and your wife, break the stalemate and get to work. Read, lift...and repeat.

TLDR: Don't chase your wife around the house with your raging erection. Don't let your wife chase you around the house with her raging emotions. Sexual and verbal intercourse is optional.

119

UPVOTES

Our Journey

drty_pr · 5 February 2019 · Archived copy · Reddit

What is MRP success? Is the sole purpose of this place to get laid like a porn star? That is rule zero after all. If that is the end game of this sub, then I suppose I'm the biggest failure here for someone who has spent as much time as I have on this journey. Is that what this place is? A playbook for the journey of life as a real man? These questions have went through my mind too many times to count as I've traveled down this road. As I've made my trek, I've had some realizations that I'd like to share.

The Love for Lifting

Every man in his heart of heart wants to be the strongest man he can be. You show me a man who says otherwise and I'll show you a man who's full of shit. I have 4 friends who have all used this exact line on me. *"I don't want to lift to get muscles. I lift for endurance"*. Do you know what they all have in common? They half ass the gym. They go for a while, off for a while, let the membership expire, get a new one, etc. The guys I know who lift for the love of lifting are regularly at the gym. Pushing, learning and growing.

When I first started this trip I lifted dumbbells at home. My heaviest set were 120s. I had a very regimented routine. I pushed myself and limited out on what I could accomplish. End of the day, I was putting in too much and getting too little; I always knew this too. I wouldn't say it was wasted time, but it wasn't optimal in any way. After joining a gym and running my limits on the 5x5 stronglift program, I have found the true love of lifting.

Everyone's love for it is different. Some guys wanna pull 700, so they work towards that. I still do regular compounds, but I like the accessories just as much. The guy who is the biggest at my gym only touches a barbell to bench. I'm 5'8"/200lbs/15%BF. I fuckin love how I look. For me everytime I start a new lift, everytime someone gives me a tip/I give someone a tip or everytime I meet an interesting person at the gym, it's part of my journey.

Finances, Employment and Fulfillment

I'm losing my job in 8 months. If this was happening 3 year ago, I'd be stressed to the max. I'm not even worried a bit. Truthfully I'm excited. I have been smart with money since I found this place and I have a hefty severance coming my way as well.

I could go get another job in the industrial sector or go to school for a trade. Both would bring in decent change. I live a simple life, so money really isn't the issue. The thing is, I've never left work and said *"Fuck I feel accomplished today. I really made a difference"*. I could have a week on a machine and get numbers that nobody else can, get a pat on the back and a gift card and still look at the clock wanting to go home while dreading the next day. I'm done making someone else rich.

Furthermore, I want to help people. I want to work with people and know that I made a difference in their day. If I make less money, but know that my efforts are going towards a greater good, I'm cool with that. If my wife isn't, well she can fuck off. My journey is going in this direction and this journey is about me.

Marriage Post MRP

When I first came to MRP, I wanted my wife to change. I wanted her to be the woman that I always thought she could be. Fuck me did I keep that covert contract running in the background for way too long too.

I had a vision of her fucking me like so many of the dudes on here claim to be receiving. I ran the steps of Dread and seen marginal success. Even then only when it hit a point of Hysterical Bonding. That kind of manipulation is taxing and not for me.

Shit, there is a chick who has became friends with us. Probably more so me, but my wife really likes her too. We ended up at a house party last month. She was all over me. Touching me at every opportunity she got. At one point, she was sitting beside me with her hand on my leg and biting her lip as she gave me the *fuck me eyes* while my wife

stared in disgust. We were saying our goodbyes in the kitchen and she started arguing with me that I'm an asshole for not staying and letting my wife go home alone. As my wife is standing right there! If that's not Dread, I don't know what is.

The thing is, I don't want to fuck someone else. I always thought that I was gonna have cutie playing second fiddle, but when I became a man who could accomplish that, I stopped yearning for it. This summer I had a chick (100% dime too) literally taking her clothes off and trying to undo my belt. I full stopped it and left. I don't want other bitches. I want my wife. Maybe this is purple as fuck, but I really don't care.

We kiss all the time, hold hands in public, dance in the kitchen while we cook and listen to music, drink together while we talk about life, etc. When she is sad or stressed out, I fix it. Not by asking her what's wrong and doing things to make her happy, but by being an immovable stone that she can lean on in these times. We have a genuine love for one another (not soulmates or any of that unconditional BS) and that's all I want. MRP has given me the tools to navigate this love and see it for what it actually is and not what a beta thinks it should be.

Farewell Faggots

As time goes on, I come here less and less. I think the MRP portion of my journey in life is coming to a close (there is a tear in the corner of my eye as I type that). The stuff I've learned in this community has had an immeasurable impact on my life and will continue to do so for the rest of it. So this is Drty checking out. I won't delete as my journey could bring me back here someday, but I'm signing out and moving on.

As I stand in front of this mirror, I'm reminded of the person who used to stare back at me in despair. NEVER AGAIN

119
UPVOTES

OYS posts are for you to own YOUR shit, not to blab about shit that's out of your control.

weakandsensitive · 8 October 2019 · Archived copy · Reddit

The fuck is going on in OYS? It's like every single OYS post is failing at basic frame control. Frame control is the mindset and reference through which you engage the world -- shit outside of your reality and control doesn't matter.

And the overwhelming number of you guys are failing at this TERRIBLY.

Failure 1 :: She statements

It seems like every single post has at least 50% of the post dedicated to some shit or other about your wife. The number of "She...." statements is getting to the point where OYS isn't actually valuable for most of your posts. You are spending waaay too much time and effort focusing on something that is outside of your control. If you want to focus on your wife's perspectives, responses, or thought process -- you're allowed to, but only if you have her write those sections directly.

If you can't get her to write her about her mindset, focus on the shit that you can control, which are your mindset, thoughts, and actions. Because honestly, I don't give a fuck about her -- and I especially don't give a fuck about your mental representation of her. OYS is for you, by you -- but don't waste your own time and the reader's time focusing on 1) shit you can't control, and 2) shit that ultimately doesn't matter.

As a result of this - we now have **Rule 9**, which states

OYS is about taking ownership of the things YOU control, not about other parties like your wife, dog, boss, etc. The vast majority of the focus should be on your mindset, your thoughts, and your actions. The primary agent for your post is a third party -- and as a result you've wasted your own time. (Standard ban duration :: 10 days.)

Failure 2 :: Your wife's golden pussy, held under lock and key

Common theme 2 is how you guys write about your sex life with your wife. And the way you guys are approaching this is from a scarcity mindset. Many guys as writing as if your wife is the gatekeeper to sex. In a world with 8+ billion people, this is patently not true. Your wife is only the gatekeeper of sex **with her**.

If you've made the choice that you're only going to have sex with your wife. That's on you. That's your personal decision. You need to very much own it. And as a result, when she doesn't fuck you -- you don't get to complain, because you've put yourself in that position. You don't get to lock yourself in a cage, and complain about being locked in a cage.

If you think that because you're doing all this self improvement, your wife should WANT to fuck you. Again, you're wrong. We've stated repeatedly that MRP has nothing to do with your wife -- and that doing this for your wife to fuck you is the worst covert contract you'll have. You have NO say in what she does or how she reacts. None. She is free to make whatever choice she wants. Just because you do the work, doesn't mean she's going to want to fuck you. All it means that someone will probably fuck you, maybe, but if you're locking yourself in a cage by your own choice, you don't get to bitch.

Again, just so we're very clear, MRP is not a program that will get your wife to fuck you. And this is especially true when you continue to have a shitty mindset.

As a result of this - we now have **Rule 10**, which states

OYS is about taking ownership of the things YOU control, not about other parties like your wife, dog, boss, etc. The vast majority of the focus should be on your mindset, your thoughts, and your actions. You are complaining about a situation you willingly put yourself into. That's a no go. (Standard ban duration :: 15 days.)

118

UPVOTES

It works...

NewDadThrowAway23 · 10 September 2015 · Archived copy · Reddit

MRP... You are making a believer out of me. This is long. Grab a drink. You might just relate.

I have been married 2 years, LTR 7 years. Just had a kid. I started out strong, but over the years, I have slowly let the Alpha I had from my dating years melt away and have become a full-scale beta bitch. A real "nice guy".

Sex started out great back in college. All kinds of freaky shit. Multiple times per week. I am happy. Then we move in together, and things get a little more "plain". "OK, maybe this is just how it is growing up" I think. We are both busy professionals, and I'm stacking paper like never before. Maybe I just let it slide...

We buy a house together. I'm killing it in my career (busted through \$100k. Pushing \$200k consistently), but it takes all my time, so I quit going to the gym...

I am busy AF at my career and she is a licensed accountant with a Masters degree. I'm looking for places to delegate, so I hand over the household finances. Totally. Just makes good sense right? (fml...)

She whines about work a lot when I get home and it pisses me off, so I tell her to just quit her stupid job. I make more anyways. She does. Whining decreases, which is nice... but sex continues to decrease. Was hoping for the opposite once she wasn't stressing. I let it slide, but it's eating away at me...

I start whining like a bitch to her that I need more. When it's been too long, I have tantrums like a child. This is not me. But in the moment, I just freak out. Punch a hole in the drywall, cry about it, etc.

I keep trying things. Dates, gifts, massages, every covert contract you can imagine. Nothing brings the sex back. In desperation I break down and visit prostitutes from time to time. Wife is still totally disinterested. What the fuck happened to me?

Fast-forward a bit. Wife wants to start trying to get pregnant while off of work. Sex is OK while trying, but really just a lot of missionary, and ONLY when she is sure she's ovulating... this isn't as fun as I expected. Whatever. We get pregnant. Suddenly sex basically stops dead. FOR. A. YEAR. Are the rules changing? What is happening now? By the end of pregnancy, I'm down to a disinterested duty hand-job every two weeks or so. Sex? Yeah right. I could get a duty starfish if I massaged her for an hour or some shit. Awesome.

Our kid was born 6 weeks ago and I beta'd even harder. Staying up all night to help with feedings. Getting no sleep. Cleaning the house constantly (why is a man who makes \$200k doing fucking dishes every night? Because my wife doesn't like the idea of a maid... and doesn't like cleaning... and doesn't mind living in filth. Fuck me right?). I'm hanging out with the in-laws, running errands, changing diapers, Basically "serving" in any way I could. I had never been so miserable. Made this throwaway and victim puked about it on /r/daddit (go read the post if you're curious. It's shameful. I won't delete it. It's a reminder to me now of how low I was).

The big 6 week appointment where it's "OK" to have sex again came and went. Tried a few times. Whined when she wasn't interested. Had a full scale tantrum about it basically where I cried again (yes this is humiliating to admit).

The low point: One night, I am getting my beta on hard. Gifts, dinner, massages, etc. Baby is asleep. In bed I try to get a hand on her down there. Trying to be a little assertive, but she's just laying there. She worms away and says "It makes me uncomfortable when you touch me like that". This is it. This is my breaking point. I have no more fucks to give.

A switch flipped in my brain. I stared at her and couldn't say anything for a while. I wanted to freak out and throw another tantrum, but had already had a tantrum just a few days back. What was the point? Didn't change anything.

I just stared for a while. Then I rolled over, laid back down and started to think hard. Divorce? maybe... pretty shitty with a new kid. More prostitutes? maybe... but it doesn't make me feel any better really. An affair? maybe...

I'll try anything. Just checking-off the options in my head with an open mind. I must make a change, even if it kills me.

She tried to talk to me, ask what's wrong, offer duty hand job, etc. I ignored it all. Got up, and left quietly. Was planning to set up a divorce. Got on my computer.

I started googling. ended up in /r/deadbedrooms. Yes, there are lots of people like me, all here whining... but they're just whining. No-one here has answers or success (sex). Someone mentions TRP in passing on deadbedrooms. I had heard of it before, but never took it seriously. That's for cartoonish "players" (right?). But I decide to reserve judgment. I'll try anything at this point. How much worse can it get? I end up at MRP...

Read a few posts. Sounds too good to be true, but the concepts click and make sense to me. I look over the side-bar. "Huh... TWOTSM..." my dad gave me this book years ago and I stuck it on a shelf to gather dust. I go grab it right away. I get a copy of NMMNG and start reading... Just a chapter a day. Learning all the definitions slowly: Frame, shit tests, fogging, covert contracts. "Oh my god they have names for all the shit I'm going through why haven't I seen this before?!" Thanks dad. I'm a stubborn asshole. I will listen to you more often.

NMMNG is basically inside my head now reading my life back to me. It's terrifyingly accurate. OK. They got me. I'm a statistic. Learning time.

Rebuilding from the ruins: I. stop. taking. shit.

I never realized how many times per day she asked me for stupid tasks. Just little stuff like "can you grab me a water bottle?" I know it's low level, but Nope. Ignoring it all now. She notices. This pisses her off.

Friends coming over and I clean the whole house spotless (a mistake, I know. More on this later.). She makes herself breakfast and leaves her pan in the sink right after. I normally would have grabbed it and washed it. No biggie. Instead I scold her like a child and say "clean up after yourself when you cook". This is not like me. She is stunned and shoots back "I will when I feel like it". Me "I just cleaned every other thing in the house. That is your fucking mess, and your fucking problem. You clean that shit up". Her "You're the one that wants to impress our friends, you deal with it". She has me. I realize I'm failing this shit test. "I like a clean house, and if you don't respect that and clean up after yourself, I am going to hire someone to do it until our divorce. I don't give a shit if they steal your jewelry or whatever scares you about that" She has no words. IDGAF. Doorbell.

Her only contributions to conversation are nagging bullshit or correcting me in front of friends on immaterial facts. I'll be telling a story and say "4 years ago X happened". She will butt in and say "it was 5 years". This happens CONSTANTLY. I usually respond "oh lol her memory is great. she knows best." no more. I ignore her and bulldoze over that shit in conversation her while friends are over. She notices. She gives me shit when they leave. I said "if you continue to disrespect me in front of our friends like that, I will continue to ignore your useless contributions to our conversation. Say something useful next time". She is angry. I leave the house. IDGAF

No more getting up to help feed the kid. I am now sleeping all night which feels AWESOME. No more cleaning the house. The garbage starts to pile up. Her fucking pan is still in the sink. I ignore it. Shopping maids... IDGAF

Queue her a day or two later "I feel like you're not contributing any more". IDGAF. I laugh it off and move on with my day doing things I enjoy.

I stop wearing my ring. She notices. Pouts about it but doesn't say anything. IDGAF.

I start working out again. Slowly. Push-ups. Pull ups. I know I need to take this out of the house. It feels so good still. Doing it every day.

Watching movies I enjoy at home instead of fucking rom-coms and feels-y bullshit. "Oh you don't like Rocky 2? IDGAF. Anyway you should go feed the bab... OH LOOK HE JUST PUNCHED THE SHIT OUT OF HIS ENEMY! LOOK AT ALL THE BLOOD! BAHAAAAHA." feels good. I feel alive again.

She whines later about how I'm being "harsh". I kiss her on the head like a child and tell her it will be OK. I have it

under control.

Things come to a head: She is whining again after putting down the baby that I am "harsh" lately. I go in to give her a little hug and kiss on the head as-usual. She turns away from me looking down to avoid it and I stop dead. It happened so fast it's hard to remember, but instinct took over. I reel back and slap her ass. Hard. Nice loud noise. Hand is tingly. It was a good one. Look her in the eye and say "Do not pull away when I go to hug you bitch." This surprises her. Frankly, this surprises me... I am unsure what I have just done, but hold frame. This is pretty far out of character for me.

She says "Don't hit me". I say "I will hit you again if you try that shit again." She has no words. To my surprise, does not cry about it or anything. Just silence. Processing... Respect? Who knows.

Now as an aside for any SJWs out there worried about "hitting". Let's just get this out of the way. I would never strike my wife in a way that would harm her. This was a hard slap on the ass. Don't talk to me about it. I know the difference.

Anyways, to my surprise, she softens a bit after that. Looking at me for direction while minding the baby. Confused maybe?

I have an idea "Babe, I'm pissed off because we haven't fucked in way too long. I have an idea. Give me a blow-job". She looks angry/amused/intrigued. Baby is up so we can't right away, but she actually seems receptive to the idea. Last blow job was... idk, 6 months ago? This is completely new territory for us. My heart is racing. She says "what do I get?" LOL. "Nothing. This is for me". She has no answer to that.

We put the baby in the car to go for a drive (gets her to sleep) and after I close the door, I turn in the garage and push her head down a bit. She is actually considering it. I am surprised by this. Baby starts to cry so we quit and go handle that instead, but the whole drive feels like foreplay to me. We actually laugh and talk like friends(!) Go get ice-cream. I feel like I'm dating in high-school again. It's electric.

We get home and put the baby down. I can feel it coming. I shove her on to the bed. Normally for a BJ, I lay down and she does the deed. I do not lay down. Kneeling. She rolls with it and gets into position. This is awesome. My thoughts are racing "So the trick is hitting your wife more! Figured it out!" (jk lol, but still...).

Then... (and this may be a defeat. Input welcome). She stops. Mouth on tip of my dick. And says "Will you put your wedding ring back on after this?"

FUCK. THIS IS A SHIT TEST AND I KNOW IT. FUCK. I scramble for a good answer but... dickbrain... best I come up with is "maybe?"... lol FAIL. She continues to tease. I cave. I say "sure babe." Please tell me men, what is the right play here?

Anyhow, I know I failed, but commence awesome enthusiastic blow job. This is not duty sex. This is good shit. I feel like a man getting a glass of water in the desert. Enjoy every moment. Finish up playful. Grab her hair when finishing up and kiss her/pin her to the bed and make a mess of her because I know she was trying to stay clean. She complains but obviously likes it. So good.

We clean up. Kiss. go to bed. She comes in to cuddle. I allow it.

The next day, I get home from work. THE HOUSE IS CLEAN. She cleaned the whole house. This... this does not happen in my life. I go from "maybe TRP isn't so dumb" to "I will live by the good word of TRP as long as I have breath in my body". I am converted and I see the light. My mind is open to your strange, mysterious, and powerful ways TRP. Teach me.

That was today.

I am feeling excited but apprehensive. I feel like a toddler with a handgun. I have just been given more power than I know how to handle.

Men... I must have more. how do I not fuck this up?

118

UPVOTES

The Victim

RuleZeroDAD · 18 March 2019 · Archived copy · Reddit

I don't know how this will be received, but I believe every once in a while, it's worth reminding that we have to carry ourselves into a World hostile to an unplugged man's life. Outside of our much focused and sometimes myopic quest of getting what we want out of this short existence, we forget that the self-deluded are all around us. Every rough edge to any circumstance has a tendency to appear like the head of a nail peeking out from some weather-beaten timber needing to be smashed flat.

The matter-of-fact, come along or get left behind mindset, is excellent for dealing with your spouse, kids, business associates, and friends. Men learn quickly that most people prefer to defer, and if they can follow your vision to a beneficial place, everyone is happy. Men understand that being the supplier of resources, be it time, fun, money or leadership, is a burden to be accepted. If a man is lucky, those around him provide value in return, and life is interesting.

My mother is a self-identifying victim. A Boomer hippie, she decided commune life in California was "more free" than collective life in the Midwest. I think it was the farming she grew to hate, when she really wanted drugs instead. So she and my father, the prototype soy "gentle" son of a WWII Marine, decided to leave me with "friends" at a Utopian style collective when I was three. No one from any state authorities knew my parents were gone, and a check from the government came to the residence to help the community take care of me. I went to school with the other children, and I was none the wiser until I turned six.

New regulations were passed as I was entering first grade, and every kid had to have vaccinations, or a religious reason to decline. Regardless, physical parents needed to be available to sign documents and appear at school to answer any questions. Needless to say, this was too much of an administrative burden on the group, and a number of us kids immediately became wards of the state.

I was in a group home until nine, when I was adopted. My adopted parents worked hard, gave me a very stable foundation, and I succeeded in their care. I thought that would be the end of any family revelations, but 40 years later, things changed.

Victims don't understand burdens or value. Victims only understand pain. "Victim" has been allowed to become an identity for far too many people, including many of those into whom men pour vast resources. Our own desire to make things smooth makes men forget nuance, and become the hammer.

With this in mind, my mother reappeared needing something. I came to find out I am her only child and she has cancer. She has adult leukemia, with complications from Hepatitis C. My mom is a dirty whore with a blown immune system and failing liver. Of course science has come to the rescue of the Boomers with a Hep C cure, so all she needs is bone marrow from me to hopefully make her strong enough to put the cancer in remission to save her liver.

At first, my mother asked if I would donate a portion of my liver. I told her to fuck off.

Here is where nuance and setting an example for others came into play. If I would have cast myself as a victim, and focused on the numerous times some predator tried to grab my dick as a child in that group home, or getting beat up weekly for being "Orphan Boy," I would have let the selfish cunt die a jaundiced emaciated death.

What I did, instead of focusing on this one person from my past, I registered on a national marrow system, so hopefully she will be but one of multiple people I help, because it's what I choose to do. It's altruism from my mental point of origin.

Of course, I was the bad person and aggressor in the end anyway. I don't talk with my mother for obvious reasons, but from her long-winded facebook postings, she is heartbroken, I'm ungrateful, she did the best she could, I should be more supportive, a mother's love is forever, I ignore her financial problems, I deny her the "right" to see her

grandchildren, etc...

As surprising as her tone-deafness, are the responses to her posts in support of her nonsense. She has a complete support system of old, dried out, Caucasian whores (and thirsty old men) that tell each other every minute of every day that they are the victims of society. I literally saved this woman's life, so that she may libel me.

The silver lining in all of this is that I don't have facebook, and that I'm anonymous on Twitter. I've come to value my wife more through this experience, because she is the one who reads the garbage and summarizes everything for me. She's very cute and careful about it too, which makes it fun. It also lets me know that she values my worth over the drama that could be generated for her hamster. I let her get outraged for me, and for some reason, having a common enemy also gets her in the mood.

We choose to be victims or not, and we choose our own tribe. Don't let your past tear down what you are continually building.

117

UPVOTES

FR: 50 OYS's

ragnar_Daneskjold · 3 February 2022 · Archived copy · Reddit

36, 5'9" 162lbs, 12%bf, B: 185x5, SQ: 220x5, DL: 305x5

I want to point out to the fat, spineless, piece of shit lurkers. Do yourself a favor, stop procrastinating your participation in OYS. Do your best to follow the rules and be transparent about what you're doing and what you're struggling with. I stumbled into my first MRP post around the end of Nov 2020. It was about this guy Barracuda volunteering to give back to his community and then fucking a girl he met at the soup kitchen. Thought at that time, it wasn't for me (**but I was wrong, that guy's posts are good.** I've yet to find an approved guy on here without a real gem in their posting history.) I was googling again in the end of December and read an OYS thread for the first time. I came across Goodlookinman's before and after pics and realized, okay, I probably shouldn't write this place off. I think I read **Steel's guide** next, saw gargantuan B's old before and afters, listened to a **weakandsensitive youtube** and saw the light.

(btw, this place needs more pictures because I guarantee the majority of MRP readers do not understand how dramatically you can change your physical looks; here's me from a couple years ago, **fat, hairy, belly full of donuts**, here's a **shirtless one** from around that same time. This is me **after losing ~50lbs** on my wife's peloton, pre MRP, no lifting, feeling skinny and hawt for the first time since I was in college. I seriously "felt" skinny at the time. **This is me right now**, best shape of my life and lots of gains yet to be realized)

I posted once in January and once in February. I thought I'd only need one post a month because my case was not as bad as most guys'. Let me tell you about that definition of 'not that bad'.

*I was a 35 year old millionaire, new skinny dad-bod, very smart and talented at lots of things. I realized at that time that my wife wasn't that horny for all of this. I would ask her for 10 second kisses and she would usually schedule it for later in the day. If all of her stress was alleviated and "we" were on top of our **chore chart**, I could catch her without an excuse to not cuddle a little in bed. My spreadsheet, which I had started 6 months prior to MRP showed I was having sex ~ 0.9x/week, often 1, sometimes 0, sometimes 2!!*

I was absolutely the example Rollo discusses of "I'm so lucky she lets me watch hockey in the guest room". My version of hockey was that I got to go hunting or fishing 1 day a month, but not every month. I could participate in social stuff outside of normal business hours 'if' it was work related. I would usually get to cuddle a little if I watched tv with her in the evenings.

Porn and masturbation every single day.

I would fast and count calories all week long so that by the time the weekend came around, I could stay up and binge drink beers watching a movie I liked after she went to bed.

Whew.....ok.

I went through a predictable path of OYS. If you look at askMRP you will see over and over again guys like business travel just say "lift, sidebar & STFU" and it sounds like they're responding lazily and simplifying this too much but they're not. It really is that simple. Here's the major behaviors I adopted last year.

- I bought my barbell and plates in February of last year. I'm not sure if it this is exactly how body composition works, but I reduced my bodyfat by 14% between those last 2 pictures (~24lbs) and only lost 11lbs on the scale, so maybe I gained ~13lbs of muscle? Your physical appearance matters. The difference this has made in my life is **ENORMOUS**. I'll also note that if you've always been fat (or if you've always been skinny) you absolutely DO NOT realize how differently all people, especially girls, will treat you when you're no longer fat. It fucking floors me all the time.

- I cut so much drinking out of my life. I didn't have big problems or ruin relationships with drinking, but looking back, a lot of my life and my schedule was built around figuring out how to fit in binge drinking several times a

week. I still drink, and sometimes I drink a lot, but I used to never consider going through a weekend without it.

- I stopped porn and masturbation. Well, not completely. I like cumming on her. And I like filming it.

- I learned to stop DEERing. This was such a big fucking leap when I first got here. I used to not comprehend how I was supposed to suck in oxygen without exhaling defensive explanations and rationalizations for everything about myself. I cannot tell you how freeing it is once you start to embrace the assertive bill of rights from WISNIFG.

- I came a long way with STFU. I no longer dump problems, worries, insecurities and complaints onto other people (except for you guys). As I've developed a better understanding of myself, my circumstances and all the various feelings that hover around me, I've become better able to navigate my days without any input or feedback from anybody else. I know what eating a salad does, I know what eating a donut does and virtually every activity or behavior in my life is a salad or donut. I am my own 'go to' person for the best advice, compassion, motivation and love I can get. "Where am I? How do I know it? What should I do?"

- I spend a lot less time 'living in' and hamstring about the past and I reset frequently.

- I have more personal freedom than I ever thought was possible. I can watch hockey on any tv in the house now. I can actually "do" anything I want from the moment I open my eyes in the morning to the moment I go to sleep. The only lingering impediment to this is that I have kids and I "would" feel guilty if they didn't eat or have childcare. When needed, they're taken care of with my list of hot, fun, babysitters, including their mother.

- As of now, I think of myself as being the absolute FUCKING DADDY of my household. I have three little girls under my roof; a girly little 2 year old, a brilliantly autistic 7 year old, and a horny 33 year old teenager. I don't burden any of these girls with my shit, making them buy into my decisions or share in the responsibility of my mistakes, I don't offload insecurities or complain that I'm not getting enough of whatever the fuck I might be feeling needy about. I give to them generously, up to and until that giving starts to bump into my boundaries or mission. I give them those daddy cuddles and I listen to them emote about their feelz, dreams, and interests without judgement. I take in feedback all the time to consider what these girls might want or benefit from. Often, all they need is the confidence that comes from DIY.

- To do this, I've had to become and truly start believing that I AM THE PRIZE. This all had to come after the hard, but opportunistically significant realization that **I am alone**. There's no one else. There's no mommy and there can be no other daddy. Coming to terms with this helped me figure out that I have to be my own prize, giving abundantly to myself FIRST. If you're doing that and it really is without neediness and covert contracts stuck to it, your life is going to change, you're going to be more competent, confident, free and happy. And all of the little girls in your life are going to flock to you to get a taste of it.

- It's also worth noting that this has been so much fucking fun! Every single week another dose of doubt, curiosity, & play! Fucking more one week than you ever thought was possible and then navigating a handful of butthurty rejections in the span of 12 hours and coming here to get your feelings hurt even more after complaining about it. Thinking you're going to have a main event every 2 weeks until you actually learn to STFU. HOA fucking and shooting ropes onto everyone's wives vicariously through internet **cheat codes** every week. Observing all the men and women in your real life interacting with each other. Reading askMRP stories or the OYS 1-10's and seeing yourself in their hilarious "WTF? I'm the breadwinner?!!" confusion. This is all so much fun.

If I could go back to the beginning and give myself advice it would be to lift harder, control what goes in and comes out of my mouth better and read WISNIG and NMMG 10x each before starting any other reading. This holy trinity of lift, sidebar, control that fucking mouth, summarizes my plan for this year too.

One of the things that's funny is that when I first arrived here, pretty much everything on the list above seemed like it was some unbelievable mountain to climb. But as these things have started to become a fundamental part of how I live, their significance or status as accomplishment is fading fast.

I have so much left to do. I'm **overwhelmed** with options of what to tackle or prioritize next. It's invigorating to

think about what might be possible in the coming year, decade and whatever else I get. My want to read, want to try, need to do lists are all way fucking longer than they were when I first got here, and I can't wait. Thank you all.

115
UPVOTES

Whose game are you winning?

Red-Curious · 11 March 2020 · Archived copy · Reddit

How many of you like it when you work your butt off and your wife responds by initiating sex that night? Now, let's be honest: how many of you had that experience early in your path of improvement, but sooner than you were expecting to see such results? "This RP stuff really works!" you're probably quick to conclude. After all, you've been married for over a decade and it's only been a month or two and you're already seeing her respond. "She must be in my frame because I'm getting what I want."

In reality, there's a good chance you haven't made any actual progress *with her* at all. Sure, you've made progress on your lifts. You've improved your attitude. You're being more productive. But at this point, it's far more likely that you're just finally reaping the benefits of her frame.

HER FRAME

Women aren't nearly as complicated as the world would have you believe. For one example, they all suffer from a disease I call "Next-Thing-itis." They won't be happy until they get that "thing" they really want. And once they have it, they're not happy and can't possibly be until the "next thing" gets done - and then the next, and the next, and the next. I have never met a woman who didn't have this innate compulsion.

- **A woman's frame is ultimately defined by whatever that thing is and what it takes to get it. If you are not that thing, she's not in your frame.**

Is she begging for more of you ... or for you to fix the leaky pipe, or buy her that outfit she really wants, or to go on the vacation she's been dreaming about? Now, let me be clear about one more thing. That "next thing" she wants might be you-oriented. She might want you thinner, better groomed, nicer dressed, handier around the house, more responsible with chores, etc. In this situation, YOU are not her "thing." *What you can do for her* is her "thing." This is what we mean when we say that women love *opportunistically*.

A note on this: often-times, the reason she wants you to be more attractive is not so that she will desire you more, but so she doesn't feel so embarrassed showing you off to her friends. After all, you're not just "unattractive right now" - you ARE unattractive to her. Period. She doesn't expect her attraction to you to change because her hamster refuses to admit she's currently that shallow. If you getting more fit, nicer dressed, better groomed, etc. actually made her more attracted to you, then that means she's shallow for not being attracted to you without those things. We can't have that. So, instead she tells you she might be more attracted to you if you make those changes, hoping to use that as a sexual lure for you (that she likely won't actually fulfill), yet she's really only concerned with her own public appearances and not being embarrassed to show you in public, branding her as the girl who married the slob who calls himself a man.

YOU IN HER FRAME

Many men spend many years of marriage living to satisfy that "next thing" for her. This is the epitome of being in her frame. She may call you the "head of the household" as verbal homage to an ideological concept, but the reality is that she's the one setting the course one "thing" at a time, and you're her work-mule helping her get it done.

Now, maybe you're not all that interested in getting it done. Some guys get that far on their own. But they also find her responsive attitude enough of an annoyance that they try not to trigger her, so they'll do the minimum to appease her so they can get back to video games and football. She's still controlling your decisions/actions, so you're still in her frame.

HER ATTITUDE

Now, if you've ever been that second guy, you know how it always turns out: she wants you to help her get that next "thing," and she's not getting it, so she uses her nagging attitude as her primary method of getting you off your butt and onto her goals. Or maybe it comes in the form of whining and complaining. Or perhaps she acts depressed and sad, crying all the time. One way or another ...

- **A woman's primary tool for getting you to do what she wants is her attitude - an external display of emotion meant to show disapproval of your present state.**

In psychological terms, this is what's called "negative reinforcement." This is the primary mode women operate on. After she gives you enough attitude, maybe you do start making some changes. You finally hit the gym - not because you want to take care of yourself, but because she keeps making you feel ashamed for what you look like. You start doing things around the house not because you want a working toilet, but because you want her to shut up about it. Her attitude has worked. She gets what she wants from you, and she didn't have to whore herself out with sex to do it. After all, she's a woman and women are too pure to use sex to get what they want ... if they don't have to ;)

YOUR REWARD

Now, in the above case, virtually every woman knows when her man is just placating her. It's usually a longstanding enough pattern that it's obvious things will return to normal. Sometimes it's just assumed. Even if he does make certain permanent improvements to his life, she doesn't believe it will last. But at some point she might recognize some authentic changes. You recently discovered RP and decided it was time to take ownership of your household, build a body you can be proud of, and flaunt the sexy confidence you're finally learning to toy around with. She FINALLY gets a better husband, so ...

- ****A woman will use sex as a reward to good little boys who start showing real initiative to finally become the man she has been trying to get them to be all along.**

In psychological terms, we call this "positive reinforcement." Notice the frame issue here, though? A guy will think at this phase, "This RP stuff is working. She's totally in my frame because I'm finally getting the sex from her that I want." The thing is: she knew all along that you wanted to have sex with her. She just didn't want to have sex with you. And she still doesn't, much. But she does want to encourage you in your good behavior - as long as it continues in a direction that she approves. At this point, she wants to define what she believes will make you attractive; you don't get to be your own man. My wife used to try this positive reinforcement overtly back in my slobbish days: "How about for every 5lbs you lose, we'll try a new position?" In reality, even with significant weight loss, we not only tried a grand total of 0 new positions during that time - we also went months without any sex at all. She didn't live up to her end of the bargain, and I don't think she ever actually intended to (she only told herself she did).

Now, there's absolutely nothing wrong with enjoying the reward she throws your way, if and when it actually comes. I once won a prize for a contest I didn't even know I was entered into. "I'm not playing your game, but I'll take your prize" is a perfectly appropriate attitude. But the fact that I get the prize doesn't mean they're playing my game. I just happened to be winning their game, whether I intended to or not. With your wife, this is not actual progress.

DON'T WIN HER GAME

If you let her behaviors (attitude, sexuality) define your progress toward your own goals, how can you know if

you're ever making progress? Seeing less attitude and getting more sex are, after all, among your goals. But you're still dependent on her for validation of your progress.

Now, it seems like it might be possible to accomplish your goals by being REALLY good at playing by *her* rules, right? Wrong. Because as soon as you accomplish one goal - you lose all that weight, for example - she's off to the "next thing." The rewards stop, even though the weight is gone, because you still dress poorly, for which she starts giving you attitude again. Then you dress better, the rewards come back, but after a short while they stop because you don't do enough to help around the house. And so on. Besides, you're no longer the "fat guy who got in shape" ... you're just the "in shape" guy. The effect of the change is gone.

This is why the black pill doesn't pan out. You could be the most physically attractive guy in the world, but at some point (usually earlier than you'd think) her "next thing" is going to be something other than your physical appearance, and eventually you'll be right back on the track of trying to appease her and her never being satisfied. I know countless men - especially through my divorce law practice - who are extremely fit and attractive, yet who complain about their wives not being sexually interested. It's frustrating, no doubt, but true.

YOUR GAME GENERATES FEELS

What I see, once actual progress is made with getting her on board with your mission and seeing the world the way you see it, is that she's no longer interested in the "next thing." Sure, that underlying desire is still there, but she's not as ravenously blood-thirsty over it as she used to be. Before, you told her "no" and she threatened divorce. Now she accepts it and moves on. More recently, (honey, you still reading these? eh, who cares) my wife was trying to pressure me to do all kinds of projects in our yard, wanting to buy a piano, etc., and I had no concern telling her no. Result? Instead of a bad attitude for not meeting her expectations (as used to be the case), she surprises me in bed by wearing lingerie and wanting to experiment with multiples. That never would have happened in what I would have called the "early gains" days. Those "early gains" were really just winning by her rules. But now I'm playing my own game and she finds my game more fun than her own.

- **Your frame generates feels; feels generate sex.**

What is your game? (1) Your mission is the thing that will make you say "I won the game" when you've accomplished it. (2) Your frame includes the rules of your game, how many players are involved, the size and shape of the arena, whether you play with a ball, puck, broom, picture frame, clock, or whatever else. (3) Your vision is the strategy you utilize to win the game. You get the idea. Does she see the same "win" you do when the mission is accomplished? Does she understand the rules of the game? Does she play by your strategy or develop her own? Does she run the plays autonomously (as intelligent players do), or expect you to have to announce every single footstep you want her to take as she goes down the field?

FEELS GENERATE SEX

All girls are mildly histrionic. They thrive on feelings, which are generated by the attention (or lack thereof) that they get. When their feels aren't being satisfied, they act out to get attention to generate new feelings. Even negative feelings are better than no feelings at all. They know their own game inside and out to such a degree that it doesn't generate feelings anymore. That's why they have "Next-Thing-itis" - because the feelings they THINK the next thing will give them doesn't actually give it to them. It can, but it doesn't, because they've been getting one thing after another that it's just a dry loop anymore.

Cue your mission. Your game. You presumably don't have "Next-Thing-itis" like her. You have a singular target so far out of reach that it's going to take a lifetime to accomplish what you're building. It's risky. There will be ups and downs. At first, she just wants to watch from the sideline. The ways to accomplish your goals are totally different

from the ways she would accomplish hers and she doesn't know what to do with that. But even as a spectator, she starts to get as invested in watching you as you are in watching your favorite sports team in a championship game. Then, eventually, she actually hops onto the court and starts playing your game with you. You get to play coach and quarterback, and you tell her which position to play and at what times you need her to play them, and she's just excited to be on the field at all - something she never would have done if you hadn't invited her out to play in the first place.

There are a lot of negative feelings associated with this - fear, anxiety, uncertainty, etc. And all of those feelings fuel her. But there are also lots of positive feelings: curiosity, excitement, passion, rejoicing at new milestones, etc. These exist in a way she doesn't know how to generate herself. When she starts feeling things she hasn't felt in a while, she doesn't know what to do with it. Sometimes she'll do a happy dance around the house. Other times, she'll just start smiling more. Still other times, she'll express it through additional productivity. But another way women express deep emotion is through their sexuality. You can take it from there.

114

UPVOTES

Power Phrases and Brevity

part_wolf · 15 July 2019 · Archived copy · Reddit

I've heard it said a million times, and even here on MRP it's taken as gospel: actions are more powerful than words.

It's true. That's why us newer guys are told to lift heavy, read the recommended stuff, and **SHUT THE FUCK UP**. As with all advice, however, one also has to know when is the time to move beyond the basics. That's where I find myself in my redpill journey: eight months in and I've finally got a second decent thought to contribute. Here's a link to my previous MRP post from five months ago for you lazy fuckers:

https://www.reddit.com/r/marriedredpill/comments/aol8ro/reasonable_requests_versus_testing_false_positives/

A few months ago, my father-in-law called me up after I walked out during one of the wife's full on tirades. I didn't say a word to her, I just left. I went to work the next day having not spoken to her and I got his call that afternoon. The wife thought I was gone for good, and to be honest I was on the fence about returning. Father-in-law reminded me that the most important thing was our two year old daughter (obviously) and that growing up in a broken home isn't best for her (also, obviously). I told him that neither was her growing up in a marriage where I am treated poorly and I keep coming back for more. I said that if the wife wasn't going to move beyond things from the past then it doesn't matter what I do.

He said, "*then come what may.*"

I thought about those words for a long time. I had been projecting my frame just fine in that situation, but my outcome independence was nowhere near the level it should have been. Here is a fucking Army Ranger preaching outcome independence even if it means his little girl is going to be a divorced single mother. I've never respected that man more than I did in that moment. It was definitely a gut check.

There's a difference between formulating a plan and being an anxious little bitch, and I was the latter. I was so preoccupied with how things might go down in a divorce that I was rudderless. Not recommended.

I returned, handled the situation well, and over the past few months things got better between the wife and I. Sex quality and frequency slowly improved, and she began stepping into my frame. Once just after sex my wife said, "*I feel like I'm on probation and that you're just waiting for me to fuck up so you can leave me.*" I kissed her on the forehead and simply told her I loved her, and the next day we spent a wonderful day together as a family. Dread is a hell of a drug.

I've stopped pandering to her insecurities, but I never forgot those words - *then come what may* - and the true lesson of outcome independence.

Sometimes my wife still gets paranoid that I might react poorly and act like a beta bitch. She'll say, "*I thought you were going to be mad at me.*" I'll just smile and wag my finger at her. "*Bad wifey.*" Then she's shaking her head and smiling at me. I'm still not great about complimenting her when she does a good job and I need to improve at seduction, but at least she is stepping into my frame.

The point is that without true outcome independence and a strong frame for your wife to step into, there's no way you're ready to start leading her to a better marriage or connecting with her. I was silent, dismissive, and indifferent to the point where she was still paranoid about the past creeping back up. I needed to start filling that void with my frame.

Which leads me back to my original point; *you have to know when it's time to start saying something*.

If you don't have something truly meaningful to say, then by all means **SHUT THE FUCK UP**. Once you've gained outcome independence and your wife is beginning to enter your frame, however, you can begin to lead her (and your kids) by using your words to broadcast your actions. You absolutely have to follow through on what you say.

How to Not Fuck This Up: Power Phrases and Brevity.

More than likely you're not ready to start talking. However, if you are going to start moving beyond **SHUTTING THE FUCK UP** then let me put a couple of choice phrases in your toolbox. Many of these were suggested by other MRP veterans, but I don't have the time to hunt down sources so just assume that I stole this shit. The most important part is to say very little.

- Saying "***I got this***" before you take control of a situation builds a lot of stock in those words so you can use them later to assert your leadership.
- Saying "***It's going to be okay***" consistently during comfort tests is an easy way to turn your wife into Pavlov's dog, except it's going to be her pussy that's wet.
- Saying "***I understand why you feel that way***" when she's upset maintains your control. Your wife is even more tired of your defending and explaining yourself than you are; she just wants to feel heard and understood.

In all of those situations you should ask yourself, "what's the most powerful thing I can say right now." If you don't have a solid answer then shut the fuck up. Once you're ready, having a few go-to power phrases can make a big difference.

113

UPVOTES

Stop Being Sitcom Dad (Practical Guide)

Alpha_Engineer99 · 28 June 2017 · Archived copy · Reddit

Sitcom Dad is a babbling idiot. He doesn't get laid. Nothing on the menu other than maybe yearly anniversary sex at 10pm missionary style with the lights off to a dead fish pillow princess. Look at these Dads on any sitcom, he is pure BETA and can never do anything right. His wife runs the household and wears the pants (literally...man pants...) She's domineering, scolds, and disrespects him in front of the kids...que the laugh track! It's hilarious! Don't be that Dad. Before the pill, there was a running joke in my family that DAD didn't know how to do anything around the house... He was smart as shit, but goofy and couldn't figure out simple things like how to work the fucking microwave. I was Sitcom Dad. Always deferring to my wife.

It was a challenge actually weaving MRP principles in everyday life. Sure, my inner game was developing nicely, passing sh\$t test like a champ, but how would I really pull this off when you come home from work and have little kids running around, a wife trying to prepare dinner, she has a headache, cranky, the fucking dog barking, a million things to do on the weekend, and the house is a mess? These are immediate things you MUST do to own your shit and start LEADING your family. Use these things to start framing yourself as the LEADER. At first, she will not like it, you have been a drunk captain for a long time – you would trust you?- slowly, overtime you will regain power. But she will not relinquish it very easily.

Bottom line is, you must own you shit because b/c that's what a fucking man does, but also you need to get to the point where you can show her that you really don't need her around anymore... for anything... You are capable of washing the fucking dishes and laundry (correctly) and get the kids to bed on time, etc.. At one point she will realize that the only thing that she brings to the table of any real value is her wet fucking pussy... And she WILL bring it once you get your shit together. There will be a HUGE comfort test eventually and accuse you of leaving her... Pass it.. and then you can make it a point to tell her that you do want her around b/c she does have value, great mom to your kids, fun loving, etc. ass slap, walk away.

1. Assume the Captain Seat at the head of the table:

When I awoke from long slumber, I realized I was sitting next to my wife at the side of the table while she was sitting at the head of the table. I was sick to my stomach. My Dad ALWAYS had his seat at the head, my brothers and I wouldn't DARE sit in his seat. He was extreme RED Pill. How did I end up here? Different story. I assume that you are sitting down together as a family at dinner time... if not you need to start. Sitting at the HEAD of the table FRAMES you as the LEADER of the family. My wife bitched at first and wouldn't let me sit in "her chair". Don't get butthurt, keep at it, eventually you will regain power. Then, you can use your kids as leverage. My oldest now tells the younger kids that DAD is coming and he better get out of the King's chair! It's awesome. Or I will simply point at him (like saying get the fuck out of my chair) and he will immediately move to the subordinate chairs. Get control of the HEAD of the table. Then you can work on going around the table and talking about how the day went, etc.. but that comes later.. Get fucking control. Would Spock ever sit in Captain Kurt's chair?? Hell no, but Spock could command the ship as co captain. Eventually work in that dynamic and explain Captain vs Co-captain roles to your wife and kids. Mine bitched at first, but explain she has just as much authority and command as I do, but ultimately it all falls on ME as the captain. It's my responsibility to lead. (I'm starting to think marriage is more appropriately similar to a pirate ship and first mate dynamic, b/c some wives will gut you in a fucking second and have a mutiny the minute that they see you weak).

2. Get a Dry Erase Board Calendar:

When I awoke from long slumber, I realized that my problem was that I never knew what was going on that week or weekend. Kid's birthday parties, soccer practice, band lessons, etc.. all that bullshit. I would always defer to her and ask what our plans were for this weekend. Stop deferring to her. You need to know WTF is going on. How can you LEAD the TROOPS if you don't know what the plan is???? That way, on Thursday, you can TELL her and Decide that we're going here, and then there, etc.. I realized that my wife was working off of 4 different calendars..

WTF.! One in her purse, one on the inside door of the pantry, etc. Women are horrible leaders.. don't tell me that your boss is a chick and she is great.. bla bla bla.. Those are exceptions to the rule. Outliners. They suck at leading. She had all of the calendars and we were still a fucking train wreck. Go to fucking Walmart and get a dry erase calendar board and a fucking fine tip sharpie so you can actually write legible words with it. Hang it on the refrigerator with a fucking magnet. Compile all on her calendars into one. Don't tell her what you are doing. Don't DEER. Don't run off to momma to show her what you did either. If she questions you and says that's unnecessary, just say it's for you. Write EVERYTHING on it. Treat this like a fucking business. I guarantee that you know everything that's going on at work and are sharp and owning your shit, but why would you treat the most important aspect of your life like a drunk captain and leave it up to chance..or a woman..? TELL your wife that little Johnny's birthday party is at 3pm Sat, let's hit the waterpark early that day, & we'll pick up the present on the way home, etc.. LEAD your family. She wants you to lead. I just did our July calendar, wife walks up behind me and says that she LOVES when I make the new monthly calendar... then she slaps my ass and walks off.. Golden.

3. Family Meetings:

I started doing Sunday night family meetings. I make everyone sit on the couch. I grab my kid's ninja turtle sword and wear a fucking superman cape.. It frames you as the LEADER. At first, this will backfire very badly.. wife will roll her eyes, kids don't know what to think.. You've been drunk for so long what do you expect them to think? I start off with a little pep talk. Tell them that there's only 3 weeks left of school, to finish strong, etc.. I then let each person say what's on their mind or ask a question – but only if they are holding the SWORD. I pass the sword around the room and they take turns. Keep at short at first. Sometimes if I'm too busy or forget to do the meeting, my kids will remind me! Kids fucking love it. Wife will eventually get TINGLES. Few weeks ago, we're out with some other couples, the Cackling Hens are talking about how hard it is keeping the kids focused, etc.. My wife says that we do family meetings... The HENS were blown away in amazement and asked if she saw that idea on Facebook or Pinterest? She said that Alpha_engineer99 runs the meetings.. Que all the HENS looking at their Sitcom husbands with their Dad-bods sipping their little beer with faces beat red... Losers.. Hens were all over me that night. Wife rode me like a champ later that night. Be a fucking man.

4. I've Decided:

Start making fucking decisions. Start announcing them. Even if it's something small, insignificant, and funny. It's even acceptable to tell your wife that you decided that you will let her handle this one. – even if it's obviously she is the only who can... Do you like the black or brown shoe with this outfit? The brown one. Make a decision, don't change your mind. Do you want chicken or steak. Steak. Immediate decision. Don't DEER. I TELL my wife that I've decided that she will bring the kids to little Jonny's birthday party on Sat 10am while I cut the grass. Once they come home, we have Kid # 2's basketball game at 4pm. Let's hit Outback for dinner after that. Beta me would have been forced to go to little Johnny's birthday party.. Now, I get to decide if I want to go to his bullshit party.. (being miserable and only thinking about how fucking high the grass is)

Start implementing these things NOW. Regain the POWER. Frame yourself as the one in charge.

113

UPVOTES

[FR] Holy Shit. Women really will do anything to fuck a man they want to fuck - including set it up in front of their kid.

A_Rex · 16 May 2017 · Archived copy · Reddit

Relevant Backstory: I work in a very upscale white town. I practice day game now and then at a local Starbucks - good mix of SAHM Milfs and young tail to practice on. Anyway, couple months ago, I'm sitting there at a table near the line area, and this Milf walks in in work out pants, top and grey denim jacket. We make eye contact several times, smile at each other while she's in line etc. While waiting for her drink to be made, she bends over on the counter exposing her ass to me in a very obvious fashion as she's checking her phone.

I take note, as there is no reason for her to be bent that far over with her ass pointed at me except the obvious, and when she gets her drink and walks by my table, I say "Good job matching". She says "excuse me?" I say "good job matching a grey denim jacket to your grey yoga pants. Grey isn't a common color for denim." So we chit chat about that, i ask what gym she goes to since I work out nearby, etc. keep in mind I am, as always, looking jacked and lean in a nice polo, jeans, etc.

So we're both walking out and I ask for her name. She tells me, and I ask for her number.

Her: (smiles and looks down) you know, it's funny that you should ask me for that.

Me: Be even funnier if you gave it to me.

Her: uh, um, well, see I'm married.

Me: (looked her in the eyes, smirked, raised my hand showing her my ring) Me too. (She grins back). Me: So, you know what this is.

More banter, then this from her: Look, I can't. I tell you what, if I see you again, I'll give it to you.

So I pleasantly smile, tell her to enjoy her afternoon, and leave.

Fast forward to today. I'm in the same Starbucks again, and she comes in with her daughter (guessing about six). She makes eye contact with me, I smile, she pauses and stares at me for a second or two. I just keep smirking and smiling back at her through my eyes. She looks back at me a few more times, same thing. I can tell she recognizes me, but I don't know if she remembers, and with her kid there I wasn't going to do shit anyways. So I do nothing but return her gazes, and she and the kid walk out.

About 5 minutes or so later I walk out. And there she is, walking up to me in the parking lot. She asks "Hi, are you Rex?" "That's me". Her: "I owe you this" and slips me a piece of paper. Her "I wasn't sure if that was you or not in there". Me "so when's generally good for you, weekdays around this time?" Her "yeah". Me "cool. I'll be in touch".

All of this with her daughter in the car, windows down, not 10 feet away.

Tldr - u/Rollo-Tomassi has repeatedly said that a woman will do literally anything to fuck a man she wants to fuck. This gal actually remembers me from several months ago, remembered my name, and wants to fuck me so bad that she waits for me in the parking lot and gives me her number (knowing exactly what will happen if I call/text her) **right in front of her kid** so that she doesn't miss this opportunity. Married slut confirmed.

How does this help anyone here? Two ways. One: if you are a fucking loser like her husband apparently is, your wife may just want to fuck hot alpha cock so badly she's willing to set it up, in broad daylight, in public, in front of her (your) kid. Don't be this guy. Two: if a formerly fat beta bitch like me can turn his body, attitude, posture, confidence and game around so much in a year and a half that his wife can't stop fucking him **and** strange women will go to these lengths just for a chance at fucking him, none of you have any goddamned excuses. Do the work,

become fucking hot, and be the man that other wives want to fuck - don't be the guy whose kid watches mommy trying to line up strange alpha cum.

113
UPVOTES

[FR] Lessons from a Flywheel

UEMcGill · 31 August 2016 · Archived copy · Reddit

Google and the PUA

I stumbled across the redpill trying to game my wife; I'm here because I googled "How to flirt with my wife". I'm an engineer by trade and my first response to any problem is to research, evaluate, apply a method and assess for results. I started trying some PUA things, got my shit together and hit the gym, read some more and eventually got to the point where I was ready to let it all go.

That was about 4 years ago. Along the way I went through all the growing pains everyone goes through. I unlocked the "Asshole" achievement. I was asked "Are you seeing other women?" I endured countless shit tests, and then she followed up with even worse comfort tests. I had my main event, and went beyond that. Eventually I was even on the phone with a lawyer and had replacements for my wife waiting on stand by, for my new life as a bachelor single dad.

Just the moment it was already to go under, my marriage, surely my finances for years to come, all of it, something clicked. It all just started working. My wife went from being combative to sweet and attentive. She no longer saw me as an adversary, instead began seeking my advice and more importantly my leadership. The whole time I had been preparing for any outcome, even the worse I sought to improve myself. I continued to work on eliminating covert contracts, getting myself in shape, being a better leader. My attitude was simple, "I'll have a great life, if someone wants to share it with me great, if it's my wife that's up to her."

Life by the Pool

I have a fuckton of hotel points. So this year I booked a suite for me and my family at an extended stay place. Breakfast in the morning, pool bar, dinners and happy hour at night; all we had to do was drive there and get some groceries for the occasional meal not provided. I set the whole thing up, planned the dates and told my wife "It's a relaxing only vacation; no schedule!"

She went into execution mode. She scoped out the grocery stores nearby, asked for a rough itinerary and when we would approximately arrive. Drive would be from 3 am to finish, breakfast and lunch would be a stop I told her. She had snacks and drinks on ice, me and the oldest boy packed the car like pro's. Ipads were charged and wifi was at hand. During the 10 hour drive the kids were happy and jovial, in fact they didn't even ask for wifi until the last hour of the trip. I drove most of the way and she spelled me for an hour so I could have a brief nap.

We got to the hotel, and I checked us in. The kids were elated, as they love staying in hotels with swimming pools; this was the pinnacle of chic as far as they were concerned. She asked me to "take them to the pool to burn off some energy" so she could unpack and convert our hotel into a home for the week.

Two weeks prior I had the opportunity to take my wife on a business trip with me. I booked us a beautiful waterfront hotel in an awesome city. We ran around and just spent time with each other. We had good sex every-day and a great dinner every night. She was the girl I started dating 15 years ago, and we had a good time. She got my undivided attention and at the end of the trip she told me, "This is good. I missed you. I miss us."

Unlike our Disney vacation this year, we only went to two tourist things. Both were small 3 hour affairs and at one point we just said, "Ok, we're done let's go," with no obligation to stay to the bitter end. The rest of the time was spent at the pool or the beach. My kids loved it, my wife had far less duties to deal with, other than corralling kids and lunch it was a pretty simple trip for her. I was the master of ceremonies; every morning she would roll over and kiss me, and ask "What's on the schedule for today." Followed by a "oooh, that sounds great I'll get such and such ready."

A week later we rolled into our house, sun tanned and full of sand. After unpacking and putting the kids to bed, she

came over and crawled on my lap. My wife is not a touchy feely person and has to make an effort when she does this. She whispered in my ear “I had a great vacation. Thanks for doing this.” I kissed her and told her, “You’re welcome. Go shower and I’ll meet you upstairs.” She giggled and jumped up.

Was it perfect trip? I don’t know but it was pretty close. Was she perfectly behaved and sweet and submissive? Of course not, that’s not in her nature; I married my wife because she’s fiery and passionate. She still threw the occasional shit test, but I swatted those away like flies. Did she follow my lead without hesitation? Yes. Mission achieved.

The Flywheel Effect

In business there’s a theory about the flywheel effect; I’ll borrow this analogy from *Good to Great*. Take a flywheel; say something like an old fashioned sharpening wheel. When you first start it spinning, it’s hard. You need a great effort to push through its momentum. In the case of starting it, you need to move it from rest to motion. Slowly but surely you push hard at first, then as it gets faster and faster you need to put less effort into it. Eventually it gets to a point where small inputs will keep it going with relatively little effort on your part. Conversely if you tried to stop it, you’d burn your hands up or need some external force to assist.

This is the path we’re all on. When you swallow the pill you’re literally pushing the wheel for the first time. Maybe it’s broken and won’t turn; maybe it’s so massive you can’t get it moving. But the first time it does turn is a revelation; “Holy shit I can move it!” So you push and push and soon it’s spinning, maybe even so fast you can’t keep up. Eventually you learn how to control the speed, you add small inputs here and there, but you’ve now become the sharpener instead. You have a great wheel at your control that you can use to sharpen the tools of your life.

Afterglow

My wife was lying across my chest, her shampoo was still strong from the shower and the smell of sex was mingled in with it. “That was the best vacation” was all she mumbled since I met her in the bed. It only took 4 years of work to make it that way.

113

UPVOTES

I used to buy flowers. Sometimes I still do.

HornsOfApathy · 11 September 2020 · Archived copy · Reddit

If we go back in time to a couple of years ago, I was *that guy* who bought flowers every Sunday for her without fail for years. It was a long time ago and it's hard to remember the mental models now, but I'm sure there was a covert contract in there somewhere. I was "the guy who bought flowers every Sunday" and imagined that some day my wife would boast to her friends and family about how I was such a Nice Guy™.

Then one day along my journey here at MRP I just stopped buying them. Maybe at first it was some Rambo McFucktard move, or attempting to Alfa-Up, I don't really remember now – but I know that at some point I just stopped. I would not expend the mental energy on doing so because she was not worth it.

Of course I was shit tested about it. "You always used to buy me flowers, and you don't even do that anymore" was a common line I heard along my journey. Who fucking cares?

The problem was that I was buying flowers for the wrong reasons. I was buying them to buy something from her – negotiating desire, or passion, or for her or her friends and family to like me. I wasn't buying flowers just to *buy them*. This was probably one of my first revelations after coming to MRP.

Does that mean that I don't buy them anymore?

No, it means I buy them differently now.

Earlier this week a good friend of mine decided to head down to my home state to visit for the weekend. Completely unexpected. I haven't seen him in about 2 years – he's going to stay for the weekend. I let my woman know as soon as I could so she could prepare, but hey – I've got a pretty anxious woman on my hands that wants to add value. What followed was two days of intense cleaning, making up the guest room, cleaning bathrooms... all without a word from me. Adding value.

As I walked through the grocery store tonight picking up some meat for the BBQ this weekend, I walked by the flowers. I picked out a few and brought them home.

I didn't think about why I bought them. I just struck me as something that I wanted to do. I brought them home, gave them a fresh cut and put them in a vase. She hasn't seen them yet, but walked by them a few times.

Just now I was bombarded with comfort tests in the form of "It's like no one cares about me. All I do is clean. I feel underappreciated. It's like you can't be nice to me anymore and are just a hard-ass and I feel sad." I just laughed. I got a snarky response back that "it's not funny". I laughed again. The feelz were running high and I could see her get visibly upset. As I watched her emotions churn it was delightful. I was in awe of such the ignorance that she had that *I do care about her*. I just smiled and STFU. I could literally feel the tension she was trying to push into me but you know what? It didn't fucking matter. This was absolutely funny because I already knew what was going to happen.

I sat at the table the flowers were on and just stared at her. Being completely blinded by her feminine emotions in the moment she stared back at me, still unaware. But then I moved my eyes from hers to the flowers and back to hers, no words spoken. And that's when I saw it... the rollercoaster of emotions took a new turn and she smiled at the magician.

Do you see how that magic works?

I didn't in the house announcing flowers had arrived. I didn't tell her about them and try to get a blowjob. I didn't place them strategically in some spot she would notice them immediately. I didn't have a covert contract about some pansy ass flowers. I wasn't *proud* of buying flowers. It was just something I did and wanted to do.

I did something because I *genuinely* wanted to because I *genuinely* appreciated everything she does to add value to my life. She likes flowers, cool. How many words did I say? Zero. How many times did I tell her thank you for

cleaning bathrooms? Zero. How many times did I TELL her I appreciated everything she did? Zero.

How many times did she ask me what it was that needed to be done? Zero.

Be a magician in your own unique way. Find more and more unique ways to praise your woman with authenticity for the ways that she adds value to your life *without words* and enjoy all the great feminine emotions she has to offer you. It's fun.

But at the same time - also ask yourself why you do the things that you do.

It's pretty simple.

Acta non verba.

113

UPVOTES

[FR] Got My Wife Back (For Now) - Thank You All

BingBongBashBoom · 5 December 2019 · Archived copy · Reddit

OK, so first post here, I normally wouldn't post, but I feel obligated to in order to potentially contribute to saving other's marriages.

Because I feel like I've finally had a breakthrough due largely to reading info here, and other red pill sources.

And I want to thank you all here, and also give hope that it's possible for you as well.

Also, I feel like I need to document this before the details get fuzzy, and I want to be able to look back on this myself to mine it for experience in case my frame/mindset slips in the future.

I feel like I was in a rare spot in regards to my red pill prior knowledge to marriage, and my recent situation.

I had to approach things a bit differently but I would not have been as successful without reading here.

And I feel like I moved fast. So there's a shred of hope here as well in terms of timeline.

Anyways here it goes:

My wife and I have been together for 15 years. Married for 10. We have two small kids at home.

Things have been generally good in the relationship, but not sexually fulfilling enough for me. Or really, even physically affectionate enough for me. It's felt pretty platonic for the last couple years. Last year even more so.

We had sex about once a week, but it was "duty sex" or "starfish sex" or whatever you want to call it.

She'd complain if I touched her, recoil. Complain during sex. Saying I "last too long", "can you hurry up already", that type of stuff.

Sex was almost always scheduled, and became to the point where we'd like have "contracts" around it. "Can we have sex this Friday?"

If it was less than a week she'd say "It's not even been a week yet."

You probably know the drill. (Hopefully you haven't experienced it...)

I have not been super red pill aware in the traditional sense. Before meeting my wife, I had been familiar with the PUA communities. I knew some "game", and went out regularly "sarging" girls, or whatever they call it, I forget honestly.

I met my wife doing that, we didn't meet online or through friends or anything like that. I picked her up on the street.

She became my long term girlfriend, then wife. I believe I maintained frame mostly throughout.

But over the last couple years I was losing it.

It's a delicate process to keep frame with her. Mostly my fault. But I like to take her with me on most of our adventures. I don't run "dread" in a way where I'm gone away from her. I take her places with me. Active places.

Boating, hiking, skiing, long camping trips, etc.

I also work from home a lot, and help out with the kids.

This FEELS like my frame to me because I always have wanted to stay at home with the kids, that was my vision. And I didn't want my wife to work either. I kinda wanted to "retire" while raising kids. That's been my vision from the beginning.

So I help out with the kids because I want to. My choice. Not a chore, or duty.

I also like to cook. I find it fun, challenging, and rewarding.

I don't like to clean but I keep things pretty tidy. (This is one area I think I lose frame.) Because my wife is not as clean as me. And if I let her clean, she does, but her definition is much lower than mine, and as a result I've taken to cleaning dishes and I'll go on tidying up sprees around the house. I DON'T enjoy this, and probably lose frame as a result. But I do it because I want it cleaner than she seems to be able to get it.

Anyway, I was losing frame there, and getting frustrated with sex declining.

I believe my frustration started to bleed through, and I began to feel resentment. As a result of that, I started to fail shit tests, and then the shit tests amped up.

Then I failed more.

Big mistake on my part.

I want her to get back into shape. She's not too out of shape, but not to the level before kids.

We've always worked out together, I feel like I'm a good trainer and I've essentially trained her for 14 years.

I've been lifting for 20 years, (yes, deadlifts, squats, and all that jazz, and so has she.)

So that weirdly also makes "dominating" her a little harder. She's very athletic, and strong, and even moreso when she has extra weight on her. She could legit take on most average guys no problem. She also has martial arts training.

Anyway, I feel like "dominating" her is on pretty hard mode and I've made maintaining frame really difficult on myself. (Whoops...)

Regardless, she's a great mom and has many feminine qualities as well. But jeez, she can sure be a force to reckon with if she wants. And her shit tests can be downright scary.

Mostly I pass, but damn I was slipping.

I unconsciously started to up my "game". So I would try more keno on her, touch, kiss, etc. But she was increasingly pushing me away.

I would go on more adventures, be fun, spontaneous. Take the kids without her around. Go fancy places to eat. I never got out of shape. I never got lazy. I believe I've gotten better at work, even made more money.

She doesn't work. She's more out of shape than me. I believe her SMV is at least one below if not two below mine. I also really believe I could go out and "replace her" if I wanted to without a whole lot of work. But hell, I don't want to do that. I just want her to be more affectionate towards me, and not reject my affection towards her.

I also want to kick this "starfish sex" to the curb and get her to honestly desire me again. (She's never been that great in bed, but it was really sucking, and not literally.)

Anyway, I searched around, and found the red pill.

Lots of things I'm familiar with, but wow, did the shit testing thing stand out. So I started there.

In the meantime, I read two of Rolo's books The Rational Male, and the 3rd volume of the same name.

I also checked out Donovan Sharpe and liked a lot of what he had to say.

I upped my game, but it wasn't budging.

I even went on a week long mountain climbing expedition with a friend away from her and the kids and risked my life and had fun while doing so.

Not cool enough for her I guess.

Anyways. I looked in the deadbeadroom community and wow that's depressing. That didn't seem to help.

But then I saw the "dread game" post. The 12 levels of dread.

Donovan Sharpe has a 9 level version that sounded better to me, but is very similar.

That sounded great, but was super depressing because I felt like I had most of those bases covered.

I was reading through level 1 and was like "check did that."

Level 2 "Check"

Level 3 "Check"

Level 4 "Check"...

All the way up to Level 8 which is "Talk to pretty girls in public" and I freakin even do that, but for fun I amped that up more. And no response. I think she just expects me to do this now.

So where the heck do I go from there? It felt like the nuclear option. But I was ready to go nuclear at that point. Like honestly.

Meanwhile, back in the bedroom, things were getting worse, she now wanted 2 weeks between sex. (Based on her saying it hurt to have sex.)

I told her that was OK, but I needed something in-between, like manual stimulation, blowjob whatever. Meet me halfway.

She wouldn't do it.

When I confronted her about it, she got pissed off and began yelling.

So here's where I went a bit off script here, and I hope it worked (long term) because it did short term at least.

I backed off my request for any type of sexual encounter, and asked her just to touch me. Because it was so hard to even get anything affectionate out of her for so long. (And I had been requesting her to reciprocate back rubs, or to pretend I'm actually with her while sitting on the couch instead of ignore me and look at her phone, etc.)

I said, "OK, then, just touch me. I mean, like I'm setting the bar super low here, just touch me on the shoulder or something right now. Can you do that small of a thing for me?"

Nope.

She wouldn't do it.

And that's where I felt like I had a right to go nuclear.

I escalated to the 9th level of dread, and basically said: "OK, that's really disappointing, I'm not really even mad, I'm more shocked and disappointed, I mean I love you, but I love my mom, I love my dad, I love our kids, I love your parents too, but hell I'm not going to have sex with them. You're my wife, you are special, sex is what makes you my wife. It's the difference between the love I have for our family and the love I have for you, my wife."

Then I think I took it to weird town, but I was going from my zen place. I said, "I just don't think you love me like that anymore, especially if you won't even touch me. You obviously hate sex with me, you complain when we have sex the whole time, and you recoil from me when I touch you outside of sex. I have to bribe you into sex, and I hate feeling like I'm raping you. I think you're done with me, and I hate that but I love you so I'm going to let you go. I want to stay together for the kids sake, but you go out and find someone you can be affectionate towards, and can actually enjoy sex with. Because that something I certainly need, and I'm not getting it here. I don't want to deny you of that either. So we can co-parent, I'll respect your boundaries, you respect mine. You go get a Tinder account or something, I'm sure you can find someone, and I'll do the same. I can take the kids while you go out if you do the same for me. We can make it work."

Boom. Mic drop. And I was serious.

She was silent for awhile. Then got a pissed off and yelling again. I forget what happened next. But I laid down in bed in the dark as she stormed out of the room.

I laid there for a long time.

Honestly, I was afraid for my life. I was afraid for her life.

I imagined her grabbing a knife and coming back in and in one swoop opening the door and stabbing me 19 times in the stomach.

I imagined her doing the same thing to herself.

It was heated. And she is no joke when she's pissed.

I really had to make peace with that being the end of my life there.

But I did not get up. I knew if I got up it would be worse. I would be failing yet another shit test on an epic scale.

So I had my life flash before my eyes, vulnerable under the sheets, moments from defenseless potential deadly attack. And I stood my ground.

The next day was weird.

I pretended to be normal. I went out and did some stuff away from her. Escalating the dread game by going back down the levels and moving back up again in a way (skipping around really).

I worked out without her. Went running, and also lifted. Did some stuff away from her and the kids.

Next day the same.

She was holding her ground too.

It was a weird standoff for a few days.

I did my best to feel the honest feeling of being free. Having the opportunity to find new affection.

I really was worried about how this would shake out with the kids if she took me up on this offer for real. But I was already living it.

I took my wedding ring off in public. And suddenly realized... She hadn't had her ring on in years! Her fingers swelled from the weight gain and general body changes of having kids. And we never got it resized.

That kinda got me pissed honestly. But it was a double edged sword for her, cause I could take mine off and feel free, she didn't have that little luxury.

I decided that if she wanted to come back and try and fix things that I would make it a requirement for her to get her ring resized and start wearing it ASAP.

Anyhow, after a long standoff and another night laying together in bed, pretending nothing was wrong...

She said, "Can you tell me again what happened the other night?"

I was like, "We were both there, and lived it. What do you mean?"

She said, "I mean what exactly did you say again?"

I very calmly said, "OK, the only way I can tell you this is if we do not argue at all during this. I will state mostly facts, and then some of my opinion. If you're OK with that then I'll give you a recap...."

She agreed.

Then I went through the whole co-parent thing (and she did try and argue a few times, but I shut that down quick.)

She started breaking down and crying. Sobbing.

She blubbered, "I feel so sad, I've been crying for days, I even got a hug from a stranger because I was crying so hard. I feel so sad."

I don't think she's very good at resolving things on her own. But I did get a vibe that she did want to change. This is where I was glad I read about "comfort tests" here. Because that was a totally new concept for me.

So I gave in to it and said, "Well I told myself I wouldn't do this, but here..."

I gave her a giant bear hug and told her: "It will be OK, we'll figure this out, I love you, we can make this co-parent thing work, I'm not sure how, but we'll make it work." (Staying in frame.)

She then really broke down and said something to the effect of "I want to make US work, I'm really sorry, I messed up, I didn't know how much this meant to you."

I wasn't going to let her get away with that and said, "See that's the problem, I made it as clear as possible, I started small and kept escalating over months, until I simply asked you to touch me and you couldn't even do that. You clearly knew how much that I needed your affection and you couldn't even do that. I don't know how to make it more clear, and you are unable to process it. I really just don't think you like me that way anymore, and I've come to terms with that, it's OK, we'll figure it out."

Lots of backpedaling from there on her part, I forget most of it. But I just stuck my ground. Until she was basically pleading with me to have me back.

And I was happy about that. But it did feel kinda "too little too late".

So this is where I felt my opportunity was to turn things around.

We broke things down and now we rebuild.

So I put some terms.

"OK, I do love you, I want us to be together, I never wanted to stop trying, I felt like you were checked out. So I let you go. But if you really want to give this a shot, you have to do some things differently."

She seemed open. So I continued.

"One, you need to be ok with me touching you. No recoiling in disgust. No rolling your eyes. No pushing me away. I need you to find me in the morning, walk over to me and be OK with us kissing for at least 10 full seconds if I want that. I need you to be alright with me casually slapping you on the ass, even in public if I want. And you're going to like it. I need to be able to touch all over your body with no restrictions. No complaints.

Two. I need frequent enough sex. And I'm going to define this. Nothing crazy. But no 'drip feed' sex. I don't want to be starving and barely make it to the next week. Sometimes every day, sometimes twice a day. Sometimes twice a week. No rules, but stop restricting. If you have a legit physical issue, then you make concessions, give me something another way than sex. Figure it out.

Three. You get your wedding ring resized ASAP. Like tomorrow. And wear it. Start acting like my wife."

She agreed.

To all three.

So I said, "OK, if you're serious, let's give it a try. Let's start now."

Then we had some of the best sex we'd had in years. (Surprise, no physical problems related to sex suddenly...) But hey no complaints from me. (Still so strange how that magically resolved.)

Thanks to this community I'm aware of hysterical bonding, and have done some research around that. I think we are in a bit of a dual hysterical bonding phase right now. Because I legit thought I lost her. And she seems to believe she

legit lost me.

But I'm hoping to use this bonding as an on-ramp to make lasting change.

It's been a week since this happened. And every morning, she finds me, and a big LONG kiss.

Sex has been an average of once a day. Much more spontaneous. Not scheduled.

I'm trying out the "caveman sex" and "sex god" method (I'm half way through that book). I actually did some dominance stuff the other day. Dirty talk. (Never done dirty talk before.) I even picked her up, ran her down the hallway and slammed her against the door then threw her on the bed.

I'm aware this may not last. But I sure hope we can use it to our advantage.

I'm telling her that I feel more free now to be myself now that she put her "shields down" which is totally true. And as such feels like a real reason for my behavior change in the bed. And she agreed to the terms.

By the way, she really seemed to like the dominance/dirty talk. And I alternated it with the emotional talk too. I like that combo. We also had sex with the lights on for the first time in ages and that was cool.

Anyhow. Wish us luck going forwards. But man... I woulda been totally lost and crazy frustrated, maybe on my way to a divorce.

This place shot me towards essentially divorcing, but with a real chance of also making things way better.

I felt like it was the right move. I hope it turns out to be the long-term right move. I honestly feel like it's the right move for her too. We were obviously both miserable and desperate on some fundamental levels. And this hopefully shook us loose of the trap we laid for ourselves.

I hope I can keep up this level of effort in being a better man. I can feel it draining my energy right now, I feel hyper vigilant. Like I really am keeping my foot on the gas. And it's hard.

I want to keep pushing. Thank you for the help in doing so.

You have my gratitude.

112

UPVOTES

MRP Year One: How I Got Here and What I Did About It

BarracudaRP · 6 May 2018 · Archived copy · Reddit

Three years ago I drank way too much at a concert, came home and engaged in a huge fight with my wife. When I put my fist through the drywall, she called 911, and I went to jail. I couldn't see my children or home for 90 days, and I spent thousands on damage control. I vowed that I would never allow another human to have so much control over me. I started going to the gym and told no one.

For the next two years, I tried desperately to improve my marriage, with a side focus of improving myself as a man. I was making slow progress (and in the wrong areas) when a friend introduced me to TRP. But it didn't *click* with me until I found MRP. It was here that I saw my diagnosis so clearly (Nice Guy, Drunk Captain) and also clearly saw an outline of how to fix it. One year ago this week, I swallowed the pill.

Like many of us, I came here to save my marriage and found that I needed to save myself. Here are some of my pitfalls and what I did about them:

A Year Ago, When I Found MRP:

*I was still fapping and looking at porn almost every day. This was robbing me of motivation to initiate with my wife, and stealing valuable testosterone and energy. What I did: Learned that my need to constantly get off was making me a dysfunctional loser who didn't have orgasms with real women. I had to do more than just initiate with my wife, I also had to work on making our overall relationship much more flirty and sexual. As an added bonus, when I haven't had an orgasm for 5+ days I feel strong, and I notice an increased sexual response in women around me.

*When I found MRP, I was still drinking every day. It was usually a moderate amount (2 beers), but it was every night. I was constantly bloated, and when 2 beers would turn into 6 on the weekends, I would be chronically dehydrated. I am convinced that even the moderate drinking was robbing my performance and gains at the gym. What I did: it was the loss of my performance at the gym that motivated me to stop drinking entirely. I felt so much better when I didn't drink, and that created a virtuous cycle of motivation to keep going. That was over 6 months ago, and now I drink very rarely and I don't miss it.

*A year ago, I had just started the first month of my first 5x5 program, after two years of crappy progress doing bro-splits. I didn't do squats and deadlifts, because I was a lazy dad-bod piece of shit. What I did: stayed on my 5x5 schedule, tracked it and forced myself to increase weight. Started tracking my calories and never stopped, cleaned up my diet and added daily protein shakes. Now, lifting is one of my favorite hobbies, and is easily one of the most rewarding things I've ever done. It has benefited every area of my life.

*A year ago, I was still around 20% BF (11-12% now). I was still eating Jimmy Johns for lunch several times a week, and drinking red bull every morning. I hadn't seen the bottom of a salad in years. I wasn't fat, but I was filled with bleached flour, and was constantly tired from the carbs I was consuming. What I did: Slow, steady changes. I started purchasing healthier options while I was out at restaurants, which led to eventually buying salads instead of cheeseburgers, which led to making salads at home and bringing them to work. I started carrying a large water bottle and skipping soda and juice.

*I was on prescriptions for anxiety and depression. I thought I needed the pills, because my life made me depressed and anxious. What I did: I decided that I didn't want to be the type of person who needed prescription drugs, and then started lowering my doses. Weed also helped a lot, and with none of the terrible side effects that the pills had. The hard work was in acknowledging that, regardless of my past, and regardless of what my brain chemistry was doing, I was responsible for my own mental health if I was going to shape my future. Now, I treat my anxiety symptoms with supplements, exercise, meditation, sunlight, and staying away from alcohol.

*When I found MRP, I was still wearing the jeans I'd purchased with my wife several years earlier. They weren't terribly out of style, but they weren't cool. Someone once told me: "Men wear jeans from the last good year of their

lives,” and it’s true. I decided my early 30s weren’t going to be the last good years of my life. What I did: found resources online, watched videos on youtube, and paid attention to what other fashionable (young) people were wearing. But most important, I actually went to the store (by myself, guys) and put on the clothes, found what fit, and paid attention.

*I still had no idea how to be assertive. I was a classic nice guy, and a lot needed to change. What I did: Reading and practice. Once I started digesting the books and sidebar, I understood why my passive/meek nature was actually a learned behavior, and that it was making me weak. The biggest change came when I started to recognize moments as they would happen, where I would feel like another person was being an asshole and my default response was to allow it. Instead, I had to decide in that moment that I was going to assert myself. It reminds me in a lot of ways of deciding to talk to a woman - no thinking, no analyzing, just action.

*When I found MRP, I had multiple games on my phone, and would take hour-long shifts at work to play them. I cringe to admit that I played games on my phone in between sets at the gym. What I did: I filled my phone with podcasts and videos about productive things, and did those instead of games. Eventually my phone became too full of the good stuff, and the games had to go. I don’t miss them.

*A year ago, my posture was the typical rounded shoulder, anterior pelvic tilt that many guys default to. I would also stand at the bar with my drink held up by my belly button, in the typical insecure dude stance. My body language communicated that I was small, insecure and boring. What I did: Admitted that my body language was garbage, and started learning. I had to re-learn to stand with my shoulders back, and un-learn habits like standing with my knees locked - basically getting rid of the shit that was making me unattractive. This one area of improvement has had the biggest impact on me being approached by women, or invited to join groups of strangers in public.

I ain’t shit yet, and that’s OK. Year One of MRP has been the best that my life has seen in a long time. Things are trending up for me and my family, and year two is going to be even better.

112
UPVOTES

FR: You're not the man I married

sh0ckley · 19 May 2017 · Archived copy · Reddit

Background: MRP for 13 months.

My woman and I are headed out for dinner the other day. She starts a serious conversation.

She says: (to the best of my memory) "You know the saying that a man marries a woman hoping she won't change but she does, and a woman marries a man hoping he will change but doesn't?"

"Well I want you to know that the life I have today is better now than I can ever remember with anyone else. I'm very happy and so much of that is because of things you've done yourself without me."

"I tell my friends all the time how you've changed and worked to face the demons of your past and how you still go to the gym constantly. I want you to know that I have benefited greatly from all your effort. Thank you."

"It began when you started X and Y [*weeks before joining MRP - the support systems suggested in NMMNG*] and... **I was really unhappy when we first got together** but now it's like **you're not the man I married anymore.**"

At dinner she expresses dread about how she was devastated when men in her past left her for other women and how she hopes I never do that. I tell her she knows exactly how to keep me interested with a lewd smile. Later she does exactly that.

Translation: I was Pussy McFaggot [thanks scurve] when she met me - not a man, but she needed a beta bucks provider, and a woman desperately wants a man to lead her.

She acted the way any woman will who feels desperate enough post wall to be sexual with a beta male: "abusive" emotionally, sometimes physically and trying to branch swing. A total bitch. AWALT.

I started improving and didn't talk about Fight Club with her. Men here told me the truth and ripped me a stainless steel asshole. I didn't run away butt hurt. I started the side bar material. I learned what true feminine nature represents. I regained the Outcome Independence I had in my early 20s. I learned to pass shit tests and eventually to not fail comfort tests. I took control of the treasury. I starting steering my ship as captain. I built frame. I earned respect that she never had for the faggot I used to be. I changed and became a man.

Note that in the Female Social Matrix she's invoking jealousy from her single friends by telling them how great her man is. AWALT. They're in competition and when a woman has the highest value man she thinks she can get, then she will express it to her friends verbally (and to the man himself while she's on her knees with a load half swallowed and the rest on her face.)

This post reads like MRP Porn, but for the new guys: I was an ordinary average douchebag who'd been a complete fucking loser for 30 years although at times on the outside I looked like anything but, and I decided to do what men do around here.

Could I trade mine in for a 15+ years younger model? Confirmed. Should I? That's the point. Who cares? If she left, I wouldn't care. Life might be easier but also less rewarding until I chose a replacement. Or didn't.

And this is the winning side of AWALT. She brings value to my life even when it's only a smile. I enjoy her company and...I've been with enough women to know that *any of them can become the most beautiful girl in the world to me, when her eyes light up while I'm inside her.*

The difference is that: the one I've got is now in my frame, and it didn't start that way. The one I've got now is a good fit and the grass is only greener when it's full of fertilizer shit.

Stay strong gents.

112

UPVOTES

How to lead a wife that doesn't let you

strategos_autokrator · 25 March 2015 · Archived copy · Reddit

I've seen a lot of posts here of men saying "I can't lead because my wife is too strong/too smart/too bossy/too powerful/doesn't like it/is a feminist/doesn't give me a captain's hat". Sometimes this is hampered differently "What books I can give my wife so she trust my captaining?". These are all just versions of the following **BP thought pattern**: "I want wife to authorize me to lead." In this post I'll discuss some ways you can start changing to become that leader your woman wants to follow.

Leaders don't need permission to lead. They just lead, period. Those that like your vision follow willingly. Those that don't, well, they are useless to your vision, so you won't miss them when they stay behind. It is that laser-beam focus of the vision of the leader and doing whatever takes to get to the goal what inspires others to follow. Thinking others have to follow so you can lead is having it all backwards, and this backward thinking is *why she doesn't trust you to lead*. Thinking you can't lead because she doesn't let you is like thinking you can't be a man until she gives you your balls. It isn't she doesn't want to give you the balls, it is that she doesn't have balls for you, your balls are right there between your legs and have always been. Stop the Freudian bullshit, and just act like a man.

Leading is an action on itself, independent of followers. A samurai leads his life always, even while he trains in the woods alone. He doesn't need students to be a leader. However, often, students will come looking for him to lead them. Was the samurai a leader only when the student showed up and begged to train under him? Of course not. The student came because the samurai was always a leader.

When we are not leading our life, we can't lead our family. And when we aren't leading our family, we are just a **drunk captain**. Many of us that find MRP found ourselves realizing this, and want to captain right away. Some here argue with their wives telling them they have to follow their lead. This doesn't inspire leadership or trust, in fact, it erodes it. Think of any boss you have had that is bitching that employees don't follow his orders: that only makes you respect and trust him less. If your wife is not following you, it isn't her fault, and words won't change that. It is *your* fucking fault, and only actions you take will change it.

Leading is the hardest job. Everyone in the ship can bitch about their hard work *except* the captain. If you are bitching about how much work you have, you aren't acting like a leader. The captain is responsible for *everything* in the ship. He can't say "It is the navigator's fault that I sunk the ship." even if the navigator did plot the wrong course that led them to a reef. All the captain can do is fire the bad navigator, but the captain still takes responsibility for the fucked up ship. Blaming others is irrelevant.

The leader takes responsibility *for* his vision, not *from* the vision of others. If you are in a situation where you are used to your wife telling you which chores you need to do, and you bitch back at her saying "I'm not in the mood, I'm playing X-Box", well, you are not leading because you are acting like a child, so *you have forced her to lead like a mom*. No wonder she isn't attracted to you sexually, it is your own fault. Man up.

Transitioning from the frame where she is the mother and you are the child is disruptive *because* the only way to do is without her approval. Think about it, if she has to approve it, it means she is still leading. Leading is not achieved with verbal arguments so she recognizes your leadership. That is like the teenager that is pissed at his mom for telling him to clean his room saying "I hate you! I'm not a child anymore". The way you start to lead is to *take more responsibility following your vision*. Nobody can stop you from doing this except yourself. The more you do this, the more you will start to understand your vision. Vision is something you can't explain with words, but with your actions.

Here are some ideas of shit you can do to start taking more responsibility and leading:

- Wax her car regularly without telling her or asking for her permission. You budget the time for that according to your priorities, and if she wants to you to do something else, just say you are now waxing the car. No need to explain anymore. The same goes for other manly responsibilities: fix the house, mown the lawn, change the oil

in the car, install furniture, fill out the taxes, all that. The more responsibilities you take of this kind, the more you are leading.

- Regularly scan the house for things that need to be fixed and done, write them down as a to do list. Write down what you need to buy to do them, and go get the things, and do it. Prioritize the list according to your vision. Do the things.
- When you do stuff that needs to be done, *never* proudly show it to her. That is seeking for approval “Mommy mommy look, i cleaned my room”. The job itself is its own reward because it contributes to your vision. She won’t notice 90% of them, but what matters is you know what is the maintenance the ship needs and you do it. That is what makes you the captain.
- If wife tells you to do something, think about it, and if it makes sense, decide you are responsible for it. Don't register her nagging, because leaders don't have time for that, they solve problems. Listen to her request, and prioritize it according to your vision, not to her emotions. Just saying “Babe, I got it.” and ending the discussion is enough. No need to say “I have so much to do, it will have to wait, blah blah blah”. The leader *always* has too much to do and he doesn’t need to explain his reasons for prioritizing. This changes the dynamics from her bossing you around to you listening to her suggestions, and all that you had to do it was to take responsibility. By doing this consistently she will learn that nagging only wastes her energy, and when you say you will do something, you do it.
- Stop playing video games, watching TV, being on reddit when shit needs to be done around the house. Men prioritize. You can only demonstrate this with actions, bitching how you are tired from the long day and want to watch Game of Thrones is what a teen would do. Just accept the leader works harder than anyone else, go unplug the kitchen drain now, and only after, watch half an episode.
- Plan a vacation/family activity. Don’t consult her if she would like it before hand, just plan it saying you want to do this, and inform her of the logistical details. Then carry out the plan. And if something doesn’t work out well, don’t bitch, it is your job to manage the problem and fix things. You will do this because this is part of your vision for the family, and you don’t need her to approve your vision. If you need, start with something small, an afternoon hike or something, this will help your confidence and will help you fine tune things. And if you forgot to bring water for everyone, it is your problem to solve, don't bitch about it.
- Take care of yourself without seeking approval. Make time to lift regularly, and have guy friends. If you can’t budget time for the captain’s table, then, you aren’t leading, period. If you think you are too busy, well, that is just an excuse. Vladimir Putin is busier than you and he works out every day. An essential part of leading is to being able to prioritize responsibilities and allocate resources, and then not bitching about your choices. The only person responsible for your body is you, so if you can’t manage that, then, why do you think others will trust you lead with stuff that affects them? Instead of bitching about what you don’t have time to do, accept that you chose to prioritize, and you have done all you could do. And a leader is always looking for more stuff that needs to be done, so always think hard and change priorities according to your vision.
- Stop fighting with her. Focus on problem solving. If something doesn’t affect concretely the problem, change the topic to the concrete problem. If she is bitching about you not cleaning the garage because you chose to build the new shelves, instead of pointing that out, just say “I’m responsible for the garage. Don’t worry about it.” and ignore the rest. You prioritize your way, and you show it with actions, not words.

After a few weeks of doing this regularly, you will start to trust your vision. And by acting on it, she will start to trust it too, and you will see she pushes back less. She will start doing her chores better as part of your vision. The reason why this works is that, since assuming responsibility is so much work, almost everyone prefers not to take responsibility. All you have to do to lead is be the person that assumes more responsibility, and others will follow

you only because it is easier for them.

Is this more work? Fuck yeah. But that is what makes you the man and the leader. Stop bitching and just do it. And when she is PMSing and angry, just budget more tasks for those days. Instead of engaging her hamster, just do productive shit. That is why you lead: you work harder for your clear vision.

This works *independent* of how strong/bossy/smart she is. In fact, I think that the stronger a woman is, the more she wants the man to be strong to submit her. It is your job to be that strong man. Leading strong people is more useful than leading weak people anyway. So become that leader that your strong wife wants to follow, and she will want to add more to your life. As you start leading this way there is a good chance she will respond better to you and will start requesting clarifying information because she wants to contribute to your vision. However, that comes *after* she trusts your leadership, and this only will come *after* you have lead successfully for a long time.

If you think the problem is she doesn't let you lead, you aren't leading because you are being a punk-ass lazy teen. Man up and do your work. That is the way to lead.

112
UPVOTES

[FR] getting better and seeing results (1 month report)

mdjfodiepcklrn2 · 22 September 2023 · Archived copy · Reddit

I'm seeing changes lately, in myself and in my wife. My changes in the last month:

- I used to try to fix her problems when she vented. Now that I am less of an idiot, I listen, throw in a lot of “that’s rough”, “what a bitch, i’d be mad too”, and similar responses. She gets that for a little while (maybe 5-10 min) and then I change her mood by turning things into a joke. For example, she was complaining about this bitchy coworker she has recently, so I let her vent and then said “babe, I’m on to you... where are we hiding the body?” when she was like “what??” I doubled down and went “mhm, sure, we’re totally not suspicious in this house” etc until she joined in. She ended up in a great mood.
- I don’t take her seriously when she’s being bratty. I treat her like she’s, well, being bratty. It doesn’t affect my happiness like it used to. I also generally own my shit, giving her less reasons to be upset. When she’s being nitpicky, I tease her about it and move on with my life because I know it’s nonsense. She has evidently noticed that I don’t take her moods as seriously anymore and appreciates it. My growing level of mental peace and confidence is obvious and feels great to me too.
- My oneitis is dying. It’s not gone, but I think there are some things about being single that I’d really like. I feel less like “I have to keep her” and more like I am choosing the married guy road over the single guy road. I notice other attractive women, not in a bad way, but in a way where I see options out there. I went to a concert alone recently (never done that before) and had a great time, even made a few friends for the night in the crowd. I didn’t need her to have a good time. Basically, if the married guy road sucks even after I’ve made a lot of progress on my MAP, I think I’ll leave.
- I am pretty focused on my self-improvement now, and getting better. I lost five pounds this month. I got a big work opportunity recently (that would require us to move states) and I was really proud. A few weeks ago, my wife was saying she didn’t want to move states and throwing a fit. She said she would stay here if I left and I said that’s fine. I realized that even if she was gone, I’d be really excited to pursue this opportunity on my own. Lately, she keeps bringing up that we’re going to move and keeps reading about this city where the job opportunity is. She started looking for jobs there, too.
- I don’t bitch, whine, or seek validation anymore. I used to really suck at that. Now I know that it’s about respect and attraction 99% of the time, which there’s no point asking for. I just try to work toward my own vision, which is becoming clearer to me.

My wife initiated shower sex last night. She initiated sex the night before that, too. I initiated earlier today and she turned me down (“my stomach doesn’t feel good”) after a while of making out, and I handled it well (no butthurt). She came back to me after a few minutes, kissed me, and said she wanted to fuck later. She followed through and took it hard. She has also been way more physically and emotionally affectionate, as well as all around happier. She even got up early to do a Starbucks run for me yesterday. She’s doing more around the house, being more thoughtful, and seeking out my attention more in general.

More than anything, I’m way happier. I feel like a fog is clearing and I can see myself and the world beyond our marriage for the first time in a while. I realized how fucked I let my life get and how much of this has nothing to do with her. I also realized how many great things could happen in my life with or without her. She feels that light tug of the 1000 ft rope as it starts to move.

111

UPVOTES

Farewell to my friend

ProbablyAMonkey · 19 April 2017 · Archived copy · Reddit

I'm out of town on a business trip, and tomorrow I have to drive home and put my dog to sleep.

I've had him for longer than I've been married (12 years). He was diagnosed on Monday (without me there) with systemic cancer. He's failing fast.

He was always a faithful companion and loyal to me. He got along fine with my wife, but when I was at home, he was always by my side. Not only that, but he was very protective of my children.

When going on walks, if we passed by another dog or person that he didn't know, he would run right up to my son-- putting himself between my son and the danger. Every time.

While I'm still working on oneitis with my wife, there's no question that my dog was the one. I could not ask for more from any companion.

Being perfectly honest, I've cried my eyes out tonight. I can't remember the last time I cried in grief.

"You have power over your mind—not outside events. Realize this, and you will find strength."

I've been reading Marcus Aurelius. It feels empty now.

"Loss is nothing else but change, and change is Nature's delight."

Seems silly to be so upset over a pet, but tonight I grieve.

Tomorrow, I will be a rock for my wife, my children, and my faithful friend.

Tomorrow, I will be a rock. Tonight I grieve.

111
UPVOTES

[Things MRP already knows] Marital satisfaction is linked to women's sexual desire

weakandsensitive · 15 September 2019 · Archived copy · Reddit

<https://www.psychologytoday.com/au/blog/dating-and-mating/201909/marital-satisfaction-is-linked-women-s-sexual-desire>

loading...

111
UPVOTES

How to respond to shit tests about other women (dread)

HornsOfApathy · 26 August 2024 · Archived copy · Reddit

Why would I want to start all over and train some other girl to do all the things you already do so well?

Smile and an ass slap. Walkaway.

110
UPVOTES

[FR] MRP explains my entire marriage

mdjfodiepcklrn2 · 3 October 2023 · Archived copy · Reddit

Putting things in an alpha/beta context explains my entire marriage. Writing it out in case it helps anyone else, as it feels so textbook that it's almost a meme. I thought my wife had BPD at one point and was sure that she was the problem. In reality, she's a typical woman. I, on the other hand, have changed a lot and seen exactly what happens at every step.

My wife spent the first ~3 years of our relationship being intensely devoted and attracted to me. At the time, I thought she was clingy. In hindsight, I can see that it's because I had high alpha and low beta without meaning to. I passively dreaded the crap out of this woman. Some examples:

- I had never seriously committed to anyone before I met her, despite having women who were interested. She often gave me shit for being a "player" and often asked about my sexual past, while I gave very little information.
- I was busy, leading me to take a long time to text back and have limited time to hang out. I often had other plans and things to do.
- I had almost no jealousy or insecurity. I didn't care at all what she was doing and assumed I was her priority. Zero mate guarding unless she needed protection from a creep.
- I strongly held on to my alone time and hobbies.
- I was calm, nonchalant, outgoing, and funny at the same time. I got along with people easily and was often told that I was charismatic.
- I had a circle of attractive and successful friends, quite a few being women, who threw house parties.
- I was modeling part-time, which again meant that I was around attractive women at my agency.
- I was often late to dates and sometimes flaky with plans. Shitty, I know.
- I frequently took solo trips and trips with friends, so she often missed me and wanted to know what I had been up to. I sometimes missed important dates and holidays with her. Shitty, I know.
- I was a bit cold emotionally and didn't like to get too vulnerable.
- I was overly logical and not good at responding to her emotional distress. I would get frustrated by it or try to fix her problems.
- She did the majority of the chores.
- She made more money than me and paid for a lot of our activities together.
- I used to post on social media more often, and had some thirsty commenters.
- Her friends and family often said she did a "good job", sometimes in front of me, which was code for "you pulled a higher SMV man, nice!" It put her on alert.
- I had ambitious goals and chased them relentlessly, seeing results.
- Her emotions were always engaged, as I had some drama going on that added to the need to chase me.

So what happened? She thought about me all the time. She tried really hard to impress me and lock me down. She comfort tested me constantly, which got on my nerves. She offered anything I wanted sexually. She missed me as

soon as I was gone. She would try to make me jealous and go into hamster overdrive when I was chill about it.

All this was despite me genuinely loving her back and being communicative and affectionate. I was romantic and thoughtful when I wanted to be. It was never enough because she was head over heels and terrified of losing me. She said I love you first and I didn't say it back for another few months. She pushed for us to live together and get married. I resisted for a while and finally went for it.

We got married at the beginning of the pandemic. I went through some personal shit soon after, and then I let myself drown in my depression. Gained weight, played video games all day, stayed up all night, became whiny/argumentative, and withdrew from everyone, including her. I already didn't have beta, and now I didn't have alpha either. I was dead weight. She wasn't happy, but spent a really long time trying to chase me into giving her attention and probably being who I used to be. Eventually she got tired of it and lost respect and attraction. I killed the magic. She started talking about divorce.

I panicked. I was so used to her chasing me that I never considered her leaving a serious possibility. I made all these promises to change and she was excited about it. But there was a problem... I was trying to summon my old self out of nothing. I lost the pieces that made me that guy and was trying to fake it. I had become insecure and anxious, combative as I said before. She was my number one goal, which is not good. We fought a lot and our flame largely remained dead.

Time passed while I built beta skills. I made more money, started owning my shit around the house, became a great cook, brought back my romance and attention, and handled more crap for us. She saw these changes and decided to give us time. These were things she wanted from me back when I was more alpha. As we know, though, these things aid relationship value, but not sexual value. She appreciated what I was doing, a lot since it was new, but I was missing the rest of the "spark" that made her fall so hard. We still fought and things were often hot and cold. I often got duty sex and denials. As time went on, I got nagged, nitpicked, and criticized despite doing a lot around the house. She took me for granted.

More time passed. I found MRP. I become obsessed with reading the books as I realized where I went wrong. After fucking around for some months, I decided to start doing the hard work to unfuck my life while keeping the beta skills that I learned. At first, she actually appreciated having time away from me, which stung and made me angry/resentful. I knew it was my fault, though. She had become the prize when I once was, and I had drained her interest by my own failures. As my anger phase cleared, I slowly started to find my footing.

I'm still working on my MAP as I am new. I've been getting my fitness under control, reinvesting in hobbies, practicing STFU, reading (outside of MRP books), rebuilding friendships, and more. I've been finding my way to the life I want, slowly building alpha back up. I can tell it'll take time, maybe 5 months from here as I am one month in. The biggest thing I've learned is that the changes themselves are a smaller part than the mentality behind them. You make the changes to reach outcome independence.

For example, as I'm still working on my frame, sometimes I catch myself doing something (like playing guitar) and hoping she'll think I'm cool or notice me. Nothing happens when I do that. When I genuinely am in my element and living for myself, it's like she can immediately tell. I am doing the exact same thing on paper but my energy is different. She then starts seeking out my attention and flaunting herself. It's almost laughable seeing the matrix for what it is. As I work on things, her attraction is slowly returning.

In short, my situation wasn't as unique as I told myself it was. I needed to unfuck my life. She was always a symptom of what I was doing or not doing. I can either guide our ship to hell (and make her want to jump off) or to the best days she's ever had. I looked back on texts from earlier in our relationship, and in the midst of my flakiness and immaturity, she was outright saying she'd never been so happy. Back then, we both lived in my frame. I did need to change some things, but I always needed to stay on my game and never needed to let her become the center of my life. Happy life makes for happy wife, not vice versa.

109

UPVOTES

Married... with Children

CaptJohnLukeDiscard · 13 August 2018 · Archived copy · Reddit

This post is an adaptation of a comment response in a recent AskMRP thread. For the guys with kids in the 0-10 range, read and consider how much this applies to you. I've been married for a while and have more kids than I can keep track of so I think I'm semi-qualified to talk about this.

The Obvious but Misleading Problem

MRP tends to focus a lot on the basics like lifting, getting your shit together, developing frame, dressing better, owning the finances, etc. That's all important and necessary and valuable. You can't run before you crawl.

However, for many guys, that just isn't enough. This is especially true when you have little kids. When a woman has a baby, her body undergoes massive hormonal changes that affect many areas of her life including libido, values, personality, long-term goals, etc. This response is designed to ensure the survival of a new tiny human who cannot do anything for itself for years. Our species simply won't survive if moms didn't have this type of response.

So, for you newer guys who are getting into MRP and you have kids under the age of 5-6, you have a tough road to hoe. You can become more fit, make more money, develop frame, internalize RP truths, etc. and still not see the types of results you want because you have two 800lb competitors who are ready to kick your ass.

Your competition? The tiny human and Facecrack. You have to remember that women engage the world through their feelings and right now, she is getting a shit ton of hormonal opium from her kid and the validation that it brings on Facecrack. She is a "mommy" and that means that most of the time, she is the most important creature on earth and the bestest, most wonderfulest thing ever. She may be terrible at cooking, screwing, and cleaning but she can simply take a couple of 'cutesy' pics of the little one and immediately get 50+ comments of "OMGZ SO CUTE" and "YOU ARE SO AMAZING" and "YOU ARE THE BEST MOMMY EVAR!!!" You think your 'passive dread' stands any chance against that shit? LOL! You are a damn fool if you think it will.

The Real Problem

So, she's fucking lazy. You guys aren't boning like you want, she's soft and pudgy, she isn't interesting, she sucks. Guess what? It's probably your fault. **You aren't leading.** Leadership is influence and right now, you are losing the influence battle.

Women tend to be reactive to their environment and not proactive to making changes unless they are uncomfortable. Right now, her environment is mostly dominated by mommy hormones, mommy stresses, and mommy affirmations from Facebook. This is all much more potent than anything you can *passively* bring. And if you are passive about it, that won't change. She doesn't care how badass you look now, how strong your frame is, how much money you make, etc. if you aren't making her life an adventure. She has something that gives her far more feelz than that and it will stay that way until the urchin is 5-6... unless you guys have more.

The Proof is in the Pudding

That's why you see so many families pop out a few kids, the dad gets fat, the mom goes into full mommy mode for 8-10 years. Once the kids are a bit older, she looks up and realizes that without mommy hormones, her life is boring as shit because her husband is terrible at creating an adventure. So she goes the gym, hits up the trainer, gets a decent body back, and then "*has no idea how it happened*" when she has an affair with the lawyer who works out on his lunch hour at the same gym.

The ACTIVE Solution

So, for a lot of guys, the basics aren't enough. Looking good, dressing better, lifting, more \$\$, none of it works like you want. Maybe she isn't quite as passive in bed. Maybe she comes around a little but not the ways you were hoping for. She still basically sucks and not in the right way. What's the answer? Divorce? Cheat? Listen, I'm not

here to moralize but I will say that you brought a tiny human into the world and you, as a man, can probably do better for it than cheating on its mom in the first few years of its life.

So, what's the answer? You. **You are the answer because you are the problem.** Your leadership sucks if you can't influence her. Leadership *is* active, effective influence. You to lead her to something better than the comfortable shit she is probably used to.

Right now, she is probably in a familiar rut of getting up early with the baby, feeding the baby, posting 26 pictures of the baby to FB, getting enormous validation from everyone else about the baby, etc. You need to sell her a better vision. You need to appeal to her feelings, her emotions, her desire for the dramatic and adventurous.

So how do you do it? First, own the basics. Sidebar. Lift. Sidebar. Frame. Sidebar. Game. Sidebar. Kino. Sidebar. DEVI.

After that? **Purposefully make her life more fun together.** Woo her. Do some fun shit. Figure out how to make your lives an adventure both with and without the baby. Did you guys do anything physical together before the baby? Find a babysitter and book that shit. Go rock climbing, biking, hiking, whatever. Find a way to do something reasonable (entry level) that will still exhaust her and make her realize how out of shape she has become but how in shape you are now... while not rubbing her face in it.

In other words, a beach trip is probably a bad idea if she has a baby that's 3 months old and still has 20lb to drop. Don't be autistic. Baby steps are important here or she will go into full retreat mode. You want her to think "*damn, I forgot how fun that was but I need to get in shape again so we can do that some more!*" Make her remember that there is more to life than burping the baby, posting pictures on Facebook, and getting way too absorbed in the latest crazes in all the mommy blogs.

Create adventure. Dream a little. Talk to her about your vision for the kid. Talk about fun stuff you guys will do together as a family and then start to incorporate some of it now in a way that makes your wife realize she has to get her shit together. Give her a vision or adventure she wants to be a part of because a good physique, solid frame, and money handling skills won't make a bit of a difference versus tiny baby + Facebook.

Lead her to better. You are the man. Sell her on the promise (and then fulfillment) of more exciting experiences.

TLDR:

You have competition for her right now in the form of a tiny human that basically causes her body to release some of the most potent chemicals known to man every time it looks up at her or latches on to the titty. And that's ok. But you don't overcome that or compete with that by being a fit, money-handling autistic robot. You overcome it by being **fun**. Women perceive the world through interactive emotions. Give her a better experience than baby + Facebook.

Sell her on better.

EDIT: For the autistic crowd, this post is about **DOING**, not talking. Yeah, you gotta talk a little because people aren't mind readers. But do it during a hike. Talk about vision riding up a ski lift. Do it on a break during mountain biking. Don't do it while on the couch in between episodes.

You sell people on actions, not speech. I should have clarified that.

109

UPVOTES

Everybody wants to be an Alpha, but nobody wants to read the sidebar.

RP_SuitScholar · 14 May 2017 · Archived copy · Reddit

This post title gets its inspiration from Ronnie Coleman's famous quote:

"Everybody wants to be a bodybuilder, but nobody wants to lift no heavy-ass weights."

I don't think I have to insult this community's intelligence with an in-depth explanation of the principle, but for the faggots I see posting shit daily that like to think of themselves as part of the community, I think some explanation is warranted. Don't get your feelings hurt boys, to quote /u/stonetempletilists, **"You ain't shit yet, but that's okay!"**

Here is the three-part answer to every fucking question you want to ask on any of these forums or their sub forums:

1. LIFT.
2. Read. The. Fucking. Sidebar. All. OF. IT.
3. STFU

LIFT

As in be on a program consistently, at least one that puts you under heavy ass weight three times a week. If your wife won't fuck you it's because you're doing too much cardio. This was how the RP took ahold of me. I am sad to report I did nothing fitness related in my entire life until 3 years ago. I now follow a PPL Program but have done Starting Strength, 5x5, a 6 Day Bro-Split, and a few others over the past few years, losing almost 50 lbs of bodyfat and building up several pounds of lean muscle mass. I ain't shit yet, but that's okay, because the journey continues and I am consistent with it. I see the results and people treat me differently as a result. Yesterday, I was overtly flirted with by three different women just going about my business doing errands. That never would have happened before the Red Pill and my commitment to fitness. It did my ego good but I reminded myself that it took years of consistent effort to get to this point, and if I give myself permission to eat like a slobby bitch again and stop following my program, I will go back to being a fat fuck no girl would want to play "50 Shades of Pound my Pussy" with. LIFT you fuckers LIFT.

READ

I have read all the sidebar here and at TRP, some of the books more than once and have also read several other books that are not necessarily sidebar material but they are relevant to the Red Pill and have changed my life both personally and professionally. You must read and keep that shit to yourself. At first, you will be tempted to share the information you are getting with others, some of you even share the shit you're reading with your wife. What a fucking joke. Never do that, ever. Instead, read and internalize, read and internalize. It is not the reading in itself that is helpful, it is the internalization, which takes time. Sometimes you will be reading one book and it will make another click and make perfect sense. Reading Rational Male is a great start, but when you read The Red Queen both books gain more depth and understanding because of how they overlap. You think reading No More Mr. Nice Guy is enough? Buddy you ain't even close to getting your Red Pill Associates of Art, stop talking like you're a god damn PHD of Big Dickery.

STFU

This is the one we all slip on at first. It separates the men from the boys when you learn to do this. STFU means exactly that. SHUT THE FUCK UP. When your wife is giving you shit. STFU. When your gym gains are giving you the power to sleep with your HB5 co-worker STFU. When you are pissed off because the Red Pill has shown you the stupidity of the Feminine Imperative controlling every aspect of your life...STFU. You are a fucking baby on this journey. You don't get to say shit until you have been in the gym following a lifting program consistently for

over a year and have read most if not all the sidebar material. Only then can you to some degree of finesse and control begin speaking to the bullshit that surrounds us as men. Even when you have mastered all the other tools in our arsenal (Agree and Amplify, Amused Mastery, Fogging, etc...) STFU remains fucking powerful to use. Just learn to look like you don't give a fuck and be quiet even if the rage of POSEIDON is churning underneath. Telling a woman how pissed you are makes you no better than a fucking 2-year-old who can't have a cookie. Be better. STFU.

TLDR: LIFT!

109
UPVOTES

Stop Hamstering that your Wife is Nuts

RedRanger207 · 11 December 2019 · Archived copy · Reddit

There are a lot of faggots on here that hamster about their BPD, NPD, depressed, anxious, bipolar, schizophrenic, etc wife. I know I've done it... a lot.

But...

She's Probably Not Fucking Nuts

Very likely your wife is not nuts. There may be crazy *things* she does but that does not make her crazy. I used to think my wife had BPD or NPD... until about two months ago. I was told by lots of people – my family, some of her family, her ex-friends, my friends, hell my therapist, WebMd, etc. that she was.

I believe all women are capable of crazy things if not constrained by *something*. The more feminine the woman, the crazier the emotions – both good and bad. And you *want* this – you want a woman who is emotional and feminine, but you *must* be strong enough to handle these storms.

Because...

The Problem is You

You know what the problem was the whole fucking time? Me. I *was* the crazy one, for a long time. What a fucking faggot I was – at one point she had to barricade herself in our bedroom and I got a stick to try and knock to the side the chair that was blocking the door. Then I found MRP and went crazy Rambo and fucked up with overt dread and leaving a path of destruction behind. Then I refused to accept the nature of the feminine with emotion and tried to command her out of her moods (literally: “You stop being mad now”). Autistic as fuck.

If you think she's a nutcase, first look in the mirror. Do you do crazy shit? Do you not understand that she's going to live in constant emotion? You can guide that emotion, but you cannot command it.

My wife told me once “I'm a strong woman and need a strong man who can handle me” and she's fucking right.

98% of the Time You're the Problem, but even if she really has a mental issue...

We Don't Fucking Care

So you have a diagnosis... what does this change for you and your MAP (you better have one)? Absolutely fucking nothing. Look at [this series](#) by /u/HornsOfApathy for proof.

All you're doing when you write/think/say “my wife is nuts because of X” is making an excuse for not having the relationship you want. You're saying “see guys, I'm fine, I'm high value. It's my wife though, she's crazy so it's HER fault that I fail/can't set boundaries/have no social life/go Rambo/cheated/can't get divorced/am getting divorced/fucked the babysitter”.

It's NEVER her fault, it's ALWAYS yours.

YOU fail at setting boundaries.

YOU fail at being the oak

YOU fail because you're the crazy one and project it on your wife

YOU fail because you're a faggot

YOU fail because you didn't vet properly

YOU fail because you didn't eject sooner

YOU fail because you're scared of her

At the end of the day, are you attractive? Are you high value? Are you owning your shit? Are you willing to burn everything to the ground to get what you want? Are you truly DNGAF?

If you can't answer a definitive "yes" to all of these, then keep grinding, and don't do stupid shit. It doesn't matter if she's crazy or not.

Caveat: Of course if she does something REALLY INSANE – pulls a gun/knife/tries to kill you, etc. then you need to call the fucking cops and exit immediately even if you're a fat faggot who can't lift the bar.

Next Time

Next time you think your wife is crazy – look inward at your actions.

- What are you doing that can be different?
- Could you set a boundary (and be capable of enforcing it)?
- Are you having verbal intercourse because you can't STFU?
- Are you showing your emotions like a man and then exiting the situation?
- The only person you can control is yourself – so start doing it.

Start owning your shit here and stop blaming your "crazy" wife. I've gone from 1-3 "crazy" things a week to 0... because *I* changed *MY* behavior. It's not what she's doing, it's what YOU'RE doing.

108

UPVOTES

A few thoughts from an OG

Jalakee · 31 July 2018 · Archived copy · Reddit

So I'm an occasional lurker here. To give a bit of background, I became red pill before the term "red pill" was actually coined---back in the day when [SoSuave.net](#) was one of the few corners of the internet where this stuff was being discussed. The birthplace of Anti-Dump, RT, even the esteemed Pook. Before Heartiste, and wayyyy before Reddit Red Pill.

Like most of you, I started off as a dyed-in-the-wool beta chump. I had a father who in many ways was a great man, but definitely passed his blue pill philosophy and behaviors down the family tree. I had an introverted personality, poor fatherly example, a mother that died young and a host of other negative experiences with girls at a young age that set up the perfect storm for a lead-footed beta sinking to the bottom of the blue pill sea.

Long story short, a cataclysmic LTR and depression forever altered my path and set me on the straight and narrow with regards to women. I slowly began selecting better and learning that *I* was ultimately responsible for the way women treated me, not the other way around.

I racked up close to 40 lays in those formative years and dated probably double that, and became quite deft at the simple yet elusive art of NEXTing. It is partly through all this experience that I was able to attract and recognize the rarity in my now-wife. By RP standards, I did everything right: I met a virgin (a true virgin) 7 years younger than me (I was 30), was more educated than her, made more money than her, I delayed exclusivity until I took her virginity, I held a dominant frame from day one, I had tons of experience prior to her, and didnt marry her until she had confessed to me unprompted that she would stay with me no matter whether we married or not, had kids or not.

To be frank, experience allowed me to select and attract 'good stock', but there is certainly an element of Providence here, or luck, however you define it. To this day I am grateful and yes, even blessed.

What I came here to say is that EVEN if you have done everything right---self-actualized as a man, gained experience, screened redundantly, established frame from day 1, ruled out all sorts of common pitfalls and checked the right boxes---you can STILL revert to betaism within a marriage or LTR if you become complacent. And the onset is quite insidious.

Red Pill in a Marriage, and to a lesser extent an LTR, can be summed up like this: **If there is a leadership void in your relationship, your wife WILL fill that void, and it will never be to your benefit.**

That's it. Dont make it any more complicated than that. All the other stuff; the lifting, the clothes, the behavioral tactics; all of those are just mechanical means of faking it till you make it. And that's ok, by the way, but they are means to an end. Leadership is first and foremost a mindset, and all actions flow from this origin.

It does not matter what stock your woman comes from. It does not matter how good you were yesterday or how much of a stud you used to be. Does not matter how much other shit you have going on in your life. This is a law of nature, as real as gravity and thermodynamics. If there is a leadership void, it will be filled. Not surprisingly, this was even validated Biblically long before any of us clowns thought we made some scientific discovery.

What's really driven this home for me in the last few years is how easily you can lose frame. Married guys can relate. And as an aside, I truly believe you do not know what it is like to be married until you are married. This is evidenced by the sheer number of unmarried guys who tell me or other married men how marriage "should" be.

In marriage, things get routine. You both get lazy in your own ways. It's human nature. You cant be "on" all the time like you are when single, because when single after your bitch time you get to go home and power down for a while. You arent constantly being tested. And that's another law of nature to embrace: **ALL WOMEN WILL TEST YOU**. And the closer you get to them, the more they will test you at your weakest moments. My wife loves to shit test me when I'm high. Yep, when I'm trying to get my relax on, smoke a little weed and just contemplate life on my front porch, that's when she decides to come out and ask me all sorts of weird personal questions. Or start a

relationship conversation. They do it, it's uncanny, and you have to always be ready; or at least remove yourself when you know you are vulnerable.

These little moments of shit testing and frame shifting can add up, until one day you wonder why she doesn't suck your dick like she used to, why is she gaining weight, why is she giving you attitude all the time, etc. It's a lot like being cold when you are outside: it is much easier to *stay* warm than to *get* warm.

Leadership in a marriage is a crucial, critical skill to master. It's not even so much a skill as it is a discipline you practice. Even the icons have beta moments in their marriage/LTRs, I guarantee you. You just aren't privy to them.

While I'm far from an expert, I think there are some basic tenets on marital leadership that maybe I'll touch on in another post. But to be honest, there is nothing new under the sun. It starts with an extreme ownership of your life. None of us are reinventing the wheel here; we are just repackaging timeless wisdom and making it applicable to modern times.

I don't believe marriage in and of itself is bad. When done correctly, I actually believe it is a net positive; good for the individual and good for society. Whether or not you chose to marry or remarry is up to you. There is no right answer, but don't believe that avoiding marriage absolves you of these trials. Sure, you remove some legal risk. But eventually you will be confronted with these laws, and you and you alone have to pony up.

Peace!

TL;DR: If there is a leadership void in your marriage/LTR, your woman will fill it, and it will never be to your benefit. You will always be tested, even if you do everything right, and usually at your weakest moments. Avoiding marriage does not absolve you of these laws.

108

UPVOTES

Be the Judge

Red-Curious · 19 December 2017 · Archived copy · Reddit

I started writing this as a reply to [this thread](#) on askMRP, but thought it would be worth posting here. The question posed was, essentially, if arguments ever stop and, implicitly, how to handle them.

My job right now is to argue (attorney). It's rare to have a case where I'm not arguing against someone. There's almost always an attorney or party on the other end. But if I were to run for judge and win, my new job would be to hear someone else's arguments and make a decision. Which role are you playing in your marriage?

Playing Attorney

When you DEER and argue with your wife, you are putting yourself on an equal playing field with her. You're saying that you're one attorney and she's the other and you're both pushing for differing agendas. The problem is that there's no invisible judge presiding over the situation. This means that you're both implicitly assuming that there's some objective "right answer" and you're more closely aligned with that objective reality. But because that objective reality is an inanimate ideology that never acts or reveals itself, the argument itself becomes the centerpiece of the show. The argument is emotionally devastating in many such cases because there is no absolute resolution - only a concession toward trial and error based on whoever has more steel plates in their head to keep banging.

- **EXAMPLE:** Suppose she starts arguing that you should never spank your kids. You argue back that spanking is perfectly appropriate and beneficial. There's so much evidence on both ends of the spectrum that nobody can definitively say whose way is better. There is no *magical parenting fairy* who will appear to screaming parents and tell them who's right.

Whenever you engage in an argument in a back-and-forth manner, even though you're arguing against her, you're actually validating her view. By playing the role of "opposing counsel" you're communicating that objective truth has not been discovered on that issue yet. You cannot then play the, "I'm the guy, I'm the leader, so I win" card because now it comes from a place of weakness. You have not persuaded her that your way is better, and you have just proven to her that no objective reality is going to decide the case either ... so, in her mind she's following a guy who keeps getting it wrong.

- **NOTE:** Winning arguments and getting your way aren't methods of strengthening your frame or "holding frame." Being an argumentative jerk who never backs down might be a persona you want to craft into your frame, but it is not your frame itself. Your frame is who you are and how you project that to those around you. If you deviate from who you want to be just to win an argument or get your way, you may prove a point, but you've broken frame to do it. You've shown her that she has the power (through sacrifice of her ideologies) to change you, for better or worse. This is not a display of strength, but of weakness.

Playing Judge

Instead, you just need to take the position of judge from the get-go. At that point, you're not arguing *with her* - you're *listening to her argument*. That's a huge difference.

Interestingly, go watch a real trial (not Judge Judy crap) and you'll notice something right away: **Judges STFU**. They sit there and listen. They don't argue. They really only speak when someone objects. When a witness is finished or the case concludes, the judge might ask some questions, but they never engage in the argument itself. They never argue back. They are only seeking more information with which to make a wise and informed decision. The judge's opinion, then, becomes objective reality. Yes, it may be subjective as to the decision itself, but the authority from which the decision is made is objective - something that everyone knows not to defy. As attorneys often tell clients, "I don't care if it's a bad decision; you better do what the judge says anyway."

Now, in his opinion the judge does address the arguments. He explains to the attorneys and parties, "I heard what you had to say and here's what I think about that." He explains himself because this builds validity and respect behind the ruling. Attorneys and parties learn from this which judges are the "good ones" and which are the "bad ones" - and it's how you preempt comfort tests, by letting her know that you heard, understood, and valued her input, even if you end up chucking it out the window. If the judge did not do this, every case would be appealed. But even if a party disagrees with the ruling, if the opinion is well-reasoned the party knows that the ruling will stand, even despite appeal. The difference is that the judge is not arguing, he's explaining. He's establishing precedent and saying, "If something similar happens again in the future, this is how I'm going to process that situation and rule on it."

Whether you're an attorney or judge, the arguments will be never-ending. The difference is that as an attorney the arguments are against you; but when you're a judge, the arguments are to you. Position yourself as judge, not attorney. Don't argue back; rather, STFU until she's said all she has to say, then issue your ruling: "Here's what I'm doing and here's why I'm doing it. I heard what you had to say, and here are my thoughts on it." If she tries to argue back, let her know that you're not arguing - you're deciding. I've had good luck often reminding my wife, "We could argue about this, but then there would never be finality. Do you want to have a decision and move forward or do you want to debate for the next three hours?" The question is, of course, rhetorical - she knows I'm not going to entertain the debate even if she says that's what she wants.

108

UPVOTES

A conversation between a father and son

dirty_pr · 21 March 2017 · Archived copy · Reddit

At some point, every father should have this conversation with his boy(s):

Son,

As you are coming of age, your desire to be loved by a woman is growing. To feel the daily warmth of a woman by your side. To have and to hold. This is a natural instinct and one of the strongest ones you have. With that said, it's my responsibility to make sure you enter these interactions with a knowledge that I and very few other men have had the benefit of knowing beforehand.

I love your mother. You love your mother. Your mother loves us both, but not in the same way. You see, she loves me for the life I provide her with. My humour, my handyman capabilities, my sacrifice at work and my emotional support. She loves you as the most important thing in her life that she would do anything for.

This is very important for you to understand, because when you find a girl you want to commit to, you can't expect her to love you like mom does. In fact, if you try to make her love you like that, not only will she resent you for your weakness, she will be repulsed it.

This may seem a little harsh, but it's a reality you must accept if you want to get the most out of a relationship. That same unconditional love that you want from your girl, will be reserved for the offspring that you provide her with.

The irony to this son, is that the love you feel from mom and the love your woman will give to her children, is the same love you will need to give to your woman. She will want a leader. A strong and confident man who makes her feel safe and secure.

Furthermore, she will hate the fact that you still want that love from mom. So you will also need to cut the emotional support you get from her off as well. You need only look at the people in our lives who are mama's boys. They all live in very miserable relationships. This is because men don't need their moms love. They have already gotten all they needed in their youth. I had to find this out the hard way myself.

If you absolutely need to express some of your feelings, do it with your best friends, your brother or especially me. Never with your girl, your mom, your sister or any other female in your life. They can't tell you how to be a man. From this point on, you have joined the fraternity of masculinity.

This may sound like lonely road to travel. That's because it will be. We no longer need that emotional support. Men embrace the loneliness. We learn to accept it and thrive in it. This is where you will learn who you truly are and what you truly want out of life. It's when you realize that you don't need anyones approval to be who you want to be. This is essentially where you become a man. Believe me when I say it son, being a man who lives his life like a man, will be the best decision you ever make.

I love you son

108
UPVOTES

A walkthru of No More Mr. Nice Guy

RStonePT · 15 June 2020 · Archived copy · Reddit

Something as a subtitle

Great year for Rational Egosim fellas. If you've not been paying attention, a lot of people have been learning what the fuck the red pill is ... thats a good and bad thing.

The good thing is that guys are sharing notes like you wouldn't believe. The bad thing is that a lot of people are coming out of the woodwork to get their little bit of clout.

It's not a new thing, some 5/10 feminist (Cassie Jaye) made a movie about "it" which was really all about "her" Youtube is jam packed with hundreds of hours of content on "5 ways to be more alpha male, number 3 will surprise you!"

It's all garbage.

Having said all that, I figure why not take something simple, our sidebar, and go through it with a fine toothed comb. I hope to eventually add it to the sidebar here once the series is done. We re add the 60 DoD every year, the books largely don't change.

I'm going through Robert Glovers **No More Mr. Nice guy** with a fine toothed comb. If you've been here a while it's nothing new. If you're new here (or just pretended to read the sidebar so you could crack jokes about butt plugs and call people faggots) it's a nice supplement to you pretending that you're fucking your wife on the regular and not fucking around on Reddit.

It won't spoon feed it to ya, but some people learn better by reading, others by talking and listening, and some learn the hard way. I unfortunately cannot fuck your wife for you to learn the hard way, talk to one of the CAD's and I'm sure they will hook you up on the hard way lessons

No More Mr. Nice Guy, 60 minute chapter breakdowns

Chapter 1

Chapter 2

Chapter 3

Chapter 4

Chapter 5

Chapter 6

Chapter 7

Chapter 8

Chapter 9

EDIT: Completed! (And added to the sidebar)

108

UPVOTES

Stop Blaming Your Kids

Asthmatic · 22 November 2021 · Archived copy · Reddit

I've consumed a lot of the content on MRP and the thing that pisses me off most is when guys blame their kids. If you let a five-year-old stand in the way of what you want, then either you don't really want it or you don't deserve to get it.

Remove the Kids From Your Sexual Strategy

At my lowest point, this was still a hard boundary for me. I don't need elementary school children to be my wingmen. Using them for "dread" is absolute bullshit. My goal with my kids is to give them experiences and blueprints for transitioning into adulthood. I've come to terms that some of my kids may excel, some of them may fuck up, and some of them may be average. That's on them, and I'll be here for guidance.

They are people. They're hormonal with undeveloped brains, but they are people with agency and not a tool for you to use to get laid. "If she sees me be a great dad, she'll go down on me right away." If you take the kids out and think about what your wife will think, you'll be sorely disappointed. Your kids will probably still have a good time, but good luck with your seething anger and resentment.

If you don't stand up for the boundaries you set for your kids because it might stand in the way of getting laid, you've got bigger problems than sex. One of my major boundaries is allowing my kids to have some privacy, regardless of their age. Nothing makes my blood boil more than a mom posting private information about their kid on social media with a caption that describes the child's physical and mental ailments for "you go girls." I had one instance of this where I stepped in. My wife posts a picture of the two-year-old and talks about how she (two-year-old) is delayed in one area, but that she's learning so much from a TV show (more on that later). I've told my wife before that we shouldn't be ashamed of anything that the kids are going through, but that it is their choice on whether or not they want to share this info when they are old enough, and not ours. I had to reiterate this a little more bluntly this time. Post was taken down, privacy for the kid remained somewhat intact. Didn't get laid. Didn't care.

Don't use your kids to try to get your wife to have sex with you. Don't sacrifice their integrity and agency if it stands in the way of you getting laid.

I Can't Do Things Because I Have Kids

No. You can't do things because you don't want to, you're making excuses, or because you don't have enough money. You may also suck at logistics.

"All of my money goes to my kids." Reevaluate your budget, or go make more money. The reality is that there is always money out there. It's not an excuse.

"If I go out or leave the house, everything will go to hell/my wife wouldn't be able to handle it/I'd feel guilty." I had this at first. Some guilt that things would go crazy or that the house would burn down. But you know who never feels guilty about leaving the house? Moms. And you shouldn't either. Admittedly, I was completely in her frame with this at first, but I quickly got out of it by being consistent and planning some things to look forward to on my own. At least once a week I go out on my own, no guilt, no shame, no extra housework to justify what I want to do. If you haven't done this before, there's a good chance that the kids will be used against you to manipulate you to stay home/do what she wants you to do. Just get through it, avoid answering texts or phone calls unless it's an actual emergency, and enjoy yourself. Out of sight, out of mind.

You Want To Be Your Wife's Kid

I love discovering things and keeping in touch with my youth. Yet, a majority of my issues are being stuck in that limbo between childhood and adulthood. As I mentioned above, chances are if you're here, something was fucked up in your childhood that probably related to your parents.

You might be jealous of your kids. They get all of your wife's attention, and you get none. They are praised for taking a shit in the toilet, and you don't even get a thank you for working 80 hours a week.

Iron Rule of Tomassi 6: Women are utterly incapable of loving a man in the way that a man expects to be loved.

The truth is 1. you're competing for the wrong type of attention and love and 2. you shouldn't be competing at all. If you find yourself at the end of the movie "The Good Son," and your wife is holding on to you in one hand and your kid in the other hand, she will drop your ass to your death without hesitation and save your kid. It's what she's wired to do. Stop arguing biology in your head. She doesn't love you that way, she never will, nor should she.

You want to feel young? Go lift and eat well and seek out a little adventure. I feel better in my late thirties than I did in my ten years ago. Do you want someone to take care of you? You can probably get that, but don't bitch when the sex dries up. The kids are not your competition.

But My Kids Sleep In My Bed...

This has no bearing on whether or not you'll have sex. You're probably fat or unattractive. Chances are your wife has probably taken care of herself while you were gone and the kids were in another room or even in the crib in your room.

You may still be at a stage where your wife is using the kids as an out loud excuse to not have sex with you. Let me translate for you:

*Her: "If we have sex now, the kids will hear us." (You're not attractive, and I probably wouldn't fuck you if the house was empty).

*You: "Let's go upstairs." Her: "Let me get the baby." (You're not attractive, and your wife is using a human shield to protect herself from your fat ass or her image of your former fat ass).

*You: "The kids are at grandma's for tonight. We finally have some alone time together." Her: "I'm just tired from running around. I'm looking forward to resting tonight and getting to bed early." (You're not attractive, and even without her human shields, she still doesn't want to fuck you. And, your initiations suck).

"If the kids are removed from the bedroom, I'll get more sex." I do not talk about fight club with my friends, but for new fathers that I talk with, this is hands down the most common covert contract I'm seeing. Now, you can go all out on logistics here and make a grand plan to get the kids out of your bedroom and you getting laid. But you know what? You probably just need to sidebar and lift.

Your kids aren't cockblocking you. You are. They may be speed bumps, but they aren't roadblocks.

You Don't Have to Spend Every Waking Minute With Them/You Don't Have to Entertain Them

A lot of parents today think they have to have their eyes on their kids every waking moment, or that they have to plan every single part of the day out for them. I'm big on activities for the kids; one of my rules is that the kids have to be in at least one sport/physical activity and one musical/club type activity. These take up some time. But another rule I have is that they have two days a week where nothing is going on. These also happen to be no-screen days. It pisses them off, but they live. I check on them occasionally, but these days are for them to figure out what they want to do for themselves. I then go do my shit, and if they want to help me, great. If not, they read/play/build something/go outside with friends.

For guys like me that didn't have dads around, you may want to oversteer and make sure you're there for your kids all of the time. Kids can be a part of your world, but not the center of your world. Make most of their events. Spend some of your time with them. I missed an event the other day because I had something else I needed and wanted to do that's been on the calendar for a while. I'll probably make the next event. Other times, I might change my plans to accommodate, or I even plan around the activities and events. There's no script, it just all depends on what is happening at a certain time, where my time is best utilized, and what I can do to honor my word.

Summary: Don't make your kids your wingmen. Spend quality time with them if you want to. Otherwise, I'm sure they can find help on this sub in 15-25 years.

107

UPVOTES

A letter to my son

losingmymind70 · 8 February 2018 · Archived copy · Reddit

My youngest son is a high school junior. He was recently assigned to have a parent write him a letter of advice, similar to the advice Polonius gave Hamlet. Here's what I wrote him. Comments welcome.

Dear son,

Your grandfather taught me a great deal during his life, both by precept and by example. I've always tried to do the same with you and your brothers. The idea that I'm supposed to write down all my distilled life experience and advice in a single letter is pretty daunting. What if I leave something important out, like "always brush your teeth?" I'll do my best to stick to the most important things in this letter but it may get kind of long.

As you know, I have had the good fortune to travel the world, work in a fascinating career, serve our country in the military, and meet fascinating people from all over. Here's what I think you need to know.

"Brush your teeth and pay your mortgage early." This was one of your grandfather's favorite pieces of advice. When he was a little younger than I am now, he had all sorts of dental problems (including bad gum disease that led to him having several teeth pulled). Don't be that guy. More generally, two things: take care of your body and be very, very wary of debt. Lift heavy weights to strengthen your body; find an endurance sport you enjoy to complement that. And seriously... brush your damn teeth.

Find your mission. Throughout your life you will often wonder why you're here or what the point of your life is. That's something only you can answer. My mission is to be the best man I can be and to live the best life I can. That would still be true if I had a different career or different life circumstances. "Best" means trying to live up to the standards I set for myself, some of which are outlined here. Your mission shouldn't be just "make money" or "get women." Focus your mission on who you are (or aspire to be), not what you do. No one but you can determine what your mission is or whether you're accomplishing it.

Always add value. In every personal or professional relationship, you should always be able to identify what you're bringing to the party. Be the kind of man who has something useful to contribute in every endeavor: your knowledge and skill, your physical strength and endurance, your stability and reliability, your sense of humor, your work ethic, your love... the list goes on. It's OK to feel like you don't have much value to add, or that you don't have all these things right now-that's a sign that you need to work on developing them, which we all need to do. Find or enhance your skills, talents, and capabilities so that you can add value. Other humans, whether employers, friends, or potential lovers, will always seek the highest value they can find.

Always expect value. Over time you will learn to identify what value others bring to your life. Watch carefully what others add to your personal, family, and work relationships. If they are not providing the value you need, know when it is time to move on. Your friends, coworkers, acquaintances, and lovers over the years will each show you through their actions what they can and will do to enliven or improve your life. Ever have a friend who always took attention, time, and energy but never gave any back? Avoid that type of person. This is not a "what's in it for me?" piece of advice, more a recognition that anything which does not push your life upwards will drag it downwards.

Never stop learning and growing. You and your brothers like to make fun of the fact that I didn't start liking avocado or sushi until my 40s, or that I didn't run my first triathlon until age 45. But that's objective proof that you can always try new things, learn new things, and grow as a man. As you grow you will find new

opportunities, new interests, new people, and new value to enrich your life. When I was your age I had no idea who I would be in 2018. In just my 40s alone, I have drastically improved my physical fitness and health, made amazing new friends, found hobbies I never would have thought I'd enjoy, traveled to exotic places, and had remarkable experiences with my sons. Never stop. You can't achieve your mission if you don't know anything.

Work hard and earn your leisure. If there's work to be done, do it. You're really good about not procrastinating your schoolwork. I hope you never lose that trait. The world is full of people who are content to sit on their asses playing Xbox or reading crap on the Internet, then complain that they have a crappy job, no worthwhile relationships, and no meaningful purpose in life. You may even know some of these people. Don't be one. Playtime is awesome once you have put in the work-and that includes exercise and self-improvement, not just the literal work you do at school or at a job. Your ability to accomplish your mission is directly tied to whether you do the important stuff first or turn into a Dorito-eating couch-locked neckbeard.

Seek the best. You wouldn't try to fuel an airplane with dirt and rocks. Don't fuel your mind with crap. There's nothing wrong with enjoying good entertainment but don't waste your time with stuff you know (or suspect) is low-quality. Stay away from crap on the Internet. Read the classics. There's a reason why people are still reading Epictetus, Seneca, Shakespear, Dickens, and Carnegie hundreds or thousands of years after their deaths. Read non-fiction books on topics that interest you regularly. See what you can learn from the experiences, knowledge, and lives of others. Someone who passively consumes entertainment can't add any value to his own life or anyone else's.

React to what people do, not what they say. The world is full of people who will say one thing and do another. Want to know if someone is truly your friend, or really loves you, or actually has your best interests at heart? Ignore what they say and watch how they treat you and how they behave. Watch how people treat others who are less powerful than they are-a waiter, a clerk, a subordinate at work, a child.

Be your own man. The world is full of people who will tell you how to live your life. There is nothing wrong with listening to their advice, then evaluating whether that advice is good for you or not. You are ultimately the man who has to look at himself in the mirror each day and judge yourself. There are plenty of other people who will judge you. But you know what 311 said: "fuck the naysayers." Also, they only entered in one contest that they made up themselves, you feel me?

Do what is right, and stand up for what is right. At any given moment, you will almost always know what the right thing to do is. Sometimes you have to figure out the least-wrong choice from a series of bad alternatives, but usually not-it will usually be pretty obvious. Never tolerate or accept bullying of yourself or others. When you see a wrong being done, correct it. That doesn't mean arguing with people on the Internet, by the way, or defending people who have acted badly and are now facing the consequences of their bad actions.

This seems like a lot of advice, and it is. I encourage you to go back and look at Ben Franklin's system for journaling, where he identified a single aspect of his mission to work on each day, each week, and each month, and then tracked his progress. (In fact, I strongly advise you to read his Autobiography on general principles.) You don't have to-and probably can't-implement all this advice at once. Pick one piece of advice to implement at a time and then focus on it. Just like your lifts are progressing in Stronglifts, or like you get more fit on the bike, the more of these things you do, the more you'll be able to do.

I love you with all my heart and look forward to seeing you grow into manhood and excellence. I'm always here for you.

107

UPVOTES

ALWAYS follow a compliment with a compliment

88Will88 · 1 August 2017 · Archived copy · Reddit

This is a habit that you all need to practice. Whenever a woman gives you a compliment, you must ALWAYS and immediately follow that compliment with another compliment. This is something you must do whether you are approaching a woman, with your SO, with a plate or on a date. It needs to be reflexive, natural and organic in it's delivery. It should be sincere and you must fully believe the compliment. If you deliver a compliment in a way that lacks confidence then she will smell your contrived and beta nature and she will rightfully reject you as a weak and unworthy man. I have been practising this for many years and I never fail. I never fail because my belief is strong, I have absolutely no doubt that what I am saying is the truth.

So, let's give some examples here. You are out on a date with a HB9. She says:

- "I really like that shirt" You say:
- "Any shirt looks great on me"

You are with a plate, you have just made a clever observation about the netflix show you are watching. She says:

- "Wow you are so smart" You say:
- "I know, you are really lucky to be hanging out with me"

You are with your LTR, she is eating and she says:

- "That steak was perfectly cooked" You say:
- "Yes I am an amazing cook"

You are at home enjoying a glass of wine with your wife (idiot, you never should have married but here you are). Your wife says:

- "I am so lucky to be married to you" You say:
- "Yes you are, you have exceptional taste in men" Or (for a bit of dread)
- "Any woman on the planet would be lucky to be married to me"

So to summarise, ALWAYS follow any compliment you receive with another compliment - to yourself! You have to deliver it immediately, with confidence and sincerity. Some may call this boasting, I say that it is not cocky if you can back it up. If you do not believe it then there is no way that she is going to believe it. If you delay or stutter she is going to smell you out as the spineless beta that you truly are. This is not a move that beginners should even contemplate. It is an advanced move for competent, alpha leaning men.

The best way to deliver this is when a woman spontaneously compliments you, but there is another really fun way to apply this. If you are into daygame, this is a great opener. Walk up to a woman, do the standard day game stop, then say "Do you think it is too early in the day for a compliment?". She will either shut you down or say "Sure", if she is open to you then you say "well come one then, give me one". It pretty much always gets a laugh and ideally she really does give you a compliment. If she does, double down on the laughs (and her perception of you) by giving yourself another compliment before you advance the conversation.

Implement and enjoy. Beware of the caveat though, if you are leaning beta, then this is going to blow up in your face and you are going to get burned.

107

UPVOTES

She acts like a child because she is happy

88Will88 · 4 April 2017 · Archived copy · Reddit

Happy women act like children all the time. They believe in romantic vampires and knights in shining armour. They believe in fairy tales, they care about the Kardashians and they are scared of moths. They sleep with soft toys and get mad at you because of how you acted in her dream. However all of this behaviour is the privilege of the alpha male. Beta males find it offensive that we would suggest women are children, because they never get to observe that behaviour. You see when a woman is in the presence of a vagina drying beta, they act much like man. Indeed they have to act like a man because in the presence of a beta, no masculinity is in the room. She is forced to act logically, solve problems and lead because there is no one there to lead for her.

This is why manginas and SJW are so offended with red pill theory. They see women as equals who want to be politicians, doctors, CEOs and scientists. In reality only a fraction of women truly want to do that sort of work, there is no glass ceiling, just women who are not attractive enough to secure an alpha male so she is forced to act like a man herself. All the while she is upset that no man finds her attractive so her anger manifests as feminism due to her victim status. The betas of society believe the lies told to them by unattractive women who went to university to waste their time on gender studies. Even some attractive women have been brainwashed into thinking that they need to act like a man and be "equal". Feminism does more harm to women than it does to men.

Alpha men see the real woman and her real behaviour. They hear her squeals of delight when he comes home or lifts her up. They feel her completely surrender her body and become like liquid in his arms. They know she does not want to decide which restaurant to go to or where to holiday, she wants surprise and adventure. They know what it is to lead and provide for her, to relieve her of the thing she hates to do the most, think. She does not want to think, she wants to FEEL. Real red pill men know this so we see her behave as a child all of the time. Often this includes childish behaviour, temper tantrums, power plays, and other manifestations of childish behaviour we understand as shit and comfort tests. Whenever she tries to lead she is only testing you. If you let her lead she will become miserable and sabotage herself and all around her in the subconscious discomfort she is forced to endure. She does not want to lead, she wants a real man to do it.

So next time your girl is acting like a baby, whining over stupid shit, upset because of a dream she had, or generally misbehaving, smile to yourself and know that this childish behaviour is her natural state. She cannot help it, you have become the leader so she is now free to act naturally. Her natural state is submissive, pliable, temperamental and childlike. Part of her childish behaviour is being naughty sometimes. Simply treat her the way you would a naughty child and the behaviour will soon pass. Never lose frame, never negotiate with terrorists, just slap her on the ass and laugh it off. Know that if she was with a beta she would not be acting like this, she would be acting like a man and vying for control.

Also know this, if your woman is constantly vying for control, attempting to take the reigns of the budget, making major non-domestic decisions, then that is all on you. It is totally your fault and you have allowed beta behaviour to become part of your habits and character. The more she seeks to take charge, the more beta you are. Any guy who has made the transformation from beta to more alpha on the spectrum knows this is true. When he was beta she berated him and complained about life, she tried to take charge on issues, she was unhappy, she refused sex. Now that he has his shit together it is like she is a new person, she fucks him eagerly, she likes the direction of her life, she seeks his approval, and she acts like a spoiled little girl. Such behaviour is the privilege and domain of the alpha male, enjoy it.

107
UPVOTES

The better way to get the sex you want

alphabet49 · 5 November 2015 · Archived copy · Reddit

I was inspired by [this](#) and [this](#) to address the issue of discussion sex with our women.

Too many men are telling their wives they're not getting enough sex, *even doing it in frame*, and finding what they think is success. Let me knock this solidly into your brain: you're doing it wrong. You're a pussy if you thinking discussing sex, *even in frame*, is going to result in anything hot, dripping, AND lasting.

Active dread and discussion can lead to higher quantity, but there is a ceiling in quality. What blasts through that ceiling like Wonka's Elevator is passive dread, a.k.a., **becoming awesome**. There's dozens of great posts on awesomeness, my favorites are [here](#) and [here](#). This is why we broken-record the newbies to STFU and work on yourself.

Negotiating For Sex, a.k.a. Doing Dread Wrong, a.k.a. Abusing Your Newfound Power

You read a few sidebar books, enough to understand the basic theory and light a fire of righteous indignation under your fat ass. You start exercising, even lifting heavy, and go from 300 lbs to 285. You're developing hobbies and man friends so you can check them off the Master MRP Self-Improvement Listtm. You've left the house a few times when she gives you the hard no, but most of the time you just go to another room and read.

So you think you've dropped enough beta to say something about your sexual needs. You tell her in no uncertain terms that you won't take just her bare minimum anymore. You're a husband who deserves sex with his wife, goddamit. You might say things like:

- I deserve better from you
- You should fuck me because we're married
- I don't want to have sex with a woman who isn't into it

It's probably not a pretty conversation, but your bravado seems to leave an impact. Her beta is gaining some self-respect, she better up her game. She truly longs for an alpha husband... plus, she gets off on the drama of it all. You think, "Cool, that was easy. I'm The Man now. I communicated in my frame, and now she understands that she should fuck me more. Oh yeah. Red Pill accomplished."

Here's the problem. **She's still fucking you out of obligation**. Sure, she might be temporarily aroused by your chest pounding, and she might even logically understand that husbands and wives should have sex. But **SHE IS STILL NOT ATTRACTED TO YOU**. You simply cannot negotiate that.

I once foolishly told her, "I cheated on you because you ignored my need for sex." My wife will NEVER give me a hard no because I said that. But that doesn't mean she can't get enough of my cock down her throat. It's still starfish sometimes, and ya know what, I gotta deal with it until I'm attractive in my own right. **I upped my negotiating power, but it's still fucking negotiation.**

Earning Good Sex, a.k.a. Passive Dread, a.k.a. Just Being Awesome

You read. You devour both sidebars. You start lifting, and not just fucking around the gym. You're taking your fitness and diet seriously. You actively research hobbies you want to start, then you go out and fucking start them. You STFU about problems at work. You internalize that you are alone in this world, and it comforts you because

you also internalize that you're powerful enough to accomplish anything on your own.

You don't need a supportive, loving wife by your side. You actually don't pay her much attention, and you're not obsessed about your sex life because you're too busy becoming awesome. Your desire to jack off wanes, you start to feel invigorated and free from the shackles of a sexless marriage. She denies you? Fine, you have better things to do, so you go do them silently and cheerily. You have no conversations about sex.

You dive into your hobbies, you're out of the house often, and when you're at home you're working on projects and staying off the game console. You own the shit out of housework like you're single.

You're casual and funny. You're busy. You're cocky. You're awesome.

Your wife starts to take note of your absences. She's seeing her BB transform into an AF, and on top of that he's not mentioning sex. "What the hell is going on?! My husband isn't a loser anymore. What if he's getting some on the side? What if he's prepping to leave? He's too valuable to lose now. Other women will want him. Plus, he's *HOT*."

Guess what? She'll start fucking you with abandon. It won't happen as quickly as Option 1, but the results will fucking last. Sex will come from her own desire and it will be hotter. She'll not only indulge in your fantasies but will come up with her own. You'll do things to her you wouldn't be able to dream of with Option 1.

The Fucking Conclusion

Your wife won't let you do doggystyle? You're not attractive enough.

Wife still shit tests you regularly, especially during sex? You're not attractive enough.

Sex is still sometimes starfish, even though she seems to want to please you? You're not attractive enough.

She asks for things in exchange for sex, like speaking her love language, being more romantic, doing more chores, or giving her more massages? You're not attractive enough.

Sure, you can wrangle some decent sex out of her, and it might be good for awhile. Don't fucking discuss these things with her. Be constantly awesome and quality, lifelong sex will follow.

When she, unprompted, offers to do that one fetish you mentioned way back in your beta years sloppy, enthusiastic blowjobs, you'll know you're starting to get it.

Edited a couple words

107

UPVOTES

[FR] Be Social with Everyone

hack3ge · 25 February 2019 · Archived copy · Reddit

I had a history of being anxious in social situations and would rather put my head down and just go about my business when I was out and about. As part of my MAP, I decided it was time to change that and have pushed myself to talk to anyone I encounter regardless of where, when and who they are. Sure sometimes people brush me off but most of the time people are happy to chat for a minute or two.

About 6 months ago, I made friends with a barista at a local coffee shop - not what you are thinking - she's a 45 year old woman, attractive for an older woman but honestly never thought about it that way at the time. We would chit chat about all kinds of things including my boys and her daughters. On occasion, her daughters, who are like hot young versions of their mom, would come in to say hi while she was working and she introduced me and we would make small chit chat here and there - they do yoga and I do too for BJJ so that became a topic of conversation. Even though I run some day game - I intentionally have never went there with these girls because my wife frequents that coffee shop and the barista knows I'm married and even knows my kids.

Fast forward to this past weekend and I'm walking around with the wife and kids and we walk past the coffee shop and one of the daughters is sitting in the window on her computer. She waves and then excitedly motions me to come in so I pop in and she says that she actually got a job teaching yoga finally and that I should drop in some time to one of the classes she teaches because she needs to fill her classes up. I say cool yeah maybe if you are lucky some time I will drop in, she laughs and I leave it at that.

I get shit tested a few times on the walk home about how I know her and just basically leave it as she's some girl I run into at the coffee shop from time to time. The wife keeps pressing so I decide to have some fun with it and tell her that she's actually one of the girls who's auditioning to be her replacement - my wife has a running thing that she thinks she's going to die this year (she doesn't take care of herself and has had a few issues in the last year - an area I need to be a better captain in for sure) and I always joke that I better start auditioning for her replacements. She huffs off and gets ready for her birthday dinner that we are having out with our friends.

Dinner goes well and we are all hanging out having drinks and she tells me that she really needs to know who that girl in the coffee shop is and that I'm being shady - I just basically keep up the teasing and sort of ignore it. At one point she says she has to go to the bathroom and I tell her to go to the unisex bathroom and wait for me to knock - she giggles says I'm bad and walks off. I honestly didn't think she would listen but figured it's worth a shot to see so I go and knock on the door, she opens it, pulls me in and we get at it like fucking crazy.

Being social isn't just about day gaming or catch/release - it is about literally talking to everyone and anyone because you never know what might happen from those interactions. There is always something interesting to talk to people about and most of the time people just like to talk about themselves so it's super easy once they get on topic. I do know that if I had not forced myself to talk to the barista then I probably would never have been introduced to her daughters and maybe this entire evening plays out differently.

107

UPVOTES

Year 1 Complete

OYS-Man · 19 June 2020 · Archived copy · Reddit

[removed]

106

UPVOTES

Loyalty to Hypergamy

Rojo-Gringo · 1 January 2019 · Archived copy · Reddit

I recently experienced just how disloyal a married woman can be. Not my wife but another woman who I was practicing game on. She's married 17 years, has a few kids, she has nothing but praise for her husband who makes way more money than me. She looks really good for being post wall, but my SMV is a few points above hers.

All I did was practice being alpha at work with this woman...cocky-funny, said flirty things to her that stirred her imagination, light kino, talked to her about the masculine stuff I do (martial arts, guns, cars), she saw me flirting and getting IOIs from other women (pre-selection), I would lock eye contact with her, I would talk to her and then get up and go before she could get bored, I would tell her to do something instead of asking.

Before I quit my job, she gave me her phone number to keep in touch. The next week, we made out in her car twice and for the next few weeks, I sexted her about all the dirty things I fantasized about doing to her. She was thrilled and invited me to come over and do it when nobody was home.

She said she loved me (which translates to she loves how I make her feel) and told me she wanted an ongoing affair. She said she never thought she would ever fall in love with another man and expressed no discontent with her husband. She could not explain why she was attracted to me, but RP already gave me the answers. I came off as an AF that she couldn't resist in her late post wall desperation. She sees me as her last chance to fuck Chad.

Then she posts on her social media her anniversary and heaps praise on her husband as her one and only.

Lesson learned: women may make vows, but their true loyalty is to their hypergamy.

106

UPVOTES

Two Years MRP: Sharing notes on the Big Picture.

JD Roedel · 18 December 2017 · Archived copy · Reddit

It's been two years, almost to the day, since I first joined this magical place we call Married Redpill. I came in a skinny-fat, plugged-in guy, sort of a pussy and without much of an idea of what I wanted out of life, doing things like asking men here if I was being OI enough after another sexual rejection in my **first ever post**. I wasn't even at Dread Level Zero (don't be a pussy). I knew just enough to know things weren't right with my marriage and I wasn't happy with certain aspects. Are they **perfect** now? Absolutely not, but I'm still working my MAP, still tweaking my strategy and weighing the pros/cons of how far to go up those 12 levels of dread to fully center my mental point of origin. Are things better? Yes, they are greatly improved. I found this place like many others... fucking Googling some sorry-ass shit to the effect of, *"why does my wife never want to have sex?"* one night after my wife and I had yet another fight about sex and after she told me that she, *"Just never gets horny, I don't know..."* Ouch... that one hurt and was really the catalyst that made me want to find an answer to why... then to fix it, or get out. Little did I understand at the time these were just her words and I should mostly be paying attention to her actions (which at the time, were saying the same thing). It was my "Neo moment." Remember, men have to actually **want** to be unplugged. At first, I didn't realize that it wasn't just my marriage. I was also unsatisfied with myself. I didn't even realize I wasn't happy with myself. That took some extra introspection to come to the surface.

Where I've gone

Fast forward two years and things are different. I'm bigger (more muscular), stronger, assertive and happier. I continue to make small course corrections and adjustments for myself and to my strategy. Sex frequency and quality is improved but still not fully where I'd like. But I'm not done tweaking my strategy either and I know my wife... she's stubborn and slow to respond to environmental changes and if I'm being honest, has tendencies that make me think she has some self esteem and anxiety problems (Practical Guide to Female Psychology). I will help her to the degree I can by being the Oak, but to a large degree realize these devils are hers to conquer. I still **make mistakes**.

Did my wife turn into a full on nympho? Nope, not yet, but I've opened doors in that department that were not open before. I also have accepted that she may not have "full on nympho" inside her, but progress with sex is still being made. A few weeks ago while we were fucking she actually grabbed my wrist and put my hand up around her neck area. She's still not a full-fledged refined sex kitten, but that only makes me look inward and ask what I could be doing better to bring that out. Like lifting, your gains in your MRP strategy will slow the longer you're here. **My one year post**

Sharing Notes

I've had a few incomplete drafts of post ideas kicking around on my Evernote app for a while. I figured now would be a good time to share that mishmash of notes I have. Men sharing notes on sexual strategy and mission and yes, maybe a little self masturb.... I mean improvement.

These are mainly summaries of these key ideas and actions I've taken that were important to my plan. Maybe it's important to you, maybe not. These are just my notes on **my own experiences and strategy**. You can discount, adopt, tweak, mock... doesn't matter to me. Every man here has a different road.

You can't optimize your strategy without stirring the pot

Don't just read the sidebar, stand up for yourself a little more and expect your life to turn around, and more specifically, your wife to start fucking you with abandon. It doesn't work that way. If you're here, chances are your life is in need of some fundamental, base-level changes. Call it self improvement (sorry, Stone), call it SMV growth, call it whatever. Mostly this is basic "adulthood" and being a successful human. This shouldn't even really have to be taught here but it is. After all we have a whole "sphere" to teach men how to be men which shouldn't be necessary but is. Dread Level Zero is "Don't be a Pussy." Have you stopped being a pussy? Good. **In addition** to

that, a fundamental, ground-level re-thinking of your sexual strategy at large is probably in order, but that can't happen until you're a functioning, competent, assertive man. Remember, MRP is Redpill on hard mode, we need sexual strategy even more than the single guy. Stir the pot. This means changing behaviors, expectations (your own) and goals;

Change how you prioritize your time. Be a little more selfish and start setting goals YOU want and enjoy activities YOU like. Do them by yourself or do them with your family when it makes sense, but DO them.

Change how you view your needs and desires Don't be afraid to make them known. Don't be shamed for these needs, especially sexual needs.

Change how readily you give up your time and attention, not only to your wife but to anyone in your life.

The first couple times I went out on my own at night after being turned down I got texts wondering what I was doing, little meme's telling me she loves me (even though she couldn't be bothered to put down her smart phone and fuck me 10 minutes earlier) and stuff like that. I'd go practice with the band, go for a walk, hit a local bar to watch open mic night, go to café to read or go for a run or bike ride if it's still light out. I'd NEVER ask. I'd just do. Slowly it just became my normal operating mode and she became less inquisitive of my activity. Don't ever suggest with your demeanor or words that your wife has any say in how you choose to spend your time (Remember Dread level Zero?). Take care of your home duties and childcare, be an adult, but beyond that, **you answer only to you.**

The other way you should eventually be stirring the pot is refusing shit sexual effort. I've aborted everywhere from my initiation to actually being balls deep inside. If I'm not getting a satisfactory level of investment from her, I'm out (literally). The first few times I did this she went absolutely hysterical on me. It was a great test in frame. One time it resulted in one of the most passionate "angry sex" sessions we've had as I discovered she was actually DTF that night but for whatever reason thought she didn't have to put in any effort. I crushed that belief by taking my hard-on and walking away. You have to start showing through actions, and occasionally verbally, that you do have standards and you aren't the type of man who will tolerate low effort in the bedroom, or anywhere else for that matter. Not every session is going to be porn-star level, but she should at least be showing a reasonable level of good old fashion passion. Me? I don't need sex-swings, anal, ball-gags and gimp suits to enjoy sex. That's just me. You do you.

If she's not competing for your time you're not MRPing right.

This is an idea I stole from /u/GargantuaBlarg29 and want to explore, mostly because it's one thing I'm probably still not doing well enough (as I said, I'm still making course corrections two years in). How available are you making yourself to your wife, or again, anyone in your life? It's ok to be available emotionally and physically, but make sure you aren't giving it away for free and FFS don't smother her with your presence. This does not mean 24/7 or every night of the week you are out "hobbying," hanging with the boys or learning Falconry and how to be a ninja. The balance of "keeping busy and pursuing your mission" is different for every man. HOW you choose to make yourself your mental point of origin is also different for every man. Find that appropriate balance. It takes time. Just a few weeks ago I was telling someone about my day practicing with my band and then going to see a movie with friends. They said, "well, sounds like a day all about you." I smiled, laughed a little and said, "you bet."

Being a Good Captain

This is a big one. And it's a concept that gets misinterpreted a lot and has received a lot of attention and debate lately. We could of course delve into what makes a good leader/Captain and why. I'm not looking to do that here, I'm just looking to share my frame of leadership and how I view it. I've found that these two ideas to be key;

1. Follow your passion, your goals and your interests **first**. Period. Everything else, including your marriage will follow in the wake you create in that effort to live life for **you**. Everything... your wife, your kids, your friends, your employees, your dog, etc.

The second thing is more in the weeds but some guys need to hear it...

2. Know the difference between **Strategic vs tactical leadership**. I think I stole this from SorcererKing or one of the other original gangsters here but can't find the post now. The captain of a family should be focused on the strategic issues. I like to think of this in terms of striving to take care of the larger strategic things (finances, house repairs, automotive issues, big vacations, the long-term vision for our family, etc) while she handles the smaller, tactical jobs (getting kids to school, laundry, making dinner, etc). **The stress I take off of her by handling the large, strategic issues far outweighs the minuscule benefit, in her eyes, of me cleaning the bathroom.** Now, be capable of cleaning, doing dishes or making dinner when necessary but don't lose focus of the larger issues. Be capable of doing ALL of that shit on your own, and make sure she knows you are capable of basic adulting. Make the big decisions. Is your wife babying you? Then you aren't doing this even close to correctly.

A good leader does not get bogged down in minutiae or in micro-managing his First Officer. He has faith in his FO because he's set a good example, has his focus on the long-term, big issues and she has followed his lead. In my case, my wife is already a pretty fiscally and logistically responsible woman but she even overtly communicated to me after I took over the budget that she feels more relaxed if I'm handling the finances from a macro-level. Don't forget to **reinforce and appreciate** your wife when she is being a good FO. Me leading and removing the emotional burdens of the "big scary things" allows her to do her part even better. **We aren't equal, but complimentary.**

"Riding with the Devil" - You can never relax and are never "done."

"So that's all well and good JDRoedell, but where are you with your mission now? Are you happy? Is your dick getting sucked daily?"

Well, much like the fate of the main character at the conclusion of the film *"Ride With the Devil,"* Jake Roedell, (and inspiration for my handle), my mission goes on. Young Jake started out timid, moldable, angry and without much frame. By the end of the film he is battle-hardened, independent and has a mission (get out of Missouri without the Federal troops capturing and surely hanging him). How's that for a specific, action-driving mission statement? This is a highly underrated movie for anyone into historical films, by the way. The movie revolves around the guerrilla warfare happening on the Missouri-Kansas border during the civil war. One of the things I love about this film is it doesn't have the classic, "good guy defeats bad guy" ending. It essentially ends with a lot of questions and the protagonist's future being uncertain, just like real life and like MRP. By the end, Jake is by no means a complete man, nor is he without further challenges facing him. It's a good analogy for even some of the more veteran MRP men here.

My point is, this process is never "done." Even if you reach a point where you make the decision that your wife is an impediment, not a compliment, to making yourself your mental point of origin, you still can't let off the gas. Even after a decision like divorce, you are not technically at any kind of real or imagined finish line. /u/FireTempered helped me come to this thought process recently. You are always adjusting, tweaking and finding new ways to pursue your goals and mission. Those devils are always with you.

MeRP on, men.

106
UPVOTES

2 Year Field Report: Honesty and Action

Environmental-Top346 · 13 January 2025 · Archived copy · Reddit

Purpose -

I tried to make this useful for 'me 6 months ago', and if you get something from it, that's nice too. I've been writing this post for about 7 weeks now, recording my mindset shifts as they occur.

I happen to have also had a 'main event' in the last week in my LTR, but I'm not going to write about that because it doesn't matter. What matters is what I changed in myself and my mind to become the person I am today, and how I made those changes.

Anyway, here's my most recent OYS and my comment history is public.

Where am I?

I see myself as squarely in the middle of my self-actualization journey. My actions are making me a pretty awesome guy who I'm really proud to be, and I'm getting a solid grip on what it is that I want out of life, as well as knowing how to make those things happen.

At the beginning of my MRP journey 2+ years ago, reading Blarg's [What a successful Mind and Marriage looks like](#) and Horns [year of OYS](#) posts gave me perspective of what the end point could look like - something aspirational to aim for - a surrogate vision I could adopt until I was in a place to honestly build my own vision and not have it be a cheap dopamine wish-list, but an actionable set of goals I could write down, work toward, and check off - aligned with bringing forth my vision for my life, and governed by my higher mission - to create adventure and beauty.

This began as a practice of gratitude. I wrote this to give me perspective on my progress, and to explain some concepts that have been epiphanies for me the way they made sense to me. Maybe it'll help someone else make their own intermediate set of goals - somewhere between drawing the two circles (STFU, Sidebar, and Lift), and [drawing the fucking owl](#) (mastering Frame, Game, and OI).

I want to give homage to [this post](#), which helped me turn a corner in my thinking and MRP journey 6 months ago, when I finally decided to become personally honest, and began taking actions based on reality.

What's helped me get here?

Ego and Personal Honesty

I've had to kill a lot of ego in this process. I didn't understand what everyone here meant by 'ego' when I arrived, but now I get it. 'Ego' just boils down to a simple, final issue - a lack of personal honesty. When somebody here says you have an ego, he's saying you're lying to yourself, and you can't see it. The pieces of ego I personally had to overcome

1. I realized I was intentionally creating unnecessary hardships in my life to give myself meaning, mostly in my career
2. I realized I was holding onto the validation of past plates, and letting that fantasy of 'I was good enough for them, I should be good enough now' keep me comfortably stagnant with my weight goals
3. I realized I was posting my years-old max lifts to justify me slacking on lifting during this process - 'I was good enough then, I should be good enough now'

When I started, I didn't have the ability to be honest with myself, all I perceived were the ego protections and identity lies I had built so I could feel better about myself despite that I was failing in every facet of my life and this process.

I discovered these egos, and was able to free myself from them, in no small part due to the other men here typing something along the lines of 'Hey retard, stop lying to yourself, faqqot' until I finally allowed myself to feel the pain of honesty and see what they were talking about. I tried for years to out-think this process - thinking I was smarter than the rest and that I was special. I took my beatings and wasted my own time when I could have embraced the pain of honesty, listened to the non-retards calling me out, and just **'put my ego in the box.'**

What dismantled No. 2 for me was WMP saying on a livestream "Maybe those chicks just have lower standards." That made me realize that, at least for my physique, I was living to other people's standards, not my own. I held a fantasy of sufficiency, outsourced to the standards of chicks I'd fucked 5 years ago, instead of a standard I set myself. I wanted to ride on past validation and success to support my delusional identity lie.

Your triggers are your teachers.

When somebody says something that makes you angry - take note - this is an ego defense, and the most obvious clue to self-development you can get. Why did that person's opinion matter so much that you allowed yourself to become emotional? Regardless if they're a chump or a mod, why are you triggered by what they think?

Are they...

1. Pointing out a truth you don't want to admit because it hurts?
2. Reflecting back or embodying something that you hate in yourself?

Either way, the trigger is an opportunity to grow. Don't waste it by shutting down your reasoning centers and externalizing the stimulus with a 'fuck that guy' attitude. Doing so makes you a reactive victim of their actions, instead of an agent controlling your responses - and you're not a victim, are you?

Progress began every time I stopped wanting to feel good about myself, started being honest and considering the things that I let 'hurt' me, and using those to see reality, not my fantasy.

Nothing has held me back more than not wanting to admit a truth that would hurt the identity I built for myself. This personal honesty is the core of Ownership.

Mental Shifts/Realizations

I'm a big fan of the 'If you can spot it, you've got it' model for unwinding unconscious behaviors and reactions. Get honest, get to their root motivations, and often the behavior and charge dissolves on its own. Futile Fighter is big on this, and **this is one of the zillion times** he's said this to me or other retards here.

Example - I was finally able to stop watching porn when I put words to why I was doing it compulsively.

"I want to feel the validation that I'm good enough as I am, without having to change, for a hot female I want to fuck, wanting to fuck me too."

It's addictive because I briefly felt a cheap and hollow version of what it feels like to have finished the work. To have a woman at my command. I realized watching porn was like taking heroin for back pain instead of doing the painful PT that would solve the root problem six months from now. It wasn't addictive because it made me feel good, it was addictive because, briefly, it alleviated the pain of not having the self-worth supporting female validation I needed to maintain my fantasy.

You only need validation if you're holding onto self-delusions that require external validation for their maintenance - "My physique is good enough for that chick I banged 5 years ago, she fucked me just like I am now" is no different from "My physique is good enough for Riley Reid, she lets me watch her masturbate any time I want."

How to Change Mindsets

How do you go about changing your mind? It's easy to change the body, but what are the 'sets and reps' for growing apathy/OI, or self-respect, or prize mindset, or frame? Can you really 'fake it til you make it'?

What worked for me is this. Understanding that I get the results of what I *am* today. You BECOME after you BE. You have to BE a ripped MFer, and live as that person does, before you BECOME a ripped MFer - you have to live as that person for months, maybe even years, without the rewards or validation of that achievement, before you finally BECOME what you've BEEN the whole time. You have to change WHO you are to change WHAT you are.

I have always hated the “fake it til you make it” axiom some people throw around, but I get it - let me rephrase it in a way I understood. You have to live (fake it) as somebody you’re outwardly not getting the results of yet, to start adopting the habits of, and getting the results of that person (making it).

So what does this look like as an action plan?

1. Being completely honest with yourself about where you are in reality, with no ego (this is hard to do if you’re still retarded)
2. Being honest about where you are in your mind (your triggers are your teachers, ego, and internal reflection)
3. Taking consistent action (faking it) until your body, mind, and reality start to resemble the vision you want for yourself enough that the mindsets of 'frame' and 'prize mentality' and Outcome Independence naturally become congruent (making it). Reality validates your self-image.

My Mental Model - Map and Compass

I used the analogy of navigating by map and compass to internalize this - you have to see the map clearly, not as you want to see it, and then accurately place yourself on it using surrounding landmarks and triangulation tools, not relying on ‘where you think you are’ or ‘where you should be’, before you can ever begin the process of making a plan to move toward a destination (your vision). Without accurate vision of reality and proper orientation within that reality, any movement is just wandering from a guess, not purposeful, intentional movement from a starting point to an ending point.

My Process

It took me ~30 OYS and a 180 day ban to become no-longer too retarded and egotistic to be honest with where I was in reality. That’s a lot of wasted time. I didn’t do the basics well because I thought they were beneath me - I thought I ‘knew what I was doing’ despite clearly not getting the results I wanted out of life. It can be done faster I’m sure, I spent a lot of time hamstering and dancing-monkeying. Once I got to honest grips with reality 18 months into this process, I started taking consistent action based on that reality.

1. This looked like starting back at the basics and being militantly precise - tracking calories, tracking lifts, and food. I weighed every bite of food I ate and got on a beginner 5x5 weightlifting program (despite my lifetime max deadlift of 563 lbs). I got to grips with where I was in reality really fast - fatter and weaker than I wanted to see myself as - 25-30% bodyfat and 150+ lbs away from my best lifts.
2. Then it looked like assessing my responses to criticism and other triggers, and doing a moral inventory a-la **Step 4 in AA** (thanks [u/futilefighter](#)). This made me get really honest with myself about the ‘why’s’ behind the ‘what’s’ of what I was feeling toward myself and everyone in my life - my resentments, my fears, and my excuses. I’m a big believer in ‘if you spot ‘em, you got ‘em’ for mental blocks - until you do the deep work of knowing yourself, you’ll never know your true wants, and as importantly, why you sabotage your own efforts at reaching them. You have to find the patterns that hold you back, release them, forgive them, and then move forward with a higher degree of integration.
3. And third, just like growing a muscle, I just needed time under tension to build my mindsets. I needed to see myself take consistent action toward my goals to grow Confidence. I needed to see myself change how I reacted to the world to grow Outcome Independence. I needed to see myself respond to the same situations with new patterns as I learned to stop reacting, and start choosing to interact with my world on my terms, in ways I felt appropriate, to grow Frame. I needed to see my body and mind start to manifest what I had *been* inside for

months, but was only now finally *becoming* congruent with.

Actions I've taken/wins -

That's it for the key learnings I wanted to articulate to me from 6 months ago. Below is a list of my wins and changes since that time and before, written for myself, and here in case somebody can find a use for my notes in their own process.

- Broke a 17 year porn habit by understanding its root, and stopped seeking validation from women by being honest with my self-deceptions and ego
- Went mostly dry from alcohol (monthly), down from drinking daily
- Doubled down on trail running, and accomplishing some of my dream routes and became an ultramarathon runner
- Realized that I was using running as an emotional cope, literally running from my problems and using pain as a distraction, and discovered new, healthy reasons for doing it, yielding an aligned commitment to reaching my vision/goals in this space.
- Added 300 lbs back to my lifting total since re-starting lifting, exceeding a 1200 lb total.
- Started tracking my calories and got in the best shape of my life since college - went from 245 to 208 lbs [link](#)
- Stopped arguing with women by learning to STFU and stop DEERing, and counter manipulations with assertive WISNIFG tools, breaking battle tested patterns of conflict in my relationship with my wife and my mother. Stopped viewing my [wife as an adversary](#).
- Internalized ^^ those tools, and then learned when not to use them and just express authentically from my core
- Unwound ego validation needs that caused me to self-sabotage, and finally became personally honest
- Expanded my social circle to include 4 awesome adventure partners, and multiple friends with common interests in my small town
- Started a new sales job, going from nearly minimum wage to being a broker at a precious metals company, making 6x my prior income in 2 years - I'm now looking at adding a second job in data engineering since I streamlined my job down to 4 hours a day
- Developed a real sense of self-worth and confidence, supported by the pattern of my repeated actions. I know what and who I am now, and how to get what I want. My mindsets and reality are becoming congruent through my work.
- Started attacking my oneitis by starting going on dates with other women, killing my scarcity mindset
- A recent development, I've created a sex life that I am happy with after a main event, following a year and a half of weekly-to-monthly sex. That sex life happens to be with my wife. WMP will say I should have fucked [843 hookers](#) during that time, and it's possible he's right. I still hamster my way around some things like this instead of acting.

So where am I?

My working title for this post was 'Getting to the beginning.' I've become a person who's purpose and obsession is the process of being, not becoming. I have not finished my MAP, there is still much to do, but I don't have to defer my happiness until I am something else. I am no longer blind to the game of reality, and I'm starting to learn how to move the pieces to shape myself and my reality to match my vision. I'm now at the Beginning of the rest of my life, with a clear vision to strive for, a plan to bring it forth, a mission to aspire to, and the tools to make it happen.

Edited - grammar

105

UPVOTES

Anger: Your best diagnostic tool

man_in_the_world · 25 May 2017 · Archived copy · Reddit

Anger is almost always a "tell" of weakness in your frame, your thinking, in owning your shit, or in your situation. It is thus a great diagnostic tool for discovering areas needing further improvement. Any time I detect anger in myself, especially that sudden surge of fury at some comment or event, I note the circumstances for later self-analysis to identify the weaknesses in my frame, the holes in my arguments, or my discomfort with my social situation. However, the anger is usually misdirected to protect your ego, so it takes careful self-reflection and honesty to diagnose the true weakness behind the anger.

Here are some examples to get you started.

- Angry at your wife for not allowing you to hang out with your friend? *Diagnosis:* You're ruled by your wife's frame, and you're too much of a pussy to challenge her domination of you
- Angry at your wife for letting you take the heat for leaving a party early? *Diagnosis:* You're insecure about your status among your friends, *or* your wife dominates you
- Angry at your wife for not giving you a blowjob on your birthday? *Diagnosis:* Covert contract, and ego (you deserve a special day because you're a special snowflake)
- Angry at your wife for nagging you about taking out the trash? *Diagnosis:* You're a drunk captain who isn't owning his shit
- Angry with your kids? *Diagnosis:* You're in your wife's / mother's / peers' / strangers' / kid's frame and fear their judgment of you as a parent, *or* you're insecure in your leadership of your clan, *or* your expectations are unrealistic for their age, *or* you're a drunk captain who has failed to OYS as a father

Learn to use the reliable "tell" of anger to uncover your weaknesses, to accelerate your MRP progress.

Gentlemen, tell us in the comments about the last time you were angry, and diagnose the real reason. Own Your Shit!

105
UPVOTES

Depressive and Anxious Wives: Transformation and Building Escape (Part 2)

HornsOfApathy · 13 June 2019 · Archived copy · Reddit

If you've read my previous post about [Depressive and Anxious wives](#), this is a continuation of that topic. If you want to get anything out of Part 2, I suggest you go back and read my first post to put this into your mind: **It's all your fault.**

This post's audience is intended for the Intermediate or Advanced MRP guy. If you haven't been at this for 6 months or more, save it, and come back to it later. Until then, you'll likely try to implement the concepts of frame escape on a shitty weak frame which will fail. Trust me. I did.

Your wife is looking for you to not only lead her out of her depressive and anxious states, but to do so with great truth and authenticity. After watching some men who have built a decent frame come back into MRP and ask why their wives are still nuclear shit testing them everyday (this was me at many points) despite them fucking her brains out, I was compelled to write what I think is the missing puzzle piece: **Transforming your frame to be a place of escape.**

Prerequisites:

- Entire sidebar? If no, go do that now. Being with a depressive, anxious or crazy wife requires fundamentals to build something that resembles a frame. **You must understand the concept of fogging better than anyone. STFU is equally as important.**
- Once done with the sidebar, Read TWOTSM again. I prefer the [audiobook version](#) because it has great narration with a strong masculine voice. It's also concisely broken into chapters that make sense to listen to all at once or in parts. In my opinion, TWOTSM teaches you how to **move your wife** from emotion to emotion effortlessly with your masculinity. Yes, it's kind of hippie, but you'll be **moving the energy** in your relationship.
- You've developed some form of frame, likely operating with some DNGAF. That's foundational to creating an escape.
- You like your wife. Yes, you probably love her. But do you *like* her? This is a painful road and if you don't like her, it simply will not work and she will see right through you.
- You're willing to take the tough road and do the hard work.

So, here we go, how to take all that negative energy and turn it around for both of you.

Step 1: Build your frame. But don't destroy hers.

I won't spend much time here talking about how to build your frame because it's been extensively covered in many posts here on MRP. Whatever that frame is, fucking own it. That's you. Don't be afraid to be who you are anymore.

You're probably not ready to start shifting her frame into yours because you're still figuring out who the fuck you are. Follow all the sage MRP advice on building frame and understand that you will not and cannot change her frame. Your goal is NEVER to change her. It is to *invite* her into your frame where she can relax from her own. And your frame is a place of abundance, fun, and masculine power.

The last thing you want to do is destroy her frame. Later, I'll explain how I think you can use it to your advantage.

Step 2: Learn from your wife.

She will shit test you to the ends of the earth because she desires the best in you. Your wife knows who you are and is likely more emotionally aware than you think she is. Had a bad day at work? She feels that shit, bro. Turned down for sex and you launched out of bed to go lift? She knows, bro. Take the opportunity everytime something is

going sideways or you're getting a shit test to say to yourself: **What is my wife trying to teach me here?** Likely, she is trying to teach you to operate in your frame, always. She WANTS you to stand in the face of her absurd emotions as the oak gently swaying in the wind saying to her, "Babe, I see what you're doing here. It's OK. I'm here. What's up?" Calibrate your actions accordingly. Take notes in the beginning if necessary, but keep them hidden.

Step 3: Initially caretake by using Advanced Fogging.

If your wife is depressed, anxious and generally batshit crazy it's likely because she is *needy*. She's missing something. She looks to you to provide it to her (as she does with everything in her life). Needy women attract needy men. It's likely that your beta behaviors have been needy which fuels this type of outburst behavior from your wife. Be aware that's how you got here. Non-needy men do not have time for needy women because we have better shit to do. This is your long term plan.

Eventually you'll transform her neediness into sexual emotion, intimacy and a desire to escape. Does that sound like something you want?

For now, you need to caretake a bit. This stage can last a few weeks or a few months. For me, it took about 3-4 months of caretaking from a masculine frame before the needle moved for me. You do shit for her because it makes your life easier. Pickup the extra chores. Make her some coffee in the morning when you make yours. Give her a break from cooking sometimes and do it yourself because you want to be better at it. The most important thing you can do in this stage is to take it on the chin like a boss.

She wants to talk? Listen, and STFU. She hates her life and the kids and wants to die? "That sucks babe. I imagine that makes you feel awful." **Then STFU. LEARN TO FOG.** Get down in the trenches with her, but don't be a placating emotional tampon. Maintain that you are there to listen, and nothing more. Don't try to fix this – in fact, **you don't want to fix it.** You want to harness this energy later.

Why are you caretaking? You need to let her know that you are safe. **You don't judge.** You are the oak. You are a man that can take the worst of her shit tests and it doesn't phase you. You caretake in this period to show strength.

Are you a man of strength and resolve? Do you gladly give your energy positively to her so that she can begin to move away from her shitty frame into yours? The only way to achieve your frame as being a place of escape is **NO JUDGEMENT**. You'll find yourself saying shit like: "AWALT" or "She's just being a bitch today" or "What a fucking complaining cunt all the time". You are judging. Your goal is to get her to understand that her tests are not going to move you but rather *you can use her tests and emotions to move her*.

Step 4: Transition the caretaking to the bedroom.

This was a crucial step for my own personal success. A post here inspired me to rethink how I used sex to caretake – which meant that *sexual contact doesn't always equal sex*.

When you awake every morning, you have a raw energy to go and conquer the world. Since the beginning of man, we woke up thinking about what to do that day – how the world was going to challenge us – and how strong we needed to remain with our energy to face the dangers and challenges of what's out there. Often, we seek release from such constraint. It can come in the form of sports, breaking barriers, or sexual release through orgasm.

Your woman has a duality to her nature that creates dissonance. She wants to drain you of your energy in the form of orgasm because it pleases her man. But conversely, she also knows that if she can drain you she knows that the world can as well. Therefore, an orgasm that your wife draws out of you becomes somewhat of a power struggle over the long term.

Have you ever withheld ejaculation? It's a way of taking back that power... [more of my thoughts on this are here](#). But it's my personal belief that learning to do this on a small scale will help transform caretaking into true OI towards your wife, which she will feel. And it will continue to *feelz* like caretaking in a sexual way.

At some point she will be comfort testing you and you'll respond with the kiss on the forehead, or simple

caretaking. You'll need to move that into the bedroom at some point, usually in the form of providing her comfort lying down with you. Escalate with her and eventually she might be receptive to your sexual advances. When she's grabbed your cock – stop. Allow her to do whatever it is that she wants to. If she wants to fuck, “Baby, not tonight. I'd like to build this up through tomorrow.” STFU. Watch. She will either agree, or try to push forward. Don't let her make you cum.

The next day she will be thinking about it – I guarantee it. **Before you were a selfish lover**, perhaps focused on the act of ejaculation, but now you're focused on *pleasure* and *intimacy*. **She is focused on comfort, still.** And then you're on the road to getting pleasure, intimacy, domination and comfort all in a single nice package.

Step 5: Training your wife

Remember how your wife is coming to bed for comfort? You need to continue to keep this up as an expectation that this is the way that she will receive comfort and alleviate her stress there. I started by offering covert encouragement: “I like how you're relaxed when you come to bed now.” Or “Something is much better when you come to bed now.” You're encouraging the type of behavior that you enjoy. **Covertly let her know that what she is doing pleases you.**

I just started by cuddling her in bed with her facing me, then taking her hand and placing it on my cock. And I did not initiate. If she wanted to, she could. If not, fine. But what you can't do is take her hand and initiate in the early stages of her training. Remember – you're trying to create a space where she can explore comfort and intimacy *at the same time* without any pressure of sexual release.

What does this do? It resets the scoreboard, and allows her to enter your frame on her own accord. When it comes to sex – your wife and you have probably constructed this stupid scoreboard of covert contracts that says “One point for cleaning the kitchen, I just need 5 more until I can get laid”. That's gone, motherfucker. Eventually she will enter your frame, look around and say, “**Where is the scoreboard?**” (Read that link at least 3 times).

You must rebuild the trust that any sexual advances that you make are from a place of true abundance and giving. See, you're *giving* your wife yourself. She is no longer *giving* herself to you, you are taking her.

This is where **you** begin compliance **testing her**. Ask her to make you lunch. Ask her to grab you a glass of water on the way to bed. She will jump at the opportunity to give back to you within your frame. If she does not, she has yet to accept that she will enter your frame – likely with more destructive behaviors – until she submits to a better relationship dynamic of living within your frame.

Occasionally, be vulnerable and authentic to her about inconsequential matters. I once had a problem with my face breaking out. I simply went to her and said, “Hey babe, so.... My face is breaking out more often. It's not bothering me just yet, but I'm sure it will. Would you mind picking me up some stuff at the store that would help? I know you're good at that stuff.” All within that sentence I was able to convey: Vulnerability (face breaking out), checking in with my FO (do you have a good idea?), and leading (compliance testing).

With all this said, it's a strategy. It's ultimately a sexual strategy. But if you truly embrace the woman that she is and yes, you must like her, you'll likely discover some things along the way that you too like and want to change.

Masculine comfort for the depressive or anxious wife is exactly the recipe that SHE needs in order to enter your frame. Moreso than most women. Calibrate accordingly but allow yourself to give what you want.

104

UPVOTES

This Holiday Season- A Public Service Announcement:

MrChad_Thundercock · 26 November 2018 · Archived copy · Reddit

Listen up Faggots. Uncle Chad already hung up his Christmas lights you lazy fat fucks.

The minute I started untangling the strands of lights on my front lawn yesterday, my next door neighbor – a hot young milf- pulls up in her driveway. She smiles at me, Uncle Chad gives her a wink, and then she goes inside. 5 minutes later, her loser fat beta husband comes outside to hang up their lights as well. My hunch was correct, as soon as she went inside she must have nagged her beta husband about decorating the house for Christmas like I was doing. The entire time, she was supervising over his shoulder and nagging the fuck out of him. She was brutal.

He couldn't do anything right. I know this one very well. The way he put the lights in the garden was wrong, the way he positioned the snowman stakes was wrong, the way he wired the lights was wrong because she didn't like how the extension cord went across the walkway, the clips he used for the lights were wrong. I listened as his wife bitched him out for over an hour. The best part was how he overloaded the amps because he had too much shit plugged into one outlet and all the lights went out. She got so pissed at him she slammed the door shut and went inside. He was pathetic. What a fat fuck.

This holiday season, don't be a pussy. Take the lead. Take Charge. Don't sit idling by.

Your wife, if it didn't start already, is about to get pimped by the mainstream Christmas narrative. She'll FEELZ the pressure to buy all kinds of shit you don't need to try to impress her family and friends at all the holidays parties. Don't get pimped. Your wife just celebrated Thanksgiving and gave thanks for everything she currently has in her life, but now she will get pimped and demand all sorts of expensive trinkets and gifts as presents. And if you don't oblige, she'll guilt shame you the entire time.

Here's my advice to you:

Be mindful of your wife deliberately trying to make you more beta. Be mindful of her actively ball-busting & emasculating you during this holiday season. Here, wear this ugly Christmas sweater. Here, hold my purse while I go in this store for a second, Here, when we go to my parents house for Christmas, don't say a fucking word, sit there like a good little boy and obey me. Here, let's pack up the kidos and whisk them away to their 4th party this evening. You better not fucking complain either. If they kick and scream, it's your fault. If they act like little brats while opening their presents, it's also your fault.

You may ask, "Why would my sweet little bride, my soul mate, purposely try to emasculate me?" Because it secures her male's long-term commitment - by reducing his options. By ball busting you into submission, she destroys all of your self-esteem.

At your lowest:

It's harder to stay on top of your health. Less likely to work out. It's harder to kick ass at your job. You're less likely to fuck other women. You're less likely to cheat. You're more likely to stay.

She knows, on some subconscious level, that male attractiveness is about your mojo, or your overall attitude. If she can destroy your self-esteem, you'll never have enough mojo to even think about getting another woman. Then you're hers to drain of resources (\$). Eventually, the relationship may end, but it will be on her terms -- the way she likes it.

An aging woman without a beta is fucked. Back in the day, she would have to live with her extended family and be a burden into old age. At worst, she would end up a beggar on the streets. Many female beggars in the 19th and early 20th centuries were simply widows. And these destitute women served as a visceral reminder to ALL women: you're lucky to have a provider, sweetheart. So, in their subconscious core, women are fucking terrified of not having a mate to provide for them. This fear has been bred into them as a Darwinian fitness mechanism.

The fucked up irony is that, in acting to secure her mate's long-term commitment by lowering his value, she becomes no longer interested in him as a mate. This didn't used to be a problem, because she'd only have to look at the destitute women to see what happens if she's tempted to leave. Now, however, thanks to alimony and no-fault divorce, when she's thoroughly betafied her man, she just leaves him and takes his money.

Take-home lessons:

Build a lifestyle that keeps you attractive and in-charge. Never compromise. Keep a strong frame in any relationship. If she ever tries to betafy or ball-bust you, recognize it for what it is: She's insecure in the relationship. Handle it like any other shit-test. Don't be proud of the fact that she considered you "marriage material". It just meant that you can be relied on to be there. You had limited options. You give no tingles. You might be a good provider one day.

Happy Holidays faggots. Don't get pimped.

103
UPVOTES

23 Psychological Lifehacks - This should be basic to everyone by now

weakandsensitive · 25 August 2018 · Archived copy · Reddit

23 Psychological Lifehacks

15,885 points • 530 comments • submitted 1 year ago by TarOfficial to r/coolguides

PSYCHOLOGICAL LIFEHACKS

1. When you first meet people try to notice their eye color while also smiling at them. It might be because you look for a second or two longer, but all I can tell you is that people really respond to it.
2. Pay attention to people's feet. If you approach two people in the middle of a conversation, and they only turn their torsos and not their feet, they don't want you to join in the conversation. Similarly if you are in a conversation with a coworker who you think is paying attention to you and their torso is turned towards you but their feet are facing in another direction, they want the conversation to end.
3. Foot-in-the-door phenomenon. People are more likely to agree to do a task for you if you ask them to do something simpler first. (Gradual Commitment... makes people think you like them)
4. Alternatively you ask them to do an unreasonable task, and they'll say no, so then you ask for what you wanted, a much more reasonable task, and they're more likely to agree that way.
5. If you ask someone to do you a small favor, cognitive dissonance will make them believe that because they did that favor, they therefore *must* like you. (yes you all know that -- Ben Franklin)
6. If you ask someone a question and they only partially answer just wait. If you stay silent and keep eye contact they will usually continue talking.
7. Chew gum when you're approaching a situation that would make you nervous like public speaking or bungee jumping. I can't remember where I heard it but apparently if we are 'eating' something in our brains trip and it reasons 'I would not be eating if I were danger. So I'm not in danger'. Has helped calm me a few times.
8. Avoid the sidewalk shuffle by looking intently over the person's shoulder, or between people's heads in a group. Your gaze shows them where you're going. They'll drift toward the opposing side / create a gap to avoid you.
9. When you're studying/learning something new, teach a friend how/about it. Let them ask questions. If you're able to teach something well, you understand it.
10. People will remember not what you said but how you made them feel.
11. For Interviews I recommend altering your psychological state beforehand. Tell yourself "I've known these people all my life. We're old friends catching up. I can't wait to see them". Visualize the experience, shaking hands, making eye contact, having conversation. What things can you not wait to tell them? Hold an open pose...stand with your legs apart, hands on your hips, and shoulders back while doing this and SMILE. This may sound cliché but you are in charge of your own psychological state and the power of suggestion is strong.
12. If you get yourself to be really happy and excited to see other people, they will react the same to you. It doesn't always happen the first time, but it will definitely happen next time.
13. My personal favorite is when people are angry at me; if I stay calm it'll get them even angrier, and be ashamed about it after.
14. If you have a warm hand when you shake somebody's hand, you immediately become a more desirable person to get along with.
15. People have a certain image of themselves and will fight tooth and nail to cling to it. Use this information wisely. *You can make people dislike you by attacking their self-image.*
16. False attribution of arousal. When you take somebody out on a first date, take them somewhere exciting that will get their heart beating. e.g. roller coaster or horror film. This gets their adrenaline up. It makes them think they enjoy spending time with you rather than the activity.
17. The key to confidence is walking into a room, and assuming everyone already likes you.
18. The physical effects of stress (increased breathing rate, heart rate ect.) mirror identically the physical effects of courage. So when you're feeling stress from any situation immediately reframe it: your body is getting ready to do courage, it's Not feeling stress..
19. Refer to people you've just met by their name. People loving being referred to by their name, and it will establish a sense of trust and friendship right away...
20. If you make the biggest smile you can, you will automatically feel happier
21. The moment your alarm wakes you up, immediately react by sitting up, pump your fists and shout "YEAH!" {wut?}
22. Always give your kid a choice that makes them think they are in control. For instance when I want him to put his shoes on I will say, "do you want to put your star wars shoes on or your shark shoes on?"
23. People are extraordinarily aware of their sense of touch. If someone (a member of the opposite sex?) 'accidentally' rests their knee on yours, let's say, they know it's there.

103

UPVOTES

Own Your Shit - Own Her Sex

SgtSilverBack · 29 August 2017 · Archived copy · Reddit

As requested by /u/scurvemuch, an advanced guide to living a sexual life and sexualizing your wife.

CAUTION.

- 1.If your wife doesn't want to fuck you. Don't try this. Feel free to learn the material but save the introduction until you can consistently game and kino your wife.
- 2.If you actually like your wife, then you really need to know her. I am a living example of a bull in a China shop and it caused setbacks. If she was choked by someone and it traumatized her, either skip it or work up to it slowly. Don't be so autistic that you forget or ignore hard limits and trauma.
- 3.The purpose of this is to Own Your Sex like you Own Your Shit. If you can't do the latter, you can't do the former.
- 4.This is advanced also because you will need immense control over your own sexual nature. When all you want to do is rage fuck your wife due to lust, it can fuck things up if you haven't laid the groundwork to be trustworthy and in control of yourself.

So what do you do when you have completely changed your life. You are the best, current, version of yourself. Your workout is on point. Your house is exactly how you want it. Your work is following along your plan of progression. Your wife is following you, fucking you and adding great value.

Or maybe you unleashed your slut and she sexual outpaces you.

This is where a married Dominant (D) / submissive (s) relationship becomes your new norm. For Christians this is referred to as taken in hand.

Realistically, it shouldn't change your mission at all. You have already become responsible for everything. Now you are also responsible for her sex and pleasure.

Everything short of truly serious topics are sexualized.

It is an advanced form of kino and game that have a deeper mental effect.

So what does this look like.

The possibilities are only limited to your creativity. I have been on a trip, with my wife texting constantly about how bad she needs my cock. I told her to set up the Ipad, put on her collar and ride a dildo until she came.

When I'm home I can choke her and finger her stopping just short of her cumming. She hates it, and yet she is even more ramped up and trying to find a way to have me make her cum. Since I'm not worried about pissing her off, I know it's just her sexual frustration and it leads to her wanting more of the control that I offer. I've edged her for up to 5 days before I let her cum. It was non stop sexuality. I also had to give her time after that, due to the complete overstimulation that it can cause.

Make her take off her panties at school/work and send you a picture of the panties to verify. She is sitting at school/work with no panties. In her mind, everyone knows it, she's nervous, but aroused. FEELZ. Use the wand on her when she gets home, make her gush from a day of sexual thoughts. And you didn't have to fuck her once.

Use a body safe marker to write above her pussy, "Owned" "Sir's Slut". She sees it when she goes to the bathroom at work and texts you, telling you how wet she got and she needs you to take care of it later.

Make her kneel at your feet while you inspect her. Make her anticipate your touch. Make a big deal about her earning your collar so it is a symbol to her of her submission, just like the ring on her finger.

Give her a day collar that looks innocent enough, except for something small like a lock charm. She know's it's

there. She knows what it means.

Make her send you a tumblr pic every Tuesday that arouses her, use it to help create your Friday night scene.

Most importantly, is caring for your submissive. Think of it like this, she has given you almost total control over her, that ability to USE, humiliate and degrade her. You just got done fucking her ass, calling her every filthy name you know and leave her used with collar and cuffs on. She is in a physical and emotional ball. And you walk away, thanks babe, going to do something else. This can break her. This can be very traumatic. She must have that rock to grab onto. She NEEDS to have your presence and care letting her know she was amazing.

If she can't trust you to be the man of the house, owning your shit without one word of appreciation from her. Why the fuck would she crawl behind you wearing your collar? You think being a bank is enough to earn that level of control?

If you aren't attractive enough for her to fuck regularly, she WILL not let you do this.

If you don't have a strong enough frame to bat away shit tests. Then trying this will set you back even further. I can guarantee that if you focus on why she hasn't texted in two hours, you won't be able to handle her bratty nature if you give an order and she fights it.

Refer to <https://husdom.com> for more information. It is similar to TFA with a BDSM spin. It is tailored to help men become more dominant in the bedroom and MAINTAIN a healthy marriage. You must get to that point first. You really don't want to try someone of these things when you are in the anger phase. She can tell the difference between a lustful face fuck and a rage fuck. TRUST me

103

UPVOTES

[FR] Catch and Release

[deleted] · 17 January 2017 · Archived copy · Reddit

When I first stumbled across the idea of catch and release a couple of years ago, I thought, "are you fucking nuts? what a recipe for disaster..."

fast forward to last week.

I'm waiting at a place that makes a great, healthy lunch. It's attached to a gym in a pretty nice part of town. Attractive women in workout clothes are consistently coming through this place.

So I'm flipping through the paper and the girl behind the counter asks me about my order. When I answered, she sorta giggled. So I inquired, "sorry, is that an odd request for that sort of order?"

"VERY"

"You just called me odd..." I shrugged, "I've been called much worse"

And then I hear a laugh coming from the table behind me. The sort of laugh that was made to be heard. When I turned to see who it was, a really attractive 30 something year old is staring at me, smiling.

I turned and went back to reading the paper and waiting for my order.

Then something in my brain just, for lack of a better term, flipped. What would happen if I asked for her number.

So here's something you need to understand as you read the next part. It will read like I'm a cool customer that can handle something like this without worry.

Fan Fiction, right?

Inside, let me tell you, I'm fucking terrified. More terrified than I've been in years. This is not in my character, not something I ever would have considered doing. I decided 2017 is the year I start taking my personal development more seriously. It's the year I get my head screwed on right. The year I take chances. That means getting comfortable in uncomfortable situations and doing things that make me nervous.

I walked up to her table and standing in front of her, said

"hey there, how's your lunch?"

"It great, thanks"

I reminded myself to keep the body language strong, shoulders squared and a slight smirk.

"Good, listen, I'd like you to give me your phone number"

She smiles. She's wearing a wedding ring. So am I.

"hahah, umm, why would I do that?"

"Because I asked you for it"

"And what do you plan on doing with it?"

"When you give it to me, you might find out"

"I don't give my phone number to people I don't know"

And then the first great development happened. In my mind, my heart still fucking racing, I think, *I don't care if I get it or not, the goal was approaching an attractive woman, not dating her*

"Cool, look, my lunch is ready, enjoy your meal"

and start walking away

"Wait"

I turn, smirk firmly on my face

"what's up?"

"Does your wife know you ask strange women for their phone numbers"

"Nope", now smiling, as is she.

"What would she think if she found out?"

"She wouldn't like it. One.little.bit"

And with that, the fucking HOOK IS SET. The old me would have likely made a /u/saint_chalet shaped hole in the drywall at the mention of my wife, running out of that place. But I realized the sheer thrill of taking another woman's man, even the possibility of it, had this woman's very keen interest. She wanted this.

"You don't even know my name"

"Nope"

"Are you going to tell me yours?"

"Nope"

"And you expect me to give you my phone number without even exchanging names?"

"I do, yes"

She is almost shaking and I'm trying not to make this sound like fan fic nonsense. This woman is beyond excited about what's happening here. For me, at this point, I'm actually calming down inside. I've come to realize that I do not care whether she hands over her phone number or not.

"Hand me your phone, I'll punch it in"

"I'm not going to do that, here's a pen, write it down"

She reaches into her purse and writes her number on a napkin.

"Thanks" and I turn to grab my lunch and leave

"So you're going to txt me?"

One last smile, "yeah, I might"

And I left. I tossed the napkin in the bin a few blocks away.

I basically floated back to the office, so fucking pumped about what just happened.

A few things became crystal clear:

- By not caring about the outcome, I got **exactly** what I wanted
- My wife's opinion of me used to be the prime directive in what I was willing to do. I went into this little exchange not giving a shit about whether she found out I asked a woman for her phone number. If she somehow found out, I'd say, "I was having some fun" and that's the end of it.
- a well dressed, fit, likely affluent married woman is willing to give her phone number to a random middle aged 7/10 guy in a lunch spot. So will your wife.

My wife has been pretty awful lately. Frigid. This little exchange was the log I needed to keep warm by my own fire. I walked in the door that night and just grabbed the kids and went off to do a bunch of stuff with them. I don't even remember talking to my wife.

103

UPVOTES

Four Year Update

trp_dude · 11 July 2019 · Archived copy · Reddit

Four years since I took the pill. Damn.

I will skip most of the initial details, since my story in the first couple of years was almost by the book. Former jock, Division I athlete, got married and had kids, got a high paying job and worked my ass off, gained weight, became (literally) drunk captain. Wife started avoiding sex at all costs, even if it meant going to bed a 3 am, lost all respect for me. Told me she didn't want to have sex with me any more.

Found MRP, started lifting like mad, learned to focus on self improvement, took responsibility for captaining the ship, learned pickup. Sex came roaring back, respect as well.

Where am I now? Well, the last year or so has taken me on a different path than most of the other MRPer, so I thought it might be worth filling it in. I've only seen one case that is similar to mine, and his has a lot of parallels: <http://archive.is/u6y9f>

I'm in great shape, almost better than when I was in college. More ripped for sure. I'm centered, at peace with myself, and satisfied with my career. Sex at home is on demand. In addition, I'm having great success on the side. HB8s and 9s, models, Instagram girls left and right. As I posted recently, some of these girls are approaching me, even runway models. Sometimes I don't even have to approach them. This is purely on basis of looks, game, and confidence. I could possibly do even better if I told them what I do or how much I'm worth, but I prefer to hunt with a hunting knife, not a machine gun.

As [u/therougepill](#) said,

Even if you are married it is easy to date women and get them to sleep with you. There are so many young women who find an older, successful, attached man incredibly attractive. Women like it if you are attached and generally don't care if you are cheating.

Wife knows. Some of you have asked me how I know. Well, there are the unexplained late night absences. And the one time she asked me if I was having an affair, I told her I was. She just said, "oh" and she hasn't asked again. The key lesson is that women will rather share a high value man than downgrade. It is not likely she will do better than me. I am a great father, treat her well, have social status, and make more money than we could spend under normal circumstances. She is much happier than she was before I took the pill, and she seem 100% satisfied with her life. Anthropologists say humans are polygamous by nature. I totally believe it now. If you're a low quality guy, no, that's not an option. But if you're a high quality guy, yes.

The point I want to make to those of you who are new to this is, when you're 3-4 years into MRP, this is a potential option for you. A lot of you are going to become very high value men. You will find when your wife goggles come off that your wife is a 6, not a 9. And some of you will have 25 yo 8s and 9s throwing themselves at you. And you may find that your wife is not just OK with it, she expects it and would find it incongruent if you weren't having side pieces. As men, we're programmed to see a marriage through a romantic lens. Women see it through much more pragmatic lens.

When I read [u/therougepill](#)'s post 3 years ago, I never thought that was in the cards for me but... it's amazing what MRP can lead you to, if you put the work in. Peace.

102

UPVOTES

Your wife doesn't need to see you flirting or approaching other women for it to work

0io- · 8 December 2015 · Archived copy · Reddit

I haven't told my wife I joined a gym. I don't tell her that I lift weights. I didn't tell her that I went on a diet. When she asked why I'm not eating bread and rice I told her I've been on a health kick lately and I decided to do low-carb. And I for sure didn't tell her I decided to buy new clothes because of advice from men in some forum I read on reddit.

I have a reminder on my phone to cold-approach five women a day. Usually I fall short of my goal, but a few days a week I hit the target. When I get numbers or contact info I just add it to my phone.

So far in my marriage I have never cheated on my wife, and I don't plan to. But if for some reason I wanted to, I could.

If my wife left me tomorrow, I there are at least a dozen women I could start going out with, women who I think are hot and who seem to be interested in me.

I think deliberately flirting in front of your wife with someone when she can see it is OK, if that's where you are in your levels of dread, but it's kind of missing the point. **The reason flirting happens in front of your wife is not "so she can see it", it's because it happens to you all the time.** You're outgoing and social and interesting, and good-looking and well-dressed enough that there are always women interested in you. *There shouldn't be any hint of "I'm doing this to make you jealous" about it.*

The cute waitress at our local restaurant came up to our table and asked me (in front of my wife and kid) if I've been working out lately and told me that I look great. I said thanks, I've been on kind of a health kick lately, trying to eat healthy, and I told her that she looks pretty good too.

Don't do red pill for your wife's benefit. Just do it for yourself. Your wife will see the way other people look at you and how they react to you.

It's not "oh no, my husband is trying to hit on that waitress," You want her thinking, hey, was that 20-something flight attendant just hitting on my husband? Right in front of me? That's the second time this week...

Use the Force. The wife doesn't need to see you flirting to catch the Dread. You don't have to do anything differently when she's around. She'll pick up on it without your having to show off.

102
UPVOTES

Stop keeping score

red-sfplusplus · 15 March 2019 · Archived copy · Reddit

Stop fucking keeping score.

The question is a yes or no answer:

Are you getting what you feel like you are worth in:

Your love relationship?

Your sexual relationship?

Your career and finances?

Your kids?

The answer is either yes or no. There is no maybe. There is no maintaining "status quo." There is no fucking grey area. You are either moving forward or backward. There is no amount of data tracking and/or collection that is going to convince you that you should either say YES or NO. It is a gut feeling.

If in your love relationship she is making you happy, cool to talk to, being relatively drama free, giving you quality time, then you are likely on the good side.

Do you get the type of sex you feel you deserve and have demonstrated you can handle in your past? I would suspect for the majority of you, the answer here is NO.

Is your career moving forward, or are you working the same job making the same 3% pay raises? Got news for you buddy - inflation and interest is killing you slowly and you are too fucking dumb to realize it. If you are not averaging 8-12% pay increases YoY, you are moving backwards.

Are your kids building their little lives? Do they have interesting hobbies, or are they on ADD meds and look at their screen all day?

When I look at the OYS posts, and what is going on in the sub - I see a bunch of men who just simply obsess over getting their dick wet.

Look motherfucker, I love getting my dick wet as well. But that is a side effect of me being who I am. My main focus - MY MISSION is to keep growing and developing as a man.

There is a golden rule in business. Take care of your clients and your employees and the money will come. When you start to focus on money, you lose it all.

When you focus on sex - you lose sex. Nearly every single OYS post starts with - "I had sex 2 times this week."

Guess what - who fucking cares? And new flash - that might be two times more this week than me. Been traveling for a week. So what?

Enough with the spreadsheets, tracking data and keeping score. If you want to keep score, then you need to be man enough to act on the data.

If you feel you need to keep score - THEN YOU ARE LOSING THE GAME ALREADY.

And keeping score is pointless. What you need to be doing is working on your shit.

I have seen a few posts about men being in a relationship for X years and they are butthurt. Guess what motherfucker - that is called the anger phase, and when you start keeping score in the anger phase that shit snowballs and snowballs till you blow your shit up like a faggot and get divorce raped in the process.

Stop keeping score and start listening to your gut. Oh, but guess what you also have to do? In order to listen to your

gut you have to check your fucking ego as well.

Why am I recapping the basics?

Because there are too many motherfuckers too fucking autistic to realize they have not read the sidebar and work the system.

I didn't start keeping score until I was ready to drop the hammer. And that was keeping score for different reasons.

She doesn't care what the score is. You are either the man, or not. The score in her mind is how she feels in this moment.

You are the only dumb fuck in the relationship trying to build a trend chart in excel and justify it to yourself.

Stop. Go lift and STFU.

102

UPVOTES

Lessons in Abundance: The Blonde and the Big Raise

BarracudaRP · 14 September 2019 · Archived copy · Reddit

Abundance is the same in every area, I'm learning.

I recently had two jobs competing for me, and I leveraged the fuck out of that situation to get the largest single raise of my career. My current job is like my cute brunette wife at home, we have a long history of mostly good reviews. Employer #2 was the sexy blonde at the gym - sending me all the Indicators of Interest and asking me to meet her at the bar, just to talk. It would have been easy to say no to her invitation - I was happily employed, and I was busy, and I was tired, and I had things going on that night.

Both knew that I could walk away from them at any time. So rather than being on my best behavior to impress just one employer, I was in my own authentic frame. Meetings were on my terms, I was never desperate to set up the next date. Of course, that made them both want me even more.

I was *really* interested in this new employer, the blonde. She was exactly what I looked for in the past, she was a *rare* find, with a sweet little benefits package that I wanted *badly* to get my hands on. Instead of showing my desire, I acted like the kind of guy who has an interview with a new company every weekend. If this one walked away, there are ten more just like her and I'm confident I can find them - even if I don't see them right now.

When the new company made an offer, I was excited because she was hot and it was awesome. It was better than the offer I currently had at home, but it wasn't quite what I wanted. So, I said No. I didn't ask for more, I didn't explain why she should give me more, I didn't try to prove how much more valuable I was than the other guys she was talking to. I just said No. She came back even harder, more desperate to have me, sooner and on better terms. I told her sincerely that if anything ever changes, I would be in touch, and we parted on good terms.

"That's great, but I don't need abundance in my choice of jobs," you say. "I've been with the same company for ten years, and we have 3 beautiful little projects together." You assume that she wants to keep you on the payroll forever. You do great work, you're GOOD, man, and they would have a hard time replacing you, you tell yourself. You're ready to stay at this job for life - certainly they recognize your loyalty, and it will pay off in the end.

Until one day you get a reality check that changes your perspective. My reality check came one year ago. Remember my current employer, the stable brunette wife at home? She pulled me into her office and gave me the ILYBINILWY talk. The years they spent with me have meant so much, they said. *It wasn't me*, they said - it was just, the whole company was changing, they really needed to do some Eat/Pray/Love and just figure out what they want next, you know? I'm a great worker, they said, and they really hope I find another job that makes me happy in the future. And just like that, I was back on the market.

I was scared and shocked. After years at the same company, I wasn't prepared. I didn't have a little black book of employers to call, because my network was weak. I should have had an updated resume and an emergency fund with some Fuck You money in it. Instead, I had become the kind of man who didn't care if I could still land a new employer. Being a nice, loyal company man works out for a lot of guys, but it didn't work out for me.

Exactly one year later (down to the day), I was having a serious conversation with that same employer, under far different circumstances. I worked on myself for that whole year - I had a new title, was providing more value than ever, and others were starting to notice. I was there to tell her she had been great, but I wanted more than what she was giving me, and I was willing to go elsewhere to find it. No anger, no power struggle.

I wasn't sure what to expect - anger? Would they try to change my mind, or shame me for selfishly putting my own needs first? Yes, it seemed like that was happening - they were defensive, questioned my reasons. I was tempted to defend my actions, to explain all the reasons why I deserved more. Instead, I stayed quiet, STFU and I stayed calm.

That's when the mood of the conversation changed completely. I could smell the power shift like static in the air when she said, "I want to keep you, here's what I can do." She then gave me an offer for the largest single raise of

my life. Smiling and full of gratitude, I looked at my loyal employer of so many years and said the words that many of us hope to say:

"No, thank you." I said, as I refused the largest pay raise of my life.

Her offer didn't meet my needs. But I didn't *just say* "I don't have enough money", a phrase nearly as useless and vague as "I'm not getting enough blowjobs". I hoped we could stay together, and not just because we have these little projects together that we both love. I said: "I have goals for my life and my family and to meet those goals, I would need you to do *this* and *this*." And then I stopped talking. My silence said: you can say yes, or you can say no, but I'm not fine with hanging out in the middle. Like I was the prize to be won. Absurd confidence, but *not cocky*.

Her second offer was even better, and I accepted.

"But Barracuda, why were you out entertaining other jobs if you already had a job you love? You shouldn't even have a job, start your own business so you can be Man Going His Own Way. Besides, isn't it unfair (even immoral!) to be out flirting with other supervisors when you have a job back home?"

"Why would anyone game when they're happy?"

Because Abundance Changes Everything, that's why. I'm not angry at my boss for being a boss, any more than I'm angry at the dog for being a dog. I'm a better employee now, because I chose to be here. I'm not living every day in silent resentment because I secretly hate my circumstances. There's no power struggle, no need for me to get emotionally exhausted by my coworkers, even when they act like teenagers. I don't need to say out loud that I have other options, because it's well known and obvious. And yes, that means I'm on my own terms when it comes to what a "good man" does at his job. I used to think that I wanted to find the perfect job for me, or to fix my current employer. Then, I realized I needed to become the kind of man who is sought by ALL employers.

I love my current job, but it's only my turn. And if they fired me tomorrow?

I'd tell the blonde to put on my favorite sundress and meet me on a rooftop bar, downtown, tonight.

But of course, we're just talking about jobs.

102
UPVOTES

Read a Fucking Book

resolutions316 · 25 August 2022 · Archived copy · Reddit

"Read the sidebar."

Probably the most common response you'll see on here, and for good reason: *if you're not willing to read, you're not willing to work, which means you're not willing to change.*

But you shouldn't stop at the sidebar. **Reading books is like lifting: the heavier the shit, the stronger you get.**

Reading increases your supply of mental models, which directly impacts your power to affect the world around you. As long as you're acting on what you learn, reading - and specifically, reading *outside your comfort zone* - will make you better at whatever you care about.

I'm going to recommend some books below that I think have something to add to your MRP journey, either as prescription (stuff to do) or as proscription (stuff to avoid). This is my list; there are many like it, but this one is mine.

I challenge you to comment with your own recommendations, provided that:

- 1.) It is not standard self-help-NYT-best-seller-regurgitated-secondary-sources-non-fact-checked-feel-good-horse-shit; and
- 2.) It has something to say/add to someone's understanding of sexual strategy (however that is defined...and I define it broadly).

BOOKS THAT MAKE ME WANT TO FUCKING MURDER SOMEONE

Half of MRP is just not blowing your brains out (metaphorically or literally) before you get to the good parts. You know, showing up at the gym late at night even though you'd rather do *anything* else. Managing your feelings while the person you thought you loved tries to pick you apart. Posting in OYS for the 467th time just so some autistic internet retard can tell you to "lift more."

Can't Hurt Me by David Goggins

Tells the story of one man's transformation from abused child to overweight fuck up to Navy SEAL, army ranger, and multiple world-record holder in endurance running.

This is a story about training yourself to suffer, told from someone who has *legitimately* fucking suffered. Every single chapter in this book leaves you wondering what the *fuck* God has against David Goggins. And yet, you leave inspired to do more with yourself, and to accept no less than what you're capable of.

I *strongly* recommend the audio book. The narrator is the co-author, and has a good sense of the flow of the material; secondly, Goggins chimes in in between chapters to add context. His attitude is palpable.

You can also do what I did: listen while running, so you feel like an absolute piece of shit for giving up.

The Endurance: Shackleton's Legendary Antarctic Expedition by Caroline Alexander

Do *whatever* you can to find this book in hardcover. The pictures are worth the price of admission alone - they will take your breath away.

Ernest Shackleton sets sail for the South Atlantic to try and be the first to cross Antarctica on foot. Suffice to say, shit does not go as planned.

Shackleton's subsequent journey of survival - twenty months trapped in one the most inhospitable places on earth - is a marvel. The extent to which his leadership and vision not only kept his men together but kept them *alive* is

incredible.

The strength of will to keep going in the darkest of times, when ALL hope seems lost...it comes back to me at least once a month, particularly when I'm dealing with my own petty bullshit.

Alone: The Classic Polar Adventure by Richard E. Byrd

Another "guy gets real cold" book, but VERY different from *Endurance*.

Byrd was already world-famous before the period in which this memoir occurs. Frustrated by fame and responsibility, he sets off with a plan to spend six months alone in a remote area of the Arctic, taking weather measurements.

Things go immediately and terribly wrong. Isolated at the bottom of the world, trapped in a period of never-ending night, Byrd begins to suffer from signs of mental and physical illness. Weakened, hallucinating, and depressed, Byrd engages in a life-or-death struggle to save his own life...and sanity.

If *Endurance* is the story of men helping one another survive against all odds, *Alone* is a story of one man diving as deeply as is possible into the recesses of his own mind. It is harrowing, beautiful, moving, terrifying, and inspiring. Based off of diary entries written during the experience, it puts you *in* this situation in a way that's hard to describe.

BOOKS ABOUT NARCISSISM, LIVING FULLY, AND BLOWING EVERYTHING UP

I've always felt that the idea of "swallowing the pill" was for intellectual light-weights who need someone to do their thinking for them. My personal intellectual heroes were always people whose personal philosophies would be difficult to describe and impossible to place into any convenient "us vs. them" dichotomy.

An example: in my (personal) opinion, the romanticization of "dark triad" traits in RP is stupid as ever-loving fuck. I cringed even writing the words "dark triad." Not saying there's *nothing of value* there, it just feels like "Baby's First Stab At Applied Psychology."

But there is an *undeniable attraction* that comes from narcissism, and reading about it is a good way of both getting at what's useful there and seeing the inevitable consequences of living it out.

Kitchen Confidential, by Anthony Bourdain

You absolutely MUST, MUST, MUST get the audiobook. If for nothing else than the sheer, uninterrupted joy of having Anthony Bourdain in your ears for 6+ hours or whatever it takes.

Bourdain pursues hedonism and applied technical skill in equal measure. He pursues them to the detriment of everyone around him, and ultimately, himself. Listening to this book in the wake of his later suicide is like spending an evening with a ghost; disturbing, fascinating, heart-breaking.

You know how this ends. You know where it's going. But you can't help but go along for the ride, thrilling to the ups and downs, reveling in the victories, cursing the defeats.

Bourdain had a vision, and he lived it. It wasn't healthy, and it didn't end well, but he *fucking did it, no matter the cost*.

Ernest Hemingway: A Biography by Mary V. Dearborn

Here we go, right????!! MEN AM I RIGHT!!!

Dearborn was the first woman to biographize Hemingway. I'll be the first to admit, I haven't read enough Hemingway history to know how her work stacks up against the more traditional biographies, and you should probably read those for good measure.

Dearborn's take, however, is important precisely because *she isn't fucking in love with him*. She is MORE than happy to point out what an indisputable piece of shit Hemingway could be.

This was a man who abused his lovers, friends, and enemies alike; who was so crippingly insecure that he held grudges over even faint criticism; who was so jealous and petty that he sabotaged his friends whenever he felt they might be pulling ahead of him. Half the shit people say about Hemingway is made up, and most of it was made up by Hemingway.

And *yet*...what is it about this gigantic gaping asshole that makes him an object of fascination? It's because he *lived*. He *acted* - or at least, people think he did. He was an undeniable talent, and he let everyone know it. He distorted the reality of those around him, and his charisma was legendary.

This is another one where you know the ending: sooner or later, Hemingway meets the barrel of a shotgun. But it still feels shocking when it happens, and by the end, *despite*, not *because of*, everything he did, you end up loving "Papa", too.

BOOKS THAT MAKE YOU SMARTER (AND BELIEVE ME, YOU FUCKING NEED IT)

Sadly, Porn by Edward Teach

I've mentioned this book on here a few times. I've linked here to a *review* of the book, rather than the book itself...I feel like the review will give you a sense of it before you jump in.

How to fucking describe this thing? It's unlike anything I've ever read, for one. Here's my best shot:

The smartest person you've ever met is lecturing you on porn, psychoanalysis, popular culture and ancient literature...but they're doing it with the tone of someone kicking your ass in OYS.

That's it in a nutshell. Teach is pissed, and he's pissed at *you*, and he's going to let you know about it. He thinks you're a petty piece of shit that's being manipulated by technology, media, and the mob. He thinks you're weak, that you don't deadlift, and that you're afraid to learn math. And he's going to kick your ass in book form until you straighten the fuck up.

I experience joy reading this book, but it isn't for everyone - it's deliberately difficult. It opens up with a 30 page cuckold erotica story to "scare away the plebs." It's deliberately antagonistic.

Remind you of anywhere?

The Master and His Emissary: The Divided Brain and the Making of the Western World by Iain McGilchrist

Your brain has two hemispheres, and Gilchrist believes they aren't just responsible for different cognitive tasks...but for *entirely different ways of perceiving the world*.

Gilchrist is a neuroscientist who spends a LOT of time talking about Hegel, so if that sounds even remotely interesting to you, this book is going to fuck you up. This was probably the single most impactful book on me from the last five years - it gave me an *entirely* different way of thinking about the world around me.

Gilchrist's basic thesis is that the left hemisphere is analytical, and divides the world into its component pieces. The right hemisphere, however, sees the ineffable "whole," with no sense of time or division. Math and science belong to the left hemisphere, but insight, dancing, love, humor, etc, all belong to the right - you can't divide them up and analyze them without destroying what made them special in the first place.

Being highly analytical myself, this book made me stop and reassess the tools I use, and whether those tools are actually helpful or not.

This is a deep book, hard to describe, and much harder to summarize - I'm not doing it justice. Read it, highlight it, then read it again.

Seeking Wisdom: From Darwin to Munger, 3rd Edition 3rd Edition by Peter Bevelin

This book is like a crash course in the best that the Western mind has to offer.

Simple summaries and descriptions of the major insights of science, philosophy, and business; almost like a Clif Notes on all the shit you really should know and understand, but don't.

Bevelin is well-known to Mungerheads - he's the editor of *Poor Charlie's Almanack*, which was a hugely influential book in my life. If you enjoy reading the wit and wisdom of either Munger or his partner Warren Buffett, you'll enjoy this book.

That's it folks, I'm out of time.

Looking forward to see your recommendations as well.

102
UPVOTES

The Courage to Be Disliked

Red-Curious · 30 April 2024 · Archived copy · Reddit

This book by Ichiro Kishimi and Fumitake Koga, based on the teachings of Alfred Adler, is probably the best work I've seen on the concept of developing frame from the ground up (although we may not fully get there in this post, as this is more foundational). The entire work is a process of deconstructing our preexisting notions of processing the world and reconstructing it from the standpoint of operating out of your own internal point of origin. Audio book is on Spotify (may require premium) and reads as a dialogue between Victim Vomit Victor and a Professor.

LIFE IS SIMPLE: I remember Rollo commenting, "If marriage is hard work, you're doing something wrong." This book extends that concept to all of life, and he's right. Imagine a 225lb bench. To many people, that's a lot. To others, it's easy. The weight isn't changing. You are, as you get stronger. If you think life is complicated, that's your fault, not life's fault.

The premise of the book focuses on **Freudian Etiology** (i.e. most modern psychology) v **Adlerian Teleology**. To explain the difference, let's look at a guy who is in a dead bedroom because he is too scared to initiate with his wife (applying the book to my own personal pre-RP experience).

- Etiology is all about cause and effect. He has been rejected by his wife numerous times. The modern psychologist would say that he has been traumatized by all of that rejection and as a result is now incapable of initiating sex, leading to his dead bedroom. Sure, other things may play in, but let's keep this simple and on him.
- Teleology is all about assigning purpose to our experiences. The man has the goal of not having sex with his wife. Wait, what?!? That's right, as absurd as it sounds. Actually having consistent sex with her breaks his mental framework for understanding the existing marriage dynamic and introduces new risks. If she suddenly began accepting his initiation - or even worse: accepting and rejecting inconsistently in ways he can't predict - that's new and scary territory, whereas living in the dead bedroom is the much preferred devil you know over the devil you don't.

In this, Adler denies the existence of trauma, saying that all past events are experiences we use for our present purposes, no matter how severe or mundane. If trauma existed in a cause-effect dynamic like modern psychology purports, we would expect everyone to have comparable reactions to comparable events. But that's definitively not true. People provably respond differently to similarly traumatic situations based on their own present purposes and frameworks for understanding life. In the above context, one person may be traumatized by constant rejection (i.e. old me), whereas another may view constant rejection as a training ground to build confidence (ergo my post: **Initiate Often, Confident Always**). You choose how to assign a purpose to the past experience, rather than it defining you. In fact, "it defining you" can't happen at all without your willful consent.

My post-RP purpose for my past rejection was to build self-confidence. But my pre-RP purpose was to use it as an excuse to stop initiating. **In neither situation did the event change. I changed.** My purpose changed, and that's what made the difference. Trauma doesn't make our lives complex. We make our lives complex. As you change, you can choose to see the simplicity of life and marriage.

EMOTIONS: Just as the past is merely a tool to further present goals, so are emotions. Consider a mother who regularly shouts at her children.

- The etiologist would argue: "You have an anger problem. This is probably brought on by something in your past that caused you to be this way, or perhaps even a genetic predisposition. It is part of your personality. But I can teach you coping mechanisms to deal with your anger."

- The teleologist would argue: "You manufactured the emotion of anger to justify your purpose of shouting. You wanted to shout because you have seen that it causes people to submit, which is what you wanted your children to do. You could choose other methods of accomplishing that goal if you believed they were equally effective."

At this, some people believe they have no choice but to react. "I didn't meant to be angry. She just did this and it set me off." Yet consider the mother getting a phone call while she is shouting at her children. She answers politely, chats for a minute, then hangs up and immediately resumes shouting. Was she really incapable of controlling her anger? No. She only used the tool in the context where she believed it appropriate, and used the tool of politeness where she believed it appropriate. In neither case was she controlled by emotional impulses.

From there, often-times when we weaponize our emotions, we might achieve the goal of momentary submission followed by "the revenge stage," where people passively aggressively (or even overtly) get back at us for compelling their submission. Socially, this looks like civil rebellion to overthrow a government. Personally, it looks like the mother's children becoming defiant, slitting their wrists, or tanking their grades as ways actually in their control which undermine her desires over them and her own public image. They now get special attention and the mother bends over backwards to address these concerns, making her submissive to them. If you respond to provocation, even if you win you may lose through inciting revenge. Better not to let yourself get worked up in the first place.

In all this, "False Freudian Etiology" tells us that our personality is bestowed upon us by nature or nurture and that we cannot change it; we can only cope and evolve it. Teleology rejects the concept of "personality" altogether and instead uses the word **LIFESTYLE**. Lifestyle is a choice. Our choices can change, and therefore we can change.

Why don't we change? Because the devil you know is better than the devil you don't. Change is scary. Even if you are unhappy, it's safer to behave the ways that are familiar to you than to choose a new and untested lifestyle and how it will affect our future finances, relationships, etc. Consistency is safe. Secure. People don't change because they prefer some discomfort and unhappiness in life in order to achieve the goal of safety and security from maintaining our current lifestyle choices.

If you are not satisfied with your life, Adler argues it is because "you lack the courage to be happy" (incidentally the title of the sequel book, which I have not yet read). If you can overcome your fear of the unknown of new lifestyles, you can change and develop any lifestyle of your choosing. Notably: lifestyle is defined by how you experience life in the context you create for yourself, not the possessions you have (more on that later).

ALL PROBLEMS ARE INTERPERSONAL RELATIONSHIP PROBLEMS

This phrase is at the core of human experience. If no human existed, we would have no context for any mental health struggle (only physically induced ones). Even loneliness would not exist because you wouldn't know what relationships were to miss them. Yet the minute we interact with others, that is when room for problems manifests.

Everybody has an innate drive for superiority. This is caused by a healthy feeling of inferiority - when we know that we are operating at less than our best selves and choose to strive to be better. However, this becomes an inferiority *complex* when we make the alternative choice: to give up, believing that past failures will only recur. Similarly, a superiority complex evolves when one feels compelled to publicly boast of themselves or shame others, assuming that they will be recognized as superior, and if others see them this way perhaps they can believe it of themselves too.

- **Example 1: "I don't like myself."** The book references a girl who is embarrassed by her blushing problem. She likes a boy, but is afraid of blushing in front of him, so she never talks to him. She asks the psychologist to solve her blushing problem. He says, "I could, but I won't. Your blushing causes you to find peace in the midst of your dissatisfaction with your present life. If I cure it and nothing changes, you will have no other excuse for your dissatisfaction, lose your peace, and will ask me to give you your fear of blushing back, which I could not do." He suggests the solution is to learn to embrace the outcomes of our desired actions, good or bad, and move

on rather than living in fear of them (future) or letting them define us (past) [i.e. another way to say "outcome independence"].

- **Example 2: "Women don't like me."** Many men think this. The view is not actually a product of past experience. Rather, we use our past experiences as a tool to justify maintaining this attitude to meet our present goal: not pursuing women. Why is that the goal? Because one fears rejection. If you focus on your shortcomings rather than strengths, you can develop a belief that women don't like you, which justifies your lifestyle choice of not talking to them, protecting you from anticipated rejection. The problem is that you're living in the future (anticipation) and the past (pain of prior rejection) rather than the present. In this sense, people find it advantageous to not like themselves or to believe women don't like them, despite the unhappiness it causes them.

From there, all interpersonal interactions come down to whether we view others as competitors or comrades. Mental health problems evolve when we view them primarily as competitors. When our lives don't measure up to what we see in others around us, we make self-protective choices to justify the fact that we're losing **The Comparison Game** to other people. If they are comrades, we can celebrate their victories instead of taking it personally as a sign of our own inferiority.

OBJECTIVES: Adler proposes two core objectives in life: (1) *To be self-reliant*, and (2) *To live in harmony with society*. If one can accomplish these objectives, we will find peace and happiness and be free from mental health ailments. They are supported by two psychological statements: (1) "I have the ability/am enough" and (2) "People are my comrades." If we believe these two things, we are capable of accomplishing these objectives, no matter the life circumstances we are born into or what we possess. What matters is not what we are given or now possess, but how we use them to accomplish these objectives. He further breaks these two down into 3 contexts called "Life Tasks," which we have no choice in life but to confront in relational contexts on some level:

- **Tasks of Work** - Anything sustainable requires other people. Even the job of writing a novel, which seems entirely independent, requires an editor, publisher, marketing team, book stores, etc. in order to make it viable. As such, we are forced into some social context, as it is unfeasible to accomplish without others. These relationships exist only in the context of employment and stop outside the workplace. Even here, the problems are interpersonal. If a man is upset because of his poor performance review, it is not the work that upset him but the condemnation from his superior causing a feeling of inferiority via comparison.
- **Tasks of Friendship** - These are relationships outside the home and workplace. The number doesn't matter as much as the distance and depth. These are people you choose to value simply because of their existence, independent of whatever else they may contribute to your life.
- **Tasks of Love** - spouse, family, bf/gf. These are relationships involving bonds of consequence, making them difficult to break, making us more inclined to control rather than sever them. When we attempt to restrict them (i.e. mate-guarding, jealousy), it is a mindset of control, demonstrating that we view them as competitors and not comrades, undermining our ability to experience love in the relationship, leading to conjuring problems in our lives to justify our choices to control them ("I'm not a violent person, I just get so upset because I love you so much and can't bear when I see you being less than the wonderful person I know you can be"). When they behave in ways that hurt us, we must not run away; we must face it, even if we intend to cut it off regardless the outcome, otherwise we solidify a comparison (and resulting sense of inferiority or superiority) in our lives, for which we then make even more poor decisions to cope with it (unless one understands how to unravel it all).

Think of someone you dislike. Why do you dislike them? The etiological answer is, "Because of these bad qualities about them." Teleology says you have made a decision already that you did not want to be in a relationship with

them (which is not a wrong decision, the book notes), but feel bad about that choice and therefore look for things to dislike in order to justify that choice. Developing a view of others as competitors gives us an escape plan for relationships we don't want to enter into or remain in, but simultaneously hinders our relationships and forces us to remain in The Comparison Game indefinitely.

- **Example:** Wife falls in love with a man. He does a lot of weird things, but she doesn't care/notice and things are great. Months later she's not as happy as she once was. She now wants to leave the relationship. Suddenly the things she did not care about before are reasons why she wants to leave the relationship. **He did not change. She did. And these things are her excuses.**

LIFE LIE: This is when we lie to ourselves and others about our own motives in order to justify our decisions. The student in the book protests, "You don't know me or my circumstances to call me a liar and blame me for my own life circumstances!" The philosopher answers: "You're right. I don't know x, y, and z about you. I only know one thing: *That you are responsible for your own lifestyle.*"

This covers about the first 1/3 of the book material. The next 1/3 will delve heavily into the context of why a willingness to be disliked by others is essential to be free/happy in life, as the desire to be liked comes with social comparisons/expectations that are like chains which control our decisions away from what we would otherwise independently desire/process for ourselves.

101
UPVOTES

Man-Building in the Gym: My Newest Plan of Action for all the Neophytes

RPAIternate42 · 28 September 2016 · Archived copy · Reddit

Welcome to RPAIternate's newest guide to MRP man-building.

A year ago I made a post wherein users could ask questions. We were relatively small back then, as a subreddit, so I'm not doing that again; we have too many new man-children for me to answer the same questions four times.

Instead I'm creating a guide for building your body (Someone else can build your mind). Experienced users need not apply here (you're already jacked... aren't you?) Newer man-children stand to gain the most from this guide.

This guide simply lines out the best path for building muscle. I will not be focusing on weight loss (in fact, if you follow this, you will likely GAIN weight.) I won't even be focusing on fat loss. I am only concerned with your muscle gain.

You can be 12% BF all day but it means shit for shit if you haven't got the mass underneath to make it worthwhile.

Introduction

You read in here often, "LIFT," as some sort of cure-all to your life's problems. As if going to the gym and lifting weight can somehow make your life better? It's bullshit right?

If you have to ask, then you have no business asking... you don't even know what you don't know, yet.

OF COURSE going to the gym and lifting weight can make your life better. Doing so gains you the following:

- **Alone time:** time with yourself and your thoughts. I even eschew male company at the gym unless the guy is comparably motivated to shut the fuck up and lift.
- **Learning how to fail alone:** You will fail at some point; the weight won't move and you will feel weak and shitty. But you will learn that *this happens from time to time* and one failure isn't a failure.
- **Learning how to succeed, alone:** You will succeed more than you fail, and when you fail, you will learn how to overcome that small hiccup and succeed again. You will learn that sometimes you need to fall a bit to learn how to climb better.
- **Learning your physical limits:** Men these days don't know what they are capable of (most aren't capable of much at all.) You need to learn what you aren't capable of as much as you need to learn what you are capable of.
- **Routine:** having a schedule *that you don't deviate from* sets a schedule and creates expectations for you and your family.
- **Refuge:** the gym is your temple. Most are open 24 hours, these days. Wife causing you strife? Go to the gym. Sex rejection? Go to the gym. Feel like jacking off? Go. to. the. gym.

Nothing in this life is made more difficult by being stronger.

Where to Begin?

Perhaps you read "lift" and went to the gym and dicked around because, and be honest, *you don't know what the fuck you are doing*. You want to lift, but without a plan, it's very daunting.

I did a 6x6 ramp-up program once, 7 years ago... Went from 175 lb to 205 lb in less than 6 months on lifting and beer. I got huge and I also got fat. I stopped the beer part and within a month I had gone from a well-proportioned, but fat 205 to a shredded 195. The point here is that I had nothing and just said, *here's a plan I just made from farts and wishes... a plan I can now run with*. The point is I had a plan.

Now I know more things about stuff and I have dabbled with a few beginner plans: Ice Cream Fitness, Starting Strength, Stronglifts, etc. My favorite by far, which is also the most boring is Stronglifts. The boring part is the part

I like because *boring* = *simple*. A beginner shouldn't be doing floor cleans and a beginner shouldn't be worried about what his biceps look like when his biceps can't do shit.

Move units, then talk shit and we can do this. --Dr. Dre.

Preface

This plan runs through 4 phases:

1. Stronglifts: Gain strength and size due to the *novice effect*; strength and hypertrophy are achieved due to the sudden change in stimulus.
2. Supplant stalled lifts with assistance work to drive hypertrophic stimulus. Strength increases begin to slow down.
3. PPL: Add accessory work and reduce main lift volume to stimulate further hypertrophy and specialize slowing strength development.
4. 5/3/1: Increase strength development by replacing the linear progression model with a high intensity, low volume monthly periodized model.

Stronglifts 5x5

Stronglifts is a beginner program that focuses on the "big 5" lifts:

- Squat
- Deadlift
- Bench Press
- Overhead Press
- Barbell Row

The program is run over 3 days per week wherein in a 6 week period, you squat 6 times, and do all other lifts 3 times. Over that 6 week period, at the very beginning, a true novice can hope to see an increase in the 5-rep weight of 30 lbs for squatting and dead lifting and 15 lbs for all other lifts.

This program is boring, but it is simple and straight-forward each session should take about an hour. Don't worry about your biceps; the rows will take care of those, for now. Don't worry about your triceps; the bench press and overhead press will take care of those for now. Don't worry about your shoulders; the overhead press will take care of those, for now.

Nothing in Stronglifts is revolutionary or new. It simply takes the 3x5 strength-building standard and adds extra sets for volume. It then ramps the intensity up regularly and quickly to account for novices. This sort of progression is called *linear progression*.

<http://stronglifts.com/5x5/>

Download the spreadsheet and use it or... Download the app and use it.

The stronglifts site is large and has a lot of information, but I'll distill down some of the important info.

- **Warm-up:** Start with the bar and do 2 sets of 5 reps. Add 10 lbs (5 lb, each side) and do 3 reps. Repeat this until you get to the target 5x5 weight. Don't rest between the warm-up sets.
- **Resting between sets:** at least a minute when it's easy and upwards of 5 minutes when it gets harder.
SCIENCE: resting replenishes the Phosphagen/Creatine/ATP energy system... 3 minutes is about the amount of time it takes to do this.
- **Do no more than 5 by 5:** Do no more than 5 sets and no more than 5 reps per set.
- **Deadlift is 1x5:** Deadlift is rough on the CNS. Keep it low, for now.
- **Failing (stalling) on a set:** If you can't complete a set, continue to the next set and do your best. Even if you

did 5,5,4,2 and your last set will most likely be "1", do not lower the weight. This is now your new benchmark. Do not add weight for the next time you do that exercise.

- **Failing 3 times:** If you fail at a specified weight for 3 sessions in a row, then you subtract 10% from the current weight and start anew. The lower weight will give you time to recover physically and mentally.
- **Failing 3 times in a row, 3 times on the same weight:** Example: you are bench pressing at 205 and can't do all 5 sets completely. You fail 2 more times and deload 10%. Eventually you get to 205 again and fail 3 times in a row again. you deload 10% (again) and eventually make it back to 205. Yet, once again, you fail 3 times in a row. This is known as a *plateau*. Congratulations, you are basically no longer a beginner for that exercise. For this exercise it's now time to advance to something bigger and better. (more on this in a moment).

Drink water, eat food, eat more food, drink more water, and grow. Remember, Muscle can't grow without resources.

The likley outcome of this program will be an increase in strength and size, better body proportions, lowered body fat, better sleep, your dick will get touched at home, and depending on how well your body reacts, more IOIs in public.

What will NOT happen: You will not get that cut, jacked look. That is not what Stronglifts is for. That comes later. Please be patient.

Moving on and adjusting the plan

So you've plateaued on an exercise, but everything else is still moving along.

You don't want to ruin the nice novice gains you are making on everything else just to get better at bench press. Instead, we are going to supplant some bench press with some new lifts called *assistance lifts*.

Here is what a week of Stronglifts looks like:

Week 1 | | | Week 2 | | | : : : : : : : : : : : : : : : A | B | A | B | Squat | Squat | Squat | | Squat | Squat | Squat | Bench Press | Overhead Press | Bench Press | | Overhead Press | Bench Press | Overhead Press | Barbell Row | Deadlift | Barbell Row | | Deadlift | Barbell Row | Deadlift

Stronglifts is what we call a "high-volume strength plan." Notice how you are squatting *every workout*? See how you do some exercises twice a week? When you get better at lifting (read: stronger) your body becomes less adaptable and requires different stimulus to continue growing. In our example, you plateaued on bench press. Since your body is less adaptive to the stress, we need to change the type of stress. We do this by continuing on 5x5, but only *once a week*, and adding 8-12 rep sets on the second day. The format will stay the same, but now we have a lower volume day and a higher volume *assistance day*:

Week 1 | | | Week 2 | | | : : : : : : : : : : : : : : : A | B | A | B | Squat | Squat | Squat | | Squat | Squat | Squat | BP 4x5, 1x5+ | Overhead Press | BP 3x10 | | Overhead Press | BP 4x5, 1x5+ | Overhead Press | Barbell Row | Deadlift | Barbell Row | | Deadlift | Barbell Row | Deadlift

This is how you implement this:

After you plateau on the lift, deload 10% again. In our example, 205 was the plateau weight, so now we de-load back to 185.

Week 1, A1, has "BP 4x5, 1x5+". This means that you will do 185 for 4 sets of 5 reps and then 185 for 1 set of As *Many Reps As Possible* (AMRAP). This is the first step to increasing stimulus: adding volume at a higher intensity on the last set; programming your muscles to move past that 5 rep wall it is used to and stimulating new muscle-drive neurons (stronger muscle).

Week 1, A2, has "BP 3x10". This means you will do *a weight* for 3 sets of 10 reps. But how *much* weight?

|Week 1| | |Week 2| | :-:|:-:|:-:|:-:|:-:|:-:|:-:|:-:| A|B|A| B|A|B Legs|Legs|Legs| |Legs|Legs|Legs Push|Push|Push|
|Push|Push|Push Pull|Pull|Pull| |Pull|Pull|Pull

Now it's time to increase and change the stimulus some more. We will do this paradoxically by *removing* some volume on the main lifts but adding *accessory* lifts. Accessory lifts are those lifts that help the main lift, but aren't exactly the main lift (like with assistance work.) For instance, The incline Bench Press is *similar* to the bench press, but it actually uses *slightly* different muscles. The Leg Press is *similar* to the squat, but allows you to pile on more weight because you don't have to actually support it on your back, The bicep curl *pulls* weight to you but doesn't use your back, *you get the picture*.

While you can still irk out some extra novice gains, you'll end up injuring yourself or stalling more and more regularly with this much squat volume. You'll learn that sometimes *less is more*.

Push-Pull-Legs

PPL (Push Pull Legs) is what I like to call a *secondary* beginner program. Some people jump right into PPL. This isn't wrong, it's just different. I think PPL is better suited for a better trained individual, which is why I start with Stronglifts, plain and short.

[This post on Reddit's Fitness sub is a stellar example of a PPL routine.](#)

PPL is also a linear program, which is why I label it as *beginner* but it has plenty of accessory and assistance lifting so that it gives the impression of being more advanced, hence *secondary*. The accessories also make it much less boring than Stronglifts.

PPL runs as a 6-day a week cycle: PPLPPLR - Push, Pull, Legs, Push, Pull, Legs, REST. Over those 6 days you hit all main lifts once, except squats, which you hit twice.

Pull-1	Push-1	Legs	Pull-2	Push-2	Legs
Deadlift 1x5	Bench Press 4x5, 1x5+	Squat 2x5, 1x5+	BB Row 4x5, 1x5+	OHP 4x5, 1x5+	Squat 2x5, 1x5+
OHP 3x10			BP 3x10		
Pull Acc.	Push Acc.	Leg Acc.	Pull Acc.	Push Acc.	Leg Acc.

You'll notice that OHP 3x10 and BP 3x10 are done on the alternating days. This allows you to hit the 3x10 sets fresher than if you piled them next to each other.

Another new change is that Squats have been reduced to 3 sets of 5 reps. This allows you to hit your weights easier, but doesn't tire you out as much. Since you are likely going to see some new increases in squat gains from going from 5x5 to 3x5, the squat work is reduced from 3x per week to 2x per week.

All accessory work is also the same across the board (Pull Acc. is the same for both days, as are Push Acc. and Leg Acc.)

I recommend doing Pull first if doing deadlift the day before squat day bothers you.

The accessory work will help make gains in all lifts as now you are directly stimulating the stabilizing and supporting muscle groups on top of the main muscle groups. The accessory work is list as a range: 8-12 or 15-20. This means that you can do 5x15 or 3x12 or 8-10-12, or 15-15-20-20-20. Pick a scheme you want to work with and run with it. *This is accessory work and it doesn't matter that much*. If you complete your sets successfully, add 5 lbs for the next time. For some things you may only be able to add 2.5 lbs.

Continue PPL until you plateau as you did with Strong Lifts.

The likley outcome of these modfications to the Stronglifts program will be a small increase in strength in the affected lifts, larger size and definition across your body due tot he accessory work, a decrease in body fat due tot he extra calories and greater lean mass achieved

****What will NOT happen:** You will not become incredibly strong and you may find you are plateauing in strength development... 5-rep sets can get you close, but the next phase of our plan will begin to show GREAT gains in strength.

Eat a ton of protein. Squat heavy. Push heavy objects. Have sex. Love life. --Jim Wendler

5/3/1

5/3/1 refers to the repetition format for this next phase. More specifically, it is 3x5, then 3x3, then 5,3,1. This is over a 3 weeks period.

Remember when I said Stronglifts was a 3x5 program with extra volume? This is an example of a 3x5 program. But where Stronglifts and PPL use a set weight to complete the 5x5 and 3x5 sets, 5/3/1 ramps up the weight with each set.

Remember when you were calculating 1RM to find your TM for an assistance work starting point? This is where that is absolutely necessary.

5/3/1 typically runs as a program across 4 days per week. Each day focuses on a specific main lift. 5/3/1 removes BB Row as a main lift, and relegates it to accessory work.

Wednesday is a rest day, as are the weekends. You can use whatever days you want, just make sure you have some off days and that the deadlift days don't back onto the squat days and the bench days don't back onto the OHP days.

5/3/1 runs as a 3-week, periodized schedule:

Week 1		(3x5)	
Mon	Tue	Thu	Fri
Squat	Bench Press	Deadlift	OHP
Ass.	Ass.	Ass.	Ass.
Acc.	Acc.	Acc.	Acc.

Week 2		(3x3)	
Mon	Tue	Thu	Fri
Squat	Bench Press	Deadlift	OHP
Ass.	Ass.	Ass.	Ass.
Acc.	Acc.	Acc.	Acc.

Week 3		(5/3/1)	
Mon	Tue	Thu	Fri
Squat	Bench Press	Deadlift	OHP
Ass.	Ass.	Ass.	Ass.
Acc.	Acc.	Acc.	Acc.

At this point, one would re-cycle the program with new TMs and do it again, de-loading for a rest week on week 7. If you feel particularly drained over the 3 week cycle, then de-load and rest on the 4th week.

The periodized programming portion of the 5/3/1 program comes from the ramp-up for the sets.

- Week 1 (3x5): 65% x 5, 75% x 5, 85% x 5
- Week 2 (3x3): 70% x 3, 80% x 3, 90% x 3
- Week 3 (5/3/1): 75% x 5, 85% x 3, 95% x 1

This is the basic model.

Some people like to pyramid the sets (65-75-85-75-65) (25 reps total) Some like to make all last sets AMRAP sets (5,5,5+) (15+ reps total) *Some combine the two (65x5,75x5,85x5+,75x5,65x5+) (25+ reps total)* Some add "joker" sets (65x5,75x5,85x5,90xAMRAP) (15++ reps total) *Some combine all of these: (65x5,75x5,85x5+,90xAMRAP,75x5,65x5+) (25++ reps total)

I recommend starting with the basic scheme and adding as you deem fit.

All percentages are run from your TM (90% 1RM.) Calculate these based on the last sets you did for each lift. You will end up with a sort of mini-deloading, but that's okay... you're still moving up!

Go to **Black Iron Beast** to have a template created for you. Play with the options to see what's what.

Combining 5/3/1 and PPL

While there are "approved" or "sanctioned" 5/3/1 templates (they come from Wendler's literature) you can mix 5/3/1 with anything, including the PPL program I already mentioned. Instead of the linear progression model, you just replace the 5-by sets with the appropriate weekly scheme for 5/3/1. My program looks like this:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Pull 1	Push 1	Legs 1	Pull 2	Push 2	Legs 2
DL (5/3/1)	BP (5/3/1)	Squat (5/3/1)	BB Row (5x5+)	OHP (5/3/1)	Squat (5/3/1)
OHP 5x10@50%	Leg Press		BP 5x10@50%	Squat 5x10@50%	
Pull Acc.	Push Acc.	Leg Acc.	Pull Acc.	Push Acc.	Leg Acc.

You'll notice that I've replaced the OHP and BP 3x8-12 with the BBB template (from black iron beast) 50% 5x10. I do leg press on Leg 1, but do a 5x10 squat on leg 2; you'll never get better at squatting unless you squat more.

I do all final sets as AMRAP sets (5+, 3+, 1+) except on Leg 2 squat day, I do a strict 5, 3, or 1 as prescribed.

Because of the additional volume of the BBB 5x10 sets, I removed some of the accessory work: I alternate tricep push downs and tricep extensions, and hammer curls and DB curls (I do incline curls) I also alternate RDL and Leg curls keeping machine work to the Leg Press day and the Barbell work on the squat 5x10 day.

Conclusion

While long-winded and possibly information dense, *this is a plan*. Perhaps you follow this directly and perhaps you take ideas from it. Whatever you choose... make a plan, and run with it.

I will nearly-guarantee that if you follow this plan you will be jacked, strong, and have a greater appreciation for yourself and your time. YMMV as you only get out what you put in.

And don't tell me you don't squat because you play soccer, or you run, or you do some other thing that makes you believe you don't *need* to squat. I don't give a shit if it's hard... *nothing easy was every worth having*.

On a personal note

When I first started lifting with that 6x6 plan I talked about, I didn't squat, because frankly, it was *hard* and the idea scared me a bit; no one ever taught me how or the benefits of it. I leg pressed, and did extensions, and leg curls, but none of that replaces the squat. Later I stopped lifting, started running all the time, read MMSLP, started lifting, found RP, lifted more.

Ever notice when someone who runs all the time walks into the room? Yeah, neither does anyone else. Ever notice when a jacked dude who lifts walks into a room? You may not have because you don't pay attention to such things, but you will notice when people notice YOU walking into the room.

When I started lifting, just before RP, I was about 180 - 185 lbs. I was wiry and strong, but not jacked. BJJ kept me in great shape and I could take on all-comers with confidence, but BJJ never made anyone jacked. When waiting on a lifting station, such as a bench, or squat, guys would look at me and continue their sets. I'm either not someone to be a bother or I'm seen as being below them.

I'm consistently 195 or higher now.

Now when I wait on a station, guys offer to have me work in and sometimes *they even stop doing their sets and go somewhere else*. Women, especially, will just stop doing their sets, let me do mine, and make room whenever I need it. And they do it with a smile on their face and a twinkle in their eye. I'm always gracious, with a grin, and I always offer them to work in, "no... I don't want to bother you." Suit yourself.

Before, walking through the BART station (bay area "subway") people would rub shoulders, or not move. Now, I'm given a wider berth (space is still limited on the platform) and apologies are given *even when they didn't do anything wrong*.

Before, my wife would say she liked the V at my waist (I was 180 and cut), now I'm a little less cut, but I'm bigger, and she says she likes my V *while* squeezing my arm or stroking my chest.

I used to drive for Uber. Women, when in the front seat, would sometimes do the arm touch as women are oft to do. When they do there's always a light squeeze on the arm... then they are suddenly very interested in the things I say or the opinions I have. My eyes, they earlier cared little about, if at all, are suddenly the nicest eyes they have ever seen. Sometimes the boyfriend mate-guards. Sometimes the orbiters try. I was once asked to drop a boyfriend off first because she wanted to be dropped off at her house, alone and this was after their original plan was to just to drop them both off at her house. The boyfriend didn't interject or mate guard that time.

My point is, this is just the external, superficial value in lifting weights. Your confidence will increase, your "command presence" will increase, you will carry yourself taller, and people will simply respect you for being present.

Do not underestimate the value of lifting. Hike. fine. Run. fine. swim. fine. Do whatever else, but ALSO lift.

Good luck.

101

UPVOTES

Emotional Control

ReddJive · 31 July 2021 · Archived copy · Reddit

There have been many ways to describe why men should be in the gym training. I want to emphasize what you just read. There have been many ways to describe why men should be in the gym **training**.

Not working out. Not exercising. There's a key difference between training and all that other stuff. When you train you deliberately push yourself to be better, to increase skill, athleticism, ability, all of it. You are pushing it every day, breaking down, rebuilding all the way.

When you exercise or any other version thereof you are just trying to maintain your health, preserve ability, which is a fine goal yet it isn't the purpose of what you are to be doing here. Running doesn't make you better at anything other than...well...running.

Experienced lifters know that nothing can fry your nervous system like heavy loads. At a certain point it's no longer about being jacked or mass but its about nerve activation. That's why, in powerlifting, lifters alter their lifts from the standard bench, squat, deadlift. They change it up. Rotate the types of bench they do and have a cycle they follow. Having a good recovery plan is vitally important. A big key in keeping your CNS happy is the appropriate use of variety, but first you need to get your mind right.

I have often said the deadlift is the most emotional lift of the Big Three. It's the baseline of the strength lifts. A good deadlift can tell you a lot about your raw power, but it comes at a cost. Nothing can fry your nervous system like heavy deadlift. It is an emotional vampire.

When it comes down to it, you have to find some way to make the part of you that wants a *bigger lift, to be a better man, husband, father, and overall better LIFE*, than the part of you that doesn't want it. You have to get set and lift it.

It's about your mindset, overcoming negative talk. All that "I'm a pussy let me have it", "My wife yelled at me, what did I do wrong", "she this", "She that". You can't blame the bar when you can't lift it. You know your wife is already going to be pushing you. Why let her? She knows your weaknesses, so does the bar at the gym. If you have a training plan every day you get a little stronger, little better than you were the day before.

That being the case, it's especially critical that you optimize your training environment, and even more specifically, your emotional climate, prior to a serious pulling session. Negative talk, years of thinking you can't do it, can't be better...You have to overcome it.

When I get on the platform for a meet I have to maintain emotional control. The crowd, judges, lights. no matter how many lifts I have it is this moment I cannot practice for. I can train and train how to bench, deadlift, squat. Set up multiple times, but I cannot be prepared for the moment I walk up to a different bench, different monolith. 3 judges that have never seen me before. No one cares just last week I have a pinched nerve, no one cares that I struggle on lift off. She doesn't care that you are sick, that you had a hard day at work. I have to have developed the ability to control my emotions during my lifts. By 'emotional control' I mean two things:

The first is that you cannot have anger or discouragement. You have to overcome these. Preparing for a new PR, or walking into the house finding her upset at you; either way these emotions hurt you. They drag you down and will breed doubt, despair. Your mind wants to protect you. It will find the easy way out and it will listen to these negative thoughts. It will bring up every situation in which you have failed. Remind you why it's just better to sit on the couch eating Doritos and getting her coffee and drinks when she tells you to.

The second is that you need to create emotions that are helpful to you, like aggression, excitement, and optimism. Most people let their emotions be influenced by what's happening during an event. If they're performing poorly on the field, their emotions go down, and their game tends to follow. Coming here and talking about how pathetic you are, how much of a beta you are. We know this. Otherwise you wouldn't have been here. Is it really important?

Gather you mind together, start controlling all that vitriol. Reminding yourself of these past things will bring you down and keep you there.

Great athletes don't let their emotions be determined by what's happening on the field. Just as you shouldn't let your wife control your emotional stability. Athletes use the emotional energy, but instead of giving in to the negative they're trying to create a positive emotional state. Maintaining emotional control is one of the keys to winning.

This is why you train. You are not just exercising, not just getting in shape.

Every lift is forming your emotional control.

101

UPVOTES

Depressed and Anxious Wives: Field Report.

The_Red_Letters · 12 November 2021 · Archived copy · Reddit

I've never gotten into a lot of detail on the specifics of my experience in my OYS posts because it wasn't necessary in order for me to make progress. That's the beauty of this place. No matter how unique you think your situation is the recipe to fix it is basically the same. Lift, read the sidebar, post your goals and progress, swap notes and repeat. At this point though I think there's some value to be had in consolidating my experience into a post. If not for you, then at least for me.

There's nothing terribly special here. It's just the practical specifics of how I applied the theory to my life.

The situation

I originally started posting here because my wife was depressed as hell. Only getting out of bed for an hour a day sometimes. At the peak she was even briefly hospitalized for her depression. A depression that I would come to find out was **all my fault**.

During this depressive episode I did what most guys do, I tried to fix it. I tried to fix her. I did this by following my wife's lead. Listening to her complaints and trying to address them all. I'm sure these issues would be familiar to guys here. Housework, money, me working too much etc. Every time I would address an issue a new one would pop up and the situation would stay the same or get worse. Those were symptoms, I was the issue. Those were shit tests and I was consistently failing.

How I caused it

A turning point in my understanding came when I found [u/HornsOfApathy](#)'s **Depressed and Anxious Wives** series. At first I didn't understand, but after reading a few times and reflecting in my OYS it finally clicked. How could this be all my fault? Well, here's how:

My nice guy attitudes built a hell and my first officer followed me into it.

I was not honest. When I have the energy I genuinely love giving. I get a deep satisfaction from cooking for people, giving them my focused attention or doing a favour for a friend or loved one. The catch is, when I'm tired out and reach my limit of these gifts, I need to stop. If I keep going, those exact same actions make me resentful and bitter. My woman, like all women, could sense my hidden resentfulness in an instant. She could tell I wasn't congruent in many of my gifts.

Because I often said yes when I meant no, and she could sense it, eventually I lost all credibility and my word meant nothing. My wife spent a tremendous amount of time and energy trying to figure out what I really meant and avoid my resentment because I wouldn't be honest. As she fell into a depression I placated her requests no matter how far over my line they were.

When you're in an abyss you need a wall to bump up against. Every time I capitulated I move the wall out of grasp. Worse, I was working my ass off to move walls. I kept moving the walls and oscillated between being kind and resentful. She in turn filled the container I'd created and doubted herself to no end. Her confidence dropped to nothing, her anxiety skyrocketed. I said yes because I wanted to make her happy when an honest no is what she wanted. An honest no is always better than a resentful, incongruent yes.

How I fixed it

I became the wall in the abyss.

Around this time I was reaching a true level of DNGAF. I think this was key in helping me become more honest. I was being a nice guy before because I was afraid of the consequences of asserting myself. As I gave less of a fuck I was more free to tell the truth and let the chips fall however they may. The next shit test that came up I passed almost by accident. It was about the same old stuff and ended with a vague threat of us "not working." I listened,

then said "That's okay, but I'm not changing anymore."

Normally this would probably be a 1000 foot rope situation. Make the change, shut the fuck up and work through the slack. This was at a crisis point though so I decided to be more overt. I levelled with her. I said "listen, I know you feel like you can't trust me. I've made it that way by not being honest about my wants, needs and limits. I'm changing that starting today. You can trust me." I knew from her reaction I'd hit on the exact issue at the core of her depression.

I made sure that the next time she asked for something I didn't want to do I said "No." **This is absolutely key.** If I undermined myself after levelling all credibility is lost.

Then the next time she needed me for something that I was happy to do I said yes. I watched her reaction and saw the anxiety as she doubted my congruence. I pointed to my past "no" and said "I will tell you when I don't want to, remember. I'm not afraid of you. You can trust me."

I repeated this process a few times and saw the anxiety start to leave. I knew I could move to simple yes or no's here unless I saw the anxiety return. The no's are equally important, if not more, than the yes's.

My Takaway

I don't want to focus too much on my wife here because this was my issues, and my action changed it. That said I cannot stress enough how dramatic the change has been. My lack of congruence was tearing this woman apart. The negative effects were profound. She has gone from barely functioning to fun bubbly and happy. She can now enjoy my gifts of time and attention fully because they are real and true. That's obvious now because it's been tested and passed.

The change I made was simple but not easy. All it took was becoming honest and congruent. But becoming that meant rewiring my brain and updating my mental models from the ground up.

My congruence is her mental health.

The way of the superior man taught me the good and bad news. The bad news your excellent track record means nothing to your woman. The good news; your terrible track record means just as little.

Rapid change is possible. Consistency is key motherfuckers.

101

UPVOTES

My Idiot Boss Went Crazy - A "Story" About Rambo

100percentnatty · 12 August 2022 · Archived copy · Reddit

If some of y'all are as retarded as me, you tend to have a hard time understanding things directly and instead do better with analogies and parables. Here's a story I wrote for a comment in /askMRP.

Consider it my field report, put in story form, for understanding years ago what going Rambo is and why it is dumb.

=== THE STORY ===

Your boss is an idiot.

You've been working at a small business for about 10-15 years. When you got hired, it looked like a fantastic opportunity. The owner (your boss) was young, bright, and aggressive. Together, you two had big goals around growing the business and making some serious cash.

Unfortunately, over time, things didn't quite pan out. The business did ok but never reached the heights you knew it could. You did your best but really, the problem wasn't with you. The problem was the owner, your boss.

He started off as a hard-working, bright guy but has slowly morphed into a loser who slacks off constantly. He is disengaged, clueless, and moody. He has never said it directly but you have learned to handle all the serious stuff such as the financials and the most important clients. After all, if you don't handle it, it won't get done and the business will fail.

You stay on because the pay and benefits are decent and you know you won't get fired, even if you slack off more and more... which you have to admit to yourself has been the case over the past couple of years. The job is familiar and stable and that's what is most important to you.

You do find yourself dreaming more and more though, around the idea of saying "fuck it" and quitting. Your friend works at that cool consulting firm and has promised they could get you that high-paying job. It's risky but the pay raise would be huge and you wouldn't have to put up with your shitty loser of a boss anymore.

Six weeks ago, something changed with the boss.

The owner, for some strange reason, went to a 3-day management seminar and came back all excited. He immediately reorganized the production shop with no input from you. He started talking about these new procedures he was going to implement and how they would fix everything. He started changing things immediately, even huge things that were stable and working before.

Of course, he didn't run any of these changes by you to see if you had already tried them or see if they were even applicable. He didn't seem to recognize how some of these changes would affect your most important clients and really upset the flow of the business.

Even weirder, he has told you to do whatever you want but is acting like he expects you to suddenly start working really hard again even though he's been fucking off for a decade+.

You don't know what the heck to think. Sure, some of the ideas are somewhat decent but he has done this before and almost always stops halfway through, leaving an even bigger mess for you to clean up.

Maybe the worst thing about all of this is that each time he does something, he immediately looks to you like a puppy begging for attention. If you don't praise him immediately for doing his own fucking job, he gets butthurt. That pisses you off. This is his fucking company, damn it, and now he wants you to bow down and act like he is the greatest ever for a few weeks of being slightly less of a fuckup?

You are trying to just ride this out because you suspect that this is just a phase and he'll go back to being the somewhat-manageable-loser he has been before. Yesterday though, after he got pissy that you didn't fall down on the ground in awe of him doing some basic task correctly, you found him on his computer googling "*should I fire my best employee if they aren't respectful enough?*"

WTF is wrong with your boss?

100
UPVOTES

My Red Pill Discovery

rhugg215 · 25 June 2018 · Archived copy · Reddit

My Red Pill Discovery:

You can look back at my post that I made in November of 2017.

https://www.reddit.com/r/marriedredpill/comments/7awtu5/wife_separated/

I still keep it up and I still look back at it every now and again when I need a reminder of why i'm here on some of the rough days after swallowing the pill and still going through the discovery. It's a bit long, but 10 months worth of learning and discovery:

Stats: 40yrs

6ft - 210- 18%BF

Bench - 230 5 sets of 6

Squats - 280 3 sets of 8 (Bad knees football and motocross)

Curls - 120 4 sets 8

Leg press 320 2 sets 5

Lats - 95 4 sets 8

My routine changes 3 times a week working different targeted muscles then 2 times a week working groups.

Cardio varies between mountain biking 5-12 miles 2 times a week and trail running 4-6 miles 2 times a week

My Story:

I seperated from my Ex wife July 2017, I was beta to the max just not realizing it was such a thing with the upbringing in a tribe atmosphere of feminine imperative. The typical be yourself, be honest, emotional and emotionally available. All of what most of you already know or have gone through.

Needless to say during the first 5 months of my seperation I still helped her out with whatever she needed, all while trying to get her back and begging for sex. Thinking now my known covert contracts should get me what I want then I would rambo when it didn't work out like I planned.

I fell into deep depression, didn't leave the house. Barley even got off the couch when I wasn't working. Just waiting, waiting for that woman to see the pedestal I put her on and value me as a "Good Guy". I thought, everything I did for her in our 8 years of marriage should mean something, now realizing It was just my turn. We have a daughter together and I raise her two other sons from another man since they were 3 and 1.5 yrs old... (should've saw the writing on the wall then..)

So one day while scouring the internet for some guidance, advice, knowledge to bring me out of my slump I came across this place on reddit - Married Red Pill. After reading some posts and seeing the comments of Men that just truly seemed to care I thought I would try and get some advice from these guys. Advice I did get: you can see all 101 comment here. I believe it's probably one of the longest on this page. Needless to say I got my world turned upside down. I started deer-ing the commenters and got called out, finally i just gave up, stopped making excuses for my pathetic behavior and started to listen.

First thing I did was hit amazon, I bought NMMNG, The Rational Male all 3 books, MGTOW, The Map, downloaded the Book of Pook, What women want when they test, Open her, MMSLP, Hold onto your nuts, Dark Triad, 48 Laws of power. Also downloaded and read 95% of the sidebar. Next I joined my local Gym

I started reading in my free time at work on my Kindle app, I would read when I got home for an 2 hour. I bought notebooks and made notes of everything I read. (On my 4th notebook) Notes on the mistake I made, notes on

important things to remember and just over all Ah-Ha moments I had about what I was reading.

I spent 3 months in this process and I knew I still wasn't ready to post. I didn't feel I knew enough yet. I kept reading and lifting, got new clothes, STFU around my wife at the time when she would come around. January I went on Tinder and met a woman just for friend with benefits. We would hang out, fuck, she did everything I wanted. One day she started giving me some emotional bullshit through a text that rambled on for ever. I simply wrote back, "Knock your bull shit off, if you want talk come talk i'm done now I got shit to do." She was at my house after work, apologetic, not wanting to lose what we have. I simply said "what made you change your thinking" she said "I needed that, I needed you to put me in my place. You were right I was being an emotional mess and taking it out on you." Then she thanked me and blew me.

It was that moment that I realize I've grown. I've learned. I recognize the test and conquered it without even thinking. My wife even came over one day while she was at my house, left in a bitch fit cause another woman was there. I simply told her you left and are not meeting my needs. That following weekend my wife invited me out for dinner, we had a great time, I started catching feelings again. She was grabbing on me, kissing me, Putting my hand between her legs on the ride home (short skirt). I dropped her off, thanked her for dinner and left. 20 mins later I get photos of her in lingerie telling me to come back and I should stay the night. I respectfully decline and told her were seperated to work on the marriage, you put no effort in and until that is the intention there is nothing that sex is going to accomplish at this point. I also knew the only reason she acted this way was because of the competition anxiety she got because another woman was at my house a week prior. I knew if it was genuine desire to rekindle she would continue and uphold to fight for me. It didn't. A week later she told me she regretted sending me the photos. AWALT

I took the trash to the curb (She left), I would be a fool to let it come back in and treat me that way. I shortly gave her an ultimatum, she wanted counseling (which didn't work because she walked out twice after the counselor called her out on her "Victim" bullshit) I filed for divorce. She was shocked that I didn't give her more time (by now its been 10 months) I got the house, 50/50 custody. She had to have her mom move out with her from arizona to help her with the kids and purchase a house because she couldn't afford one on her own. Does it all still sting, of course it does. Do I miss her from time to time, yes but I don't miss the emotional abuse, the narcissistic behavior, the constant tests. Now I do my thing, with who I want when I want. I have 3 plates now that I spin every opposite week each knowing, and each competing for my attention. I only supply the attention based on their desire and behavior.

Overall I must say I wish I found this so much earlier in my life. It would have saved me a lot of drama. The solipsism is real, Hypergamy is a bitch, and the female imperative is a game that is constantly going to have to be in check if your ever in a relationship with a woman.

Thank you to each and everyone one of those who kicked my ass back in november, calling me out on my weak ass behavior. My life has changed for the better and I will never know all that can be learned but I look forward to the journey. Intergender Psychology / Intergender behavioral Psychology has now become one of my favorite past times to observe, read, and write about.

I hope this post helps someone or at least shows some new men that things can be better. I look forward to posting in the future with some of my recent essays I've written just for opinions and theories. Much Love MRP community, could've done it without you.

100
UPVOTES

Cliff Notes: Primary Pointers for Beginners

johneyapocalypse · 17 May 2018 · Archived copy · Reddit

Pointers for Beginners.

I wanted to write this after reading so many newbie posts in the ask sub, and recognizing so many consistencies in their posts. I will add more. I invite you to do the same. I think it's easy to get lost in the vast compendium of resources - aka sidebar - and thought it might be helpful to consolidate a few rudimentary pointers in one place. There is nothing new here for those who've been around a while.

- **Reset every day.** This is the most important - most results-producing - most life-changing - to me - of everything. Reset. Don't ruminate. Don't let bad behavior become repetitive bad behavior. Don't hold grudges. Don't count points. Don't try to win. Don't try to "one up" your spouse. Don't keep score. Remember that every day is a new day. You must, must, must practice this and execute on it effectively. Early on, I tried and tried and kept reading and reading and then one day I recognized the futility of my "internal monologue" and simply said fuck this, no more. I now reset each day and make it count. What does that mean? It can mean being aware of your propensity to hold grudges each morning. It can mean meditating at the start of the day. It can mean torturing your body at the temple of brodin. It can mean staying home an extra hour to spend time with your family before heading off to work, even if you had a fight the night before.
- As it relates to resetting every day, understand that - and I say this with a level of certainty that comes solely from my own experience - she is paying much, much less attention to this process than you are. Hell, **she doesn't even know the process exists.** She doesn't even realize that you have found something amiss and are trying to fix it. She's still in la-la land. In other words, 99% of the time that you are upset about something - because you are newly "aware" - she is still blissfully unaware. Yet you are expecting some kind of "change" from her. Do you not recognize the futility of this? You have changed the rules, you want to win the race, and she's not even aware they exist, nor is she aware that she's racing? I did this. I pushed it hard and then I pushed it harder. There were times when my wife thought I'd lost my mind. There were times when my behavior was ridiculous. There were times when I sabotaged myself. Far more importantly, there were times when I lost myself to false mission, a mission for her.
- **Don't be so fucking scared and fearful.** You know, there was a time and place when your next meal was not assured, when your safety was in question, when your future was unknown. Think back to the struggles of being alive 100,000 year ago. Jesus, we are comparative pussies today; but, in our collective defense, our minds are surely making it all so much harder on so many levels. While we no longer need to struggle to escape a dinosaur, we do struggle to escape our own self-doubt, our own self-defeating behavior, our own cynical, spiteful, harmful minds. I spent so much time doing so, I still do, but I improve every day, little by little. Granted I've been through a special kind of hell, but sometimes, the day-to-day is made much, much more challenging than it need be.
- **Don't beat yourself up.** It's so easy to do so. Especially after you stumble upon this place. Even more so after you read the posts and comments. More so still after you post and dudes reply. Understand that if you have been earnest to yourself and you have tried hard - your fucking hardest - everything you've got - and you have been genuine - then you have done all that you need to do. Regardless of whether she comes or goes, regardless of whether your business succeeds or fails, regardless of whether you get that job or not. Don't beat yourself up. This is a huge lesson I learned. I inflicted more harm on myself than anyone else. I wanted so much to control it all. To control everything. But in reality, I control nothing. Why, then, have I felt compelled to accept the responsibility of those many things I do not control? Christ. The pressure. It's fucking pointless. I now constantly remind myself - even in the face of a bad outcome - that I did my best (a phrase I normally hate but if I say it mean it and it means a lot Perseus) - and if that's not fucking good enough well fuck it, that's not good enough. I try every day to remind myself that while I may have failed, I have also succeeded. I am naturally the hardest mother-fucker on myself, and yet I am also learning to be merciful to myself at the same time.

- **Recognize that you are going too fast.** Almost assuredly. Nearly always. You are a man of action. Men = action. You see the problem, you identify the solution, you dive in to solve it. Now. Yesterday even. The thing is, as BPP has said - in one of the most amazing posts ever - it boils down to numbers and it will take time. Ten years a pussy? Okay, ten months to absolution. 15 years a pussy? 15 months. This is arguably the hardest or second hardest part of the process, next to resetting each day. You are a man, you know the solution, you believe - after reading - that you know how to make it happen. Chances are you actually do. The thing is, this is not a landscaping project, this is not a home renovation upgrade, this is not an executive report to management, this is not an audit of your finances; instead, this is a dynamic - in place for years - that involves a human being, and one who has experienced your (likely-pathetic-else-why-would-you-be-here) behavior. She does not simply fall into place because you've (1) come to Jesus and now (2) know the way home. I remind myself of this often. I naturally jump to (almost always negative) critiques about everything, step back to reflect, and recognize that this is a slow process.
- **Don't go overboard** and don't make your wife your enemy. Just because you have been "awakened" to something you may not have been familiar with does not mean she is out to get you. It does not mean she's a two-bit whore. It does not mean she's a deadbeat bitch. You married this woman for a reason, a reason that may be lost on you and perhaps hard to recollect, but it's there. You're both on the same side, whether you know it or not, until you're not longer on the same side. I recognize now that I am not a partnership with my wife, but instead, an individual who chooses to coexist with her. I am not an MMA opponent to her, I am one player in a two-sport team like doubles tennis. The difference in the two is so important and I lose site - often - and play against her. I reset each day to stop and improve.
- **Don't say please.** In fact, stop writing please. I looked at how often I added "please" to everything (email, text, etc.) and now edit and remove. This applied to wife, friends, employees, and everyone. Much easier and fewer words to leave it out. Fewer words are universally appreciated by everyone.
- **Don't say sorry.** I was able to stop this quickly and easily. Chiefly because after I read the advice, I observed the behavior in an employee - and a family member - and found it grotesque. I saw how often I said "sorry" and have stopped... unless it's warranted, which is rare.
- **Don't get addicted to MRP.** Your ultimate solution is not to read. Nor is it to interact with others who've been there. It's not to analyze, and it's certainly not to deepen your understanding to the level of PHD. Your solution is to (1) understand and (2) implement, with a strong emphasis on implement. In other words, do, do, do. Then do some more. I see way too many dudes getting hooked on the validation they receive from a bunch of anonymous Internet strangers and clearly spending way too much time here.
- **Lift.** For the non-believers, you'll just need to trust me on this one. I was an athlete when I was young - highest level possible - I continued to work out for years - yet I always harbored a mistrust of dudes lifting weights. Frankly, I looked down on them. Christ what a mistake. Lifting is glorious and it gets results. Vain, self-obsessed? I don't fucking care anymore. Whoever drilled that dumbass shit into my head was likely a fatass who didn't understand the sheer joy of seeing a new vein, spotting a new striation, or hitting a new max.

100
UPVOTES

You don't know how weak you are because you don't know what strength is.

SBIII · 25 July 2019 · Archived copy · Reddit

You're new to MRP. Your life sucks. Your wife doesn't. We get it. Your biggest problem is frame. Frame comes in two parts... physical frame and mental frame. You lack both.

Building physical frame is easy. You hit the gym, you lift heavy, you eat right, and you sleep well. Next time you hit the gym, you lift heavier, you eat right and you sleep well. Rinse and repeat.

One to two years later, you're no longer a skinny / fat fuck and people take notice of you.. women in particular. It's a long process, but relatively speaking, it's easy – you don't have to be intelligent to lift weights, you just need to be determined.

It's also easy to map out your goals, record your progress and adjust your approach if things aren't going quite as planned.

The best place to measure your strength is here:

<https://symmetricstrength.com/>

Dial in your latest lifts and don't bullshit yourself with 1RMs you've never tested.

How did you do? Score of around 30-50? Subpar to Novice Level? Sounds about right. You still don't know what strength is but at least you know how weak you are.

Yeah, you're a weak motherfucker. Suck it up.

Mental frame isn't so easy. There is no website where you can measure its strength. There is no gym you can go to to make it stronger. There is no roadmap to building a better frame. The sidebar will help you get there but in the end, your frame has to be yours – it has to be built by you, handcrafted by you, made rock solid by you. It becomes – not just part of who you are – but the essence of who you are.

A good litmus test for frame is this –

- Do you struggle with the concept of frame?
- Do you think about frame a lot?
- Do you often wonder whose frame you are in?

- Do you often think about whether you held frame / broke frame in certain situations?
- Do you worry about other people's opinions of you?
- Do you spend time thinking about what your wife might be thinking about?
- Do you have to keep reminding yourself that you "are the prize"?
- Do you ever ask yourself "do I have the frame to do this?"

If you answered yes to any one of those questions, your frame is weak. If you answered yes to all of those questions, your frame is non-existent. You still don't know what strength is but at least you have an idea of how weak you are.

One thing building mental frame has in common with building physical frame, is that it takes time. You can't walk into the gym as a skinny fuck and expect to walk out 2 months later as a beast. It just won't happen. The same applies to mental frame... you're basically doing a mental recomposition and you're doing it without a roadmap. How you get there comes down to you.. the road will never be the same for two people. A lot of the time you're finding your way in the dark. You'll fuck up a lot along the way. But really, there's no other way to do it.

Mental frame must never be neglected – all the concepts you read about in MRP stem from this and form a feedback loop with it.. Outcome Independence, Leadership, IDGAF, being the Captain, being The Prize etc.. using these concepts will help you build frame and when you have solid frame, all of those things become easy.

The biggest Litmus Test of all is this – when you no longer think about frame or worry about it, when it becomes second nature to you and becomes part of your nature – that's when you know you have frame. That's when you know what real strength is.

Until you build frame – both physical and mental frame – you will never see any real progression. You can't develop one and not bother with the other. There's no point in being a strong, muscular fucker if your mental frame is shit. You'll just be a strong muscular fucker who can still be mentally pulled apart and shat on by women.

You can't have a rock solid mental frame and be a fat fuck because you'll still be a fat fuck.

You need both. You need to be strong both mentally and physically.

Until then, you don't know how weak you are because you don't know what strength is.

99

UPVOTES

Fuck The Red Pill

red-sfplusplus · 16 February 2019 · Archived copy · Reddit

Fuck The Red Pill.

Not long ago I used to be able to watch a movie and not pick up the subtle undertones and character relationship models I am now forced to see like an ugly stripper on stage.

Here we have a story, about a man and a woman. Their names are Ralph and Vanellope. While not in a sexual relationship they have been BFF's for six years.

Every day they work when the arcade is open and every night they do the same thing. Chill, go drink at Tappers and watch the sunrise. It's the same routine, day in and day out.

Ralph, being a simple minded man is perfectly fine with this, however Vanellope like all women - they want more. They want excitement in their lives.

Complaining of her job to Ralph, he goes and builds her a new track. Typical nice guy, trying to solve his woman's problems. Well, that plan backfires as during the process Vanellope shows how selfish she really is. She rides the track to not only the detriment of her own game, but all her subjects in the game. She overrides her programming and fights the user who is playing the game to the point her game breaks.

AWALT?

As the game is unplugged Ralph and Vanellope head out on a quest to eBay to find her replacement steering wheel and hopefully restore her game.

During this process, two very significant events happen. Vanellope finds a new game with new and exciting people to be with and Ralph continuing his nice guy status, literally works his ass off making video's and meme's to save his friends game, while she puts forth minimal effort to do the same.

What is Ralph attempting to save? Her game? Or his status-quo relationship with Vanellope?

Vanellope has already moved on mentally. She was sad at first when she lost her game, but now she has a new game ran by the amazingly hot Gal Gadot (giddy). Not only does she willingly leave behind her "princess" status where she is the boss in her own game, she leaves behind all her people as well. All that security and her loyal subject for a taste of the excitement and rush of a new life.

After Ralph has slaved away getting the necessary funds to buy her steering wheel he sits outside of eBay waiting for his friend to come and give him the love and attention he deserves. After all, he literally has saved her game for her!

He is the fucking hero!

But she doesn't give a fuck. She is sitting on the hood with Gal talking shit about her man.

Ralph over hears their conversation and gets pissed. In a final attempt to beta trap his girl back into their relationship he unleashes a virus inside her game, nearly killing his girl in the process.

Like all forms of insecurity, this all comes to a epic battle in the end that is the Ralph insecurity virus and Ralph finally coming to the realization that he needs to be a man, and let his woman go. Going to gloss over the fact that Disney delivered one final blow to male masculinity when all the princesses needed to save a "big strong man" from his death by catching him in a dress, but whatever.

Ralph moves on with his life. He accepts the fact Vanellope is going to live with Gal, and starts to focus on himself. The motherfucker already knows how to lift and is huge, so he had that going for him already. But he invests time into other areas, makes new (old) friends, hobbies and does his own thing. Even if that thing is burning pies.

There are so many Red Pill lessons in this movie, it literally makes me sick to not only have to see this shit, but to know some Disney motherfucker is thinking about this and programming it into movies and programming our kids.

But this is MRP and not the conspiracy reddit so I digress.

This is the exact same script so many of you motherfuckers run through in the attempt to save your marriage.

Just replace game with Chad and meme with marriage counselor and toss in a side of Hypergamy.

At the end of the day, the focus has to be on yourself. What if Ralph would have invested the time in the beginning - on himself. Why did Vanellope have to leave for him to start doing other hobbies, back yard BBQ's and being an expert at making burnt pies?

All of this ties back to my [The Affair](#) post.

The premise is the same. Once she has mentally checked out, the game is lost and you need to know that.

Get to work motherfucker, and not on building a new track.

No one is going to stick around for a beta man.

98

UPVOTES

Hypergamy is Real

CaliEd256 · 7 June 2018 · Archived copy · Reddit

38, SMV 8, one year LTR with gf, her SMV 7.

Girlfriend was having a rough couple days and she was negative and whiney. It was the first time in a year, and she had some legitimate gripes, but wasn't handling it well. This is the woman who regularly professes her undying love, best sex ever, wants to move in/get married, etc etc AND has been saying that for the last 9 months.

I bang her, she instantly feels better, she figures out her problems. We start talking about it, and she reminds how I went through a rough patch about six months ago. Then these words come out of her mouth.....

"I remember when you were going through it, it was hard to listen to. I had real doubts about us as a couple."

Wait, what? She was saying "We're amazing, you're great, everything will be fine, I'll always support you no matter what."

But what was REALLY going through her head was "I'm going to leave this guy if he doesn't get his shit together."

AWALT brothers, AWALT.

98

UPVOTES

[FR] Six Months of MRP

wildnight98 · 9 April 2018 · Archived copy · Reddit

Here are a few random notes about what I've learned in my first six months of MRP with in case they are helpful to anyone who's recently started, apologies for the length:

1. The changes I originally wanted are taking longer than I thought they would.

A. This is frustrating. But at the same time, many unexpected rewards accrued along the way. So MRP *was* immediately rewarding, even if not in the way I expected (or initially wanted).

B. Still, even though I have a long way to go, I feel *so much better* about myself, and have noticed that I have an easier time dealing with *all kinds of problems* not just those in my marriage. Especially conflicts with other people; I'm finding my stronger frame is an effective tool or even a useful weapon (my career involves a lot of conflict). For example, I recently told an opponent that I thought his conduct was disappointing and I had expected more from him. I did this without feeling the least bit anxious, it all just felt pretty matter of fact. *He DEERed*.

C. My kids talk all the time now about how strong I am, feel my biceps, brag to their friends, make me do stuff (lots of pushups, using my straight arm as a chinup bar, etc). This feels great and what a difference in the kind of example I'm setting from six months ago when I was a fat dad-bod slob who looked disgusting with his shirt tucked in. Had I known only six months could make this difference I would have started a *long* time ago.

D. Last night my wife told one of the kids to eat his veggies so "you can get strong like Daddy." Together 20 years, never heard anything like that before.

E. Replacing my wardrobe with new better fitting fashionable stuff has been a tremendous amount of fun and feels great. Much better than what I used to have, which was a love-hate relationship with clothes.

2. When I started I just wanted more sexual access in my marriage, but *what I want* has been changing along with other changes. Some examples:

A. Now I'm studying bodybuilding and am fascinated. I have all kinds of bodybuilding goals; never in my prior non-athletic life did I ever think of myself in these terms. For just one example, I'm practicing to be able to free handstand.

B. As part of my MAP, I've recently begun really, seriously, asking myself "what do *I want*?" This is leading to a wholesale change in my goals list, the vast majority of which--if not all--has nothing at all to do with my relationship.

3. Unlike ever other self-improvement "program" I've ever tried, I have stuck with MRP over a long term. I believe that this is due to the fact that MRP clearly works and is demonstrably rewarding.

4. Re-reading the sidebar materials after being away from them for a few months is providing new benefits and insights. For example:

A. I recently re-read the practical portions of WISNIFG and understand the tools like "negative inquiry" and more importantly *when to use them* relative to each other.

B. I recently re-listened to MM on audio. The section on kino in particular really made an impact on me and I'm now trying to kino someone new every day as well as my wife. I realized that I was thinking of kino as either sexual or sexually suggestive but the re-listen showed me I was screwing up by overlooking strictly non-sexual touch (e.g. holding hands, arm around shoulder, etc).

C. When I read the sidebar materials for the first time, I lacked (a) the vocabulary and (b) real life practice. Now that I understand the "language" better and have actually tried to implement things in the field, re-reading the original instructions is almost as eye-opening as reading them for the first time, and it seems to me, maybe even

more helpful on a practical level and less theoretical.

5. Working through the MAP takes time because it is stepwise, that is, I had to master earlier concepts through practice before I was ready for subsequent concepts.

A. One example is teasing, which turns out to be a critical and highly entertaining skill. I really couldn't begin teasing my wife effectively until I was *truly* OI. Before that I was just too afraid of making her mad to tease her about anything.

6. Frame takes time and effort to develop.

A. There were times when developing my frame seemed hopeless and I was very frustrated. I understood the *idea* from a rational perspective but internally I had *no* frame of my own to even "get in" (whatever that meant). I never had a frame and didn't even know what it felt like. There was only her frame. I had nothing to *grab on to* if that makes sense. So, I kept screwing up and proving I was still in her frame. But I kept picking myself up and trying to get my own frame built and installed.

B. In hindsight, my own frame grew very fast in a relative sense. It took me about four months to get to something like a solid frame. This now seems like a *trivial* amount of time in light of what I now realize is a sea change in my entire outlook on life.

C. Now, for example, during a recent power struggle with my wife, she fitness tested me at a new level, basically directly insulting me several times during the conversation ("why don't you be a man and [do what she wants]" etc.). It didn't phase me *at all*. I never felt like taking the bait, it didn't hurt my feelings, and eventually I told her without rancor that the conversation was over because it was unproductive. Sexy times followed. Go figure.

7. Random IOI's get more obvious and fun as I go along. A couple examples:

A. In a recent large exercise class, the coach unexpectedly told us to pair up. I immediately and effortlessly approached and paired with the best looking girl in the class (a total stranger, HB8). I kino'd her, chatted her up, and teased her about her unusual name. Didn't try to close (not my thing). Just after the class we randomly bumped into each other in a nearby grocery, I was in a hurry so I just said hi and moved on. Later I caught her pretending to look through a nearby basket of leftover Easter candy so she could see me while I was checking out. Sweet. :)

B. Lately women have been approaching *me* and engaging me in conversations, making jokes, etc. None that I'd have any SMV interest in yet but it is a new development and interesting.

8. The power struggles with my wife are getting bigger.

A. I think the "size" of the struggles is relative to my capacity to hold frame and deal with them. Kind of like beating a level in a video game and going on to a harder level. (According to MRP conventional thinking I'm on a 15-month program due to the length of the marriage.)

B. I can now see that if the cycles continue we will hit a "main event" and I feel ready for it, where only a few months ago I would definitely not have handled it well.

9. You literally cannot take *anything* your wife says about her feelz or your relationship seriously.

A. In the last six months she has told me: (a) she "hates me" (b) she wants a divorce (c) we should separate (d) I am a narcissistic asshole and (e) she can't stand the thought of me ever touching her. Even just three nights ago she presented me with a "list" of things on her phone that she demanded I apologize for before she would give me any more affection, and I flat refused--stalemate.

B. Yet last night she was flirting with me about using "that" body oil the scent of which gets a pavlovian response out of me, and two nights ago I was getting a spontaneous bj and some sweet lingerie sexy time where *she* set up candles and romantic music in the bedroom to surprise me. Nothing changed between three nights ago and two nights ago...

I don't know what the attrition rate is for newbies to MRP but from my experience I recommend sticking to it like glue. Most important from my experience is that it didn't take long before *some* benefits started coming through, even if the main sexual access problem wasn't solved yet. And for me, the ancillary benefits may be as significant--if not more so--than the problem I originally came here to fix. Peace.

98

UPVOTES

Attractiveness

weakandsensitive · 8 November 2017 · Archived copy · Reddit

We've had a few conversations over the past couple of weeks that have centered around **Attractiveness**.

What we've learned from those conversations are

- if you look like a midget who doesn't lift, your advice is bullshit and you shouldn't be talking.
- covert contracts are the pathway to beating hypergamy
- if you speak publically, you'll get made fun of by internet people

Seriously though - attractiveness is a complex topic that hasn't received much focus. In my mind, there are three types of attractiveness:

1. Physical
2. Emotional
3. Mental

Generally, we focus almost exclusively on physical attractiveness and don't delve into the other two. However, each is complex with its own nuances and subtleties worth thinking about.

Physical Attractiveness

No matter how hot she is, somewhere out there is a guy who's sick and tired of putting up with her shit.

Physical attractiveness matters.

It's the easiest thing to change. That's why lifting is such a big deal. If you're unattractive emotionally and mentally, at least you can look appealing.

You know the trope, the raging psycho bitch of a woman - even then, someone'll put up with her shit, at least for a night. You wouldn't invite her back to your place, but you'll fuck her behind the dumpster.

Lift heavy weights, don't eat like Jabba the Hut, and it doesn't take much effort to be in the top quantile of attractiveness.

Side benefit - most people feel way better about themselves when they know other people find them attractive.

Emotional Attractiveness

Act like a bitch, get treated like a bitch

We've seen it. The pouting, the butthurt, the tit-for-tat, all the reasons that men and women act and just the turnoff that ensues.

In my favorite post ever, I link to [this thread](#) where we have hordes of grown ass men commenting on a meme post that says

I take the same stance on valentines day as you do on blowjobs. We're married now. I don't have to do that shit anymore.

More challenging than being physically attractive, being emotionally attractive requires a sense of keel and self reflection.

Your emotional attractiveness comes out in your subcommunication - your reflexive behaviors. How many times have we seen a new guy say "She turned me down, but I was not butthurt at all."? Do you think that guy realized that his face drooped or that he instantly started pouting? It's the reason why women go and ask "What's wrong?" -

because something in your body language is signifying discord.

Similarly - think about why a man gets turned into a beta. He'll say "I'm going to see some friends." The woman verbally says "Okay, have fun." But her emotional response is actually "I want you to stay with me." So the guy keys in and says "I guess I'll just stay home with you." /u/AustralianArm **hits exactly on this important topic, and the virtues of being okay being alone..**

OI is probably the most important concept relation to emotional attractiveness.

Mental Attractiveness

Frame isn't something you do, it's who you are

Who do we follow? Who do we trust? We follow the people who know where they're going and we trust people who won't get us lost.

There are many, many examples of this.

- **CEOs who seem lost or flustered on quarterly calls take significant stock hits.**
- Steve Jobs is known for his obsessive vision that position Apple to be the largest company in the world.
- You trust your boss to not get you in a position where you're starving or fired.
- Your children trust you to take care of them and lead them to grow.

When you read through the OYS posts, have you ever noticed how many of those guys don't have a vision, don't have a plan for what they expect their lives to look like? There's no vision of what the end goal is - so there is no roadmap of how to get there. If there's no vision, then how do you know what structures to build?

The concept of frame (the reality in which your world operates - that you and you alone dictate) is probably the most important component of mental attractiveness. We are all followers. It is infinitely easier to follow than it is to lead, but we are also very, very selective in who we follow.

As my wife and her friend said to me and friend on a road trip when I why they don't pay attention when we're driving, "We don't pay attention because we trust that you'll get us there. And it's way easier." It is way easier to follow than it is to lead - but it is a lot easier to get lost when you're not the one driving. We love following people who we believe in - it makes life easier and it makes life better.

However, developing a solid frame is probably the hardest thing you can do. Many, many guys fail. The reasons guys DEER is because they want others to think they're right instead of not giving a shit whether other's think they're wrong.

When you think about yourself - do you have a clear vision of your values and your virtues? Do you have a vision for your life that you have certainty about, including certainty over the things you choose not care about? Do you possess the willpower and character to execute? In short, are you the type of person that you would follow? If you aren't, why not?

If you've ever googled "Why was George Washington an effective leader?", you'll get the same answer over and over again. It wasn't necessarily his stature or his character, it was his clarity of vision.

From **George Washington, Genius in Leadership** (emphasis mine)

The visionary leader, first of all, has very **clear, encompassing and far-reaching** vision in regard to the cause or organization involved. This vision includes ideas and goals which **remain constant** no matter how long it takes to realize them and **regardless of the difficulties** which the leader encounters. Furthermore, the leader never allows any of the means or actions along the way to violate or invalidate this vision and its constituent values.

■

The greater the vision, the greater the wake, the easier it will be to simply follow. Here, in this part of the world, we call it Frame - because the truth is your vision might change with new information, but your certainty in your vision shouldn't.

98

UPVOTES

Doing things is better than not doing things

threekindsoflucky · 6 October 2021 · Archived copy · Reddit

This is a simple post from a simple man.

If you're wondering why you're struggling to progress, the answer is likely simple. You aren't doing anything different. You can spend months thinking about things. Talking about things. You can even call it 'focusing on mental models' or 'frame' or whatever you like.

Congratulations, you're probably wasting your time.

If you want things to change, then you have to change things. Sounds straight forward right? Well, plenty of you are happy thinking about changing things. Talking about changing things. But there's no action. "But why aren't things changing?" Because you're doing the same things and expecting different outcomes.

Now, I'm not a deep, philosophical thinker. What I've experienced is that unless your actions change, nothing changes. You have to do things differently to get different results. It's almost as if, action is where the work is. And not just the same dumb actions you've done in the past.

MRP is a (sigh) toolbox. But you'll never know what works unless you, I dunno... start swinging a hammer about and see what happens. And guess what? That means taking a risk. Action is risky. "But 3KL, it might not work out how I want it to!". Well, what you're doing now isn't working for you. So would you prefer to keep sucking?

The whole process is so dead simple that even I can understand it. You already 'do' a bunch of things. The idea is to try a bunch of new things. You check to see whether it had the expected outcome. You calibrate. Then you either add that to the pile of 'things I can do that add value to my life', or you discard it as not working for you. Do that enough, and you'll have a pile of new actions. Actions that work for you, rather than against you.

Then you burn off all the old shit that no longer provides value to you, and you keep the actions that add value.

That's how people change. They 'do things differently'. You're not gonna think your way into change.

And there you have it, that's the whole MRP in a few words.

It's simple, but it's not easy. That's why most men won't do it. It's why OYS is filled with people 'thinking, reflecting, working on mental models, building frame'. Some of those things have a place. But action comes first.

Now go forth and fucking try to do something differently. What have you got to lose?

97

UPVOTES

Give Me The Feels

GargantuaBlarg29 · 16 November 2017 · Archived copy · Reddit

You are the captain of your ship. When you finally took control of yourself and set a course for a kick-ass life, you had a vision in your head of what that life would be like. You realized that the woman who could fill the position of first mate was not as constrained as you once believed, but you gave her first crack to live up to the position if she wanted to come along. So you set off on that course to be a stronger man and fill your life with things strong men do, like lift, compete, and strive. You set a course to be a better looking man, and fill your life with things better looking men do like attract women, dress well, and flirt. You set a course to be a social master, and fill your life with things a social master would do, like go out to events, be the leader of the group, and meet all kinds of new people. Your wife may see these changes, and when the rope pulls taught she may even put down the fork, pick up a weight, and follow you. Here's the thing though:

Your wife doesn't give a FUCK about where you're going or what your goal is.

We are men. As David Daeda says we have a mind that works in space and time. We see ourselves here and now and want to get to a place there and then. We want to build ourselves to move mountains just because it's hard, but not impossible. And once we accomplish that feat we set a new goal.

Your wife is a woman. She doesn't care about the goal. She doesn't see herself standing there next to you in that great new place, beaming with pride because it's you and her that made it there. What she cares about, paraphrasing Daeda again, is the flow of emotions she can experience from here to there. She wants to *feel*.

Have you ever seen a group of women get together and try to decide something to do? Maybe yours is like mine who constantly complains that multiple friends she knows keep saying they should get together...but no one ever really sets up a plan? It's all feel feel feel and no action. Action only happens when the feel from the action is better than the feel from no action.

My wife went running with me the other day, training to join me in a timed run some time in the future. It was her idea to do the future run, but she takes no action on her part to prepare for it unless I say "Hey, let's go train." She fell about 25 feet behind in our run, and I once looped around in a circle to let her catch up. But no matter how much I slowed, she would slow more to stay about 25 feet behind me. About a half mile at a steady pace I told her "Hey, you're going the same pace. Come on up here next to me." She replies with "No, I'm fine." and to be honest this made me irritated. If she's running the same pace, why not come up here with me? Is it a snub? Is it to make me coddle her into picking up her pace to catch up? I'm not one to coddle progress, and it's apparent that she can run at my pace next to me, but chooses not to. So I increased to my own pace and left her behind...and she shortly slowed to a walk.

About a half mile later she gets home. And I share a vision of what us running together means. I say "You know, when I envision us running together, I picture us next to each other, running together, and chatting with each other for company." She replies "Well you kept running faster (lie) You're supposed to be motivating me (blame)." Some great bait, but I STFU, and went out to continue my run alone for another hour.

What's the deal? Why doesn't she want this as much as me? Doesn't she want to get to a place where we're the shit together? Wouldn't she be happy to run next to me and we can chat and flirt as we go along? Doesn't she envision us

crossing the finish line of that race and feeling so great because we made it? No! She doesn't give a shit about that place! She gives a shit about the FEELINGS she can feel on the way. "You're supposed to be motivating me." In other words "You're supposed to be making me feel."

Does your goal not mean anything at all to her then? Do you? You do. What you mean to her is that you are a source of her feels. She not only derives her feels for herself from you, she derives pride for you, from you. She literally looks up to you as the man who can make her feel. And when you go to move mountains, she gets feels from your strife and success. Those feels **aren't for you**. They aren't "Yay husband for moving mountains!". You don't get to enjoy them. They're for her. They're "Wow, I feel things when my husband moves mountains". But those feels come from you.

She wants to admire you from afar. It's literally what she's doing when she runs 15 feet behind. She doesn't want to match you. Ever meet your heroes? Ever see one that is nothing special, that isn't someone to look up to? The admiration vanishes. How can she admire you if she matches you? You are literally the replacement father figure for the man in her life that she grew up thinking had the potential and strength to do anything. And who gave her those feels. And just like you will get attraction and value from her, or from someone else; she will get those feels, good or bad, from you, or from someone else.

Why you then? Why will she pick up a weight and follow you? Dread. Remember when I said action is only taken if the result of action gives more feels than the result of inaction? Dread is the sense of perceived competition, either real or imagined, for access to the feels you give. Her inaction will cut her off from those feels, and she knows this. When you start to improve, when you advance up the levels of dread, you not only provide more feels, you construct a plausible threat to her for those feels. And though moving up the ladder of dread is for you, not her; it works because it has the effect of moving her as well...or else.

The Red Queen says males are usually the ones who will battle it out to decide who is the alpha male, and then women pick from that. But women also need to figure out how to put themselves in the best position to observe the alpha male when he comes to power. So when she starts coming with you to lift or hike or whatever, she doesn't necessarily care about the goal you've set. She's there to get those feels, and to observe a man in power. If she goes out without you, also be aware that she's going to observe men in power as well.

And when it comes to sex, be aware that, especially in this case, she doesn't place value in the goal. Does she like sex? Sure. Is her goal sex? No. Her goal is the feels up to and in sex. Want to have more sex? Increase her feels up to sex by gaming and kino. Increase her feels during sex with DEVI. And at the same time instill a sense of dread that there may be competition for those feels from other women. Owen from RSD tells it true when he says that women don't care about the goal of sex because they can get to that goal whenever they want. It's easy for them. Walk into any bar, spread legs, sex. He relates it to a guy and a girl watching a movie, and the guy saying "let's just watch the end. Let's just watch the final conclusion and then go do something else." She can watch the end whenever she wants, but it doesn't mean anything. The meaning comes from the feels on her journey there. A journey you take her on...as Captain of the ship.

Shout out to /u/JDRoedell who gave some great insights into the event that spawned this realization after a back and forth the other day. Men swapping notes. This is why it works.

97

UPVOTES

FR: Leading your Woman

Scurvemuch · 4 April 2017 · Archived copy · Reddit

This FR is based on /u/88Will88 's post today, about leading. A happy woman acts like a child with her man. An unhappy woman can also be childlike with a man with whom she is happy.

Situation : Major medical issue with wife, will impact not only her future but ours as a family / couple.

The other evening we were talking about logistics for what to do with given disease. She does a TON of research on it, reads scholarly articles and so on. We aren't talking Vox or what ever.

So when she tells me she wants to do X, I tend to think that she really thought it through (and that is usually the case).

We are sitting there and she tells me that she doesn't want to go through treatments X Y and Z because of pain, and low success rate anyway and so on. I put on my "supportive" side and tell her that since she thought it through, although I do not like it, we will do what she decided, because, you know, her body.

She got very upset with me. During the subsequent conversation, she said something like "You are my HUSBAND, I want you to tell me what to do. I need that".

Point fucking blank. Even when it comes to life and death, you decide. She needs you to lead, and she is looking at you for answers, because you have to be sure, even when the world is not.

97

UPVOTES

FR: Getting Caught

2wo2wo3hree · 16 August 2023 · Archived copy · Reddit

In 2019, I was deep in a long term affair with another (married) woman as a source of instant gratification and external validation I wasn't getting at home. This affair was regular and consistent for 2.5 years but I've always made it clear to the other woman that I would not leave my family and neither should she.

I found MRP before it all came crashing down. I read through the sidebar, lurked around, and collected knowledge but never applied anything until my affair was discovered.

I knew, my marriage was over the day I was caught. It was done. I said fuck it... when my wife wanted to know the details of my affair; like how long, where did it all happen, what all did I do, etc. I told her everything. Full disclosure. I told on myself with my body squared, chest out, head high. No fear. No fucks! There's nothing to save.

It was my first display of frame, outcome independence, and pre-selection. It also felt good to release that deep dark secret. I'll never forget her response to me...

"I don't know why, but I just want to fuck you so bad right now."

It caught me off guard. I wasn't sure if I heard what was said correctly, but yeah... so we fucked... and agreed to work on our marriage the day after my affair was discovered.

"I don't know why, but I just wanna fuck you right now."

is arguably the opposite of

"I love you but I'm not in love with you."

It validated many MRP basics like:

- Frame is everything.
- Women would rather share a high value Man than be saddled with a faithful loser.
- Pre-Selection works.
- Dread Game works.
- Not DEERing works.
- Outcome Independence works.
- Displaying high value works.

Women (AWALT) who stay after an affair demand you give up your balls to them as an ultimatum. Dudes who get caught in their affair offer up their balls as a bargaining tool to save the marriage. They agree to live miserable lives under the critical spotlight of their wife's ultimatums, which is a horrible way to live as a married masculine man.

If you're gonna revive your marriage from such a disastrous (<—understatement) event, you must do it without handing over your balls and refraining from doubling down on becoming a submissive beta husband in exchange for the survival of the marriage. You either "alpha" through your recovery by setting your boundaries and working on yourself or you get the fuck out.

As for me, my accumulated personal growth had the collateral result of my wife defaulting right into the role I wanted her to be in, without even telling her to. That's because I left no voids for her to fill other than for her to be a youthful and light hearted woman. She became service oriented toward me. Respectful. Always available for sex and stays fit. Since then, I've gotten to know her again. The lovely feminine woman she's become is actually really enjoyable.

My affair used to be a huge hawk hovering around my marriage. These days, it's merely a little fly that buzzes every blue moon. A non-issue. I revived my marriage through MRP, OYS, and not surrendering my balls.

If you get anything out of this other than trying not to have an affair. I hope you don't surrender you balls over something as stupid as getting caught doing something waaaayyy more forgivable than what I've done.

96

UPVOTES

Don't argue.

rAFCdadHUSBAND · 3 December 2018 · Archived copy · Reddit

Here's the short version about me: i was married, i took TRP, we divorced as 'too little too late' and here I am at 40 still reading still learning still growing.

I read a lot of posts from guys where he describes that his wife did or said something -and he describes how he responded -and what he said and what she said -and how he owned it/ or he dominated/ or he was too Alpha/ or he was too beta/ and so on.

The problem is, at the point where you are arguing with a woman you have already lost because of some key fundamental facts.

The incorrect assumptions that I see are as follows: 1 you believe that your wife will recognise and respond to coherent thought 2 you believe that the woman is equal to you 3 you believe that when she understands your coherent point, that she will acknowledge that you have made a coherent point and yield the argument, while perhaps offering to change her shitty behavior, blow you and check your tyre pressure too.

Like every adult human she wants to marry up, believing that she got a catch who all her friends are jealous of. She never asked to be married to her equal, when you act like her equal you have devalued yourself to the level of a woman.

Because you have devalued yourself she despises you, and because she disrespects and despises you she cannot possibly acknowledge that you have made a valid point. No combination of words that you come up with, however logical, will make her admit that you are right and she is wrong. That would be like admitting that you are smarter than her and there is no possible dignified way for her to admit that she is not as smart as you are.

Stepping back in time a little I noticed that men are never recorded as having lengthy arguments with their wives; they may have fought but men never tried to use rational debate with their wives very often at all.

About 4 generations ago feminism taught us all that men and women are the same which is fundamentally a sexist thought of course, but I won't go into that here. Feminism also taught us that women are equal which is fine in terms of the right to vote and the right to work and so on, but women are not equally logical and should never be assumed to think like a man would think and acknowledge that you have a valid point, even when you do.

She is unlikely to be arguing because she wants to learn something; it is far more likely that she is arguing because she needs to manipulate you or express displeasure from something you said or didn't say this morning, or because she simply craves attention, or because she is simply trying to mask some other emotion that she is upset about.

In conclusion I hope that I have made this point clearly.

When you choose to argue with her you have elevated her to your level, therefore she rightly despises you, therefore you have lost no matter what else happens.

Additionally, I have made the decision to never argue with my ex-wife since that is a privilege that was part of marriage, and therefore it is a privilege that she has lost. Now my lawyer does the talking. 3 years later and she still hates it when I can't be baited and she doesn't even know why.

Instead of arguing with her; there are a few things that you can do that I have done in the past, including; Amused Mastery/ grab a pre packed gym bag and disappear for two hours/ say nothing/ or state your piece clearly one time and leave it at that.

95

UPVOTES

The Financial Hustle

red-sfpplus · 7 December 2017 · Archived copy · Reddit

Learning how to "financial hustle" has been one of the most important developments of my 30's.

I believe the financial hustle is analogous to plate theory, and that is:

Do not invest 100% of your time in any job, and expect great success doing so.

Time is the one resource, that no one can create more of. Therefore, to maximize your hustle you need to devote a certain amount of time to it.

Up until the age of 30 I was a 100% dedicated company man. I did my job, punched in, served my clients and assumed that salary raises, bonuses, etc. would come my way. I was a corporate nice guy.

When I was downsized around the age of 30, I realized that I need to diversify my income stream. This job loss exposed a major single point of failure in my life. I was 30, wife and two kids with less than \$5000 in the bank. This was my first taste of real fear. Me going hungry is one thing, my 6mo and 2-year olds? No fucking way. I wanted to get paid multiple different ways. After six months or so I got that new 100% job, and everything was OK again - but something was different this time.

During the six months I was without a job - I had been doing work for my old clients directly. I fired up an LLC and I was a 1099 contractor for them. I invoiced them, and they paid. But it wasn't always on time, 30 days to pay invoices, etc. I couldn't rely on it for a steady stream of income, but at the same time I had bills to pay and kids to feed, so I did what I had to.

Once I got my new 100% job, I debated for a week or so about telling my clients I would no longer have the time to service them. Then I thought - that is silly...why give that income up? Why can't I do both? So that is what I did. Some may say that this is where my "**moral compass**" broke, or was readjusted. I have certainly heard that argument from many people.

But red-sfpplus - how can you do that? How can you work a main job, then do a side hustle like that - it is unethical. Whatever bro, you do you. I decided to work my 8-5 job and still take care of my clients on the side.

As time passed, my clients who I did work for just went away by attrition. Nothing anyone did, they either went out of business, sold or whatever. But during this time, I was still working my 100% job, but I was taking that "side money" and spending it on things. I still was not making my money work for me. We were taking vacations, buying stuff, etc. The one thing I did not do was ever get "used" to the money. I never took on any additional debt during this process. It was play money.

After the attrition happened, I was down to my one job. And I was bored and underutilized. I had choice - I can surf reddit all day, or you know what? I am in IT - I can do a 40 hour per week job in 20 hours or less. I have excellent time and expectation management skills. I am very good at making myself appear busy. I always deliver on time, and rarely procrastinate on things.

I decided that I would see if I could get a second full time job doing something similar to what I was doing now. However, I did not want the exact same job - I wanted an easier one. If I made 100K at my main job - I wanted my second job to only pay in the 60K range. This was a strategic move to manage expectations. If I got two high demand, high performing jobs - it would likely be too much. I needed one high, and one low expectation job. So that is what I did.

I was an Architect at Company 1, and an Engineer at Company 2. People at job 2 thought I was greatly overqualified for the job, but they didn't care. I blasted out the work. They probably thought - What is this guy working this job for?

So here I was - I had two jobs. I worked them both remote, neither knew about the other and life was OK. But it

still wasn't enough. There was something burning in the back of my mind...

I eventually came to realize, that I was not diversified. All my eggs were still in the IT basket. I still had to GET UP and do work, use my own cycles to generate that income. I wanted income coming from another source completely and I wanted it to come in passively. What happened next, was nothing more than an error turned into luck. I got into real estate by accident. I was getting close to 35 right now and we moved from our hometown to Dallas to start a new life. We could not sell our house back home to save our lives, so I said fuck it - and I rented it out.

I had no idea what I was doing, all I know is that I had to figure it out. I had the house rented out in less than 2 weeks and we moved to Dallas. A year later I read the book "The Millionaire Real Estate Investor" and learned about leverage of assets. This book, changed my life as much as The Rational Male provided clarity.

Real Estate has always fascinated me. People are programmed from the time they are kids to "buy a house, get married and have kids" - why should I not exploit that line of thinking? I do not need to sell them on the idea of home ownership, that has already happened. So that is what I did.

So now, a year later at 36 or so we have moved - I have my two IT jobs, and now I have a revenue stream coming from our home we own back home. What is next? LEVERAGE. Leverage the equity you have.

And this is when it has gone from 20mph to 100mph. In the last few years I have dedicated my time to learning about financial investment, and leverage of assets. It takes less capital than you think - you just have to be willing to lose it all. But that is OK because I have my pyramid and multiple points of fall back. No one will go hungry.

How many of you are sitting on 50K in equity in your home? What if you took that 50K and purchased another home to rent out? Now you have two assets generating income, someone else is paying your mortgage, you buy a homeowner's warranty policy to cover shit that breaks, and you just chill? What if I said that is exactly what my next move was?

I continue to grow my financial hustle. I continue to learn and grow my skill set. I have learned that the only person that gets 100% of me - is me. How many people go all out at that job they have - they put 100% of themselves into it. The only one benefiting from that relationship is your employer.

Now I take the opposite approach. I purposefully do not try to "max" myself out at any single employer. I specifically look for the job that does not max out my capabilities and skill set, I look at each one with a different lens and see what value I can extract from them to fuel my mission. All I want from these people is "X" amount of money or benefits. Nothing else. I do not expect them to ever be an LTE (Long Term Employer). Would you rather have one main job that pays you \$150K a year, or two? One that pays \$110K and another at \$60K? Which combination is easier to get? Which one maximizes your time and abilities? Which scenario gives you a fall back in case of unexpected unemployment?

So, as I come full circle - what I learned at the age of 30, is that there is ZERO, and I mean ZERO corporate loyalty anymore. If you think that showing up 40 hours a week, punching a clock and putting 6% into your 401K is a good plan, well friend you have some things to think about.

I structure my hustle like a pyramid. My main "job" is my base. It covers all my expenses, provides benefits, etc. It is a job that is pretty close to what I would want, if I only had one job. My secondary job, I really do not care about. It gets little time and attention, other than what is necessary to "do the job." It is probably 50% or less of my actual abilities. If it last 12-24 months, then great. There are more out there.

Real Estate is my first passive income stream. I have two families that go to work, and pay my mortgage payment, plus a little more AND I own the assets. I can use THEIR equity they pay me, to leverage into other things that make me money. This is the power of leverage as you begin to understand it. It is a very powerful concept, and one that is hard to appreciate until you experience it for yourself.

Financial investing is my "passive aggressive" income stream. It takes as much time as my main job as I am still learning, but also carries the most risk/reward. I am new to this. It started about a year ago and it is so far doing _____

OK. But we will see.

When you add up all these things, you get to the 100% of my financial hustle capacity. Even if I lose my base job - Job #1 - it is OK because I have a lifestyle that can easily be retracted if needed.

We talk about books a lot here, so I will add some of my favorites:

Total Money Makeover

The Millionaire Next Door

The Millionaire Real Estate Investor

The Power of Habit

All of these books, have been instrumental in me learning how to leverage the money I make with my TIME into more money, thus freeing up more time to do other interesting things.

When I explain this to people, people kind of look at me sideways. There was no grand plan on any of this, in fact quite the opposite. You could say it has almost been one fuck up after another. Most people shit their pants when they have a house they can't sell. Meh, turn that shit into a positive. Move on with life and grow.

I have made a personal goal, that my "retirement career" will be different than my "youth career" I do not want to be in IT when I am 50. I do not want to have 2 IT jobs at 50. Ideally 0 IT jobs at 50 would be great.

But, only time will tell...

95

UPVOTES

Purple. Blue. Purple. Red.

addictedtoyourface · 6 April 2017 · Archived copy · Reddit

Purple:

As a young man I was bold, outgoing, athletic, and musical. I had a lot of girls in high school and college to choose from. I had no idea about game or any of that. I liked woman and life and wasn't afraid of either.

Blue:

Met my ex at church. I was very popular and there were at least 5 girls in my church I could have picked from and they would have married me. Ended up picking my ex, because she was the most persistent. Everywhere I was, she was. Total sweetheart. We dated for about 9 months and tied the knot.

A quick note before getting into the marriage:

-Music was my life and passion -I only wanted one kid and wanted to wait at least 3 years before we started trying.

Both of these things were known to her before we ever got married.

After 4 months the relationship took a nose dive. Here are some lowlights:

- 4 months in she demanded we start having children. Sex was completely shut down until I agreed.
- Insisted I remove all females friends I had from social media and said I shouldn't talk to other women unless it was business, related.
- Had our first kid, and within 3 months she wanted another one and shut sex down again until I agreed.
- Demanded I spend less time on my music (my chosen profession) and more time with family.
- Is a SAHM and spent the majority of the day on social media. (IE. chores around the house were mostly done by yours truly)
- Had second kid and she had severe postpartum depression
- Quit music career and got a cube job to be at home more with depressed wife

I had never even heard of postpartum depression, so I'm thinking my wife is a complete psycho and had no idea what to do. We decide to go to counseling (this was difficult to me, because I was popular in my church and didn't want anyone to know we were having problems).

Counseling went something like this: addictedtoyourface, this is all your fault, if you were doing the right things she would fall in line and do the right things back (sound familiar?). The problem was, all the "right things" that were suggested were strait out of the BP hand book (more chores, more talking, more gift giving, more romancing, etc): This was when I fell off the purple cliff into the blue valley. There is a lot that happened over the following years, but it boils down to the more I tired the worse it got.

Purple:

So, now we're 8yrs in. I'm at work early and come home late. I'm really hating my life at this point. One very nice benefit was that my outlet was the gym/sports. I got in the best shape of my life, because it was the only thing I could think of to bring relief (I was not drinking at all at this point). Well, being 5'10 and around 10% BF, I looked good. I've had attention from women my whole life, but tried my hardest to pay it no mind, because of religion. By this point I was miserable enough that I started to embrace, rather than fight, the attention of women. One day after

a particularly nasty fight with the ex I said "Fuck it" Started chatting up a woman I saw at the gym. Slept with her and the flood gates opened wide. I started sleeping around like a hound dog. It was such a relief, I actually thought it would save my marriage, because for a while I was happier....but only for a while. After a few months the highs wore off and I went back to stone cold mode. Finally one day my wife asks, "what is wrong with you?" I looked her in the eye and said, I'm not happy anymore and I've been sleeping with other women for almost a year.

Tears, drama, and counseling followed. I felt guilty after seeing how hurt she was. The new councilor was better than the last, but I was done. I stayed for another few months out of guilt. One night the kids were in bed and she was hovering around me wanting me to come to bed. I didn't feel like it and she kept giving me all these covert signals. I told her I wasn't ready. She kept popping in and out all night. Finally gave in and went to bed. The next morning I got up, put my clothes on and walked out of the house. Had no plan, just knew if I stayed one second longer I was gonna snap.

A few things that happened after leaving:

- While getting the divorce the judge awarded ex over half of my paycheck, because she had the kids and didn't work.
- Had to fight just to get them to sleep over at my house.
- Lost all assets except my instrument, one car and my weight set.
- ALL friends and some family (including parents for a while) were on her side and told me to piss off. (A lot of it had to do with ignorance. On the outside we pretended to be the perfect couple, so many people thought I was just chasing tail, and didn't know the details)
- We were in real estate and owned multiple homes. Two out of the four we owned were in my name and I lost both of them, because I could no longer afford to float the mortgages while I was looking for tenants.
- Spent over 40k (Judge ordered me to pay for her lawyer fees as well as my own, because she did not work) over two years to win the rights to have my kids. Not going to get into details for doxing purposes but it was an ugly battle.
- Got super depressed and for the first time contemplated suicide.
- Became a functioning alcoholic almost over night. (I didn't drink at all until I was in my late 20s)

Red:

So, now that the sob story is out I'll discuss some things that helped me get through that time and things that have happened since becoming RED:

- I never let anything stop me from being active. The gym was my new church.
- Fought hard in the courts and Won the kids (as stated above). This was a huge burden off of me.
- Met my current wife and laid down some serious ground rules. I was happy with her, but made it clear I wasn't taking shit from anyone anymore. (This is still before I found TRP)
- Saved like crazy, did without for a few years and was able to pay off almost all debt.
- Got a new job, worked my ass off and have been promoted twice. Was making about 45k (just from cube job) to around 87k since walking out.
- Found stoicism and have been learning to meditate.
- Found TRP and took a good marriage to great.

I have been hesitant to write something like this out since finding TRP/MRP, because I never wanted people

thinking I was throwing a pity part. At the encouragement of one of the mods, I wrote this out over some days (I have edited it way down) and it's been therapeutic for me.

I still wasn't sure I was going to post, but here is why I decided to:

One of my biggest struggles going through my divorce was that I felt alone. I thought I was the only one going through this shit, and no one understood my pain. I was wrong. There are guys that go through this every day, and worse. I'm sharing this so anyone that is going through something similar can know there are others, and it is possible to come out stronger on the other side. If that's you. Grind mother fucker.

P.S: After reading through all of this, I wanted to point out that I was a complete beta bitch that let my ex walk all over me. I didn't find TRP until well after I was divorced, but I have come to realize that a lot of the bullshit I went through was my own fault. So again, if you're in the middle of this, save yourself some pain and own your shit now rather than later.

95

UPVOTES

The Underhanded Nature of Covert Contracts

lammrp2 · 3 August 2019 · Archived copy · Reddit

Covert Contract: I will do this for you so you will do something for me. We will both act as if we have no awareness of this contract.

Nice Guys try to appear needless and wantless. They focus on meeting everyone else's needs while neglecting their own. They're always available when a friend needs a favor or a boss asks them to work late while simultaneously neglecting their needs at home. This ensures that their own needs are never met. They make a covert contract such as "I'm a nice guy and I work hard. My wife should give me sex."

Why nice guys "faggots" create covert contracts in the first place

The reason nice guys create covert contracts is to create distance between themselves and others in a way that ensures their needs are never met. Deep down they believe they are not worthy of love or sex or meaningful friendships and so they self sabotage in an elaborate act of self deception.

Deep down you believe you are worthless. Even as you start to take care of yourself you will sabotage your own efforts. Your subconscious works in the shadows and diligently fucks your shit up. Your own brain is saying:

- You started lifting? Well, you need extra calories! Eat a ton and call it "bulking".
- You're cutting? You should stop lifting since that will increase your calorie needs. Also cut out the protein. That's just extra calories.
- You found an attractive girl that actually likes you? Tell her she's fat so she'll stop having sex with you.
- You're hanging out with a group of guys? Better show them how much of an intellectual you are so they'll like you. Talk about how much money you have too. And how much you can lift.

How to overcome the faggot mindset

Deliberately do good things for yourself. When you do nice things for yourself you imply that you are worth something. Make a list of possible things to do

- Lift
- Track your food
- Avoid junk food
- Buy nice clothes and cologne
- Pay to have your car detailed
- Take a day off work just for yourself
- Be assertive and express what you want

Do these things without sabotaging your efforts. When you're a recovering nice guy you're dealing with cognitive dissonance by simultaneously trying to get your needs met while also believing you have no value. You must get to a point where you know you have value without any external attachments. You're not valuable because of your accomplishments, income, looks, status, a pretty wife. You're valuable because you value yourself. This is the foundation of your Frame: "I have value."

When you are able to start from a place of value you can work effectively to meet your own needs. You stop with the covert contracts because you actually want to meet your needs and **you do the work necessary to ensure that happens**. When you are solid in your own Frame with an internal "knowing" of your intrinsic value, then and only then can you begin to lead and help others.

95

UPVOTES

Emotions are not weakness. Weakness is weakness.

wild_deer_man · 23 September 2019 · Archived copy · Reddit

There is a false dichotomy in the RP discussion saying a man should not be emotional because emotional men are weak men. They are not in control of themselves.

Many autists come and ask here "how do I get rid of my emotional side?"

Humans cannot willingly change their emotion. We cannot will away sadness, pain, or even happiness once this feeling arrives. However, we can do many things to avoid, repress and ignore feelings.

This question usually comes from men who were hurt and now are afraid of the pain, thinking it makes them weak. They are running and hiding from it. They try to present a strong facade when in reality they are scared to face themselves because they know what hides underneath.

What really makes you weak is the constant inner struggle to avoid the pain, not allowing it to run its course.

I am a strong believer that we are first and foremost animals, and animals have certain biology that cannot and should not be avoided. I see Red Pill as a biological truth, however it is not the entire truth.

When your wife ignores you and you feel hurt, you try your best not to give that pain a place. STFU and move on un-butt hurt as if nothing happened. Our biology requires for emotions to run their course. An emotion that is suppressed and not allowed to be expressed gets stuck with us like a gum stuck to the shoe sole. This created inner struggle and inner struggle created weakness.

As you keep avoiding feelings more and more gum get stuck on your shoe and eventually it gets hard to walk. Like a computer that has some background process running, eating away resources making everything else slow. Like a swamp that drags you down the more you try to fight it.

By fighting your feelings you become a weak man torn by constant inner conflict, instead of becoming a strong oak of a man. You run away from yourself, becoming fearful and avoidant. It can even hurt you physically, create all kinds of health problems. It takes energy away from your mission.

Here is the good news: there is a better way, and not one which turns you into the emotional beta train wreck you probably imagine.

It is dead simple: all you need to do is to feel those emotions.

Go to a quiet place, by yourself, for 20 minutes and allow yourself to feel whatever it is that you are feeling. Don't whine to your wife, but sit by yourself and let the feelings come. The less you resist them, the faster they will run their course.

Do not analyze or judge or try to change anything. Just ask yourself "what is it that I am feeling right now?" Make sure you don't sit with the goal of getting rid of the feelings, the goal must be to only feel them. Like meditation.

When you accept your emotions, you no longer need to worry about what your wife, or anyone else will think of them. You **OWN** them, You do not dump them or wait for your wife to "heal your inner child". Strong men don't give two flying fucks what anyone thinks of them. They are the way they are and they **OWN** it.

I could cry in front of my woman, and still fuck her 2 times later, leaving her begging for more (true story). If you think you will be called a fag because you cry, it is not because of the tears, but because you are afraid of yourself and weak inside. It is easy to see the difference.

There is no getting rid of emotions. No matter how Red Pill you are, you are human and you will feel until the day you die. Instead of fighting yourself all the way there, save energy for what is really important.

I this made you curious, I also recommend this book: <https://www.amazon.com/dp/B002IYE5XO>

95

UPVOTES

On being a better man

simbarlion · 21 November 2019 · Archived copy · Reddit

I came to fix my relationship and I learnt how to be a better man. I now see that where motherhood makes a girl a woman the same is not true for men, and we need a kick in the ass to grown the fuck up. Getting too fat, being cheated on or realising those IOI looks are actually IODI looks (i.e. dis-interest), are the kick you need; you should be grateful you finally got the message, motherfucker. The regulars here keep handing out that message fyi.

MRP for me is now ~30 - 40% about relationship and sex and the rest is all benefits to the rest of my life. Physical health, career, wealth, confidence, bravery - it all goes together, and as you know it is this stuff that leads to the solution to the problems that brought you here.

One of my favourite side effects of this process is the impact i have had on my two boys - they look up to me anyway but now i am a better version. Both of them strive to be strong and confident, both of them at 8 and 6 have the attention of the girls at school. I gently tease them but we both secretly know that little dude muscles on the side of a tank top and an aloof attitude is getting them that attention. Those same little dude muscles get ME that attention from the mum's too. In short, basically everyone in your family and everyone you know wants you to be that man you could be.

This is not intended as a long post, so my message is its time to grow the fuck up. Stop blaming her, stop blaming the world. Be the man you want your sons to be (or daughters to marry). Watch the doors open in all avenues of your life once you get your shit together.

End Rant.

95

UPVOTES

How to Own Your Shit :: A Guide for Retards

weakandsensitive · 18 November 2020 · Archived copy · Reddit

Edit :: Don't throw money at reddit. Don't throw money at me either. But if you really feel the need to blow money on this, there's literally a way to throw money directly at me on the OYS sign up link. Common guys. (Update: I've been told these awards are commonly free from reddit.)

This post was inspired by [/u/bogeyd6](#) who wrote

One thing I can tell you is you are running too many things in parallel instead of taking them serially. Your lifts are weak, You read all them books like they were teen magazines, and sorry to say none of it looks like it was put into practice.

There are many of you who are making weekly posts to own your shit. That's all well and good because someone has told you that the weekly OYS threads are the only thing that matter - so like a good little boy, you do what you're told.

And it's true. There are many posters who are doing this week in, and week out, and making solid progress.

But that isn't most of you.

Most of you are simply going through the motions. You're not engaging your brain. You've never taken the time to try to understand and appreciate the principles behind the thread.

No, you dumb fuckers come in week in, week out and just do as you're told, like the good little boy you are. You don't fucking think.

Want to know how I know? Because most of you dumb fuckers have the same stupid ass format. Weight, lift, career, family, relationship, social, etc. You just copied some other idiots and did the exact same thing as that other dumb motherfucker. You come, fill in your form every week, and pat yourself on a job well done. That's great for you. You should feel proud. "I'm putting in the work!" you'll tell yourself.

And the consequence of your lazy bullshit is that the people who could be helping you, won't bother engaging you because you're too lazy to do any work. So 12 months later, you're in the same shitty position you've always been in, with the same bullshit as before, but hey, at least you can feel better because "I'm following the MRP model!".

I hate lazy men.

You already know that you're going to catch hell if you aren't going to the gym. Why is this? Because it's a clear sign you're a lazy motherfucker who isn't worth anyone's time.

But it's not just about being physically lazy. So many of you guys are mentally lazy. You fill out your checklist, but your brain is off. You aren't thinking. You aren't understanding. You do it, because you're a good little boy who's been told this is what good little boys do.

It's great for me, because if you're just going to do your own little thing off in the corner, no harm, no foul to me. To me, cool, keep doing your thing. Maybe someone'll get some amusement out of you - doesn't make my life any harder.

Want an example? I have one from today. [Here's example 1 of a dumb motherfucker that decided he didn't need to engage his brain.](#)

A part of me thinks its weak to just tuck it under and put my head in the sand. I have evidence that a boundary was crossed. For me, I need to give her a clear warning shot on what to expect if she ever decides to cross it again.

8 months after this supposed boundary was crossed. This motherfucker wouldn't even take a pause to think about what a boundary is. Is it something to bring up 8 months after the fact? Is that what a boundary is? Some post-hoc rationalization? If you feel it is, speak up so you can let me know why I'm wrong.

Here's guy #2 from just today. He either can't or won't engage his brain. I wanted to ban him for a long time, but apparently /u/HornsOfApathy is more charitable.

Me: Just to clarify - do you want to fuck your wife or no? I couldn't tell from your mess of a paragraph.

Guy: I do want to fuck her. What I was trying to explain was that I wake up and want to fuck her. But by the end of the day I am so sick of her and disgusted by how she acts and treats me I don't want to fuck her.

Me: Do you? Because you keep writing the same wishy washy crap.

Guy: Can you point out exactly what I said that made me wishy washy about wanting to fuck her?

Like this fucking guy can't even read the shit that he's writing. Can you guys tell how there is exactly 0 brain activity going on here? How do you think this guy is going to succeed at all?

The point, is these are 2 examples of brain dead dudes who want to be led and have their hands held. They're not unique. I would argue that this is most of you guys posting to OYS. Most of you guys are either lazy or brain dead when you're making your posts.

Here's an example of a guy who isn't brain dead.

Guy is probably senile at this point. We know he's on government aid. And yet, he's firing more neurons than most of you. **Here is his post from this week..**

Not humblebrag but something I'm using to build my "new" self. And it is obviously not a problem but just a challenge. A while ago I began encouraging "dirty talk" as part of my polarity push to embrace and extend her sexual behaviors. As intended it reinforced her "20 year old nymphomaniac" persona, and that persona has completely overtaken her. Not just at home, but out in public - explicit descriptions at a restaurant using a normal conversational volume regardless of who is nearby, in the car - the other day she wanted to give me road head on a busy street but was only stopped by the fact that my car is too small for her to get around the manual transmission. I lean into this, respond and encourage. This is the "me" of now and I use it to strengthen who I want that "me" to be. Another learning and improving opportunity.

And that's pretty much it.

Do you know what the difference is? It's really simple. The guy isn't just filling out a form for the sake of it. He's taken the time to think about the things that matters to him, and to focus on them.

And the result? His post is interesting to read, because his writing is meaningful. He's engaged his brain, taken the time to think, and distilled it down to the things that matter to him.

That's your lesson for today. Want to be good at OYS? Stop being mentally lazy. Engage your brain and figure what actually matters to you.

Note: This doesn't mean immediately. Starting out, it's good to replicate a formula. But at some point, you have to do the work to tailor the program to your goals when you've gained knowledge about the system. That's why SL5x5 is a beginner program that you graduate from, and not something you do for years or decades at a time.

95

UPVOTES

60 DoD Week 1: YOU MUST LIFT

SorcererKing · 31 March 2021 · Archived copy · Reddit

Welcome to 60 Days of Dread 2021 edition. I promised basic bitch mode to combat the weakness I see in here with new guys. Your trial by fire begins now.

The basic idea of 60 DoD is that you suck. You know you suck, we know you suck, and your wife absolutely knows you suck. You're fucking lazy. You're fucking soft. You make excuses, you muse about what you'd *like* to do or what you *wish* you could do, but you never actually do it. That ends now. Take the ticket, ride the ride.

Over the course of the next 60 days, you will *change your habits*. You didn't become a piece of shit overnight. Rather, you piled small habits on top of small habits, until you were habitually shitty. So, to undo this, we will strip away all your ego, all your assumptions, and start layering good habits on you, one per week for 8 weeks.

Every year I say this, so this year should be no different: the challenge here is to change *what you do and how you do it*. You can find other challenges where people get you to hold your breath under water for 5 minutes or do a million pushups a week. That's admirable, but not what we're going for. Even if right now you can only do 2 pushups, my goal is to get you doing them, every day, at a set time, starting now and ending never. Progress will come; first the habit.

So our first week is lifting. It is foundational, and you've seen us harp on this on this forum every chance we get. Much of the negative self-image you hold of yourself (or, conversely, the reason your small amount of positive self-image does not include being strong and fit) is because you think you can't do it. You think "I'm not built for that," or "I'm too old." These are all bullshit excuses. Go watch the movie "Pumping Iron", the classic 70's documentary about Arnold Schwarzenegger competing in Mr. Universe competitions. You will see a real champion who was 5' 5" (Franco Columbu) alongside Arnold (6' 2") and Lou Ferigno (6' 4"). In the background are guys of all sizes, ages, and races training in the same gym in Santa Monica that Arnold was. No, your problem is you're *afraid*. Afraid you'll fail, afraid you'll look dumb, afraid of the unknown. That's all ego. Cast it aside, it's time to work.

People new to lifting will say, "But I don't know how!" Check the sidebar. We have 60 DoD posts from prior years that have a lot of info about what programs you can do. That could spark a big debate here (and has many times), but let me leave you with this: start simple, and be consistent. When you're after the n00b gainz it doesn't really matter what you do, so long as you're consistent, both in the workout and how often you do it.

The logistics of this are simple:

1. Pick a program. If you're truly at a loss to decide after reading prior 60 DoD posts then do Strong Lifts 5x5, it's a local favorite for beginners.
2. Pick a place. Even crappy Blue states should have gyms open by now. If not, get creative; if you want it bad enough you'll find a way.
3. Pick the times. Put it on your calendar, burn it in your brain. Your gym time is non-negotiable. No matter what someone wants to do, if it's during gym time the answer is NO. Treat it like another job you can't miss.

I invite veteran members to offer encouraging words and/or throw tomatoes. Some of these maggots don't deserve your encouragement or wisdom, but maybe they'll get off their asses and start being deserving.

For those of you participating, post your new habits, successes and problems in your weekly OYS. (You ARE doing OYS, right?)

That is all for this week. Now get to work.

95

UPVOTES

A statement about my experience with MRP

idislifeloudparties · 1 November 2025 · Archived copy · Reddit

I'm just here to state how the Marriedredpill is the only thing that helped me make sense of my last marriage.

I was in a relationship with my wife for 9 years, married for the last 6. Many bad things happened, some because I was a naïve beta, others because she was a liar.

It doesn't matter, what mattered the most is that somewhere during our marriage, I had magically swallowed the MRP, went through a whole lot of the material, learned a lot, I got many benefits.

But, ultimately, our marriage and her stance couldn't keep up with whom I had become. I now feel more connected to myself, and even though my marriage didn't work out as intended, and marital life wasn't fulfilling these last 4 years, I feel more satisfied that the MRP actually gave the exact results which would consolidate my integrity as a man and help me navigate this whole story quite easily.

The MRP isn't about her, it's about You.

And a big thanks to the community here.

94

UPVOTES

The Contrast, The Polarity.

JDRoedell · 24 November 2018 · Archived copy · Reddit

It's painfully obvious that gender relations are in peril these days. It's a cultural problem that is getting worse. The solution is a grassroots solution executed on the individual level. The more alike men and women are, the more we lose our gender identities and the more we don't play well together.

It's a simple concept really. Be the man. Let her be the woman. As Rian Stone says, "don't get in your own way. Don't step on your own dick." The road to execution of this simple concept is not always clear though. It's muddled by external conditioning of today. "Plugged in" men don't even know the road is there.

I play the drums in a hobbyist band, and one of the most important elements when creating a solid groove is the contrast between sounds; the loud and soft, the bass and the snare. The loud and even the silence. The space between the notes means just as much as the punch of the bass drum or the cracking backbeat of the snare. It's that complimenting dichotomy of these sounds that allows the instrument to drive a song or play a catchy solo on its own. One of my favorite drummers, John Bonham of Led Zeppelin, was a master at this. Critics would always say his use of space was like no other, which he used to great effect. Listen to the groove in "When the Levee Breaks" or "Good Times Bad Times" as a few examples. It is this dichotomy and space that makes a good groove worth listening to.

Just as the masculine is lacking without the feminine, the feminine doesn't have an identity without the masculine. This is the core of intersexual dynamics. **The more alike men and women are, the more we lose our gender identities and the more we don't play well together.**

This is the problem with modern Feminism, it seeks to strip men and women of our designed gender roles. Roles that have been programmed into us by hundreds of thousands of years of evolution. When I refer to Feminism, I'm not referring to the core "Civil Rights Feminism" of the late 1800s and early 1900s; The right to vote, the right to work and be paid the same as a man for the same work. Those were reasonable goals and have long since been achieved but Feminism presses on in a counterproductive, loud march, seeking some elusive status of "equality" that also seems bent on stripping men of any authority, destroying marriage and destroying the family and motherhood in the process.

Feminism of today seeks to make women more like men and turn men into more feminine versions of themselves. The result is a loss of arousal, increased conflict and the creation of men and women trying to occupy the same "space." Going back to the drum analogy, when two similar tones or audio signatures exist at the same place in time, it muddles the sound. Don't muddle the sound of your marriage or your LTR.

Be that contrast. The more you fulfill your masculine role (and that will be different for every man), the easier you make it for her to fill her feminine role. Dress like a man; pay attention to fit and cut. Pay attention to colors. There are plenty of guides and consultants in the Manosphere with good examples (Tanner Guzy, AlphaM are just a few you should check out if you're struggling in this realm).

It's ok to not be "vulnerable" and sensitive. It's ok to show emotion but make it count and don't emote like a woman. If you do, you're essentially "occupying the same acoustic space" as your wife, and over time she'll resent you for it. Don't steal her emotional thunder and she won't steal your masculine energy. If she's upset about something, then listen. Parrot back some acknowledging words, condemn the villain (or congratulate her success) in the story. Give her a hug and then go chop wood, work on your car, lift weights or something that sets you apart from her.

To bring it back to my drum analogy, many of John Bonham's fans said the notes he DIDN'T play were almost more compelling than those he did. Remember, women talk, men do. Don't be flapping your jaw every time some thought, feeling or annoyance pops into your head. Women do that. Don't steal her acoustic space. Make your words and opinions few but powerful. Leave some mystery to your thoughts, it's sexy, it's masculine, it allows her

to be feminine.

Feed off of her feminine energy. Compliment your wife or LTR when she gets dolled up, wears makeup, puts on the sexy shoes. She's embracing her feminine energy. If she's emoting and looking for your attention and she's been a good compliment to your life that week, then give her that attention (DL4). This is how women communicate and how they seek attention and closeness. Don't deny her that, it's equivalent to her denying sex to you. Now, don't give your attention away for free if she's not holding up her end of the relationship (which is her responsibility BTW) but don't miss opportunities to feed off and reward feminine energy.

Create the contrast. Have a Mission. Have a drive, a purpose, a mission. This doesn't have to be some lofty career goal like running for political office or being a CEO. It could be a hobby you want to immerse yourself in, it could be a fitness goal, it could be a financial goal. Give your wife some framework, which you created, for her to work in and around. Maybe your hobby is just for you... great. Be gone more. It builds that tension and that complimentary dichotomy between you and her. And most importantly, you're not there, so you can't be talking too much and stepping on your own dick.

It's ok to display masculine power and strength. Hell, it's encouraged if you are serious about creating that polarity and contrast. Lift weights. Aesthetic results will not come quickly or easily, but nothing that matters ever does. What does come rushing into your body and brain almost immediately from lifting weights is the feeling of accomplishment, discomfort, endorphins and motivation. The effects of weightlifting will begin to change your attitude, your posture and you're assertiveness almost overnight. The physical gains come later.

Show her. Pick your woman up occasionally; for fun, for connection, just because. Trigger her biological programming which responds to things like that. Open the pickle jar when she can't, fix something around the house. There is ZERO excuse these days for any man to not be able to change a car tire, fix minor plumbing issues, replace appliance components or a light fixture. Youtube makes this so easy.

Create that contrast, be the man, and she will respond in kind with feminine energy. It may take months or even years for some, but you'll be a better, more capable man either way. I remember a time when I encouraged my wife to not wear makeup, to not dress up like a real woman. This was partly because I do find her attractive "as is" but it was also because I was "plugged in" as a blue-pill beta. Even as I said stuff like that, my subconscious screamed at me that something wasn't right. I didn't listen... for years. That's how powerful the blue-pill conditioning is. Now I show and tell her when she looks sexy. I reward it. Because I appreciate it.

Ignore the radical feminists and their "allies." Embrace masculinity... be the masculine so she can be the feminine.

94

UPVOTES

You are the only one responsible for what you put into your body, so STFU and eat healthy

cholomite · 10 April 2018 · Archived copy · Reddit

I've been pretty lean my whole life, I could eat whatever I wanted and it would burn right off. I was skinny like that when I first got with my girl. We both had a lot of fun going out and eating junk foods and spending our time worrying about things other than what types of calories are in that meal. Unfortunately as I get older, that strategy doesn't work as well as it used to. After many years of saying "fuck it, lets just order pizza", I discovered the red pill and got my slap in the face and decided I was done being a loser and wanted to improve myself. I knew it would be hard work but there was no going back as my eyes were already opened. The biggest first step I took was cutting out junk food and eating a ton of lean protein rich foods that would allow me to keep progressing on the SL 5x5 program. I basically ate chicken, rice, veggies, oatmeal, eggs and yogurt. Like, all day everyday, and basically overnight. The day before I ate a whole pizza, and now all I want is plain grilled chicken because I realized how disgusting I was. My girlfriend didn't mind at first; she has been a sucker for quick fix 30 day diets and stuff before. She probably figured it would be 30 days of starvation, then we would go back to normal. About 6 weeks in, she started to realize that this change was permanent.

This is when the shit tests started coming, and they will come for you too.

Food isn't supposed to be as delicious and easy as it is now-a-days. Food used to be a reward for strong and brave men, and now you can roll through a burger joint in your mobility scooter and get enough food to feed a small warrior tribe. Your ancestors ate raw eye balls and hearts, so you can eat bland chicken breast with rice and hot sauce. It can be tasty if you make it right, but at the end of the day, tasty or not shouldn't matter. Getting the nutrients your body needs to keep fighting and surviving and growing is all that matters. We've been lucky enough to live in a very fortunate time (at least in the west), and many people have grown accustomed to flavor injected, sugar added and good feeling inducing foods. Mcdonalds spends 3 Million dollars a day trying to convince people to buy their food. With that much money in the game, its bound to work on a lot of people.

My girlfriend is one of those people. She has never really been fat, but she enjoys the feelings that greasy fatty junk food gives you when you eat it. She'll take pizza over chicken and rice any day. Its no secret that women are more emotional than men, and fatty and sugary foods release good emotions in humans. Because of that, it wasn't a total shock when my girlfriend started resisting my dietary changes, but what I didn't expect was how hard she would test me over them. I have a strong feeling that most of you guys who make dramatic dietary changes like I did will also experience similar resistance. So I'm going to share a strategy that helped me get through these tests and push through the bullshit during this time.

One of the biggest reasons my girlfriend was testing my new diet, aside from general testing of my frame, is that eating clean and healthy can be very boring, and women absolutely hate being bored. Its exciting ordering out, it gives you something to talk about, the food is usually tastier, and you can order something different everyday. So, how did I keep my girlfriend from getting bored with my new diet and our new routine? I put her ass to work. As the Captain of your ship, you need to take control of your kitchen and what comes out of it and don't be afraid to delegate tasks. It's been known for awhile over on the main RP sub, that one of the most successful dating strategies is to invite a girl over, cook for her, but tell her what to do and order her around your kitchen. "Chop that while I wash this", "Wash this while I chop that" "Come here...hold this"...etc. Anytime you are telling your girl what to do, and she is doing it, she is in your frame and you are doing it right. Just make sure you know how to be charming and fun while you do it. Even if she isn't eating your grilled chicken, have her make a salad or something healthy that the two of you can share. Keeping her busy by bossing her around and teasing her will help her associate positive things with healthy cooking and eating. The cooking part is usually the hardest and most boring part of eating healthy, so learn to make it fun and it will go a long way.

Next, is to just focus on you. I get home and my girl tells me she wants to order pizza and just watch tv? I tell her

great, enjoy, I'm going to eat oatmeal, or grill up some chicken. Eating dinner doesn't have to be a team event, and having the mindset that you need to eat the same meals together will only hold you back. You should already be putting yourself ahead of your wife, and should be the #1 priority in your own life, so taking care of yourself while she doesn't shouldn't be a hard concept to grasp. Just because you're captain healthy all of a sudden, doesn't mean that she will be too. In fact, she probably won't give two shits about what you're eating until she can see actual results. Eating all the lean foods in the world is pointless to her if it doesn't give you abs or increase your SMV. Don't waste your time arguing, explaining or trying to compromise. You are the only one responsible for what you put into your body. The beer gut, double chin, or fat arms might have been gained together with your woman, but at the end of the day you are responsible for yourself. If you get fat because you enjoy eating junk food with your wife every night, it won't matter at all to her when she decides to leave your ass for the hot gym coach down the street. At the end of the day, you're on your own and she isn't on your team. Too many guys get caught up on trying to get their women on the healthy and fit bandwagon, and ask for tips and tricks on how to do it and get frustrated that she isn't coming along. I could have probably spent an extra hour or two in the gym a week with all the time some guys spend trying to get their women to eat healthy with them. As we should all know around here, you cannot change her behavior, you can only change yourself. Don't argue, don't fight, don't guilt or shame, just STFU and eat healthy. As she sees you getting more and more attractive and fit, she will be more likely to adapt to your new changes and come along with you, and if not, its really not hard for a fit, attractive and confident guy to upgrade to a better women if he wants.

Feel free to comment about what worked/didn't work with your new diet and your woman. Also, whats your favorite hot sauce?

Mine are:

1. Tabasco
2. Tapatio
3. El Yucateco

Franks Red Hot users please GTFO.

94

UPVOTES

Owning Your Desires Without Negotiating Hers

JD Roedel · 25 November 2017 · Archived copy · Reddit

Sexual needs are healthy, normal and valid. Don't let anyone (especially your wife) try to convince you otherwise or invalidate those needs. She may say things like; "Again? What's wrong with you?", or "I just have a low libido," or "no married people have sex that much." My wife has a good friend who is basically sexually retired at 38 years old. A few times in the past, my wife has made comparisons to this couple and how often they do (or don't) have sex. I sarcastically just say, *"and he seems like a happily married guy."* (This guy has made several comments in my presence that him and his wife are not on good terms). She'll still dismiss this but deep down she realizes the subcommunication from me which says, *"That might be ok for them... Not for me. You can do what you want but MY wife/girlfriend won't be like that."*

You need to own and be unapologetic for your desires as a man. NEVER hide them, make light of them or act like you were "just joking," in the face of a rejection. /u/GargantuaBlarg29 has a good [post](#) on this. This is why weak and indirect initiations don't work. If rejected, and you will be sometimes, don't dwell on it in her presence. Quickly move on to something else you'd rather be doing. I've gotten to the point where I also usually withdraw from unenthusiastic sex from the wife. She gets a few points for at least acknowledging this is a need for me and trying but I just don't do duty sex, conciliatory BJs or any of that garbage anymore. My time is better spent on something else. You have to make that call yourself though. If you just discovered this magical fucking place and are basically her man-servant, for the love of God don't walk away from starfish. I digress.

If after you've put in the work and become a man worthy of female desire, and optimized your sexual strategy to suit you (for once in your life), you should have no apprehension about making it clear that a healthy sex life is going to be a part of your relationship with **some** woman. It is better to communicate this through actions but some women won't get it through their female entitled heads this way or may just be "checked out" and you may have to be more direct about it.

Back to the core concepts:

Don't Try to Negotiate Desire

This is a foundational concept of Red Pill and was really hammered out by Rollo Tomassi. You see it manifested in advice here all the time. Now, for a new man here, I can see how sometimes advice given out can seem to be incongruent. For example, take these common responses/advice given on this sub regarding negotiating desire, all have a common theme of STFU and action over words:

Advice Type 1;

"That's a covert contract - you shouldn't be doing any of this for sex..."

"No chore play"

"STFU about your feelings or talking about what you want or think you deserve - she doesn't care."

"Acta Non Verba" (don't talk to/at her about what you expect/deserve/require in your marriage). Sort of goes with STFU, doesn't it.

Advice Type 2 comes in the form of being congruent and avoiding the covert contract;

"Stop expecting her to just know what you want."

"Be congruent with your actions, words and frame."

"Lead her" - In everyday interaction (respect, general behavior, being fun)... With what you expect from a good FO (good roommate stuff)... and in the bedroom.

List one should be your **Default** operating strategy. **However**, if she shuts you down for the third time in a row,

there's nothing wrong with being direct and clear (in actions and sometimes words) about your desires as a man. This effectively kills the covert contracts cold. That's when advice to lead her out of "the maze" (source: Jack10) and owning your desires comes into play. This advice is usually handed out like this and has the common theme of being direct, leading and owning your masculinity. Another disclaimer for new men here; as BPP suggests, you have to work up to this level of owning your wants overtly. If you haven't passed Dread Level 0 (stop being a pussy), then don't delve into this yet.

Know what you value and know how to act congruently with that while simultaneously not expecting anything from your wife. She technically doesn't owe you anything, nor do you owe her anything (this is true OI).

Whether you're getting consistent pussy or not isn't the issue or focus of this post. Remember that MRP saves the man and **empowers** him, but makes no promises about the woman following or the marriage thriving. Being open about your desires (with the wife and yourself) is the only way to own your desire without covert contracts. I remember one time about a year ago, I made it clear with my hands, eyes and proximity that I wanted to fuck. She said, *"jeez, again? You're horny all the time."* I said, *"lucky you... you've got yourself a real man with a real sex drive."* Just be honest about it.

Here's the key to this concept: **You don't actually have to be getting consistent sex to successfully pull this off.** Read that sentence a few times. It doesn't matter if your sexual advances are being rejected (to a point), it matters that you aren't negotiating, pleading, bribing or "trading" to get her desire. Is she still not consistently putting out (i.e. less "yes" and more "not tonight")? Well, then have a plan for that, one that fits into your larger sexual strategy. Have a plan, phased if you must, but have a plan to get your desire, that you've owned, fulfilled one way or another. But in the meantime, whatever you do, don't negotiate it.

94

UPVOTES

Acquiring Frame For Dummies

ItsStillYurSet · 28 September 2021 · Archived copy · Reddit

I am just a man who's been reading and testing. But for someone who struggled to not only understand what frame even was for the longest time. Then sucked at getting it (even after reading ever possible post on it), this is what worked for me. Maybe it won't work for you. But hey we're just here to trade note so here's mine and what tied all the basic shit that's talked about together for me. None of this is new but Maybe this will break it down a little better for my fellow autistic men.

1. Take Note of all your thoughts

This is what STFU is all about. When you're told to STFU it's not only because you're probably going to say something stupid. It's because your thoughts become words and your thinking fucking sucks. When you STFU you're able to take note of your thoughts. What are you thinking about when your wife's bitching. When your boss is yelling at you. When the AMOG is calling you a faggot?

Practice noticing these thoughts for a week. And you'll start to see a pattern.

2. What are these thoughts focusing on?

I can guarantee you after observing your thoughts for a week. In almost every instance in the interactions you're having. Your focus is through your wife's or someone else's eyes/mind.

When you're asking yourself. "Should I go to the gym?" You're probably answering yourself with something like "we'll if I do my wife might get mad since she's been at home with the kids all day. And I don't want to piss her off because...."

I used to do this shit. I noticed every move I made was seeing it through her eyes. Her mind. Her emotions.

red pill lesson: mental point of origin.

Again take note of how much you're doing this and you will be surprised it's probably always if you have no frame. And it's also a very powerful tool once you realize you're doing it. Meditate on it.

3. Adjust your focus to yourself

Now you been STFU Noticing your shitty thoughts. Living through and for someone else. It's time to shift this focus to solely you. Every response, every action needs to be thinking about yourself. Like you're looking or talking to a mirror. Your wife is just a clock on the wall. Ticking away. Makes noise every hour. You take notice of the time and go about your day and if the clock starts bonging out of control you either get a new clock. Let the batteries die or get away from the damn clock. Oh and she'll need to be readjust twice a year. Joking. But You get the picture. She's just there.

This is where you will acquire frame, and for now it doesn't even matter if it's good frame. Or shit frame. It's just having a frame that doesn't involve your wife's face in your mind. For once. It's what frame is.

Red pill lesson: live as if your wife is dead.

It doesn't even matter if you're fucking shit up at this point. as long as your thoughts are about you it's a good start.

4. Focus on your mission

Now is where you polish your shit frame. Given you already have a mission. If you don't there's a million post on that also.

This is where your new thoughts will all be focused and come from. Does this thought or action get you closer to your mission? If it does. Then do it. If it doesn't don't. Or refer back to step one. STFU and take note. From this point it will be all about adjusting to your mission and adapting to changes. As it's been said a million times here.

Anything else is irrelevant or comical.

Footnote: depending on your mission and where you're at in your journey will depend on the levels of comfort you should be providing if any at all and all that other shit that comes with running your ship. But this post isn't about that. It's about acquiring frame when you have absolutely none. This is when the tsunami is in full force. All your crew is losing their shit. And you get your ass on the wheel get laser focused. Ignore it all the chaos and get your ship out of the storm. It doesn't matter if you crash or get lost. At least you are the one in control. No one else. From there you can strengthen your frame to your mission after it subsides.

And for once you can finally stop thinking about what your wife thinks about you being in the bathroom so long while you type up victim pukes on askmrp.

94

UPVOTES

The Most Important Word in a Relationship

Redpillbrigade17 · 5 February 2021 · Archived copy · Reddit

Is “No”.

No, we can't have that extra whatever you want to buy, that would derail us from our goals.

No, I'm not doing x, y or z in your place because you don't feel like it or have some made up reason why you can't.

No, I'm not driving you to wherever to return clothes that don't fit.

No, I'm not paying \$ for your (before we met) kids' school or whatever, when their dad is still around and you have a job.

And so on.

Remember folks you are the container, the woman is the amazing energy that will fill it. Be a weak paper bag frame and she'll blow through whatever “limits” you set for that container.

And HOW YOU SAY NO is very important. Apply WISNIFG methods and always the suave, charming “no, darling , I'm busy doing a, b, c on my Mission” or “I would love to help, but I am busy with that instead.” Smile, kiss her, tell her that you love her, BUT HOLD THE FUCKING line. Stay attractive.

The good news is that 9x out of ten her mood and demands will pass, you'll pass the fucking shit test. She'll move on, she'll find her own way to solve her whatever minute problems.

Don't be a jerk, help when and how you can, but do it on your terms. Don't be selfish, be generous. She'll try to challenge your resolve CONSTANTLY and relentlessly, often even without realizing. She'll likely always want more more more of your life energy.

It's all in the 16 commandments of poon. After years of “red pill awareness “ that's the one set of principles I always come back to. Helps to re read that at least every month.

Attachment Theory and Applicability to MRP

SteelSharpensSteel · 14 June 2023 · Archived copy · Reddit

One of the key tenets here at MRP has been to just focus on yourself. STFU, lift, and sidebar, amirite. Save the man, not the marriage. Hoo rah. If you look back historically at the seduction community, such as SoSuave and alt.seduction.fast, there was more of a focus on understanding women and what makes them tick. Here at MRP, guys typically come here through some Google search about having more sex or respect from their wife (or deadbedrooms or doing a search for ILYBINILWY), they get blindsided at the info here, stop their Nice Guy behaviors using No More Mr. Nice Guy, learn how to say No to their wife after reading When I Say No I Feel Guilty, attempt to build a frame from the resources, go hit the gym in some form or fashion, autistically shut up, and generally fumble their way to a better sex life after failing over and over while the rest of us laugh at them (or crash and burn, but hey, we need a success story around here every now and then).

What we'll be talking about today is more evo-psych, looking at something called attachment theory, and using that to show relevance to MRP and adding a tool to the toolbox. This falls into the sidebar/know yourself category.

What is Attachment Theory

From the book Attached by Levine/Heller, "Attachment theory designates three main "attachment styles," or manners in which people perceive and respond to intimacy in romantic relationships, which parallel those found in children: Secure, Anxious, and Avoidant. Basically, secure people feel comfortable with intimacy and are usually warm and loving; anxious people crave intimacy, are often preoccupied with their relationships, and tend to worry about their partner's ability to love them back; avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. In addition, people with each of these attachment styles differ in:

- their view of intimacy and togetherness
- the way they deal with conflict
- their attitude toward sex
- their ability to communicate their wishes and needs
- their expectations from their partner and the relationship

All people in our society, whether they have just started dating someone or have been married for forty years, fall into one of these categories, or, more rarely, into a combination of the latter two (anxious and avoidant). Just over 50 percent are secure, around 20 percent are anxious, 25 percent are avoidant, and the remaining 3 to 5 percent fall into a fourth, less common disorganized category.

Over the past two decades, adult attachment research has produced hundreds of scientific papers and dozens of books that carefully delineate the way in which adults behave in close romantic ties. These studies have confirmed, many times over, the existence of these attachment styles in adults in a wide range of countries and cultures, including the United States, Australia, Canada, Germany, Israel, Italy, Portugal, the Netherlands, and the United Kingdom.

Understanding attachment styles is an easy and reliable way to understand and predict people's behavior in any romantic situation. In fact, one of the main messages of this theory is that in romantic situations, we are programmed to act in a predetermined manner.

Other experiments have produced even more far-reaching results. Brian Baker, a psychiatrist and researcher at the University of Toronto, studies psychiatric aspects of heart disease and hypertension and, in particular, the way in which marital discord and job strain affect blood pressure. In one of his studies, Dr. Baker found that if you have a mild form of high blood pressure, being in a satisfying marriage is good for you; spending time in the presence of your partner actually benefits you by lowering your blood pressure to healthier levels. If, on the other hand, you are not satisfied with your marriage, contact with your partner will actually raise your blood pressure, which will remain elevated as long as you are in physical proximity! The implications of this study are profound: When our partner is unable to meet our basic attachment needs, we experience a chronic sense of disquiet and tension that leaves us more exposed to various ailments. Not only is our emotional well-being sacrificed when we are in a romantic partnership with someone who doesn't provide a secure base, but so is our physical health."

Interesting stuff. Wouldn't that be interesting if you can reliably understand and predict your wife's behavior in any romantic situation. Plus there are health considerations. However, I can hear Rian and weakandsensitive mentioning that really, it's the wife's job for the relationship. You do what you want. To that, I would say, A. B. C. Always Be Calibrating. You have to be aware of how the game is played, and what influences are happening to you.

Secure Attachment

A secure attachment style is characterized by several key attributes:

Trust: Individuals with a secure attachment style have a strong sense of trust in themselves and others. They believe that their needs will be met, and they have confidence in the reliability and availability of their attachment figures.

Emotional Stability: People with a secure attachment style generally have a stable and balanced emotional state. They are comfortable expressing their emotions and have healthy coping mechanisms to deal with stress and challenges.

Intimacy and Connection: Individuals with a secure attachment style are comfortable with closeness and intimacy in relationships. They value emotional connection and seek out healthy, fulfilling relationships based on mutual support and understanding.

Autonomy and Independence: Despite their comfort with closeness, securely attached individuals also maintain a healthy sense of independence. They are capable of exploring the world and pursuing their own interests while still maintaining strong emotional bonds.

Effective Communication: Those with a secure attachment style possess strong communication skills. They are able to express their needs and emotions clearly and assertively, while also being receptive and empathetic to others' feelings and perspectives.

Emotional Resilience: Securely attached individuals are generally resilient in the face of challenges and setbacks. They have a positive outlook on life and are able to bounce back from difficulties with the support of their attachment figures.

Positive Self-Esteem: People with a secure attachment style tend to have a healthy self-esteem. They have a positive self-image and believe in their own worth and capabilities.

Flexibility and Adaptability: Securely attached individuals are adaptable in their relationships. They are open to change, able to adjust to new situations, and are willing to compromise when necessary.

Overall, a secure attachment style is characterized by a strong sense of trust, emotional stability, healthy intimacy, autonomy, effective communication, resilience, positive self-esteem, and adaptability. These qualities contribute to the formation of secure and satisfying relationships with others.

Anxious Attachment

An anxious attachment style is associated with certain characteristic behaviors and traits:

Fear of Abandonment: Individuals with an anxious attachment style often experience intense fear and anxiety about being abandoned or rejected by their attachment figures. This fear may lead to clingy and dependent behaviors in relationships.

Constant Need for Reassurance: People with an anxious attachment style often seek constant reassurance and validation from their partners. They may have a heightened sensitivity to signs of rejection or distance, leading to an increased need for verbal and physical reassurance.

Overanalyzing and Ruminating: Individuals with an anxious attachment style tend to overanalyze and ruminate on relationship dynamics. They may excessively scrutinize their partner's behaviors and interpret them as signs of rejection or impending abandonment.

Jealousy and Possessiveness: Those with an anxious attachment style may exhibit jealousy and possessive tendencies in relationships. They may fear that their partner will be drawn to others or seek emotional or physical intimacy outside of the relationship.

High Emotional Reactivity: People with an anxious attachment style often experience intense emotions and may have difficulty regulating them. They may react strongly to perceived threats or relationship conflicts, leading to heightened emotional responses such as anger, sadness, or anxiety.

Difficulty with Trust: Anxious attachment style individuals may struggle with trust, often due to past experiences of inconsistent or unreliable caregiving. They may have difficulty fully trusting their partners and may seek constant reassurance to alleviate their fears.

Overdependence on Relationships: Individuals with an anxious attachment style may rely heavily on their relationships for a sense of self-worth and validation. They may prioritize their relationships above other aspects of their lives and have difficulty maintaining a healthy balance between their personal and relational needs.

Tendency to Idealize Relationships: Those with an anxious attachment style often idealize romantic relationships and have high expectations for their partners. They may believe that their partner will fulfill all their emotional needs, leading to disappointment and frustration when those expectations are not met.

It is important to note that individuals with an anxious attachment style typically desire close and secure relationships but may exhibit behaviors that inadvertently push their partners away. Understanding and addressing these attachment patterns can lead to healthier relationship dynamics and improved emotional well-being.

Avoidant Attachment

An avoidant attachment style is associated with several characteristic behaviors and traits:

Emotional Distance: Individuals with an avoidant attachment style often maintain emotional distance and independence in relationships. They may have difficulty expressing or acknowledging their own emotions and may seem emotionally detached or aloof to others.

Fear of Intimacy: People with an avoidant attachment style tend to feel uncomfortable with emotional intimacy and vulnerability. They may have deep-seated fears of being engulfed or controlled by others, leading them to create emotional barriers and maintain a sense of autonomy.

Independence and Self-Reliance: Those with an avoidant attachment style prioritize their independence and self-reliance. They may rely heavily on themselves for emotional support and have a tendency to avoid relying on others or seeking help in times of need.

Dismissive Attitude: Individuals with an avoidant attachment style may adopt a dismissive attitude toward relationships and emotional needs. They may downplay the importance of close connections and minimize their own emotional experiences.

Reluctance to Commit: People with an avoidant attachment style often struggle with committing to long-term relationships. They may feel uncomfortable with the idea of long-lasting emotional bonds and may prefer to keep relationships casual or maintain a certain level of distance.

Difficulty with Trust: Those with an avoidant attachment style may have difficulty trusting others and forming deep emotional connections. They may have experienced past betrayals or disappointments, leading them to be wary of relying on others for support or validation.

Self-Sufficiency: Individuals with an avoidant attachment style value their independence and self-sufficiency. They may prioritize self-reliance and may be hesitant to depend on others, even in times of emotional or practical need.

Deactivating Strategies: Those with an avoidant attachment style often employ deactivating strategies to cope with emotional closeness. These strategies include suppressing emotions, avoiding discussions about feelings, or

engaging in activities that distract from emotional connection.

It's important to note that individuals with an avoidant attachment style may desire connection and relationships, but they may struggle with maintaining emotional closeness and intimacy. Understanding these attachment patterns can help in developing strategies to navigate relationships more effectively and cultivate more secure and fulfilling connections.

Thanks ChatGPT for those three definitions. Saved me the time of typing them out.

Protest Behavior

From the book Attached, “Protest behavior is any action that tries to reestablish contact with your partner and get their attention. There are many ways that protest behavior can manifest itself, anything that can jolt the other person into noticing you and responding to you.

Protest behavior and activating strategies can cause you to act in ways that are harmful to the relationship. It is very important to learn to recognize them when they happen. These behaviors and strategies can also continue long after your partner is gone. This is part of what heartache is all about—the longing for someone who is no longer available to us when our biological and emotional makeup is programmed to try to win them back. Even if your rational mind knows you shouldn't be with this person, your attachment system doesn't always comply. The process of attachment follows its own course and its own schedule. This means you will continue to think about the other person and will be unable to push them out of your mind for a very long time.”

There's also a relevant box in said book listing out different types of protest behavior:

“Protest Behavior—Letting Your Attachment System Get the Best of You

Excessive attempts to reestablish contact:

- Calling, texting, or e-mailing many times, waiting for a phone call, loitering by your partner's workplace in hopes of running into him/her.

Withdrawing:

- Sitting silently “engrossed” in the paper, literally turning your back on your partner, not speaking, talking with other people on the phone and ignoring him/her.

Keeping score:

- Paying attention to how long it took them to return your phone call and waiting just as long to return theirs; waiting for them to make the first “make-up” move and acting distant until such time. When Ryan decided not to leave a message for Shauna after she screened his calls, he was keeping score (“If she's not answering my calls, I won't leave her a message”).

Acting hostile:

- Rolling your eyes when they speak, looking away, getting up and leaving the room while they're talking (acting hostile can transgress to outright violence at times).

Threatening to leave:

- Making threats—“We're not getting along, I don't think I can do this anymore,” “I knew we weren't really right for each other,” “I'll be better off without you”—all the while hoping s/he will stop you from leaving.

Manipulations:

- Acting busy or unapproachable. Ignoring phone calls, saying you have plans when you don't.

Making him/her feel jealous:

- Making plans to get together with an ex for lunch, going out with friends to a singles bar, telling your partner _____

about someone who hit on you today.”

Now be honest. How many of you have done any of these? Fairly interesting, isn't it. Imagine that, you have a attachment system whirling around in your brain and it's affecting your behaviors. Like the last one, “telling your partner about someone who hit on you today”. Jack10 mentioned that in Active Dread vs Passive Dread. There are multiple tie-ins to MRP here.

SMV and Attachment

Rollo tangentially touched upon this subject on his blog -

<https://therationalmale.com/2013/06/20/smv-ratios-attachment/>

The relevant quote is here: “Roissy once proposed that the strength and security of any relationship rests in the disparity between each person's sexual market value. While I endorse this principle entirely, I'm going to take it a bit further. As a general principle it works well for the guy wanting to maintain his frame in an LTR, however there's more wrapped up in that SMV disparity than I think has been explored thus far.

As I began here, SMV doesn't happen in a vacuum. Men may have an Alpha dominance established only to have it knocked back down after failing a particularly bad shit test. He may rate lower or higher depending on a social status that's in flux. A woman must find ways to cope with an ever decaying SMV once she reaches her SMV peak and begins her decline towards the Wall. Childbirth and rearing, weight gain, satisfying a security need, and many other factors may also accelerate this process.

What I'm going to do here is propose a general outline for SMV disparity based on the ratio between both sexes. Before you read my outlines, keep in mind the Cardinal Rule of Relationships: In any relationship, the person with the most power is the one who needs the other the least. The overarching concept here is that the person in the relationship with the superior sexual market value will at least be perceived by the person of lesser value to need them less than the other. If it is established by concrete social proof that one person is of higher SMV than the other, it's usually an accepted reality of that relationship, but bear in mind that it is the fluctuating perception of SMV that has more influence on the attachment and strength of that relationship.”

Initially this quote was tied to Relationship Attachment, but I'm going to take it into a bit of a different direction. Your SMV influences your relationship, which ties into how you relate and are attached to each other. Your SMV is very relevant to how you interact with your wife, and how your wife interacts with you. As example, as you increase your SMV, very likely this will provoke insecurity and anxiety in your wife, inducing behaviors that lead to her having an anxious attachment style. Is this good? Bad? Indifferent? The mere increase of SMV can move someone from one attachment style to another. Be aware of this fact.

How The Fuck This Applies to MRP

So, now that you have a basic idea about secure, anxious, and avoidant styles, how would this be applicable to MRP? First off, you should take a hard look at yourself. It's important to recognize what sort of attachment you have and your relationship to your wife. Why? That feeds into the “be attractive, don't be unattractive” line we quote around here. What attachment style do you have, and what unattractive behaviors is that causing? For example, say you have an anxious attachment style. Perhaps this anxious attachment style is causing you to be a Dancing Monkey. To take a quote from that post, “A hawt, ripped boy-toy with some game can attract women for a STR or ONS, but the attraction quickly fades if you're still just a pedestalizing, people-pleasing pussy who can't or won't stand up for himself, and actively assert himself and lead rather than just withdraw by leaving or STFU when challenged.”

Second of all, take a hard look at your wife. In the interest of leading the hamster through the maze, you can recognize how your wife attaches to you, and calibrate accordingly. If you are in the anger phase, you can really fuck it up, so ~~here's some dynamite go to town~~ go work on your anger phase.

As an example, say you again are new to MRP, and you are in this cycle of Anxiously Initiate Sex - Rejected -

Become Butthurt and Avoidant - Get Angry - Anger makes you Horny - Anxiously Initiate Sex - Rejected and the cycle continues (mostly because you are fat and unattractive). Maybe you just jump to Avoidant because you're sick and tired of initiating, and you're angry at your wife, and you're really angry at yourself because of how low you've sunk. And your wife is exhibiting all the classic symptoms of Avoidant. Recognizing how you are attaching to your wife, and how your wife is attaching to you, allows you to begin the steps to change behaviors.

Or perhaps you are going through or have finished a divorce. You may have sat down with a therapist because, let's be honest, going through a divorce is one of life's largest stressors, and it's worth evaluating to see whether or not you should talk to a therapist. It would be worth looking historically at if you had a poor attachment style and how you can fix that for the future. Perhaps it made you unattractive. Perhaps it didn't. It's worth looking at so you don't make the same mistakes over and over. Maybe you've evaluated yourself and you have a Anxious attachment style, which causes you to put your wife up on a pedestal. I'm going to give you a news flash – if you put your wife up on a pedestal, all she can do is look down on you. Maybe you should stop your Anxious tendencies.

You get the idea.

Paint Is Not To Be Eaten

Say that you just got to MRP, your mind is spinning with thoughts of STFUing and getting laid, and you come across this post talking about attachment styles. You may think to yourself, oh, looky here, I found the keys to the kingdom. No. None of this is to supersede general principles. Be attractive, don't be unattractive. Build a solid frame. Become attractive to all women, not just your wife. This post is merely a supplement (or yet another suppository), so that you recognize your unattractive behaviors and the influences on your system.

I would also encourage you in your readings to be discerning. For example, there is a quote about how you should wear your heart on your sleeve in one of the books. I don't have to tell you how that falls into the unattractive side of the house.

News flash, this is not a cure all. Taking a moment to understand how attachment plays a part in your relationship does not mean you do not get out of doing the work.

Finally, don't go blabbing to your wife about how you are SURE that she has an avoidant attachment style and that she needs to fix that so you can have the sexy times. Wait, scratch that. Go try it. For science. And report back on how her panties dropped. All field reports welcome.

For those who are therapists or psychiatrists, and I know we have a few on the boards, I would be interested in hearing your take on things.

93

UPVOTES

MRP Year 3: Let's Take the Boat Out On the Bay

BarracudaRP · 26 May 2020 · Archived copy · Reddit

Each year of ~~Married RedPill~~ discipline, vision and frame is better than the last. I still grow every day, building on the habits from years **one** and **two**. Every area of my life has improved on the path of Read, Lift, & STFU, and every year I add more miles to my motorcycle and pages to my journal. My dudes, this is the way.

Life is far from perfect, however, and I had plenty of failures in Year 3. My own failures, financial goals and bills, and the occasional shit test. Failing to get up to 160 lean pounds, failure to be further along with my side business. There were times where I let my circumstances overwhelm me, times where I forgot that I was the hero in my own story.

But for every one of those failures, there were ten successes. Some of my lofty goals from the week I found MRP have been overcome and replaced. Some things that seemed impossible now feel like stepping stones that I travel every day.

My third year began and ended with authentic gratitude, and that has altered my mindset. I've never been so thankful for my life, even the shitty parts, while simultaneously being so willing to change it all. I've never been so grateful for a day job, and I've never worked harder on a plan to be free from it. I'm more grateful for my family than ever - simultaneously, becoming more willing to **nuke** it all. And last year, I spent a lot of time being thankful, intentionally and out loud. For the first time, I'm earnestly seeing opportunities in my challenges, rather than trying to "convince" myself to adopt a positive mindset. If I can be thankful during the worst times, it's even easier to maintain that gratitude when my circumstances finally change.

In this last year, I did more good for my wife and kids, and for my parents and others. I have a lot more to give these days, but I'm not referring to money. Some day, I want to give that like crazy, too.

In Year 3, I took a long guys trip in the mountains. I did some truly epic stuff, and spent introspective time in amazing places. I was honest with myself about the excuses I was making, and my fear of failure that drove them. In particular, I was putting off the work, cost risk and potential rejection needed to take my side hustle to the next level. I made it happen the day I returned home.

On that note: In Year 3, I stopped killing my own abundance. Since I was a teen, I've noticed that abundance in any area of my life would come and go in waves that I couldn't control. I'd have seasons of success with money, sex, friendships, etc. - but that abundance was always followed by another season of lack and scarcity. To call it 'luck' would be dismissing my capacity to influence it - it was abundance. This year, I had a simple, profound realization: **"What if I could cultivate abundance?"** As it turns out, a better question is: "How can I quit fucking up my own abundance, so I can keep this up all the time?"

To cultivate abundance in my career, I had to get rid of oneitis for any one job. Being attached to anything so much that I'm afraid to lose it, that's oneitis, and I've had it for jobs, homes, friends and circumstances. To cultivate abundance, my focus had to be on me and my options first - which was impossible to do when I'd placed a single job on a pedestal. Cultivating abundance in my career means I'm constantly taking action to put myself in front of those opportunities; I'm able to notice them because I'm not fixated on the source of my oneitis. And cultivating abundance means that I've been disciplined and practiced to take advantage of the opportunity when it presents itself. And because I'm actually independent of any one outcome, I'm not afraid to lose any of it.

Self-focus, awareness of options, no fear of loss. Taking action to be in front of those opportunities, discipline and preparation to take advantage of them. The same rules seem to apply to abundance in any area - careers and side hustles, friends and social lives, wives and plates. I think, talk and act with authenticity when I have options. Boldness comes naturally when I'm not battling a fear of loss. And in year 3, I learned that abundance has a lot more to do with **me** and my mindset than I realized.

I learned that my mindset was limiting my vision. Like a prisoner dreams of a larger window, my aspirations were

small and limited by my mindset. Instead of another job to pay more bills, what I really wanted was freedom from a boss. I didn't desire only sex or peace in my marriage, I want the companionship of a sweet woman I love. Instead of chasing friends and status, what I really wanted was to become a fully actualized man. I don't want a longer chain - take the shackles off my feet so I can dance.

Instead of deodorant, I used baking soda all year. That's not a metaphor or anything, it just works really well and doesn't stick to my balls.

In Year 3, I realized I can do anything for 90 days. And when it gets worse, anything for 180 long-ass days. Crawling through five hundred yards of shit and finally emerging, I didn't run for the first field of daisies I could find. Instead, I doubled down and took on the next river of shit with freedom on the other side.

I started a better Fuck You fund this year. For too long I made the mistake of putting my household budget above my own needs - never realizing I should have been able to fund both without compromise.

In Year 3, I learned that I'm going to be polarizing because I'm being authentic. Attraction or repulsion are the only acceptable outcomes - I'm intentionally not going to hang out in the middle. I had to be okay if my authentic actions pushed some people away. Authenticity is more important than popularity, and I'm learning that's as true with my wife and kids as it is in the office. I had to practice saying "No", without any gentle padding words.

In Year 3, I started thinking more about my future than my past. I used to think about my future only when I was dreaming of hitting the lottery; I'd think about my past to ruminate on things I wished I could change, or to plot revenge against those who I blamed. It's been a subtle change, but now I dream about my own future. What can I accomplish if I don't give up? The only way I lose is by giving up completely. What types of things do I see when I envision my future? I get to judge what that success looks like. What is the ROI of Barracuda, and what do I need to give him to make him a success? These plans eventually shape reality.

In Year 3, I spent more time being content in spite of my circumstances, choosing to be happy and grateful instead of waiting for outside forces to *make me feel* a certain way. My gratitude enables my patience for my kids, wife, and the long-term willpower to have patience for my own plans. From this place, I'm much more confident in choosing the things that I want to include in my life for the right reasons.

I ain't shit yet, and that's okay. Year 3 of MRP was the best year of my life, and next year is going to be even better.

93

UPVOTES

Keep it simple, stupid

RStonePT · 20 January 2022 · Archived copy · Reddit

Red Pill is a praxeology. Systems of practice. In other words auto mechanics, not ideology.

I've yet to see a guy find this place who didn't find it for one of two reasons:

1. My wife got fat, won't fuck, or wants to leave me
2. My life is miserable and I'm at my witts end.

There is almost ten years of 'how I stopped being celibate and learned to fuck' posts. Answers from:

1. I stopped being a fat lazy fuck and my wife blows me all the time
2. My wife is still a frigid bitch so I ditched her and got a younger model
3. My wife fucks fine, but I fuck 3 other girls too
4. I've accepted she's never gonna fuck like I want and decided to stick it out until the kids graduate

It's not zen metaphysics. It's not ideological purity. It's not morality, ethics, squaring the round peg of your church doctrine to the round wet hole. It's just problem/solution/replication. read what guys tried, try it yourself, repeat it if it works and stop doing it if it doesn't work.

The only difficult part for guys is figuring out what 'working' means. That's why this place has always been amoral.

TheultimateCad wants to fuck the neighborhood and come home to his wife? sweet. I'll learn a lot about what a one sided open marriage is like. I'll learn what chicks cheating on their husbands do. I'll learn how the lifestyle pans out over the long term. I don't care if he's a piece of shit or a complete chad, I'm focused on what's in his material that's for me. FireTempered saw himself 20 years earlier in Cads stuff, and threw in some pointers on a wife spending you out of house and home, and what challenges happen to chad in his 60s.

The_Litz wants to spend years coming to terms with the success and failure of his life, slowly build himself into a man he can be proud of and accepting that it took years to be a piece of shit and it will take years to stop being one. I'll learn what the way ahead for me would be if I try to 'fix my marriage'. I'll learn how self reflection is important, but actions are more important, and change is uncomfortable. I'm focused on what's in his material that's for me. There's a ton of dudes who are 'doing it for the kids' who are showing where that road goes that added to his stuff

Don't make this harder than it needs to be.

93

UPVOTES

Be less shit

threekindsoflucky · 2 February 2022 · Archived copy · Reddit

The way you guys are writing about your sex life with your wives is turning to shit again. There are a number users approaching their sex life as if they are victims. Here's a handful of examples from this week.

[/u/theCrimisomLine](#)

3 initiate and got 3 rejections. I did notice that the rejects are have moved from what I would call disgust, to "A. You have been too mean to me and dont deserve it" or "B. Its always about sex for you". My answer for B, is always "Yes, absolutely" my answer for A is STFU, I just don't know what to say really.

[/u/JoeJericho](#)

Shark week for half the week, so no initiations most of the week... until last night. I initiated, got a no, and then made the stupid mistake of asking "then when are we going to have sex?" This let to a downward spiral of me running my mouth saying crap about how I want sex, that I didn't sign up for this, and other DLV. I also said "it seems our intimate life has come to an end" and received a response of "what are you trying to say?" I guess I was implying I want a divorce but didn't have the balls to actually say it.

[/u/_the_improving_man](#)

Last weekend, in the bathroom after she got out of the shower, she is naked, I am dressed. I thought I was escalating by placing her hand on my erection through my pants. Her response ".. it just makes me feel tired, as another job I have to do".

[/u/rather_empty](#)

It's shark week, but two days ago after we'd had a few glasses of wine I went to get a shower then came back to the lounge, picked my wife up, sat her on my lap and told her I wanted a blowjob. This provoked a thunderstorm in which I was told she wasn't my whore, and I should go get a girlfriend for that.

I think some doubt or hesitancy had crept in - I certainly didn't feel confident in the moment. I left her to stew and went to bed. Frankly, I struggle initiating with total commitment, as I saw The_Red_Letters recently phrased it. The wife decamped to the guest room and moved all her stuff there. Still, I'm glad I initiated - I've never received a blowjob while she's on her period, but I'm going to make it clear through initiating that I've got needs.

[/u/LiftDriveRock](#)

My wife still won't fuck me. Last time I had sex was in early August last year. Sunday was funny in this respect, because it was so transparent. She sensed an initiation about to come and decided to thwart it by picking a fight about something that had absolutely no base in reality. The second she got started, I knew exactly what she was doing. I could see it in slow motion. So again, no sex this week.

In every example you write as if your wife is the gatekeeper for sex. She is the gatekeeper for sex with her. Only her. And in every case, your the poor victim who is being treated unfairly by your wife.

You've made the choice that your wife is the only person you're going to have sex with. You have to deal with the consequences of that choice. You don't get to come on here week after week and complain about that choice. You made the decision, you have to own it.

Most of you are doing 'self improvement' with the intent of increasing the chance your wife will want to have sex with you. It has been made clear that MRP is not about your wife. That is why we have Rule 9. And this bullshit process that you're attempting will not work. **There's a reason it's been given it a name.**

Your wife is free to choose to do whatever the hell she wants. You don't get to decide what she does. You do get to decide what you do, and its the only thing you have control of.

There's a term to describe doing things in the hope that someone will respond in the way you want. Might be in the first book of the sidebar, who knows. Now, reading and adopting the tools of MRP may lead to you becoming attractive enough that someone else might have sex with you. That's a choice you get to make, and you get to own that choice as well.

To be fair though, that probably wont be the case for most of you, as the shitty, scarcity mindset you adopt will be inherently unattractive.

I am not breaking any new ground here. **It's been said more eloquently before**, but you guys don't seem to be able to grasp it. And as outlined by WNS in that post, and highlighted here just so it's crystal clear:

Again, just so we're very clear, MRP is not a program that will get your wife to fuck you. And this is especially true when you continue to have a shitty mindset.

Do better.

93

UPVOTES

Killing the Blue

Red-Curious · 28 October 2019 · Archived copy · Reddit

If the red pill is knowing the truth about intersexual dynamics, it's not enough merely to embrace the truth. We've got to cast off the lies as well. Otherwise we're going to rationalize some compromise between competing principles that were never meant to reconcile. I believe Rollo calls this "killing the blue."

I was reminded to write this post earlier today when my wife became huffy that I didn't get out of the car to pump the gas when she gave me the silent look of expectation. She huffed, "For as much as you try to teach other guys about how to be a man, you're not man enough to pump my gas? That's the man's job." Uh huh. Keep telling yourself that.

Here is a list of blue notions that I've had to overcome in my thinking.

TRUTH

- *Honesty is the foundation of marriage.*

Wrong. Honesty is a useful tool, but there's nothing foundational about it. If anything, I'd suggest sex is the foundation of marriage. As is often said among those who aren't having it: "Without sex, we're really just roommates."

ARGUING

- *If an argument comes up, it's the man's job to resolve the conflict and make it right.*

Wrong. The man decides what his job is or isn't. If he doesn't want to resolve the conflict, that's his business. Perhaps it's more valuable to him to spend his time doing something else than let his wife victim puke all over him.

MONEY

- *If she handles the money, she calls the shots.*

Wrong. This phrase is usually implied in relationships where the wife is the heavier earner or is the one who handles the household finances. Not surprisingly, I find it uncanny how often the woman is in charge of the household finances. I was just chatting about this with a friend the other day. His wife handles all the bills and will constantly tell him what he can/can't spend, but then goes off and breaks her own rules. "We have \$200 to get us through the next week" - then she goes and buys \$300 in groceries, saying, "We'd need it eventually," and they can't pay one of their utility bills. As for women-workers, money is certainly tied to power, but I have seen many men who are capable of leading from a SAHD position. If she makes more, it is certainly more difficult to earn and maintain her respect, but far from impossible. A woman will do anything for a highly attractive man - including work her butt off to keep him from pressing on her fear of abandonment. While a man's career may affect her attraction toward him, it can be made up through a number of other factors.

EMPATHY

- *Good husbands are always, with their wives, ... empathetic, kind, patient, humble, understanding, etc.*

Wrong. These are all tools that are useful in their own place. When a wife characterizes what a "good husband"

does she is placing her own moral judgment on his behaviors, often without a solid foundation for that judgment beyond her own preferences or societal norms. This sentiment also leaves off the context associated with the behavior. It presupposes an endorsement of the notion that a man should love a woman for all of her, including her flaws (or at the very least, despite her flaws), not recognizing that sometimes the most loving thing to do is help her overcome her flaws, which often requires casting off some of these more palatable virtues.

HELPER

- *Society expects a lot from women, so husbands should help their wives by carrying part of the load.*

Wrong. Society does expect a lot from women. But this is because men aren't taking personal responsibility for the things that need to get done in their own lives, so women step up and take over. The more attractive framework isn't that a woman is burdened with responsibility and needs a man's help, but that a man embraces being responsible and invites his woman to help.

EXPLANATION

- *If she asks, a man owes it to his wife to explain his behaviors so she can understand what he does and why he does it.*

Wrong. You owe her nothing. Over-explaining yourself, even on her request, takes away the mystery of who you are. A lack of mystery and intrigue as to the inner-workings of your mind simply makes you predictable and boring.

ROLES

- *It's a husband's job to ... shovel the driveway ... fill the gas tank ... mow the lawn ... etc.*

Wrong. A man should set his own framework for what his responsibilities will be in his own home. Appealing to an amorphous standard of gendered stereotypes takes the power and authority from the man and forces him to live in society's frame - a frame that so happens to benefit women more often than men. Always challenge these statements (even if only to yourself) with the negative inquiry: "Why is it the man's job to ... ?" or "Where did the idea come from that it's a man's job to ... ?"

PURSUIT

- *Men should pursue women; husbands should pursue their wives.*

Wrong. This is a trope used to compel men to put more work into relationships than women, rationalizing their own selfishness. It's based on gross misconceptions of historical/traditional relationships and a mixing up of the concepts of "initiation" and "pursuing." The orientation of the pursuit in the relationship is a reflection of the power dynamic. The one who pursues the other is the weaker one in more desperate need of what the other has to offer. The one being pursued is the prize. When the man is the prize, his pursuit should be his mission, not his wife, and she should pursue him.

UNCONDITIONAL

- *Marriage requires unconditional love.*
-

Wrong. Marriage is inherently a conditional contract. That's what a covenant is. If love were an emotion, it would be impossible to persist unconditionally. If love is a choice, it would be foolish to employ it without conditions. To take away all conditions on any behavior makes you a slave to that behavior and the one to whom you allegedly owe it.

SACRIFICE

- *It's a man's job to make sacrifices for the good of his wife.*

Wrong. It's each person's responsibility to decide what they will and won't do and if the benefit of a particular course of action justifies the cost. This phrase is utilized by women to compel men to ignore common sense in evaluating this dynamic. There are certainly times where a sacrifice will be more beneficial to a man's long-term purposes, but not every time, as is often implied when this statement is used (especially among guys in the church).

SYNERGY

- *Marriage is about synergy and teamwork, and through mutual cooperation they create one greater whole.*

Wrong. While there are benefits to having a teammate, you are still two separate people. Losing your sense of individual identity can be extremely dangerous in the long-term, re-enslaving you to the expectations that come with a synergistic mentality, which almost always come from society or her relationship philosophies. There are times when it is effective to do things independently from each other, not as a team. If she feels like you're always harmonious as a team, there's little room for dread.

YIELDING

- *In order to resolve conflict, the husband must yield his position to his wife as an act of service and display of his love.*

Wrong. This is a gross misrepresentation of concepts of servant leadership. While a man should certainly own up to his faults, that doesn't mean he should always yield in conflict or let his wife think she's never at fault. Rather, he should tactfully address her faults through displays of attractive behaviors, such as AM, AA, teasing, etc.

PRIORITIES

- *A husband's highest priority should be his wife and kids, not his career, friends, etc.*

Wrong. Men can have whatever priorities they want. If she doesn't like it, she can leave. He can account for the value of keeping her around when setting his list of priorities, which he is free to change or rearrange at any time he so chooses.

OMISSION

- *You should never hide anything from your spouse. Omitting the truth is the same as lying.*

Wrong. Omitting the truth is everyone's way of life. Compulsory honesty would force the disclosure of incredible quantities of irrelevant information, and nobody does this because it's pointless. Instead, we only disclose when we know it has value. The argument for compulsory honesty is that it is always more valuable for a man to disclose

than not. When framed this way, it's much easier to recognize that you can discern this balance for yourself in any given moment to decide what you will and won't say. Now, if there's an actual duty to disclose, that's a different story (I'm an attorney, so this duty comes up a lot). But in a general relational context, that duty almost never exists.

UNCOMPROMISING

- *Marriage is about compromise.*

Wrong. Compromise weakens both positions. When a balance needs to be sought, compromise is a valuable tool. However, the situations where compromise is the most effective tool are far fewer than you might imagine.

NEGOTIATION

- *If a man wants sex from his wife, he should give her something to get it.*

Wrong. Desire cannot be negotiated. This attitude, at best, leads to duty sex. At worst, it leads to claims of rape when the negotiation is implicit and the sex is undesired. More commonly, it's just a covert contract that doesn't get held up and leads to resentment.

DIFFICULTY

- *It's hard enough being a woman; it would be selfish for a man to add more burdens on his wife than she already puts on herself.*

Wrong. This rationale is used to make men feel guilty for asking anything of their wives. In reality, if a husband never asks anything of his wife, she never knows what she does that's of value to him. She can only live on her own self-validation or his feigned attempt at validation that she often sees through. Women require authentic validation from others and cannot have it until they actually know what others expect of them. This is particularly true and potent within marriage.

INFATUATION

- *Love is an emotion that married couples should experience with each other.*

Wrong. The word "love" means countless things to various people. The most useful definition I have found is that love is a choice relating to how you will act toward someone else. The most common associated emotion is infatuation. Others include lust, happiness, serenity, etc. Emotions come and go. If emotions were a viable definition of love, a woman could rightly claim to still love her ex while slashing his tires. This is not love.

TALKING

- *Communication is the life-blood of marriage.*

Wrong. Attraction is the life-blood of marriage. I've known countless horrible communicators who get on just fine. Why? Because they each find value in the other due to their mutual attraction. I have also known immaculate communicators who end up in divorces. Why? Certainly not for lack of communication, but for lack of attraction. Those who are highly attracted to each other will keep coming back to the same disastrous affair with each other over and over and over again no matter how much it's ruining their lives. Never underestimate the power of

attraction as the true life-blood of relationships.

FLAWS

- *A good man will love a woman for all of who she is, including her flaws.*

Wrong. If a man claims to care about the good of the woman he is with, he'd do better to help her overcome her flaws rather than enable them.

FIGHT

- *A man must fight to keep his woman - emotionally, physically, and spiritually.*

Wrong. A man can do whatever he wants. Failing to fight for a woman doesn't make him less of a man. It simply indicates she wasn't worth the fight. All of those "chase her down at the airport" scenes in chick flicks only make sense if she adds enough value to his life to warrant the gesture - and not merely emotional value, as emotions are fickle, but pragmatic value.

FAN

- *A good husband is his wife's biggest fan.*

Wrong. This gets brought up on social media and dating apps all the time. This puts her in the spotlight and you as the one on the sideline cheering her on. Guess whose frame you're in when that happens. Women claim they want to be the center of attention, but when they have it they often find they're unhappy. Why? Because it sucks being married to the side-liner rather than the star. She'll be much happier cheering you on.

I'm sure there are countless more concepts we've told ourselves that could be added to this list, which we'd be better off unlearning - and I'd love to hear them! But, I'm getting tired for the night. So, I'll leave it to you all to share some of the blue pill ideologies you've had to overcome. Consider this a collaborative effort.

93

UPVOTES

[FR] the Panty Drop Pause

_RPeed · 5 October 2023 · Archived copy · Reddit

I'm not much for evo-psych. I think it's about as useful as measuring someone's skull and guessing their favourite colour but it's obvious to me that, for whatever reason, shit tests and their subsequent pass/failure are some of the most accurately described and consistently observable RP phenomena IRL.

Despite all that the zeitgeist of my current visit to this sub seems to be essentially not understanding the existence, cause, effect or remedies for shit tests at all.

I see comments ranging from:

"My girl wouldn't respond to that"

"I said X but she said she didn't like it"

To actual reeEeeEEEing about ending up in jail... lol wtf?

Boys, boys, boys.

Calm the fuck down and listen to Professor Pee.

Shit tests come from an increase in attractiveness or anxiety.

If you randomly unzip and tell her to suck your dick, and you don't normally do that, expect shit testing. BECAUSE it's attractive. If you fuck up your hotel res, expect shit testing. BECAUSE it's anxiety inducing. If you tell her to crawl to you and say she's a dumb fucking whore but can she please suck your dick, expect shit testing. BECAUSE it's attractive.

They can also be very subtle (credit [u/sepean](#) for introducing me to the idea of "subtle shit tests" in the bedroom):

Example:

I am picking up a girl from the airport. I even have roses for her. She doesn't know that. She is aroused by the thought of seeing me again but anxious that I might not show.

She texts me she can't wait to see me. I text her the eggplant emoji.

She texts me that she is on her way. I text her a photo of her knee cushion and that "everything is ready".

She texts me her flight is on time. I ignore.

Silence until... she texts me she saw a cute dog and it reminded her of me.

I reply that seeing leashes always reminds me of my fucktoy.

She starts texting me about how horny she is.

Panties don't just drop. They pause on the way down.

You are probably doing attractive shit all the time and qualifying yourself. You are even more likely to be doing unattractive things and apologising for them.

Forewarned is forearmed, so just plan accordingly until you have experienced that you will not die from passing a shit test, which will eventually cure you of your Learned Helplessness.

Am I saying she'll always obey? No. Am I saying it'll fix your hotel res? Well... also no but while there are no cheat codes in life, this is some pretty fucking low hanging fruit in terms of just being attractive.

This week I challenge you to put your self improvement on pause and maybe practice not being shit scared of your wife for a second.

93

UPVOTES

this sub seems dead what happened?

DavosBillionaire · 8 January 2026 · Archived copy · Reddit

to be honest, I left this sub a few years ago. also, but I thought it would still be here when I came back. What's the status of this sub and the community around it?

92

UPVOTES

Don't fix her problem...

CaptainWasHere · 19 February 2016 · Archived copy · Reddit

... Fix her feelz ™.

Feelings are a drug to women. They crave feelings. Anything other than the feeling of being heard. Happy, sad, in love, lust, mad, disgust... these are more powerful than any narcotic to most women. Accept this and you will better understand how they function.

As an MRP dude you are inherently logical. You accept that problems are a part of life and so you hold frame and fix them. Most women (and girly guys) are not like this. They are driven by feelings. When they are talking about problems, they are *not* asking for solutions. They are asking you to fix the **feelings**.

That's why the more often you try to give a great logical solution to a woman, the worse the reaction gets. "You don't get me!" "I just want you to listen, not to fix everything."

Examples

- Women won't take responsibility for her f* ups. Why? Because it doesn't feel good. They don't have the greater sense of righteousness for acknowledging her flaws and improving them. It doesn't feel good in the moment, so she doesn't do it.
- "Do I look fat in these jeans?" - She's not asking "How do I get skinnier?" or "Do you think another brand would fit my body type better?" She's asking you to make her feel good about her body right now... because she never feels good about it.
- "I had a bad day... Boss was a jerk... Stacy is a bitch..." - She's just venting. She doesn't want your logical answer. She wants you to confirm her feelings and move on. She wants the feeling she gets that she's worth listening too.
- Story telling - Ever notice that most women are bad at telling stories. Why? Because they don't about captivating the audience, painting a picture and keeping them on their toes. They only care the feelings they get by reliving the story themselves. Think about that. You're just an inactive, trapped audience there while she feel-jerks herself off with an emotional story.
- "I thought we'd have a new baby/house/car/whatever by now. I'm behind. I'm failing!" - No amount of reason and logic will solve this one. She doesn't want your damn rational thoughts. She feels shitty about these part of her life. Address the feelz by distracting her or fix the problem yourself.

This is why there's a hierarchy of suggested MRP responses when she's feeling negative and talking about it (sometimes shit tests):

1. **Shut the fuck up** - You're too new and dumb still. Anything you say will mostly likely be responding to her words, not her feelz. And will backfire. Stay quiet and just don't make it worse.
2. **Give her a hug** - Stay quiet! Hugging is giving good feelz. Bear hug that woman when she needs it. It gives her both natural good feelz and the sensation of safety that is inbred in most animals.
3. **AM and other sarcastic responses** - My life got way better when I started replying to 80% of what my SO said with well-planned sarcasm. She doesn't give a shit about your logic (most of the time). Respond by controlling her feelings to what you want!! Think about that. You're using sass instead of debate to switch her feelings/thoughts around. It's more effective and everyone is happier. This is the way to put the brakes on when she's on the highway to negative feelz and swing down the offramp of your choice.
4. **Ass smack, random dance, new music...** - Anything that jolts her out of the spiral she's in. She doesn't need a

solution. She doesn't want to discuss it. She wants to feel something different. This is you holding frame and communicating, "I'm not going to be pulled into your emotional shit. I won't allow you to control me." And.. if you're doing it right she'll be thinking, "Thank you for stopping my spiral. I appreciate a man that can cut through the shit and get us back on track."

This is why the ass-hole got the girl. While you were determined to care about and fix her negative feelings (drawing into her frame) ... he was busy not giving a shit, being happy, and sucking them into his awesome feelings.

All of this has been said before. Shut the fuck up. Hold frame. Bat shit tests. But hopefully this helps some of you digest the importance in a new way.

tl;dr - Fix her feelz. Ignore the rest.

92

UPVOTES

A Guide for Beginners to MRP

SorcererKing · 15 February 2015 · Archived copy · Reddit

One of the most frequent questions we see here at MRP is “How do I get started?” This is a legitimate question; the sidebar is rich with blogs and books without much direction. So to help out the novices let’s do a quick overview of the materials there, some common scenarios new guys face, and thus a couple different curricula. The main focus of this post is how to get started with the readings provided on the sidebar. But first...

A Public Service Announcement

As a newbie to RP the first thing you will hear from any RP veteran is “start lifting.” This is because weight lifting is the cornerstone of any self-improvement plan for a male, and self-improvement is what you need. There have been volumes written on this topic, so I won’t go deep here. Let’s leave it at this: you start lifting you will not only look better, you’ll be healthier, have more confidence, and start to see yourself differently. **YOU MUST LIFT.**

Now, on to the academics here...

I’m not going to review the Graduate Level Material or the Advanced Material, since this is a “how to get started guide.” This is not to undercut those materials; on the contrary they are great as well, just not strictly relevant to this current discussion, which is how to help new guys.

Quick Review of Core Materials

The Sixteen Commandments of Poon: A concise list of “rules” for your interactions with women. Things we all either knew at one time and forgot, or else things that, after you learn them, you’ll wish you knew all along. A must-read.

The Rational Male, Year One: A series of blog posts (also compiled into a book format) that explain many of the core Red Pill concepts. A perfect introduction to RP principles for the total beginner. Many of the posts are brutal for the uninitiated, but absolutely essential.

No More Mr. Nice Guy (NMMNG): This is a self-help book that deals with the so-called “Nice Guy Syndrome,” a mode of thought in which men engage in continual self-sacrifice and covert contracts in their relationships (romantic and otherwise). Nice Guys are resentful when these efforts go unappreciated – another fact they often conceal. This book will help you learn to express your wants and needs honestly and stop the cycle of resentment towards others.

When I Say No, I Feel Guilty (WISNIFG): Another self-help book which helps one deal with being a pushover. The tips and strategies here will help you reclaim your life from unwanted obligations; a good companion to NMMNG.

Married Man Sex Life Primer (MMSL): This excellent work offers a practical guide to building attraction within the confines of a marriage. The program is easy to understand and will give you tips and tricks to get and keep your woman interested.

The Mindful Attraction Plan (MAP): A how-to guide for living intentionally and getting what you want out of life, especially women. Useful for reformed Nice Guys and those who find it difficult to set goals and follow through with them.

Now that we’re oriented to the basic materials, let’s review some common scenarios and the curricula that will help them. In all scenarios it is assumed that the reader has basic knowledge of RP principles, such as those found in *The Sixteen Commandments of Poon* and *The Rational Male, Year One*. If that is not the case, then those are the starting point of any program.

Scenario 1: The Stale Marriage

Guys in Scenario 1 are not in dire straits. Instead, the marriage needs to be freshened up a bit. Typical concerns in

this scenario are the frequency, and often the quality, of sex. The man and/or woman may have just plain lost attraction for each other, even if the relationship is still generally cordial. The man has not slipped into total Beta territory, but he probably has pedestalyzed the wife a little bit and is at a loss as to how to dial up the bedroom fun.

The best course of study for this scenario is to first read MMSL and then MAP. The point of study here will be to integrate RP knowledge into the approach with the wife. Understanding how women think and what gets them turned on is paramount. Reading, understanding, and applying the MMSL's tips and tactics and putting together a MAP are going to be your primary activities.

Scenario 2: The Slippery Slope of Beta

Guys in this scenario were, to varying degrees, Alpha males at some point in their lives, but over time have slipped into Betadom. In fact, many such guys initially attracted their woman through their innate Alpha behaviors, but now have lost their way after 5 or 10 years of marriage. They engage in Beta supplication at every turn, walk on eggshells, and try ever harder to appease their wives and make sacrifices to gain her admiration. This scenario is similar to The Stale Marriage inasmuch as the sexual frequency and quality are definitely not good, but this scenario is overall more serious because the stink of beta is starting to eat into the fabric of the relationship. The woman may have not only lost attraction, but is also starting to lose respect for the man. Shit tests are escalating in both frequency and intensity for these men as women try to assess what's left of them.

The best curriculum for this scenario is to start with WISNIFG, followed closely with NMMNG. Then turn directly to sections 3, 4, and 9 in MMSL. The objective here is to accept that self-sacrifice is not attractive to women, learn to express one's wants and needs in a healthy manner, and stand up for one's self. Then change the approach back to Alpha again. Then and only then, can you try to establish a better dynamic with the wife (Captain/First Officer being one model of this). In other words, a complete transformation of how one treats and prioritizes himself. After those lessons have been learned and applied, then progress to the rest of MMSL and NMMNG. Expect the transformation to take time, especially if Beta behaviors have been in operation for a while. A general rule of thumb you'll often see here is a month for each year of Beta marriage.

Scenario 3: It's About to Jump Off

Men in this scenario are in serious trouble in their marriage. The attraction and the respect are fully gone in the marriage, and the woman may be downright rancorous. Emotional and/or physical cheating has either happened or is on the horizon, and the man is seriously thinking divorce may be the only option.

This scenario calls for swift action. If cheating is going on, turn directly to section 27 in MMSL, which deals with busting up cheating. Then immediately get into NMMNG. If no cheating yet then start with NMMNG followed up with all of Part Two in MMSL (which deals with putting together a Male Action Plan). If after that things improve, downgrade yourself to Scenario 2 and follow that curriculum.

These are but three somewhat stereotypical scenarios. There are a lot of gradations in between these, but if you're totally lost these three should get you started. Find the one closest to your situation and run with it. I'm sure others will disagree with me on some of this or fill in things I forgot to say; put it all in the comments and the resource will grow!

EDIT: Thanks for the positive response fellas! One thing I would like to add is that I appreciate that the materials I listed here are not comprehensive and we could certainly add more resources for every category, including things like Book of Pook and pretty much the entire main RP sidebar as basic theory reading. What I was aiming for was to build out programs using only the materials listed on the MRP sidebar so that noobs have all they need right at hand. By all means keep listing out more materials, but when you do so try to attach them as additional reading in one or more scenarios.

EDIT 2: See also my [Guide for the 4th Scenario: The Career Beta](#)

92

UPVOTES

You're Only As Good As Your Next Choice.

ItsStillYurSet · 12 October 2021 · Archived copy · Reddit

I want to start this post by thanking all you men who come here and share your knowledge with the rest of us. Men wanting to be better men is very rare these days. the fact you've even found this place and gave it a chance puts you above the rest, but fuck the rest. You need to be better than you were yesterday, and that comes with work, action, and pain. So thanks to all who spend your valuable time to help us other faggots get our shit straight when most of us don't deserve the effort. With that being said.

Rewind to 5 years ago, I was addicted to heroin, alcohol, partying, and getting laid for validation. I was deep into game but my life was a fucking mess. I was the guy who "got all the girls" it was how I defined myself. But the reality... I was the loneliest, lost, insecure pussy on the inside.

I was a real piece of shit. I almost went to jail for stealing meds from two different hospitals I worked at...two different times. I was addicted to fentanyl, heroin, and opiates. I did some awful shit.

I went to rehab and relapsed 3 days out. I overdosed and almost died. Crashed 2 cars falling asleep at the wheel. And almost drove my car into a bridge because I hated what the drug had done to me and felt I couldn't stop. So I wanted to die.

Don't ask me how I stopped because I don't know, I wish I did to tell you if you're in a similar situation, but I suppose I was beyond sick of myself, sick of being sick. Sick of withdrawals, and sick of being a loser. Sick of Sabotaging all my relationships, my health, and my wallet.

After a while I started doing better but not great, with some relapses in between.. but I did have brief moments of sobriety. I used to come here under a different name, not do the work. Be in the ask sub every other day with questions that could be answered by doing the fucking work. Then delete my post the next day. Probably like most of you. I wanted a short cut. Then after a month, I'd say..."This shit doesn't work. These guys are all assholes" Leave and slowly slip back into my old ways.

About 3 years ago my life was a mess again. And I end up back here, as much as I didn't want to believe this was the reality of life, but something about it just made sense to me. So I'd come and start posting on OYS. But I realized I'd be doing it for the wrong reasons. "Maybe now these guys will pat me on the back and validate me now" I was afraid to share anything bad or negative about me only posting how good I was doing but I wasn't doing good at all and still wasn't putting in the work. And then a girl I was dating at the time found my account and I deleted it. Weak.

Still in denial 2 years ago. I got into another relationship, I thought I was better, but truly I wasn't. I was lifting and all but my life still sucked. I ended up relapsing again, and went through the worst month of my life. My dumbass then gets clean and thinks I'm ready to be a man. We got married a year and a half ago, and 6 months later I had a son. I still wasn't shit and it showed in my everyday life and relationship.

Now I know your child shouldn't be the main reason for being better but he definitely was what made me start taking things serious. I refused to have my child growing up with a dead beat shitty role model. So I made a decision. I'm never touching drugs again and I'm going to be better every single day.

So for the last year. I read everything I could. Everyday in this sub/sidebar/rian/WMP/jackten etc. And I didn't post anything about it. I just absorbed. I put the things to the test. And kept what worked. Things with my wife got worst before they got better. But they got way better, she even got better as a person because she had a stronger leader.

I am one year clean today. clean from everything. I don't drink. I don't smoke. I don't do any drugs. I even went to my buddies bachelor party and didn't have a sip of alcohol and had a blast. You couldn't tell me that was possible 2 years ago. I have not made a full year clean in 16 years. And I am the happiest I ever fucking been, truly. I got a new career. Started working out hard. I took control of my life, my career, and my house hold. My relationship is

how it should be. Still not perfect but light years away from what it was.

I started showing up to my new job. Dressed like the CEO of the company (which I will become) and my actual boss started coming in dressing better. I'd compliment him on his get up. And he said. "I got to keep up with you. You're setting a new standard!"

I thought me? The kid who should of been dead. In jail and was worth nothing? Setting a new standard? Wtf.

I realized I'm no longer that kid. I'm a man. And it all started with a decision and a lot of pain. Make the fucking decision of who you want to be. **NO MATTER WHERE YOU ARE.** And work everyday to get there. It doesn't matter how low are you. How many times you fuck up. You too can get there.

And I don't want any "atta boys". I don't want any congratulations. I don't want any praise or validation. I just want to say thank you. And let any of you who are struggling with addiction to know I am here to help if you **WANT IT.** There's nothing I can say to make you stop and get your shit together. But I might be able to guide you.

Not everyone is an addict but we all know someone who is one. I'm saying this to give you hope and lend a hand if you need it. Inbox me. But don't inbox me if you haven't read the damn sidebar. I will not be easy on you just like none of these mods are easy on you. That tough love is what I needed. And is probably what you need. Listen to these guys. They may help save your life like they did mine. This stuff works and is irrefutable.

There's a better life out there for you and it's waiting. There's also a life full of misery out there waiting for you too. And both of them are on the other side of your next choice. Thank you guys and God bless.

91

UPVOTES

FR: Go All In

DJiamuzak · 17 September 2018 · Archived copy · Reddit

Late 40s. Married over 20 years. 2 kids at home youngest is 17

TR;DL: If you're thinking of implementing MRP, go all in.

If you want some ideas on how to avoid completely swallowing the red pill, I'm your man. I've rubbed it, snorted it, gargled it, and tried to use it as a suppository. I think one of the reasons I rode the fence so long was I was getting sex 1-2 times a week. Also, since 2015, I've added anal, bondage, etc to the sex menu. I'd cycle between nice guy, then asshole if I was 'wronged'. I could see the path I was on; all the while using my wife as a scapegoat. Basically I'm a passive aggressive bitch, beta to the core, who gets angry and sulks when I don't get my way. I was heading towards some grumpy dad sitcom character. I cringe when I think about how I dealt with my wife and my kids. In order to avoid conflict, I'd waffle on most things. Had some WTF moments before MRP in 2010.

1. I had a couple small health issues and took a bunch of sh!t. I was thinking "in sickness and in health, ya right".
2. Around the same time as my minor health issues, I had a drop in revenue in my small business. I reeled in spending, hardcore. My wife was absolutely wild that I was "taking things away" from her, "making her life harder", etc, etc. She was like this for months until she adjusted to the new reality. This one particularly hit me hard. I remembered saying to her, "All I am to you is a walking wallet." By 2014, I had revenue back to pre-recession levels I didn't tell her and I didn't spend like I did before. I kept things tight money wise.
3. My wife has a sense of duty and pre-established male/female roles. Thank goodness for me, a wife's duty is sex with her husband. During a weekly starfish-obligatory-every-position-hurts-when-will-you-be-done-sex I had finally had enough. She was doggie style and kept pushing her ass back giving me no room to stroke. I got mad and just pounded her forward so hard she couldn't push back. She responded amazingly. I was caught up in the passion and for some reason I pulled her hair, hard. She stifled a yell "finally!". (Kids in the house.) When I asked her afterwards what she meant she clammed up.

These instances made me think, what the f&ck am I doing? I'm naturally a happy guy but resolved to handle my wife with disdain. It seemed like whenever I treated her poorly, she'd treat me well. WTF? So against my normal SOP, I became an asshole. As soon as I'd let asshole go away, complaining would come back.

Years later, I found MRP through a search on complaining wife. It wasn't the first result because all the top results were "bring her flowers", "learn her love language", "jump through even more hoops", blah, blah, blah. When I first started reading MRP, I thought, "These guys are a bunch of cult assholes." However, quite a few stories really resonated with me. So I cherry picked the advise in askMRP, MRP, and the books on the sidebar. In other words, I did not internalize the books in the sidebar. I'd read the material but not while fully engaged. I read to finish reading. I'd work one aspect. Then, I'd have some success because I 'fixed it', then back off. I was on the slooow drip progression plan.

Then, I decided to go all in and took the full prescription. Lifting, re-reading sidebar, STFU in September 2017.

Transformation

Lifting is one of the things I thought I could skip. I was in fairly good shape doing Crossfit type workouts 4-5 days a week. I joined a gym and I'm on a muscle building program. My lifting stats for 5 reps: DL 255, BP 205, OHP 120. Little things like opening jars, putting luggage in overhead compartment, and moving furniture around are so much

easier. Lifting is something I really enjoy now. I can't stress enough the benefits of lifting.

Since Sept 2017, its been a very slow journey. AA, AM, and frame is still weak. I always think of things to say 15 minutes after. The biggest tool and BY FAR the most effective is STFU. A recent example: we were working on a rental house and I asked her to vacuum. "I can't." "You should've told me before." "I asked you about this before you did X." Blah, blah, blah. All the while I just continued what I was doing. I went to go do it the next day and guess what? It was already done.

Dread is very effective in my relationship. We went to an event and only by coincidence a super pretty 25-30 year old sat right next to me. She started asking me questions while wife was sitting on the other side of me; unable to hear the conversation. Let me be clear, there was no pickup artistry or effort on my part at all. It was s total fluke. Later, my wife said nothing but did I ever get laid that night, wow.

I track cycles using Clue app. I didn't have the wherewithal to connect period to grumpiness early on but its not an issue anymore. It seems like the relationship has shifted (like a massive cruiseliner turning 180 degrees) from me in a hamster wheel trying to make her happy to her working on making me happy. I struggle with lots but I'm a slow burn kind of guy. Over the last year I've really worked at cutting my covert contracts and validation seeking. I reset daily, although its a struggle. I have a long way to go and my journey will not end. I'm simply going to continue plodding away. The reality is: there are so many nuances and subtleties to MRP, its taken me time to wrap my head around it. MRP is one of those things you have to simply start. Put one foot in front of the other. I made and continue to make tons of mistakes. After a year, I can say, my home life is much, MUCH better.

After reading MRP posts for a year, I have to give a HUGE thanks to mods. As stated, I thought they were a bunch of pricks. I've come to know they are super caring, tough love guys who are trying to save us dumb asses. Hats off to you guys.

Edit for formatting.

91

UPVOTES

What your wife wishes she could say to you but can't because you're a bitch

2ndal · 14 May 2018 · Archived copy · Reddit

Below is an [article](#) on the concept of “emotional labor”—a textbook example, written by a woman, of the failures of masculinity in a marriage which leads to a void of passion, sex, connection, and ultimately divorce and infidelity. It's why many of you motherfuckers did some Google search like “why won't my wife fuck me” and landed here. And a few of you even stuck around to realize that you were the problem. And then even fewer actually did something about it. No matter where you are in your journey, if you're here and reading this you can likely identify with this situation. Any shred of evidence of this in your household should be eradicated like the plague. MRP is your antidote, the sidebar is your guide.

For Mother's Day I asked for one thing: a house cleaning service. Bathrooms and floors specifically, windows if the extra expense was reasonable. The gift, for me, was not so much in the cleaning itself but the fact that for once I would not be in charge of the household office work. I would not have to make the calls, get multiple quotes, research and vet each service, arrange payment and schedule the appointment.

It's very clear from the beginning: her husband is not captain of the ship. She is. And she resents him for it. He can be her husband or one of her kids, which one does he want to be?

My husband waited for me to change my mind to an "easier" gift than housecleaning, something he could one-click order on Amazon. Disappointed by my unwavering desire, the day before Mother's Day he called a single service, decided they were too expensive, and vowed to clean the bathrooms himself. He still gave me the choice, of course. He told me the high dollar amount of completing the cleaning services I requested (since I control the budget) and asked incredulously if I still wanted him to book it.

Oh, got it. She handles the finances. So he definitely wants to be another child, a giant man-kid who likely pleads for affection and sex without realizing the very thing that is responsible for his lack of it: himself.

What I wanted was for him to ask friends on Facebook for a recommendation, call four or five more services, do the emotional labor I would have done if the job had fallen to me. I had wanted to hire out deep cleaning for a while, especially since my freelance work had picked up considerably. The reason I hadn't done it yet was part guilt over not doing my housework, and an even larger part of not wanting to deal with the work of hiring a service. I knew exactly how exhausting it was going to be. That's why I asked my husband to do it as a gift.

Owning his shit is a foreign concept to him. How much deeply pleasurable, erotic sex do you think this couple is having?

According to Dr. Michele Ramsey, Associate Professor of Communication Arts and Sciences at Penn State Berks, emotional labor is often conflated with problem solving. “The gendered assumption is that ‘men are the problem solvers because women are too emotional,’” she explains. “But who is really solving the bulk of the world's problems at home and in the office?” As the household manager for my husband and three kids, I'm fairly certain I know the answer. I was gifted a necklace for Mother's Day while my husband stole away to deep clean the bathrooms, leaving me to care for our children as the rest of the house fell into total disarray.

A woman will step up to the plate if her husband does not. But she will resent him for it. Replace “necklace” with literally any other gift, or even a top-tier salary. If you're not owning your shit and leading your family, your gifts are worthless. They do not wet your wife's panties. Strong leadership wets your wife's panties. (Don't forget muscles and low body fat.)

In his mind, he was doing the thing I had most wanted—giving me sparkling bathrooms without having to do it myself. Which is why he was frustrated when I ungratefully passed by, not looking at his handiwork as I put away his shoes, shirt and socks that had been left on the floor. I stumbled over the box of gift wrap he had pulled off a high shelf two days earlier and left in the center of our closet. In order to put it back, I had to get a kitchen chair and drag it into our closet so I could reach the shelf where it belonged.

“All you have to do is ask me to put it back,” he said, watching me struggle.

It was obvious that the box was in the way, that it needed to be put back. It would have been easy for him to just reach up and put it away, but instead he had stepped around it, willfully ignoring it for two days. It was up to me to tell him that he should put away something he got out in the first place.

“That’s the point,” I said, now in tears, “I don’t want to have to ask.”

Watch what she does, not what she says. She doesn’t want a clean bathroom. She wants a husband who Owns His Shit. She sees evidence of the opposite everywhere she looks. Not only is he not leading, he’s contributing to the problem actively, and acting like a bitch when his wife calls him out on it.

The crying, the snapping at him—it all required damage control. I had to tell him how much I appreciated the bathroom cleaning, but perhaps he could do it another time (like when our kids were in bed). Then I tried to gingerly explain the concept of emotional labor: that I was the manager of the household, and that being manager was a lot of thankless work. Delegating work to other people, i.e. telling him to do something he should instinctively know to do, is exhausting. I tried to tell him that I noticed the box at least 20 times over the past two days. He had noticed it only when I was heaving it onto the top shelf instead of asking for help. The whole explanation took a lot of restraint.

She had to feed his ego. “Emotional labor” is another way of saying that it’s frustrating for woman to lead and make all of the decisions and they will resent you if you force them to play this role.

My husband is a good man, and a good feminist ally. I could tell, as I walked him through it, that he was trying to grasp what I was getting at. But he didn’t. He said he’d try to do more cleaning around the house to help me out. He restated that all I ever needed to do was ask him for help, but therein lies the problem. I don’t want to micromanage housework. I want a partner with equal initiative.

Read: he’s been deeply conditioned to not buy into patriarchal roles and is afraid of wearing the pants in the relationship, thinking it will upset his feminist wife if he leads the family, makes the decisions, defers to her as necessary, or otherwise behaves like an adult man. “He said he’d try” should cut like a knife to your throat if you have any self worth. Don’t fucking “say.” Don’t fucking “try.” Just “do.”

However, it’s not as easy as telling him that. My husband, despite his good nature and admirable intentions, still responds to criticism in a very patriarchal way. Forcing him to see emotional labor for the work it is feels like a personal attack on his character. If I were to point out random emotional labor duties I carry out—reminding him of his family’s birthdays, carrying in my head the entire school handbook and dietary guidelines for lunches, updating the calendar to include everyone’s schedules, asking his mother to babysit the kids when we go out, keeping track of what food and household items we are running low on, tidying everyone’s strewn about belongings, the unending hell that is laundry—he would take it as me saying, “Look at everything I’m doing that you’re not. You’re a bad person for ignoring me and not pulling your weight.”

A man’s ego is a fragile thing. This is why you must watch what she does and not what she says. She can’t come out

and tell you all the ways you're an unattractive bastard because she knows you'll act like a little bitch. So instead she's quietly resenting him, taking on more work, and likely rolling her eyes when he grabs her boob and winks before bed.

Bearing the brunt of all this emotional labor in a household is frustrating. It's the word I hear most commonly when talking to friends about the subject of all the behind-the-scenes work they do. It's frustrating to be saddled with all of these responsibilities, no one to acknowledge the work you are doing, and no way to change it without a major confrontation.

Oh how she wishes her husband would just step up to the fucking plate and lead the family!

"What bothers me the most about having any conversation around emotional labor is being seen as a nag," says Kelly Burch, a freelance journalist who works primarily from home. "My partner feels irritated and defensive by the fact that I'm always pointing out what he's not doing. It shuts him down. I understand why it would be frustrating from his perspective, but I haven't figured out another way to make him aware of all the emotional and mental energy I'm spending to keep the house running."

Oh interesting, so communicating openly and honestly with your partner about this is ineffective? Who would have fucking thought? She is probably making him subconsciously aware by pulling back what he wants and needs most: sex and affection, whether she knows it or not. And will he ever find the connection between not being loved in the ways he needs to and his own failures? Sadly most men do not.

Even having a conversation about the imbalance of emotional labor becomes emotional labor. It gets to a point where I have to weigh the benefits of getting my husband to understand my frustration against the compounded emotional labor of doing so in a way that won't end in us fighting. Usually I let it slide, reminding myself that I'm lucky to have a partner who willingly complies to any task I decide to assign to him. I know compared to many women, including female family members and friends, I have it so easy. My husband does a lot. He does dishes every night habitually. He often makes dinner. He will handle bedtime for the kids when I am working. If I ask him to take on extra chores, he will, without complaint. It feels greedy, at times, to want more from him.

She'll let it slide, but do you think she's wearing lingerie, waking him up with blowjobs, or even giving him anything beyond duty sex every few weeks when she sheds a tear for it? Oh wait, but he does the chores! You can almost feel her levels of attraction for her husband spiraling down the toilet. This is why chore play is what it is. You can't just do the fucking chores, you have to lead your household. You have to be the goddamn man in the relationship. Doing the chores is fucking table stakes.

Yet I find myself worrying about how the mental load borne almost exclusively by women translates into a deep gender inequality that is hard to shake on the personal level. It is difficult to model an egalitarian household for my children when it is clear that I am the household manager, tasked with delegating any and all household responsibilities, or taking on the full load myself. I can feel my sons and daughter watching our dynamic all the time, gleaning the roles for themselves as they grow older.

It is borne almost exclusively by woman because men have been conditioned by feminist society to be this way in their feeble attempt at "equality." And they're teaching their kids the same thing.

When I brush my daughter's hair and elaborately braid it round the side of her scalp, I am doing the thing that is expected of me. When my husband brushes out tangles before bedtime, he needs his efforts noticed and congratulated—saying aloud in front of both me and her that it took him a whole 15 minutes. There are many small examples of where the work I normally do must be lauded when transferred to my husband. It seems like a small annoyance, but its significance looms larger.

Acts non verbal. STFU. This is what we mean when we say it. Do not seek validation for Owning Your Shit. You do what needs to be done not for the validation but because it needs to be done. You do not go running off to mommy to show her how clean you made the toilet.

“Children learn their communication patterns and gender roles (kids can recognize 'proper' gender behavior by age three) from a variety of people and institutions, but their parents are the ones that they, in theory, interact with the most,” notes Dr. Ramsey. So if we want to change the expectations of emotional labor for the next generation, it has to start at home. “For parents, this means making sure that one spouse does not do more of that type of labor than the other. Speaking in terms of how emotional labor is currently divided, girls will hopefully learn not to expect to have to do that labor and boys will hopefully learn not to expect females to do that labor for them. Children watching parents share that emotional labor will be more likely to be children who expect that labor to be shared in their own lives.”

The idea that we can have pure equality here is, of course, simply not feasible. You cannot have two ship captains. This doesn't mean whoever isn't the captain is a lesser human being, or not capable of being a captain if they needed to, but someone needs to lead in a relationship for it to work.

I know it's not going to be easy for either of us to tackle the splitting of emotional labor, nor do I ever expect it to be completely equitable. (I'll admit that I probably enjoy certain types of emotional labor far more than my husband, like planning our meals and vacations.) I'm also more skilled at emotional labor on the whole because I've had my entire life to practice it. But if we're lucky, he's got a whole lot of life left to hone his emotional labor skills, and to change the course of our children's future. Our sons can still learn to carry their own weight. Our daughter can learn to not carry others'.

She gets it. She knows it'll never be equal, but at the end of the day someone has to take the lead, deferring when necessary to other. She's emotionally drained playing that role in her life. She wants her husband to set up and be that leader: for herself, for her kids, and most importantly: for him.

91

UPVOTES

[FR] Be her boyfriend and husband

red-sfpplus · 18 October 2017 · Archived copy · Reddit

Wanted to share a quick FR on something that happened last week. I was not going to post, but the sub is a little drama ridden lately, askMRP is in a mess so here goes. This is for newbies and should provide a relevant example.

I coach kids ball, if you know me you already know this. This requires communication with parents most of which are female, typically ED or E2D as I have ball 6 days a week. If you know me, you also know the running gag my wife likes to toss my way during this is "Which girlfriend are you talking to know?"

That's all the backstory, so let's get to the meat. My wife also like to text, specifically her mom. Text sessions can span hours to relay the same information a 5-minute phone call would accomplish, but they are women and we know how they communicate right?

The other night we are in bed around 8:30, she is still texting her mom, I am preparing to go lights out, so I tell the wife "to tell her boyfriend goodnight so we can go to bed."

Now my wife does not surprise me often, but she did when she rolled over, looked me in the eyes and says, "good night my boyfriend and husband" with a grin and smile. I was taken back for a second, but once I processed the info I quickly escalated to sex and that was it.

What does this mean for newbs? It means that even though my wife and I have been together since HS, late 30's, married 12 years with 2 kids, you still have to fill both roles to be successful in an LRT/marriage. You have to be her boyfriend and her husband. Alpha and Beta. Risk taking and stable. You have to stroke both sides of her hypergamous nature if you want to keep things exciting and fresh in your relationship and keep her eyes focused on you.

What is the other thing you need to be on the lookout for? How women initiate sex. My wives signs are the "fuck me now eyes" will snuggle up against me and cuddle and squeeze a little too hard, but she very rarely just goes directly for the junk like many guys expect a woman to. All she does is crack the door open a little and then wants me to open it up. Sure, she gives unsolicited BJ's and has stood against the wall and said, "fuck me now" but the 80% rule with my wife is contextual actions she does to show her desire for sex. So, you need to learn your womans tell tail signs and be on the lookout for them.

Stop going to the same place for dinner, and stop doing the same things over and over. You have to always be fresh, you always have to be escalating in everything you do. Make the plans, do what you want to do and do things that she enjoys and if you have kids it is even easier to do activity dates. It is very easy to get into the daily grind of life, but you have to try and push the boundaries. Ask for forgiveness, never permission, and for Pete's sake do not ask her what she wants to do. She doesn't know - that is your job. Just tell her to get in the car and start driving.

I am sure someone is going to say my comment was beta, or passive aggressive and that is fine. It is her running joke to me, and I tossed the shit test back to her and she handled like a pro, just like I do to her. It works in our relationship and with our specific details.

91

UPVOTES

Handling a Fearful-Avoidant Wife

Sepean · 18 May 2019 · Archived copy · Reddit

I have a fearful-avoidant wife and over the years I've learnt a lot about handling it - what to do and what not to do. I've given advice to some other men here with FA wives and it works.

If you're not aware of what's going on, FA can really throw you for a loop. She's sweet, you stroke her hair - suddenly she's disgusted with you. She's an utter bitch and saying horrible things that makes you want to kick her out of the house - but soon after she's all submissive and wants to suck your dick.

That's a classic cycle for an FA girl: you being nice which makes her mean which makes you angry which makes her nice which makes you nice, repeat.

What is Fearful-Avoidance

A person with FA has low self-esteem and high distrust of others. They realize they need and want intimacy, but when they are in a relationship that starts to get close, their fear and mistrust surfaces and they distance.

If your wife is fearful-avoidant, you will likely have seen a cycle of you being nice which makes her mean which makes you angry which makes her nice which makes you nice, repeat. She also likely reacts with disgust or distancing to signs of affection like cuddling or intimate talks.

This describes it well: <https://jebkinnison.com/bad-boyfriends-the-book/fearful-avoidant/>

I can also recommend this book:

<https://www.amazon.co.uk/Attachment-Across-Lifecourse-Brief-Introduction/dp/023029359X>, it will give you a deeper understanding but it isn't big on actionable advice. It helped my wife reading it, and it helped with how we raise our kids. If either or both of you have insecure attachment styles, for the sake of your kids read this book so you don't pass on your dysfunction to them.

Attachment theory is one of the best researched and most well documented areas of psychology outside of pathological conditions, it isn't just some pseudo-scientific mumbo-jumbo. Don't confuse it with attachment parenting though, that is just some homegrown stuff (seems designed to sell books to moms seeking to justify their overprotective parenting iirc).

Make sure she is FA before taking this advice

FA girls are a special bunch - don't make the diagnosis to cover up your own shortcomings and then proceed to fuck shit up. Secure girls won't react well to this.

There is an excellent test for general attachment style here (this is a real psychology test based on thousands of subjects across 60+ countries) <http://www.web-research-design.net/cgi-bin/crq/crq.pl>

The MRP playbook is still king

MRP is still the foundation. It's still about SMV, frame and game. She's still a woman, and AWALT.

The way to think about FA is that 95% of the time everything is normal, but certain things will trigger abnormal behavior in her.

And don't fall into the trap of using her FA as an excuse for your failings.

If she's not fucking you, it's because your SMV is low, period.

The limits to happiness with an FA partner

This is not a guide that will make everything rosy. That's not an option if your wife is FA. All the literature I've seen suggests these people simply can't make relationships work. With MRP tools you're at another level and it can become good, but FA is a serious issue that won't go away. Manage your expectations and focus on mitigation, not cure.

If marriage is hard mode, FA is nightmare mode. Not all the time, there will be plenty of good periods, but there will be absolutely awful periods.

Understanding the fearful response

When her fearful response triggers, that's pretty simple. She is hit harder by the fear of losing you, and she'll become more needy and try harder to get you to stay. It's worth remembering when she's freaking out about something - there's a fearful response at the end of it that will pull her back.

Understanding the avoidance response

The avoidance response is more complicated. She's still a woman, she still wants intimacy and comfort. But these very things can trigger her avoidance response. Deep inside, an FA feels there's something unlovable or even repulsive about her, and if you ever find out her true nature you'll leave her. This means that when she feels the level of intimacy grows, she'll begin to panic with a bizarre fear of you discovering her true nature and being disgusted with her, and when her feelings grow stronger she'll fear the (to her) inevitable separation will just end up hurting more.

The reaction is to push you away and reduce the intimacy. Major avoidance episodes get so bad that part of her wants out of the relationship, but the fearful response keeps her from actually ending it. She'll try to provoke or taunt you to end it instead - saying she'll never be able to live up to your expectations, that you might as well end it, she'll say stuff she knows you hate or that disgusts you.

Don't ever give her ultimatums about what she can't say in arguments, like "if you threaten to leave again, we're over". When her avoidance response takes over, she *wants* you to end it. She can't and won't do it herself, but if she can goad you into it, that's an easy out. She'll regret it once her avoidance episode ends, but in the heat of the moment she feels differently about it.

She'll also say the stuff you hate to hear the most, stuff that will make you disgusted with her. Your core values, she'll belittle them, she'll shit on whatever identity you have of being a family man. Don't give her ammunition - don't tell her what really gets to you or what disgusts you, don't tell her she can't say shit like that again, even during calm times. Opening up about these things or warning her is giving her the argument manual for the next major avoidance episode.

This is important, so I'll say it again: during major avoidance episodes, she'll try to ruin the relationship, she'll try to drive you away. She'll say anything and everything. She'll regret it later, but you'll have to live with what she said. Telling her what you absolutely can't live with her saying is exactly what she'll be yelling at you in the future.

The avoidance response also sends her hamster on overdrive, it'll warp reality far beyond the normal hamstering and there is no talking it down.

Minimizing daily avoidance stress

Signs of affecting like cuddling, stroking her hair, intimate talks, they stress her out, so you should stop it.

Instead, be her oak. She can cuddle up to your chest, but don't be affectionate back. Protecting her and the body language that goes with it is fine, seeking intimacy is not (by intimacy I mean the emotional kind, it's not an euphemism for sex or flirting). Grabbing or groping her is also fine. It's the emotional intimacy that makes her scared - it's fine that her man is dominant, protective and sexually interested in her.

It's like she has a hideous scar under her shirt - don't make her fear you're going to lift it up and look at it. Once she gets comfortable knowing you won't probe deeper, she'll have a much easier time cuddling up to you and showing weakness and need of comfort. If on the other hand you teach her that you'll get affectionate when she is, she'll refrain from it.

Even if she needs comfort, you shouldn't try to pass comfort tests it with too much intimacy. It is much better to fail a comfort test than trigger her avoidance. Try to get a feel for what she can handle - hopefully a hug and a kind word won't trigger it.

The best way to provide comfort is often just doing non-intimate beta. Work on the house, do something with the kids. That shows you're there for her and the family without triggering avoidance. If she's throwing a comfort test, it is often better to go clean something than to talk to her.

Withdrawing affection

We often recommend guys with a misbehaving wife to withdraw affection but continue owning his shit. The problem with an FA wife is that not showing her any attention but still doing stuff around the house and with the kids is probably the state she is most comfortable in. In MRP this may be the default OI behavior for her not living up to your standards, and women without attachment issues will become slightly uncomfortable and seek to regain some attention, but an FA wife will not do that. To correct her behavior you will have to "check out".

You emotionally check out of the relationship for a period. Leave the house. Be selfish. Shift chores you'd do unto her. Hog the TV and watch stuff she doesn't like. You need to do this more often and for smaller things than secure girls. Make her earn her way back in your good favor. And don't be afraid to ramp it up, go really cold and aloof - at this point the other end of her attachment issues begin to work in your favor. The fearful response kicks in and she will freak out more than women without attachment issues and be willing to do more to get back in your favor. As always be careful of not seeming butthurt since that isn't sexy, shoot for something more along the lines of her not living up to your expectations, so why does it matter what she wants. Down the line I had to stay disappointed for longer even as she tried to earn her way back in, because she seemed to get the idea she could be a bitch and then just fuck me when she wanted me back. If you're new to MRP, reward good behavior right away, but you may have to change tactics later to beat her girl game.

The curse of high alpha and being happy

Surprisingly, the real problem with an FA wife shows when you're further in the process, when your alpha is high and she's being submissive. At this point, she's more attracted to you and loves you more. For someone with FA, that just means the stakes are that much higher for when you finally "figure her out and dump her". It's more avoidance stress.

Submissiveness is a very intimate experience, again an avoidance trigger.

You're happy with your sweet, submissive and kinky wife - but for an FA that triggers feelings of suspicion and mistrust. They deeply believe there is something wrong with them and you being happy with her makes her fear that you'll soon figure out her true nature and it ends.

I have seen a clear pattern that whenever I felt that life with her was really good, a major avoidance episode was

coming. We're talking her breaking stuff, assaulting me, threatening to take the kids away, saying the vilest shit you can imagine.

This is by far the worst problem with FAs. All the other stuff is manageable, but that your relationship being really good is in itself what breaks it, how do you get around that?

I tried being less alpha for a period, and while that saw a real reduction in avoidance behavior, I couldn't live with it. It felt fake, and I missed the high levels of submissiveness and kinkiness from her.

The solution is to never be content. In this case, good is the enemy of perfect, and even of good itself. There's no standing still, no enjoying what you've achieved from her, with her. Always be dominating and demanding. Expect more from her. When she gets everything you asked for right, expect more.

She will try to fuck everything up the second you're happy with what you have. It's not that you have to be grumpy all the time. Think more of it like the entrepreneur that loves what he's doing, loves his business and leads his employees well and celebrates success, but he's always fucking pushing for more from everyone around him. Don't settle for less.

If you're happy and content, you're seconds from disaster.

Overcoming sexual inhibition

FA girls have low self esteem - they don't think they're good enough, and they don't trust that people will react well to what they do.

This means major inhibition. Even when they're turned on, they'll hide their feelings and control their expression. Like insecure teenagers make weird faces when their picture is taken (better goof off instead of taking the risk trying to look pretty), they'll do the equivalent in bed and be purposefully silly or awkward. It's incredibly hard to get them to loosen up. The problem is rarely any physical boundaries, they'll be up for trying most stuff. The problem is usually all the emotional stuff like eye contact, moaning, sexy body language.

On top of those inhibitions, there are the classic FA insecurities: what if she tries her best and that isn't enough for you, and the fear of deep emotional connection in itself.

The basis of all of this is still your SMV: alpha, frame, game, looks. Don't try to force shit you don't have the SMV to back up.

But you will need to push her more than other girls. You need to have talks with her, explain exactly what you expect. You need to be dominant with her. You need to not accept less than her best performance.

Start with one thing, tell her exactly how you want her to do that thing. If she doesn't, tell her again - if she messes it up (she'll do that on purpose), correct it. When she doesn't comply, put on your pants and leave. Check out, and be frank that you're not interested in someone not willing to put in effort to please you.

Repeat with the next thing. We're talking small stuff, like tongue action during BJs is one thing, lots of saliva is another, etc.

Increasing alpha and SMV only got my wife from "low libido" to horny but very inhibited. Then I had to wear down each of her inhibitions, now she'll talk technique while sucking dick, she licks my nipples while riding me, etc.

Being OI about it and hoping it'll get better just by having high SMV will get you nowhere or at best it improves so slowly you hardly notice, you'll just be disappointed with her performance forever. Push it and push hard, one thing at a time. There's a lot to go through, it'll take time even if you go at it, so might as well get started once you have the SMV for it.

The toughest part is when sex is only really good and you have to put on your pants and walk out because you want it to be super awesome. It's hard to walk out on good sex, but if you don't it is not likely to get better no matter how much you increase your SMV. You're dealing with strong fears and inhibitions, it takes some pushing to get her out of her comfort zone.

The good news is, if you put in the effort it works. She can get comfortable doing new stuff and learn to approach it with enthusiasm and pride.

Dealing with avoidance episodes

Her avoidance is triggered badly, and she's being an utter bitch, trying to taunt you to end it. What do you do?

Her hamster goes into overdrive, the stuff she'll imagine is like something from a paranoid schizophrenic. If you STFU, she'll take it to mean she's right. If you A&A it, she'll take it literally. You have to counter any unreasonable accusations - once. It might be DEERING, but if you don't you'll have to deal with a deeply rooted delusion.

After that, the usual shit testing methods apply, just be careful with the A&A as she takes it literally, and remember what I said about avoiding ultimatums.

Don't give any ground, and under no circumstance go for comfort and affection - that just makes it worse, the real problem here is her avoidance, not what she's accusing you of, including that you don't love her. Correct her once, matter of factly, then pressure flip or whatever. Don't fall into the trap of showing affection during an avoidance episode.

Another thing I've found works well is just being laid back about it and saying she's so predictable - "we got close, so you freaked out, and tomorrow you'll be all sweet trying to make it up to me. Just like last time. It's not like what you're feeling now is relevant."

If she's on her way to go really off the deep end, don't hold your temper back. Just go full caveman angry. If she's going there, it is better for you to go off early, otherwise her shit just keeps getting meaner and meaner until she crosses a hard boundary. And trust me, her crossing hard boundaries is not fun, you both have to live with what was said and some shit just erodes your connection. Put a stop to it early, get angry and/or leave.

The bad episodes usually take 1-3 days for me. In the end, she comes to her senses by you yanking on the fearful chain, it's not until she fears she's losing you she'll back down. One way or the other, that's where you end up so even though she'll act like the sky is falling and your marriage is over for sure, it's just warm air. Don't worry, her fearful response yanks her back in.

And the fearful response is strong, she'll do exactly what you like. It's a good time to work on her inhibitions.

Dread and jealousy

FAs are very mistrusting and prone to jealousy. Dread still has its place, but go up the dread scale slower than you normally would. Less will do more for you, and too much will set off a much worse reaction.

When combined with avoidance, jealousy will kick into absolute overdrive and reach pathological levels. Be really careful with any level of dread if intimacy is high.

A great life with a fearful-avoidant wife?

It's doable. You need to get your SMV up, like any other man, and you'll get a sweet and submissive wife. But you need to put in a ton of work to overcome her inhibitions, one at a time. You need to manage intimacy levels and never get content. You'll likely still see bad avoidance episodes, say once or twice a year, and at high SMV they're

much, much worse than what you saw previously. The main trick here is to not reveal to her how she can really piss you off, and to shut the episodes down quickly - three days of escalating provocation is much worse than one.

But put in the work and 95% of the time, things are great. She's sweet, we touch and kiss a lot during the day, at any time I can unzip and she'll give a BJ like a camgirl, she's lively and enthusiastic during sex. The other 5% range from annoying to a nightmare, and you just have to suck that up if you want to live with a fearful-avoidant wife.

91

UPVOTES

How not to give a F when kids are involved

MaxyRob · 8 August 2019 · Archived copy · Reddit

Wife has episodes of severe moodiness followed by good times. After our baby she had severe post-partum depression and was just a bear to be around.

I maintained my positivity, let it roll off, killed it at work, helped out whenever I could, but to a limit. When I couldn't, I had resources ready, night time doula, nanny (which we could easily forward), but she shat on all of it. Eventually, she caved, and agreed I was right. Turns out she's worse without sleep so I'd do a lot of the night-time care until the doula's came, but I'm a surgeon, so when I'm on call, I can't step up. And, I'll be honest, once or twice a month, if I've been working 48-72hr shifts, I'm unable to wake up and ask her to take the night.

Well, despite all of it, she comes to me and says she got a lawyer and is looking to divorce. She feels unhappy with me, that I don't care for her. We talk, usual crap. I say what about the baby, she says what about her own happiness. Giant red flag to me.

So, I accept it and figure out an action plan so I can provide what I can to my baby. This involves my own lawyer, starting to build evidence that I'm a better parent than her so hopefully can win custody, but prepping for the more likely scenario that judges will award to the mother, and I'm going to have to watch her raise my kid, probably at some point with another dude, with NONE of my principles or standards or lessons. Fucking sucks.

Well, 2 months of misery at home (I don't move out, not even out of the bedroom), record everything (I know, not legal, but I want no chances for her to lie about abuse or some shit), and finally she asks "do you think we could see a therapist and try again". Fucking nonsense. Whatever, we go see the therapist. And the therapist actually to my surprise is mostly on my side. She says I need to be more in tune with my wife's feelings, but that's a separate issue. I'm living my life, I'm doing what I can where I see fit, and there is no way I can know what my wife is thinking or feeling if she's holed up and moping and bitching in silence.

My wife then cancels the divorce, agrees to be more open, and things are better. I change pretty much nothing, because, after that whirlwind of misery, I still don't see what I'm doing wrong. I lift, I'm in great shape, make a ton of money, parent, lead, control finances, make plans. It's taken a year of Red Pill reading and living and I'm not perfect every day, but there is no significant event or situation that I'm seeing where I failed.

Well, I had to get to a point in my life where I had to accept being away from my child whom I care more for than anything. It got to the point where I was talking with lawyers to build a trust, transfer my assets into it (lot of real estate), her lawyer didn't even go after the real estate stuff (thank you shared email accounts), and then briefly considered exiting this world for insurance money to round out the remainder of cash so she'd be set for life (turns out, insurances don't work that way anymore). I'm with my wife because I know where she will fail in parenting my child by being a moody bitch during her periods of bitchiness, and her standards for excellence, morality etc. were all lies, she doesn't care or live them, and she won't impart them to our child.

So, when she gets bitchy and moody and I think great, here comes the divorce, I don't care about the divorce. I care about my relationship with my child being compromised. How does one get past this? I tried to reframe my life as nothing more than a sperm donor, but I had a hard time accepting it. My goal is to get to the point that when this divorce threat invariably rears its ugly head again, I don't have to fear, not my wife, but the loss of my child. It's the only worry in my life I don't want right now, nor ever. My job, my money, my career, my businesses, my life I own completely and fully. But as evidenced above, not my family.

91

UPVOTES

Failure is the only option

ancient_resistance · 23 October 2020 · Archived copy · Reddit

My single biggest weakness is fear of failure. Not just fear of missing the mark, but fear of what missing the mark *means about who I am*.

I think we all grew up with some fucked up sense that other people get to decide what failure means, and what that says about who we are.

MRP is all about inverting that. Failure is a subjective judgment, not an objective fact. Confusing that might be the most crippling mistake of my life.

My idea of failure was something like: "Do this monumental task perfectly the first time with no practice, or else you'll die, or at least wish you were dead."

I shit you not, that's the extent of my miscalibration. I started asking myself, "how the fuck did I get such an unrealistic idea?" A few ideas came up:

- I have perfectionistic parents
- I got away with something like success under those terms a few times early on, so I thought it must be realistic
- I have a sense (whether accurate or not) of my *potential*, and I judge myself based on that ideal instead of who I really am
- Observing men who have achieved a great deal, without observing the work they put in to achieve that

Living under that impossibly high standard crippled me. I started taking on only those tasks I knew with 100% certainty I could achieve. I took on an insane amount of shame when I did fail, because obviously I failed a *lot* under that standard.

We toss around "there are no cheat codes to success," and I know what we mean. Don't expect to get real gains by taking shortcuts.

Still, some ideas are so powerful, they might as well be called cheat codes. This is one of them. It's not really cheating because it takes hard work to internalize, but doing it can make the difference between a year of running circles vs. a year of **meteoric growth**.

I decide what failure looks like, and what I think of myself when I fail.

Recalibrating our ideas of failure lays the foundation for a successful **self-evaluation loop**. If I live under an impossibly high standard of success, I will never be able to make the only kind of progress that is actually possible over the long term: small, incremental changes practiced over and over and over.

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

— Michael Jordan

Reworking our mental models of success and failure will look different for every man, but sharing notes can help us get there faster. Some ideas I'm working on internalizing:

- Giving in to the fear of failure is the worst kind of failure. In other words, doing *anything* is more successful than letting fear of failure decide my actions.
- Growth is not linear. I need to learn and re-learn things many times, so often it will look like I'm going around in circles when I'm really succeeding at internalizing new material.
- Practicing DNGAF after failures. Ignore it, make a joke of it, move on. How soon will everyone forget this

anyway?

- Seek out failure just to get over my fear of it. I've caught myself doing things I *know* wouldn't give me the results I wanted, just as an exercise in getting over the fear of failure and resulting shame cycle.
- Learning to right-size my expectations. Break a goal down into a small, achievable steps.
- Reframe the situation positively. I didn't fail, I learned what doesn't work.
- Decouple performance with personal value. My value of myself is not dependent on external successes or failures, although they will inform future decisions. Unconditional self-respect.

-AR

91

UPVOTES

Don't use a virus as an excuse

RP_PO · 20 March 2020 · Archived copy · Reddit

Hey guy. Yea, the one that makes an excuse for everything. Guy whose wife isn't responding to your big alpha red pill changes because "she has clinical depression/anxiety". Guy who can't seem to shred any fat because of a "slow metabolism"

Your gym just closed today because of Coronavirus and you don't have weights at home. "Man, aw shucks, I guess I can't lift, since it HAS to be 5x5 since some internet strangers told me to".

You're stuck working at home because of coronavirus, so you can't drown your wife in Rambo-style autistic dread.

Grow up and stop with the excuses. Maintain your weak gains with body weight exercises instead of sitting on your ass. Pushups, pull-ups at the park, lift your spare tire (not the one around your waist), drive your car to a parking lot and push that bitch. Work on your terrible mobility. Set up that home gym you've been putting off. Work on gaming your wife, leading the family during this incredible opportunity you've been given to lead them through.

Or just continue making excuses, continue being you, and continue getting the shitty results out of life you've been getting.

91

UPVOTES

It's all your fault, wins included.

oobertas · 9 September 2021 · Archived copy · Reddit

"It's all your fault."

That's basic dogma around here. Your life is shitty because you are shitty. You are shitty because of what you've done, what you've failed to do, what you're doing and/or what you're failing to do.

This is what you get if you're lucky enough to find this sub. The more you heap shit on your head, the more the dudes around here do the same. Everybody's in agreement. Your shittiness is your fault.

So, after your victim pukes and whining about that mistreatment, all that shit heaped on your head fertilizes some seeds of growth. You start to realize others are in various stages of shittiness too and seem to be winding their trunks from the dark and growing towards whatever rays of light they can find. You imitate them and try to grow. You stumble here, you advance there. You tie yourself up in knots; you learn how to untie knots. You keep taking stock and seeing inklings of progress and this motivates you to press on.

Eventually, you get to a point where your finances are where you want them to be, you are attractive enough to get eyefucked relatively frequently, you know how to make a woman shake like an earthquake and squirt like a geyser, and you generally can hold your own in any social situation.

You take stock again and are pleased. Fuck, you're practically giddy. "Thank you, MRP! Thank you!" you say, in sincere appreciation.

But from that moment forward, the money doesn't amount to much, the eyefucks don't tingle like they used to, and the pussy doesn't taste as sweet.

You try to regain that joy. You perfect all your MRP ninja hacks on your life. You internalize them. Fuck, you even dream in MRP jargon. And they all work just fine, just as they always have. But the joy's still fading. So, you go back to try to find some more of them, but they're still the same ones. And the joy still fades. Then you try to find some previously unseen nuance, but that's shortlived too.

Eventually, you feel like you've wrung everything out of MRP you can get. And you feel dread - the dread that if this is as far as MRP goes, then this is as far as you can go. The dread of peaking.

Why?

It's because you forgot that it's all your fault. You racked up a whole slate of wins, but who did you credit? MRP? Did MRP make that bank? Did MRP lift that iron? Did MRP pound that pussy? No. MRP didn't do that shit. You did.

Sure, MRP offered a salad bar of characters on an electronic screen, but you're the one heaped them on to your own fucking plate and scarfed them down your own way. You're the one who took that meal and turned it in to an honest day's work and a soul-satisfying shit to boot.

Sure, you got attaboys and asskicks from the dudes here. But none of them ever really gave any shits about whether you live, die, succeed or fail.

And that's the best thing they could give you, because their not giving a fuck about you is how you're reminded that ...

it's *all* your fault, *wins included*.

You are the fucking man who made you happen.

Do it some more.

90

UPVOTES

FR--Woman's Post on DeadBedrooms Confirms EVERYTHING We're Working Towards Here in MRP

Reject444 · 19 September 2018 · Archived copy · Reddit

I still check in at the DeadBedrooms forum every once in a while, mostly because I find it interesting to compare what's going on there (mostly whining and commiserating with no real process) with the higher levels of knowledge and actual plans for improvement we have here in MRP. This week in DB a poster using a throwaway account (so take its authenticity for what you will) has been posting about how she and her husband, both in their early forties and married for 15 years (together for 20) had no sex for the past five years because the guy became a fat slob and didn't own his shit around the house--left piles of dishes, let his hygiene go, got out of shape--and she "lost sexual attraction towards him" and "started to think he was gross," so she didn't want to have sex with him anymore. Then this guy pulled a full beta and gave up on initiating with her.

Over the past year, she reports, this guy has changed (sounds like maybe he has found and been following the MRP protocol!): he's exercising, dressing better, grooming better, "he seems generally overall happier with himself and it shows in his interactions with [the wife] and everyone else," (frame, bitches!), he doesn't sit around drinking beer but instead goes and does fun shit with his friends "quite a lot nowadays" (all leading to him now Being Attractive), and his bad behaviors "have disappeared" (leading to him Not Being Unattractive).

Then this wife found out (by snooping in his phone) that her husband had been posting in the DB sub and started worrying that he was having an affair (Dread, bitches!).

And lo and behold, now that he has made all these improvements and she worries that he could replace her, she wants to fuck him again! She says, "Through the mixture of generally bettering himself, me being jealous he might cheating and him reinforcing how much he still loves me even after I put him through 5 years of feeling inadequate have brought back my attraction to him, in full force." Holy shit, that's MRP in action and a nutshell all right there. Dude in a no-sex marriage improves himself and raises his SMV, he develops frame, he is attractive and is no longer unattractive, wife gets Dread, wife magically gets tingles and wants sex now!

You can see her original post here:

https://www.reddit.com/r/DeadBedrooms/comments/9gj8h9/ll_wife_here_ready_to_revive_my_deadbedroom/

And this morning she posted a follow-up where she says that she gave the husband a spontaneous, unsolicited BJ last night:

https://www.reddit.com/r/DeadBedrooms/comments/9h4hp2/update_ll_wife_here_ready_to_revive_my_deadbedroom/

DISCLAIMER: Again, this is posted on DB from a throwaway account, so it's always possible that the posts are from a troll or even a plant from some red-pill guy (or anti-redpill guy) looking to make it a commentary on RP methodologies, because it fits our praexology so well. On the other hand, it's also possible that the post is real (she never explicitly mentions RP), and even possible that the husband in this relationship is reading MRP right now. Until proven otherwise, I'm willing to accept it at face value for what it's worth--possible real-world confirmation that the stuff prescribed by MRP works.

EDIT: One more important point I wanted to make--in the original post, this wife frames herself as "LL" (low libido), the term used in DB for the partner with the lower desire for sex. However, her recent turnaround also shows that it's not that she had no desire for SEX, she just didn't have desire to have sex WITH HIM. Her libido itself didn't go away, it just didn't apply to him when he was a fat, irresponsible slob; now that he's in shape and owning his shit, her "low libido" has turned into her posting on DB as to how she can revive their sex life and giving him unsolicited BJs while watching TV.

90

UPVOTES

Famed marriage therapist John Gottman and wife: The Good, the Bad and the Ugly

RedPillCoach · 22 February 2018 · Archived copy · Reddit

I am completing my BCC (Board Certified Coaching) specialization in Life and Relationship Coaching with a top school in the International Coaching Federation and am studying the works of John Gottman, best-selling marriage therapist through a certified Red Pill lens. I have completed both “The 7 principles of making marriage work” and “The man’s guide to women.”

Let me express my extreme disappointment. While he offers a number of improvements over traditional marriage therapy and spends time rightly dissecting the failures of therapy, his Blue Pill conditioning and no doubt his co-author and oneitis wife for life ultimately overwhelms his work, making him miss critical pieces of the puzzle.

First THE GOOD. Gottman has some good ideas and correctly identifies the problems with traditional marriage counseling but unfortunately, he offers an insufficient solution with gaping empty spaces the size of supermassive black holes.

Trad-Counseling is all about “COMMUNICATION” and “CONFLICT MAINTENANCE” and Gottman points out that in traditional marriage counseling you will learn how to talk and talk and talk and talk. Then you will learn how to “argue effectively” and to practice “active listening.” That is, you sit there and pay attention while your wife screams at you. Your job is to SHUT UP AND LISTEN and then reflect back your wife’s pain until she understands that you care about her and she feels “safe.” (I just puked in my mouth).

Gottman points out that, surprisingly, this strategy works less than half the time. In fact, most couples are made WORSE by this type of marriage counseling!! Yes, we know!

Gottman managed to singlehandedly improve counseling success when he figured out the **Four Horsemen of the Divorce Apocalypse** which are detailed in my previous post and which are: Criticism, Contempt, Defensiveness and Stonewalling.

Couples who have 1 or more of these as a regular part of the relationship do very poorly and are at extremely high risk for divorce. Gottman claims that he can predict with 71% accuracy whether a couple will divorce in the next 5 years after a simple 15- minute conversation simply by watching for verbal and nonverbal cues for signs of the 4 horsemen: Contempt, Criticism, Defensiveness, and Stonewalling.

Gottman systematized it even better and added the concepts of “flooding” and “failed repair attempts” to the 4 Horseman. He also added “harsh startups” (being a bitch and a cunt from the beginning) and negative memories (focusing on the bad things that happened instead of the good) to complete his predictive method. Flooding occurs when your sympathetic nervous system activates while having a discussion with the wife. That is, you get nervous, increased heart rate, sweating etc etc. Flooding means that YOUR WIFE activates the fight or flight instinct in you. This is not good.

Finally, there are “Failed Repair Attempts” which occur when one party tries to defuse the problem with a joke or some other way and the other party interprets the “Repair Attempt” the wrong way. This is also not good. A big subset of couples have learned to control the horses using “Repairs.” However, Couples who “flood” and do poorly with “repair attempts” AND have the 4 Horseman AND remember their past less than fondly AND start out in default bitch mode with each other are very likely to have a failed marriage.

In short, Gottman can predict 91% of the time who is going to stay married and who will be divorced in 5 years using the following major criteria. Let me analyze them one at a time:

- 1 Flooding (nervous, pulse pounding response to your spouse and not in a good way);

Gottman solution: Breathe

MRP SOLUTION: Give less fucks. Read the Stoics.

2. Failed Repair Attempts (Somebody tries to defuse it and the other whines you are not taking me seriously).

Gottman Solution: Educate the couple

MRP SOLUTION: We have good success teaching the men to not take it personally and to get over it but not so good with women. However, if the man doesn't get butthurt and takes charge of the conversation the woman can't do to much damage.

And;

3. The 4 Horseman,

-Contempt:

Gottman Solution: Imagine your wife as a strong-independent woman worthy of respect (Basically Cognitive Restructuring, STOP thinking about her like that!)

MRP SOLUTION: Become a man who is not contemptible. If your wife is contemptible then get a new wife or learn to appreciate her for her feminine charm rather than her pontificates on religion and politics.

-Criticism:

GOTTMAN SOLUTION: Stop it.

**MRP SOLUTION:* From the wife- IGNORE, it's a shit test. Nothing to talk about. Shred it like toilet paper. From you: Stop! Does a good leader spend his time whining and criticizing?

-Defensiveness:

GOTTMAN SOLUTION: Stop blaming the partner. Defensiveness is just externalization although if it is a woman being defensive it must mean the husband is attacking her.

MRP SOLUTION: Don't be a bitch. If the wife is Defensive THIS IS A COMFORT TEST. Provide comfort and stop attacking.

and Stonewalling

GOTTMAN SOLUTION: Primarily men stonewall so it must be bad. Stop it. Even though "talking" doesn't work you must talk.

MRP SOLUTION: Use Stonewalling to ACTIVELY PUNISH your wife for bad behavior. Manage the conflict by periodically offering an olive branch and realize that Stonewalling is very aversive to women. They hate it when their complaints are ignored. Stonewalling can gravitate quickly to "checking out" so be very very careful when using this.

Let me summarize Gottman's "Good" ideas: First, trad-therapy has almost no success teaching the whole talk, talk, talk, talk thing along with a bit of strategy to avoid getting into an emotional fight (aka "pass her shit tests"). Second, therapy improved when therapists offered the advice to "look for the good" rather than assuming the bad (because this improves the odds that a "Repair Attempt" will succeed rather than fail. In other words, talk, talk, talk didn't work so they added the advice to avoid being a total cunt to your partner and that seemed to work a bit better.

Now for the Bad. Gottman watched married couples over a 40 year period and in some ways did the exact opposite of MRP. Gottman figured out what successful couples do and then assumes that teaching not successful couples how to do that will help them to be successful. On MRP we took the NOT successful couples and figured out strategies to move them towards the man's definition of success. Alas, Gottman is far more concerned with the

woman's idea of success.

Like almost all “counselors” he views men and women as totally interchangeable if it requires the MAN to change but completely immutable if it requires the woman to change. They are only interchangeable to the feminine, NEVER to the masculine. See if you can identify the pattern:

On the issue of **SEX**, he repeatedly claims that women need lots of hugs and touching and “friendship” in order to “feel safe” to have sex but men need to completely change their biology. Men need to be like women and realize that the goal of sex is intimacy, not getting an orgasm. Women don't need to orgasm to have a fulfilling sexual experience so obviously men don't need it either! Men should be content to hold the wife and sweetly caress her and this will make her more likely to have sex later. Amazingly he goes further and suggest that the low drive partner- the wife- should be given ALL the power to decide when and where and how the couple will have sex. He even states that a husband should REWARD a wife who is denying him sex by being affectionate!

MRP SOLUTION: Activate the known attraction triggers in women. Become more masculine, lift, build an attractive body, lead, don't get butthurt with Shit Tests or Sexual denials. Ultimately, if the wife won't put out, you should have options so that it doesn't matter if she want's to play her silly, hurtful, and extremely harmful game all by herself. Also, Shut the Fuck Up about your pain (this is part of being masculine) but when your woman is behaving decently towards you take the time to actually PAY ATTENTION AND LISTEN TO HER for several minutes every day.

On the issue of **HOUSEWORK** his “solution” is different and so over the top and in your face I am still stunned. The answer is (he helpfully bolds and capitalizes it for us) **THE MAN NEEDS TO DO MORE**. In fact, he goes even further and says the amount of housework a man needs to do **DEPENDS ON THE WIFE**. If **SHE FEELS** you need to do more then you need to do more. I need a drink after puking in my mouth twice now.

MRP SOLUTION: Lead! Lead your home, your house, and your wife and your family. If work needs to be done then fucking do it. It is your house and your wife, not the other way around.

On the issue of **IN-LAWS**, his “solution” is **ALWAYS TAKE THE SIDE OF THE WIFE AGAINST YOUR MOTHER**. No word on whether the wife is supposed to take the husbands side with her mother but I can guess how he would advise couples. Ultimately the wife decides.

MRP SOLUTION: You are the man and while it is true that publicly you want to take your wife's side most of the time, this depends on whether the wife is actually right. A strong Red Pill man would lay down the law with both women in his life. You two need to get along etc. A RP man is not going to play Captain Save-a-ho even if the ho is his wife and it is hardly “Red Pill” to side against your mother even when she is right.

On the issue OF **FINANCES and MONEY** the solution is to compromise and make a list and a budget. Leadership? What is that? Women want to have sex with men who negotiate with them. Everybody knows that. Ultimately the wife decides.

MRP SOLUTION: Man leads, woman is the helpmeet. Budgets are great. Leadership is better.

On the issue of **CHILDREN** the solution is **THE HUSBAND NEEDS TO BE MORE INVOLVED**. **MAYBE HE COULD GET AN ARTIFICIAL BOOB THAT HE STRAPS ON AND DELIVERS MILK**. For the first time in two books and some 500 pages he actually suggests that the woman has some responsibility- she should back off and let the Dad play with the baby- however, she should carefully watch him to make sure he is not harming the baby. Mom decides.

MRP SOLUTION: Leadership does not include strapping on fake boobs. Good Gravy!

Finally, the Ugly. There is not a single word in either book devoted to “attraction” and this “world-renowned” therapist clearly has NO CLUE about the difference between making women wet and making women warm and comfortable. He thinks they are the same thing and tries to get men who have already been friend zoned by their wives to be MORE BETA and MORE weepy/emotional/emotive/talkative with a sex denying wife. He views _____

pornography as “cheating” (unless the wife gives her royal permission) and while continually mentioning that the man has to do this, and that, and this, and that, and this, the only time in two full books he instructed the woman to do something was telling her to “let” the dad be a father but then spends almost twice as much ink telling wives to watch carefully in case this horrid beast harms the child.

I appreciate the effort moving the ball understanding the dynamic of the 4 horseman, repair attempts and flooding but on balance **I award you no points....and may God have mercy on your soul.**

90

UPVOTES

What I've learned from tracking my wife's cycle

2ndal · 1 February 2018 · Archived copy · Reddit

If you're not tracking your wife's menstrual cycle, you need to be. We say it all the time around here and for good reason. We also say AWALT, too, but that doesn't mean all women act the same in the various stages of their menstrual cycle. Your woman is unique in that regard. You can't just read a book about mensuration and expect to gain valuable insight to how her behavior and emotions change throughout her cycle. You have to witness it yourself. It behooves you to be aware of how and when she acts and reacts to the chaotic hormonal cycle so you can adjust your own behavior to suit. That's right, I just said "behooves" motherfuckers.

This is not as difficult or time consuming as you may think it is.

First, you need to use a mobile app to track it. I use and recommend Clue, but other tracking applications exist.

Whether you tell your wife you're tracking her cycle is up to you. If you're not sure, I recommend that you don't. Actually, don't fucking tell her. At least not to begin with. Early on in my MRP life I tracked privately as I didn't have the frame to handle it being out in the open. I'm glad I made that decision. But eventually I started implementing not only the insights I gained, but the fact that she knows I'm tracking, into how I game my wife and extinguish her shit tests. Slow roll your shit.

My wife is going to start her period in a few days. I, of course, know this and have been expecting it. I also know that a day or two before it starts, she gets extremely emotional. I know this because I have been tracking her cycle for over a year, and watching for behaviors and patterns associated with the different phases of her cycle. These are her *I'm-about-to-start-my-period-signs*: crying at stupid things like insurance commercials, showing a general sense of being overwhelmed and unable to handle even a minor crisis, being a big ball of anxiety thinking for sure someone is breaking into our house. Sometimes she even slays her own bizarre shit tests because they're so outrageously emotional that she catches her self, embarrassed. If I had zero awareness of where she was in her cycle, I may just think she's being dumpy because Instagram is down or whatever, but because I have that awareness, I can expect it and see it for what it is: a natural, feminine reaction. Nothing to fear. Nothing to get worked up about. I use this opportunity to provide deeper levels of comfort, being her "rock" or "oak" as it were, because this is genuinely what she needs during these times. It also selfishly helps me stay in my own frame, and reminds myself that it's a choice to be affected by someone else's emotions or not. I choose not to be.

Now... once you have the app installed, you need to figure out how best to keep it updated, and where to get your data.

What kind of time commitment are we talking about here? I don't have all day to keep logs and sniff panties!

I find that it requires about 1 or 2 *minutes* per **month** to keep it accurate enough for my purposes. I collect my data by keeping an eye on our trashcan next to the toilet. Don't worry, you don't need to don gloves and go rooting through the garbage every day. When Clue tells you her period is looming, take note of what she's throwing away. When I'm taking a piss, and notice tampon wrappers starting to pile up in the trashcan, I open Clue to let it know her period has started. Once you've been tracking for a few months, you don't have to even tell Clue that it's started, but I always do as I've found over time that she doesn't always start at the same time every month. Giving Clue this data gives you a more accurate assessment of her overall cycle, along with when to expect the period to end and ovulation to begin.

As my wife transitions from pre-period to full on bloodbath, her mood changes as well. She's generally still emotional, but less so than she was leading up to her period. She's less anxious. More loving. Her second day of menstruation also delivers to her a splitting headache, which is another marker to keep an eye out for. I'm sure your

wife will be different, but taking note of repeating factors will help you in the long run by making it easier to spot the trends and provide the type of support that is beneficial to you both.

When her period is a day or so from being over, my wife enters a horny stage, which lasts for a week or so. This is in contrast to the stereotypical scenario where ovulation is when a woman is typically at her horniest. I'm not saying my wife isn't horny during ovulation, but ovulation—for us—is different. (More on that soon.) Further, her period-stage horniness is not just your run-of-the-mill horniness—it's a more sensual, rub-me-all-over horniness. She wants to be held closer and tighter. She wants it slower, more methodical and rhythmic. She wants to feel my breath against the back of her neck. She wants to feel my cum inside of her. I am happy to oblige.

Now, what's more difficult than knowing when she has started her period is figuring out when exactly she's fully off the rag without asking, but it's not impossible. Again, you don't need to tell Clue she stopped bleeding, but doing so will provide even more accuracy for future phases. Since my wife is hornier during this period, we're generally having more sex, and I take note of when she has to pause a session to slip off to the bathroom before we fuck. (Hey retards: this generally means she has to remove a tampon and therefore is still bleeding.) Sometimes it's more obvious; she may be worried about getting blood on the sheets, so she makes sure to grab a towel. Maybe you'll need to be more diligent about emptying the trashcan to be able to tell? I'm not sure. There are a ton of ways to figure it out, and you're smart, so put on your detective hat and grab your magnifying glass and figure it the fuck out.

A few days after her period has ended, my wife enters the first of her second monthly “normal” periods. By “normal” I mean her libido has returned to a base level, and her shit tests are less thorny and easier to combat. But this doesn't last too long, because soon we enter...

Ovulation.

This is when my wife tests me the hardest, and when I am more susceptible to losing frame. Even though I know it's coming, I still have a harder time squashing her shit tests **because they're different**. They're pricklier. This is when my wife is at her most feminine, when she needs to be reminded the most that she married a high value man before spreading her legs. Subconsciously she knows the seed she's about to receive counts for something, so the barriers are stronger. And even though I've been at this for a long time, this is where I need the most improvement.

But this is important: the reason we don't have the most sex during ovulation has nothing to do with her or her libido — **it's because I have a tougher time with her tests**, and therefore we are less likely to have sex during this time than others. Ultimately I am robbing both of us of some of the best sex we can have because of my inability to match her sexual tenacity. Before MRP I saw this tenacity as pure bitchiness with no purpose; before tracking her cycle I saw this as random bitchiness with a purpose, but no connection to sex. Now that I track her cycle, I know that she's horny but showing it in a completely different way than when she's horny while on her period. But when I do man the fuck up and slash her expert ovulation shit tests, watch out. It's combative! A lot of times our sex during ovulation feels more like make-up sex. It's more raw. It's carnal. She wants it from behind. She likes her hair pulled, her ass smacked. I am, again, happy to oblige.

After ovulation, my wife enters her second stage of normalcy, which lasts for a few weeks until she starts her period again and the whole cycle starts over again.

Before I tracked her cycle, I had no awareness of why she may be acting a certain way. It was all random. I saw no patterns. I was flying blind. I didn't know how or when to apply the right types of comfort to the right situations. I didn't know that she reacted to different types of sex depending on different stages of her cycle.

Tracking her cycle is like stealing signs. You still have to play the game to win, but you're doing it with a level of insight that can be so effective that it feels like you're cheating the game.

90

UPVOTES

[Theory] Firing the customer

UEMcGill · 27 July 2016 · Archived copy · Reddit

Recently /u/SorcererKing made a timely post about "Taking out the trash" and it got me thinking. I deal with contracts as part of my job. I sit down and hammer out a sales contract, when it's all agreed too, money changes hands, and deliverable's are met. If I do my job right, they get a product that helps them in their business and if they do their job right they give me money. I'm also in business to keep doing business with said customers. Life is easier and better all around when we are all mutually benefiting from the relationship.

Now there's deals where you don't ever care about the future relationship, buying a car, or something off craigslist, so in those cases you are only aiming to get the best value right there and then. Today, I'm talking about continuing value, farming a relationship in business and harvesting the results.

I once had a customer spend six figures with me to buy two very technical, very industry specific machines. They were customized to meet a specific market niche; this would make them very hard to sell outside of this industry. My industry delivers on terms, and in order to start a project we take 40% down. For the next step, just prior to delivery we take 50%. I call the contact I had, and no answer. I call the front desk, and they just patch me into his voicemail. After 2 weeks of run around, I call a very old contact hoping he'd pick up. He informs me that there were 'problems' and quite a few people were let go. My guy was one of them. He made some calls on my behalf and got me in contact with the person who would handle it from there.

Soon, a woman calls and informs me that they no longer needed 2 machines, and would in fact only consider 1 machine. Long story short, through a series of emails I explained, they already committed to 2 machines, already put money down for 2 machines and we expected payment in full. She was out of her league. No one realized they had actually bought the machines. finally the head engineer calls. He explains what happened, and begs me for some help.

Now I've had a good working relationship with the company for awhile. We've done a lot of repeated business, and have never had any problems. Turns out they had some legal and regulatory problems, and I got caught in the hub bub. In an effort to keep that relationship alive I worked out a good option for him. I would deliver the first machine, hold the second one, and charge him a moderate holding fee (so I could move the machine off my books). In a year they would take delivery of the second one, and improve their cash flow. Everyone was happy.

A year goes by and the machine is collecting dust, so I call up and say in polite terms "Pay me". I get a phone call and this head engineer guy starts yammering on about "oh we think we want to wait another year" and "We're trying to go public" and now all I can think is "not my problem."

He continues to impress on me that we've had a long relationship, they're gonna be a billion dollar company and the future is bright for me. I asked the guy, "If you went and had a builder build you a huge custom house, and then right before closing told him, 'hey were going to wait a year' do you think he'd wait?"

"Well no, but this is different."

"How so?"

"We need our vendors to help us in our flexibility. We need to maintain a certain cash flow, but be able to respond at a moments notice to market demand."

"Well I think that's great, but you can't tell me after the fact." I said, "I need to know so I can structure the deal that's mutually beneficial to both of us."

"Yeah well that's the deal that works for us."

And that was the point I realized he was no longer in it for mutual benefit. I stood up and fired him as a customer. "Thank you, but no thanks. I expect payment in full by weeks end."

I walked out to the front desk and asked for the CFO by name. I wasn't able to see him of course, but I left a typed letter, explaining to him that his company was reneging on a financial business deal, that I would publish this letter to the credit rating agencies and that he had over a half million dollars invested in two machines and I would sell them at auction to get my money back. Unfortunately I knew it may come to this, and had prepared ahead of time. I also sent the letter to him and their corporate council. I knew they were trying to go public, and this kind of information could severely hamper that process. I played hardball.

This customer is still not a billion dollar company, they still haven't gone public, and in fact they are a money pit. As a customer they have been put on the "Cash up front" for spare parts, and any quote for new equipment goes out to them as "Down payment and a letter of credit." In the end all they did was fuck themselves, because they have a huge investment with us, and now we wont even talk to them unless they show cash money. Machine goes down, fuck you pay me. Don't know how to fix something, fuck you pay me. They threaten me with 'We're gonna switch to [a competitor]!', so I told them 'Cool, here's their number. Good luck!'

The moral of the story is this company tried to abuse the relationship based on the past. Unfortunately it became apparent they treated me like I was Home Depot and could walk down the street to Lowes; they forgot how much they had at stake. They thought I had way more at stake then they did and tried to hold me over the coals for it. In fact all they did was emphasize they were costing me more than they were providing me in value.

Time and time again I hear the same story in marriages. People forget that it's a mutually beneficial contract, that is and should be based on *right now*. Just because a woman pops out a couple of fuck trophies doesn't mean she gets to take the rest of her life off. Or if she gets fat and decides you should "love her for all her faults."

In fact this is the biggest fault of the blue pill I see. Time and time again, we get a fat lazy fuck with the emotional maturity of a 5 year old boy who comes here and lays it all out. "Why won't she just shut up and fuck me? Why doesn't she respect me?" Frankly he's lucky it's so hard to get out of marriage in this regard . Because if it was a

business contract, he surely would have been terminated for not meeting his terms. Marriage is still, and always be a business relationship. You supply the awesome, she supplies the intimacy. You the vendor, she's the customer. Your product is being a high-value male, she in turn pays you in the currency she has, emotional and physical commitment. Once either of those are not being met, the relationship has to be reevaluated.

I have a friend who spews out shit like, "She deserves it." and "She won't let me" and "the customer is always right". He's beta bluepill through and through and just doesn't realize, it's time to fire the customer. His wife is low quality, and treats him like another pet in the house. Just something to be fed and cleaned up after. As a vendor, he's failed and turned into a fat fuck who wallows around the house looking for mommies validation. It kills me, but here they are just going through the motions because "Well that's the deal. The customer is always right!"

Now not every relationship you're in needs to be mutually beneficial. You don't have to send Christmas cards to the guy you bought a car from. Black nights choose to only have self beneficial relationships, but in terms of an LTR that's either unsustainable or inviting crazy; not really for MRP. In terms of redpill you need to ask yourself, what am I selling and what are they buying? Is this good for both of us? Every relationship from friends, mom and dad to your wife you need to evaluate for value. If you're not better off, it's time to renegotiate, or fire the customer.

90

UPVOTES

Finding Frame and Curing Anxiety

LongRoad_518 · 14 June 2019 · Archived copy · Reddit

One of the many areas I struggled with for a long time is figuring out what the fuck everyone meant by “frame”. Below is what I see as the stages I went through to finding frame. I hope it helps someone else accelerate their journey. I am nowhere even close to finish this journey on frame, I have certainly overcome a major hurdle and figured out what I want in life. It’s as simple of – figure out who you are and your worldview and don’t let anyone or anything shake that. Big thanks to /u/HornsofApathy for a lot of guidance on my journey thus far.

Background

Life has thrown a lot at me. I used tragedy and hardship as excuses for being a lazy pile of shit for a long time. I had struggled with depression and anxiety since around 15 years old (21 years of SSRIs and crap). This was bad anxiety – panic attacks, couldn’t go out to restaurants, shutdown socially. I’ve gone over three months now of zero panic attacks, very little (probably normal) anxiety, and feeling pretty damn good about myself. I was told there was no cure for anxiety - I had to find ways to minimize and cope with it. That was more bullshit advice. I 100% believe that MRP cured by anxiety.

Ignorance and Anxiety – Not Even Aware of Concept of Frame

Pre-MRP and the early months, I wasn’t even aware that I was living for the expectations and views of everyone else around me. I thought I was being a good son, a good husband, a good dad, a good member of society. The expectations were from my parents, my wife, and society in general.

Parents: expectations on career, doing ‘well’, how I should be raising kids

Wife: “happy wife, happy life”, she’s a princess and needs to be taken care of, she deserves to be on a pedestal

Society: divorce is bad, expect to have no passion in marriage, husbands are dumb/lazy/need their wives to survive

Is it any surprise that this resulted in years and years of anxiety and depression? A feeling of never measuring up, never being ‘good enough’ to meet all these expectations? Looking back now, anxiety was a clear, flashing red light that something was *wrong*. I had zero self-confidence. How could I? If I could never measure up, I was a piece of shit. It was so far away from “I am the prize” it was “I am a piece of shit who deserves nothing good”. Pretty dark place to operate from.

Finding MRP and Cognitive Dissonance

Life changed on October 8, 2018. I know this because it’s the day I first created a reddit account. I am not fully sure how I ended up here. Over the summer, my wife didn’t fuck me for 2 months. This led to buying a program on rekindling sex. Wasn’t bad, hit a few key principles such as the need for sexual polarity. But I felt it lacking. The issue was so much more so than sex – it was hostility, zero affection (no kissing, cringed at even a hug or holding hands). Best summed up early on by u/MrChad_Thundercock that it was *CONTEMPT* at the faggot I was being. From articles, comments, something led me to MRP. It shut me down.

It literally shut me down. For two days I stayed in bed, read The Rationale Male and MMSLP. My anxiety was at 11. My brain was going between “how the hell could this be true?” and “this makes so much sense”. It wasn’t anger – this came later - it was now knowing the truth and the matrix being shattered.

I found Frame! – No You’re Just a Ramboing Asshole

I consumed the sidebar at lightning pace, I cleared out the garage, bought weights and started lifting immediately. I devoured posts and read the advice of many of the veteran members on here. I posted in OYS and askMRP and got blasted into oblivion – but it was all to help me. So I got sidebar – done, lifting – done, STFU – much better, but I still struggled with this frame thing.

I settled on my “frame” being “I’ll go full asshole, 100% alpha, then the guys on MRP will think highly of me”. This wasn’t *MY* frame, this was again – perceived external expectations. Anxiety was still there but less. I erroneously thought I had figured out the solution – but I was destroying my marriage. Here’s a few things of what NOT to do:

- Tell your wife you will cheat on her
- Demand certain sex acts
- Tell your wife that if she doesn’t please you, you will find a hooker to do so
- Tell your wife she adds nothing to your life
- Shutdown emotions (latest issue)

I was just being an asshole and hurting her because “that’s what alphas do” (note: that is not what alphas do).

Being Lost and Confused

After, correctly, being told I was Ramboing on several occasions, I was confused. If frame is not doing what others said was alpha, what the hell was it? I didn’t get it. What I now realize is that I spent so long living in others’ frame, I had no idea who I was or what I wanted. There was no sense of self – it was still a hodgepodge of other people’s ideas of how I should act.

Some examples:

Spend 30 mins playing a video game with the kids on a rainy day and then feel bad about it because some guy on the internet said video games are a complete waste of time and you should never play them.

Rub my wife’s back because I like to do that occasionally – stop because I think it’s beta and a faggot thing to do, even though it’s something **I** wanted to do.

Really Finding Frame

Slowly, frame started to develop. It’s a work in progress, but it’s forming up nicely. I started to realize I had my own ideas on right and wrong. No one had to agree with me, but they also weren’t going to change my mind or alter these core beliefs. I started figuring out what I considered a good relationship, what I considered the best course of action at work, etc. Others were free to voice opinion – I’d take them into account, but it doesn’t change these foundation expectations and views I hold. Nothing will. Anxiety is the litmus test for me now... if I start feeling anxious I figure out why and 95% of the time it’s because something conflicts with my core beliefs. I truly do not need any single person in my life – I’ll be fine without them. If they don’t like who I am and what I believe in, that’s their issue, not mine. The crippling anxiety is gone, I’m starting to not only have my own frame but projecting it. I’m a pretty fucking awesome person, I am the prize. Fuck anyone else if they don’t want the gift of me in their life - it’s their loss.

Recent Event that Made Me Write This

Wednesday morning: Wife left her phone out in the morning so I changed my name to Sex God. I found this hilarious. She eventually texts me on WTF is this? You think so highly of yourself. "I LIKE TO BE TREATED WITH RESPECT NOT USED FOR ONE THING, which is ALL you care about! Wtf, do you absorb anything said to you". This is an ongoing statement from her lately.

My response was simple and matter-of-fact: I care about sex, its important, I’m not going to pretend it’s not. I am not going to have walls up around my sexuality. If she doesn’t like that – well too bad, I’m not changing for anyone.

That’s when I 'got it'... that’s frame right there. Here’s my worldview and how I view sex. If she has a different view, that’s fine but it’s not going to shake mine.

In case you’re wondering on the result of this:

She continued to lose her shit (texting me random things which I ignored). I got home, pretended like nothing happened (because nothing did happen). Just kept a good mood, played with the kids, laughed with my wife. Had some great sex that night. Brought everything full circle by calling her my little sex goddess. She let out a small laugh and said “oh jeez”.

Her name is now Sexy Pirate Ninja Goddess in my phone. Pirate Ninja is from a conversation we had regarding what's cooler - pirates or ninjas when the kids were debating Halloween costumes. Obviously a pirate ninja is the coolest way to go.

90

UPVOTES

New life Direction and rebuilding a life after total collapse

IncitingDramah · 12 October 2020 · Archived copy · Reddit

Hey MRP community,

It's been a hot while since my last posting. Initially, MRP was the Godsend I needed at the most chaotic time of my life. Now, I'm reaching out to you guys for advice because I've lost my identity, purpose, and could honestly use advice.

I'll provide some context. Back in February I caught on to my wife AWALTing and being an all around dumb whore. I started making moves and preparing what was coming. Now, we had a son who had special needs, he would be 2 years old next week. Things were tough, but given the circumstances I was making ends meet, taking care of myself physically/mentally, and most importantly taking care of my son.

I personally think the pressure and stress of having our son (Extreme special needs, 24 hour care) finally broke her and she lost her mind. I found her having an emotional affair with some dude on in the UK. Well when the ball got rolling for the divorce machine, things obviously got gnarly.

Shortly after that, covid hits. Lock downs, Ect. So everything became immediately more difficult to accomplish. Well the divorce petitions were swapped and shit went nuclear. I began everything I could to document anything that could be used to protect myself and son during this process. There's a lot of details and petty shit she did to try to get to me, but honestly those aren't important.

In March, my son suffered a spiked fever while in the hospital of 109. The fever cooked his brain, and was basically brain dead. He began having seizures on top of his medical conditions, lost his mobility to even move his arms, and was in constant pain and suffering. Shortly after speaking with the neurologist team and realizing there was nothing left to do, I made the decision to take him off life support. However, both parents are needed to agree on the decision (At least in Texas) for this to take place. She didn't want to take him off support, and ended up being "talked into it" by the UK dude she was internet banging. On April 1, we made the decision finally, and my son is now dead. The divorce was finalized about 2 weeks later and was literally settled in 20 minutes between us.

So now that I've laid out all of this, the reason im posting here is to find advice. I've lost my purpose, and every single day I can't for the life of me find the motivation to do... anything. There's nothing lost with me in regards to the marriage, but I find this whole inside me. I worked every day and Killed myself to ensure my son had anything and everything I could give him. He was my absolute world, and without him, I no longer know myself.

I've tried a lot to deal with the grief and find a purpose again, but I... just can't. I can't bring myself to push myself at work for that promotion I want, or go to the gym, or even eat. I've lost 40lbs this year....

It's been the most taxing trial of my life, gentlemen. In the span of 6 months I lost everything I held important to me. My marriage is gone, child is dead, friends and family have began to "Avoid" me due to not knowing what to say.

The only thing that keeps me going are the words my grandfather told me, "A young man either feels the heat, or he sees the light". At this point, I feel the heat, but I'm still in the darkness.

I'm sincerely and genuinely asking for help.

PS: Not worried about females. TRP/MRP practiced enough puss isn't a concern.

90

UPVOTES

A Start

-Lochlanach- · 6 December 2020 · Archived copy · Reddit

I never thought I would end up where I am in my relationship with my wife. Her actions clearly show that she is completely unattracted to me and that I am being used for what I can provide to her and my child - despite her assurances that she values and appreciates me for who I am, what I provide, what I sacrifice, etc. Sex is dwindling, maybe twice a month, and there is rarely an act of passion from her. It is an act she participates in but is not necessarily present in. I understand this is called pity sex or obligation sex, and it is used to keep me strung along so I will continue to provide without complaint. Passion, lust, and sex decrease in marriage. Or so I'm told.

Anxiety, stress, and anger control more and more of my mental space nowadays and they are directed at her, but she isn't necessarily to blame. She is doing what women have done since the beginning of time. She is using her sexual strategy to provide for herself and her child. The blame falls squarely on me. I let her push boundaries and didn't hold fast when they were completely crossed. In these instances I actually provided **more** because I thought it would rein her back in and create more attraction. In reality, it incentivized her to push further and further, thereby killing more and more attraction when I refused to stand up and hold my ground.

The process was gradual and slow - almost imperceptible - one small, seemingly inconsequential concession at a time. However, over time, it created a landslide. The realization, when it truly hits you, is life shattering. You are not the man you thought you were, your wife is not the woman she says she is, your relationship is on the brink of disaster, and you are the only one to blame.

90

UPVOTES

Communication Doesn't Work....or Maybe...

Blarg_Risen · 28 February 2020 · Archived copy · Reddit

What follows is an idea I've shared with few but I think MRP needs to hear. It goes full circle back to the very first lesson we learned when we got here. And I wouldn't be surprised if it ruffled some feathers. But I am confident and prepared to stand behind this message. For those that are new, this is a big summary of the entire journey, and will arm you with many sticks of dynamite. Use at your own risk. For those more experienced, I would advise start at Part 2.

Part 1: Your wife the black box

So let's start somewhere at the beginning of your journey. Where you went and watched Keanu Reeves in the matrix. And learned that the ideas and things you had been taught and created yourself in your head up to this point may not be exactly the way life really goes.

And you look back at your life and see that the ideas that you had that led you to the point you were before you found MRP came from mental models you developed from your parents, from your babysitters, from your school, and all the leaders you seemed to look to naturally as you grew up. And you seem to have just carried that expectation of someone else being in charge (up on that pedestal) to the woman you married.

All these false expectations, like a Disney fairytale marriage, unlimited possibilities, morality, and friendly faces all around you you now realize were just ideas put into your head to control your behavior, guide your decisions, and then make you act in the best interests of society when you got older. And as a parent (if you have kids) I'm sure you have seen and rationalized the necessity of these tools in order to keep a growing mind on track. Hoping that one day your child will also be able to see the light like you have and breakout of those mental models.

Now you tell me the difference between the sexes where women, too, do not undergo this same type of behavioral and societal control while they're growing up. Show me where they would not likely come to the same place as you were where the mental models of how they should act and run their lives are all delusions based on what they were told and promised growing up. IE:

Women are stuck in their own matrix

But you've been at this awhile. You've been grinding. Making yourself better. Getting new perspectives from new books on life, how to act, how to deal with situations, your emotions, and others. You've "unplugged" from that matrix. I bet if you were to compare what you are and know now to what you were and knew before MRP you would be astonished at the change.

And you would also have to be pretty thankful for having been exposed to these thoughts and books and ideas. Because no matter how sure you thought you had your life before...you kept running into a wall between what you were, and how you wanted your life to be. And that's what drove you to find MRP, and unplug from the matrix.

The matrix is the draft working model you have in your head about what life is, what happens in it, and what you do and feel about that. And this working model changes over time. Some time in your life you went from being a baby to being a kid. And another time you went from being a kid to being a teen. And then again you went from being a teen to being an adult. But if I ask you when the day was you thought you switched from one category to the

other...I bet your couldn't identify it. It just kind of...happened over time. But these areas of your life are clearly defined due to you having to adopt wider and broader mindsets in order to get through them successfully.

Now I argue that you have reached a point where you have expanded yourself from what you used to be before MRP, to what you are now after MRP. And I ask you with all the growth that you've made with the resources you had, all the books on the sidebar, all the notes we share around here, all the feedback you get...how is it you expect your wife to make growth in the same leaps and bounds without those resources? IE:

Your wife has not received the same help and guidance you have to build herself a working mental model in adulthood and marriage

We talk about leadership and leading our wives and the 1000ft rope often here in MRP. We try to address problems in our marriage using things we learned like agree and amplify, negative inquiry, and dread. We employ these things in response to things our wives do and in response to their following (due to our leading) or their not following (due to the 1000ft rope).

But when I look at these behaviors and MRP, and notes from many of the more popular books and mantras, we seem to build our actions and reactions as if our wives are just a black box of unknowable emotions and ideas that have concrete, non-flexible structure. I've mentioned this a few times in my posts but if you're not familiar with what a black box is in technology terms...a black box is a piece of software, system, or something where you get to put inputs in, and observe reactions that come out, but you are not privy to anything that goes on within that box.

A lot of MRP describes the wife as run purely by feels and evolutionary drives. Almost as if there is no pilot at the wheel in her head. (Sound familiar captain?) As if she is a black box that you merely put actions into and look at results.

And I dont know about your wife...but mine...mine has gone through life and proven that she has someone at the wheel. She went to college, got a nursing degree, has a stable job, attempts to parent our kids, juggle schedules, and occasionally has fun. We talk about serious topics. I see her try to follow my lead. And that's a really important part.

We see women out on the street or pursuing their career or sport or attending a business meeting and it shocks us to learn that they actually have a full fledged life, baggage, emotion, and drive to their lives. They absolutely have the ability to follow a lead, but they also have the ability to make decisions too.

Do you think your wife has someone behind the wheel making decisions in her head? Have you seen your wife try to follow your lead? When little things pop up like she's talking angrily at you and the kids and you tell her you dont approve of her talking to the kids like that and want her to talk a different way. Does she? So then I ask you how and why we seem to treat them from MRP as black boxes, if we know they are actually someone with a life, passions, and reasons (albeit possibly misguided) for their actions. IE:

Your wife is not a black box, you can see and inquire about the inner workings

Part 2: Feelings and Actions

But a lot of what MRP teaches when they say that you cannot change her, so just worry about you, is to almost to

take a hands off approach to addressing her issues. It's kind of like "she is what she is and does what she does...so I'll handle me and my guidance will simply be my actions." And so we believe that the change we cause is based on action.

And I believe that in our action, we are speaking volumes, but we're really not saying much. I believe in our actions we're still secretly hoping to affect change in all the layers of her emotional paradigm. This emotional paradigm I believe consists of four levels and draws from base emotions all the way in the hind brain to social and societal ways to deal with those emotions. And I believe both men and women deal with very similar levels of this paradigm:

Level 1) THAT we feel: This is a base, natural driven thing. I've been in more scenarios than I can count where something makes me feel (angry, upset, happy, bitter, whatever) and I cannot change that feeling within me. Or I've seen my wife wake up angry, or upset, or happy and when I ask why she's feeling that way she replies "I dont know, I just do". Sometimes I'm having a bad day and have no idea why, but I know I'm feeling it, and I cannot change it. It's almost like that set of initial conditions that you cannot affect, that life (or your brain) gives you. "This is your problem/emotion. Deal with it."

Level 2) What we THINK about those feelings: We build mental models in order to deal with those feelings. We shield ourselves from them. We spin them into beliefs of what they mean or what we think we can believe in concerning how or why we think this way. We explain them away. Or we "ignore" them...ignore meaning don't allow ourselves to feel them, but bottle them up instead. Or, contrarily, we let the problems affect us internally. We swim in those problems in our head.

Level 3) What we DO about those feelings: This, as opposed to 2, is more action oriented. When we are angry we strike out in action. When we are afraid we recoil in fear. When we are attracted we open ourselves and get close. This is actually taking the step to do an action oriented response to deal with the problem/emotion. It's communicating that we're moved...but not exactly why, or what to do about it. It's basically screaming to the world "I AM FEELING SOMETHING", but not what or why.

Level 4) How we COMMUNICATE those feelings: This is more along the lines of communication. Not acting the feelings out, but expressing them openly and honestly, or openly but dishonestly. IE, "I have a problem and I want you to know it" vs. "I have a problem and you should do something about it." It's hoping that by letting the problem be known and offering it up in it's entirety, that the world will help take care of it, rather than having you bare the burden yourself.

These 4 are listed in order of increasingly being open about the problem. In 1 we keep it totally to ourselves. It just is. In 2 we decide to tackle it within ourselves using our thoughts. In 3 we outwardly express the RESULT (action) of the problem. In 4 we outwardly communicate the feelings themselves. 1 is least vulnerable. 4 is most vulnerable.

MRP seems to handle the first three. They get you to explore yourself and realize that yes you do feel emotions. They give you framework to think about what those emotions mean within yourself. And they give you ways to show the world via your actions that you are feeling. And after you get deep on the dread ladder, MRP even suggests some of 4, the "I have a problem and if you know what's good for you, you'll fix it". But MRP almost shuns open and honest communication of a problem. And I think that's because deep down, MRP is afraid of the

potential for rejection of that problem when it's laid bare. The point being:

We are speaking volumes through our actions, but not really saying anything.

So I want you to consider for a second...and this is going to go against every fiber of what you've learned so far, but if what I've said is true, that women have their own matrix, that they have not received the guidance to improve like we have, that they aren't a black box and thus can learn about this guidance (and we can learn about them), but also that if we simply rely on our actions to speak for our intent...that the message becomes clouded...i think you have to conclude that a measure of what I call Open and Honest communication is necessary for a relationship.

And i know what you're thinking....that this goes against everything that we've said here at MRP so far. And I'm with you in experience that I've had conversations with my wife about what I need and they've gone unanswered. I think it's very nuanced with what you need to say, how you need to say it, and when you need to say it.

For instance I've had several conversations to my wife about how I need physical affection. Not just sex, but holding hands, hugging, cuddling, kissing, touching, that kind of thing. I've said that very openly to her and gotten no change in behavior. And this is what draws us to the conclusion that talking doesnt work.

But I also have to say that in any instance that you try to change someone's mind about a behavior, and they're not ready or dont have the mental structures in place to receive that change, that that change is going to be met with inaction or resistance. Think about red-knighting for example. If you do this with GUYS who arent ready to hear what you have to say, then they too will not change and may even resist you, and change. Why would your wife be any different?

How then does someone become ready to hear that change? There's two ways. The first is the way we're born with and operate on for most of our life. I believe that our internal mental models are so ingrained in us, that we don't really make an effort to change them until we run into the harsh reality that they don't work. It's the reality you felt when you had to look for MRP. It's why when you constantly enable your wife and her life is fine and dandy while you desire change, why she doesn't change. And yes it's why if your wife doesn't think there's a possibility that you'll leave her, that she wont change either. Being ready to receive change happens only when we choose to search for change. And that's why I'm sharing all this with many of you, because I believe your gut feeling is searching for this change.

The second way is a learned experience. And I've said this several times in my posts as well. The second way is one can receive change through open and honest communication when they come to learn that the mental models that they have in life can be WRONG. Before this, back before MRP, back to your rebellious teens, even back to your childhood where you believed you knew how to act. In all those times the thought wouldn't even cross your mind that you could be wrong. That there could be other ways. But once you come to the conclusion that you have the ability to be wrong about your ways...only then will you be ready to hear and accept change through the suggestion alone that change may be needed.

The things we do say to inflict change, our audience needs to be ready to hear.

So I want to take a second to discuss what I think the key aspects of open and honest communication are. Because this gets to some piece of the feeling I had, and the feeling it seems you may have, with leaving something on the table.

I think what I felt I left on the table was the ability to just talk to someone in a way where, just like I learned in MRP when flirting with women to be open to rejection, to not let it affect you, to feel like you are a prize...open and honest communication is taking those feelings you have within you that make you you, that your ego is constantly trying to protect, and handing them to whoever you're talking to and going "Here's who I am. Here's what I want. Do what you will."

It's literally like taking your heart and handing it to your wife and allowing her to either smash it, or acknowledge it. Her choice. And then being okay with her choice. Not okay as in you accept whatever she chooses to do with your true self you handed her, but okay that she GETS to choose what to do with it. It's being confident enough that you put yourself out there as a self contained unit and you allow the world to affect you. It's being okay that they have that choice.

I've read a lot of posts around where people are talking about how they've read about the stoics. How they no longer let life impact them. They are a rock. And I feel like that's an easy trap to fall into when trying to be stoic. Being stoic doesn't mean walling yourself up so much that you don't let life affect you. It's being vulnerable enough to let life to impact you full force, feel the resulting emotions you're programmed to feel biologically, and then having a mental model in place so that you are still in control and can deal with life despite those emotions. I don't want to not feel. I want to feel everything, and then be able to handle it. So I'm sure you've seen a few times in my posts:

Open and honest communication is being able to give and receive what you think and feel, and what others think and feel, freely.

Part 3: Communication Doesn't work...or...we just weren't ready for the answer.

So then the big question is why does MRP explain that open and honest communication is not the way to what you want? That's its negotiating desire. That we crave a natural born desire for value from our wives. I think this craving for natural born desire drives at the heart of the problem.

Recall back to the start of your relationship, where you met someone and formed an opinion of them based solely on looks, and maybe a few words. And she did the same to you. Back when this happened each of you had in your heads this ideal person whom you were seeking. This person embodies many interesting and unique characteristics. And since you knew so little about this person (or they you), what they did to fill in the rest was idealize the best possible scenario for all those unknown attributes.

After the first date, and the second, and the third, where you were excited to learn all these new and interesting things about this person, there was still a lot of draw and mystery to them. I mean you have their entire lives that they've lived so far to figure out.

But as the weeks turn into months turn into years, you start filling in all those mysterious parts you didn't know with the facts of who they truly are. And some of those facts fit who you wanted them to be, and some did not (and the same happened to her of the mystery that was you). And at some point we marry and settle into a workable pattern of roles given our jobs, hobbies, kids, sleep needs, sexual needs, etc.

And then we look back and remember the rush we had when we first met and that potential. Or we look at other couples either in person or showing their best sides online, or we watch a Disney movie where a couple meet and are living in that moment where the mystery is still there. And we, again now as a third person observer, fill in everything we don't know about the dynamics of that couple's relationship with the best possible scenario of how

their relationship could be.

It's called observer bias...and we do it on Facebook, Instagram, and Snapchat all the time. You only get to see the best of times and thoughts people have posted to their Facebook. So we (in our own heads) extrapolate that that must be their lives all the time. Fun, sun, excitement, and family. But that's not the case.

I ask you then why it's so easy to accept when we come to MRP that the Disney fairytale BS we've been fed our whole lives isn't true...which, if you think about it was never FED to us...but WE made it up because WE filled in the blanks with our ideal thoughts of the relationship they would have in the future (all the story said was "happily ever after"...we invented what that meant)...why can we accept that as truth, but not the idea that:

Natural desire is merely an idealized version we project onto the mystery that is someone else.

So what about all the talk of evolutionary born desire? What about the feeling that emotional inner workings of women can be exploited to produce natural desire if we don't tell them about the sauce? Because "Don't talk about fight club" has always been a saying here. And I argue two things:

1) That the natural born desire that can be brought back out within our spouses is based on you changing enough of yourself that that mystery she saw in you in the beginning begins to show again. That she asks herself "who am I married to? I thought I had them figured out. But now I don't know." And that mystery comes in part because we act in accordance with #3 on the emotional paradigm I mentioned earlier: Actions without clear messages. She sees this and knows we're saying something...but not what. And that uncertainty breeds mystery.

2) That I would wager most of the more experienced guys on this forum's wives at some point have found MRP and seen the sauce. That through time and effort, action and communication, enough has been revealed that their wives understand that there is a drive out there for us guys to find our true selves and make the best of our lives...and that actually is a good model to follow (hence, also, the existence of the MRP wives subreddits).

So I believe that there can still be scenarios where if we really wanted to, we men could live lives where the women in them still run on this natural born desire that derives from the mystery of the unknown you create and maintain. You could do this either from continuously keeping one woman in the dark about who you are, or you could, over time, keep multiple women in the dark by switching whenever things started to get too familiar (playing the field).

And you know what? Depending on who you are and what you want...those methods may just fit into exactly what you need, what you're capable of, what you want out of a relationship, etc. And I definitely see the allure of breeding such a feeling in a relationship. Everyone is different and has different needs. But I feel like that feeling specifically negates the ability to actually bond truly with someone...BECAUSE of the fact that you always have to distance yourself from them.

For me, honestly, I really think in my head there's an idea that there exists some form of magical raw love/desire. But I sat down and talked the idea out with someone not too long ago. And they asked me what specifically I defined as love, and how my wife could go about bringing that feeling out. And it felt almost ridiculous and childish explaining it...my idea of love was that my wife intuitively knew what to do and what made me feel loved, and acted to bring out those feelings in me, WITHOUT me having to explicitly tell her what she needs to do. In other

words:

We feel genuine desire is the drive and ability to read our minds and respond to our needs, without us having to communicate them.

And I think, again, that the above clearly accents that our resistance to having to communicate our needs is a buffer because we are AFRAID to communicate our needs, in the belief that it reduces that "magical" natural desire of getting them fulfilled without communication, AND because we are afraid they could be rejected. And much of the time they will be rejected because those who we tell them to are not ready or able to change themselves. That is a slow, methodical process that we work with them on. That's what marriage is. That's her following your lead. But getting her to a point where open and honest communication is possible, while it does necessitate a killing in some form of the magical mysterious natural desire, puts in it's place a CHOSEN desire...the decision for your wife to understand what you want and CHOOSE to fulfill it. Which, in my mind, I'm quite alright with. Negotiation is settling and unwanted compliance. But chosen desire is a different beast.

This has been a lot of information. I'm sure you don't necessarily agree with it. Especially because I came out of left field when you've been marching along to the MRP beat for some time now. I'm not saying there's anything wrong with what we've been taught. What I am saying though is if we put a small twist on it, we may find that we feel just as content when our wives DO understand our needs and CHOOSE to fulfill them, rather than us playing games trying to get them to "naturally" fulfill them.

I'm gonna drop the hammer here. See the thing about my marriage now is: I use communication on a daily basis and it is one of the most important aspects of my marriage. Which on the surface seems extremely blue pill. But with all that I've said before, the piece that makes the communication blue pill is that communication is covert, it's guarded, it comes with expectation that is not given in the over communication.

Communication as we understood and used it before was simply one big covert contract because "I want" meant "I expect", and was always covertly followed by "and if you don't." We would assume that we communicated our idea and it would be acted on as if simply stating something meant others had to consider and act on it. As if our communication set an expectation that through some unseen force had to be met...just because we are who we are...we are special. But then we would contradict our own uniqueness in our head. We would almost instantly devise the scenario of what we would do if that need or want that was communicated was not met, how we would react down the road as punishment or reward for following our communication.

What communication in my marriage is however is a direct line to and from my vision. And that direction is given freely, with the option to be followed or ignored freely

Is this a mode you want to operate in? As I said, it's your choice. And I'm communicating my thoughts to you openly and honestly and allowing you to make that choice yourself. I could have mysteriously pointed you in that direction through coded messages and suggestions in your OYS. Or I can just come out and say it because I think you're in a place to accept it.

Thinking of other people as potentially working from a place where they value different things than I do gives a whole new perspective to the intersocial and intergender dynamics I learned through my MRP experience. And that doesn't negate much of what I've learned so far either. It's just looking at it a different way.

At the end of the day, your wife still may choose to either not listen, or not follow. And at the end of the day you may have to take the path of divorce or an affair to find what it is you need in your life. But I think we're all trying

to make sure that we've done everything we can do before we give up. And I think for me, that feeling of leaving something on the table, again, included the ability to just communicate what I'm feeling with no strings attached, and have those feelings heard and acknowledged.

90

UPVOTES

Plate/ Wife/ LTR says Xyz prompt

Redpillbrigade17 · 18 June 2021 · Archived copy · Reddit

Ok folks been awhile.

Thanks for patient mods.

Let me include below my supplement to the 16 Commandments of Poon which have served me well for the past 6y+ since I found RP etc., and more than answers folks wondering what to say / do when she says x y z

I copy paste straight from my notes app, with a few edits . Hope this helps at least a brother out there.

READ 16 Commandments of Poon. Do it daily if you must. There's a reason they're called "commandments ".

Here's a few more:

1. Never argue with a woman. There is only to be lost from attempting to convince her of your point of view through arguments. If you're right, she'll make you mad until you do something stupid. If you're wrong she'll argue the point and again you lose. It's a lose-lose situation, just like Bill Burr said so eloquently and amusingly.
2. Show me the hottest woman and I'll show you a man who's tired of fucking her [yes I got this one from this subreddit or I think it's an iron rule of tomassi, not sure]. Infatuation with a woman is ephemeral. For every hot woman out there, there are 1,000 hot ones who turn 18 every day. Don't get oneitis. Happened to the best PUAs out there.
3. A quiet woman is a bad sign. Make them and let them talk. Watch and listen. Do not give advice, except in extreme and rare cases. She does not want / need your opinion 99% of the time. Make her talk, emote. Watch for her emotions. BUT!! Do not be her emotional tampon. If she dumps too much nonsense and takes too much time, it becomes your problem. She should have her girlfriends for all the banter and blah blah. The idea is to be on the lookout if she goes quiet when around you.
4. Planning is everything. A man without a plan is not a man. Thank Friedrich Nietzsche for that one. Always have a plan. Date, vacations, travel, even people. Watch for insidious "let's go out with a b c" friend of hers . If you don't have a solid plan, you'll end up in some weird situation where over time your social circle is yours. Congrats, you're a beta male most likely, just there for the ride.
5. Watch what they do, ignore what they say. Actions are what matter. Words are a dime a dozen. Bags of air, as Robert Greene says. This is fundamental.
6. Never explain anything to a woman. Never explain your behavior and why you do what you do. Share your plans when it makes sense, but watch not to qualify yourself in front of her. The do-nor-DEER we talk about here all the time. If you lay out a plan that needs details to be communicated, it should happen from / in your frame. You own it, she's your first officer and partner.
7. Be attractive. Do not be unattractive. This involves mainly appearance, body language, and speech. It also involves attitude, tone of voice, and overall demeanor. Again, lots on this sub about it. Be her James Bond, Han Solo etc. no excuses on this. It's game 101 and why you want a woman to be with you in the first place.

90

UPVOTES

You guys are some entitled fucks

wmp_v2 · 29 February 2024 · Archived copy · Reddit

It amazes me how entitled some of you fucks are.

Again kind of seemed like all the Vets were doing that in a self righteous kind of way. A detailed breakdown of where he went wrong would have made it feel less like that. Now who are we to deserve all you guys have to offer? No one. I get that. But if you don't want to offer the insight what are YOU still doing here? You're likely right about Vit. He nuked it. What could he have done differently? What steps could he take and should I take to avoid that? Or to put it into a more motivating format for you, what action items did YOU take to avoid that in your own journey?

This guy is truly so charitably giving away other people's time and energy, to get what he truly deserves and is owed.

What this says so loudly, and so clearly, is you have no fundamental understanding of value. You do not value other people's knowledge, nor do you value other people's time. And what that means, is you do not understand how to value your own time, nor to value your own knowledge.

Every time one of you cunts thinks "well, mrp should be nicer. well, mrp should be more helpful. well, mrp should explain more. well, mrp should do mrp the way i want mrp to be done.", you have failed to understand a very simple principle - **you don't fucking matter to people who do not give a shit about you** because you have no value in their eyes.

You guys have this same type of thinking when it comes to your jobs, your wives, your kids. "My boss should pay me more.", "My kids should respect me more.", "My wife should fuck me more." And never once, do you stop and consider, none of them give a shit about you, because none of them value you, because you frankly do not have any value in their eyes.

And ya don't, most of you are fucking nobody's with nothing to offer. And that very statement will hurt your ego "I'm not a nobody", you'll tell yourself. But the truth is, you're a nobody. MRP's been around about 10 years. There are a handful of guys who are worth remembering positively. There are a handful of guys who are worth remembering negatively. And there are a who lot of guys who nobody fucking thinks about anymore because they didn't fucking matter and they were a nobody <- this is the category you fit in. You are completely replaceable and unimportant.

So next time you think anyone else - your boss, your wife, your kids, us MPR posters - should do anything for ya. Take a moment and think about the actual value you hold w.r.t. said person. Most likely, you're getting exactly as much as you deserve - which is fuck all.

What is the fix? Become more valuable. Real simple stuff.

89

UPVOTES

Date night stinks

hystericalbonding · 24 November 2017 · Archived copy · Reddit

I startled a skunk. Seeing the tail rise, I ran to the house, thinking it didn't get me.

"Whew! I almost got sprayed by a skunk!"

Seconds later, the foul stench caught up to me.

We ran to the laundry room, past the thongs and bras that were hanging to dry. I tossed my clothes into the washing machine, and instructed her to run it with OxiClean while I went to the shower.

"Could you fill a basin with white vinegar and dish soap? And bring the white face cloths."

Moments later, she appeared with a basin of 5% vinegar and dish soap. I covered myself in it. Standing naked behind the glass shower door, I discussed with her what needed to be done next.

After I had been soaking in vinegar for 25 minutes, she returned from the store with their entire stock of hydrogen peroxide and double strength Febreze. She provided consecutive basins of fresh peroxide, dish soap, and baking soda for me to clean my body as she cleaned and deodorized the house.

Each time she returned with a fresh bowl of peroxide, she had something to say.

The first thing it says on the Internet is not to go in the house. The whole house is going to smell!

(laughs) "Stand naked in the back yard for a couple of hours? With a skunk and mosquitos back there? No way. Besides, the neighbors might not appreciate it!"

All my delicates stink! What if we can't get the smell out?

"When my clothes are done, run the delicates with OxiClean - it will get rid of the smell. If it doesn't, then we'll go to the store together and buy you some new pretty underwear..."

If you smell like skunk, you can't sleep in the bedroom.

"Haha, yeah, maybe I should sleep in a hotel!"

Is that stuff okay for your skin?

"Meh, just a bit of a chemical burn. (laughs) Did you spray the kids' backpacks? I don't want them to stink when they go to school."

How are you doing?

(steps out of the shower, stands naked in front of her)

"You tell me."

She laid her hands on me, sniffing, laughing, decompressing.

It's late, come to bed.

"Sounds good. Can you grab me some clothes?"

"That was fun, in a twisted sort of way."

Each of her comments was calmer and happier than the last, as she overcame her anxiety and settled back into my

frame. Anger, frustration, and helplessness would have had the opposite effect. Her behavior was a reflection of mine.

It was late, so we slept. The next day, she was all over me.

Every night is date night. She will remember the skunk episode more than any restaurant or show. She excitedly recounts the story to anyone who will listen.

Prerequisites:

- Look good naked.
- Laugh about and enjoy a situation that others would consider misfortune.
- Hold frame. Your purpose is her purpose. By your side is where she is meant to be.
- Always be closing.

89

UPVOTES

The meaning of STFU and how it relates to Dread Level 4: Begin Conditioning your time and attention to her on her sexual availability to you

BluepillProfessor · 7 January 2017 · Archived copy · Reddit

A recent thread had a remarkable exchange:

(Original Poster quoted): "tonight I learned what STFU really means. I doesn't literally mean to close your mouth and not communicate. It means to say as little as you can. To stay out of those choppy waters.

I replied with my customary snark:

"Do people really think when we say STFU we mean to turn into a mute retarded autistic patient?"

The reply:

"Most of us newbs do, yes."

I have to say I was flabbergasted and a bit appalled. This is an EPIC MISCOMMUNICATION and we need to correct it NOW so let's get to it:

THE MEANING OF STFU

STFU is a common response to new guys posting detailed stories of verbal intercourse with his wife. It means: Shut The Fuck Up! However, WAY to many guys are taking that too literally!!!

When a new guy on MRP tells a long story of she said, he said, she said, he said, it is VERY common that he get's the answer: STFU. Apparently some men take this to mean they should either be butthurt and blustering or butthurt and give her the silent treatment.

STFU DOES NOT MEAN IGNORE YOUR WIFE OR GIVE HER THE SILENT TREATMENT LIKE A BUTTHURT WOMAN.

STFU can mean several things depending on the context:

- 1. SHUT THE FUCK UP ABOUT RED PILL OR ANYTHING RELATED TO SELF IMPROVEMENT.**
The 1st Rule of Fight Club (and the 2nd) is that YOU DO NOT TALK ABOUT FIGHT CLUB. If you are reporting to us how you talked to your wife about solopsism or Red Pill, or AF/BB or even attraction then somebody is going to tell you to STFU.
- 2. LISTEN TO HER EXPRESS HER EMOTIONS AND ENCOURAGE IT TO A POINT** (unless it get's annoying). Much of the time with a withdrawing "low sex" wife, you need to activate her femininity. In order to encourage her to be more of a women, and more feminine, and more expressive of her emotions you need to LISTEN. In order to LISTEN, the first thing you need to do is SHUT THE FUCK UP. However, you are not obligated to sit on the bed while you talk about feelings because **VERBAL INTERCOURSE IS OPTIONAL**. The balance between STFU and emoting must be carefully calibrated. Almost all of the new guys talk to their wives to much. The problem is simple and obvious: Women talk. Men do. Actus Non Verba. Actions Not Words. You are not her girlfriend. You are her husband and this is a different role. You can listen without talking much and this is important because if you talk and talk like her girlfriend, then she is going to want to fuck you just as much as she wants to fuck her girlfriends. Which is to say not bloody much. So...STFU in guy talk can mean Shut Up and pay attention to your wife! You are a hunter. She is your prey. Imagine a group of hunters approaching a herd of Buffalo. The newb comes in and starts talking and the leaders of the hunt put a hand on their lips telling the newb to STFU. They don't mean get mad, sulk, and refuse to

participate in the hunt. They mean to STFU and listen. Pay attention.

3. **SHUT THE FUCK UP ABOUT YOUR EMOTIONS, AND ISSUES** because it dries up a woman like a severed labia in the Gobi Desert when you emote like a whiny 5 year old! The ONLY exception is when a known Alpha Fuck "opens up" a tiny bit, exposes his hard outer shell, and shows a TINY BIT of his soft gooey center. The book "Models" talks about this. Most of you guys don't have to worry about that. You need to build that hard out cover before you spew goo all over your wife. You need a backbone and a frame before you can start emoting. Most likely, the problem with your low sex marriage is you are emoting to much!! Therefore, STFU.
4. **SHUT THE FUCK UP ABOUT YOUR PROBLEMS, YOUR PAIN, YOUR COMPLAINTS, AND EVEN YOUR NEEDS.** Women don't want their men to whine like a bitch about his problems. You can only identify the problem and TELL her how you are going to solve it. If you whine like a little boy she will want to fuck you just as much as she would want to fuck a little boy. That is to say not bloody much.
5. **SHUT THE FUCK UP AND DON'T ARGUE WITH YOUR WIFE. USE FOGGING.** If you have not read WISNIFG on the sidebar then that is your bad. We didn't pull these books out of our assholes. They are important. When I Say No I Feel Guilty explains how to FOG. There is no reason to argue with a woman. She can yell and rail and bitch and moan and if you smirk a bit, and Shut the Fuck Up, most of the time the storm will pass quickly. To Fog, you simply agree with her and refuse to expound on her complaints.

Example: She says: "You don't do this and you didn't do that. You never do blah blah blah."

A NEWB says: "How can you say I don't do Blah. I blah blah blah blah and blah. Plus I blah, and blah and blah blah blah blah. Furthermore, I often blah and blah and blah blah."

If you do this you set up a response from her and the emotional argument is on that you can NEVER win. You are trying to logic an emotion and it NEVER works. You will doubtless be told to STFU** when you tell your story on MRP. This does NOT mean you say NOTHING. That would be autistic and/or butthurt and if the goal is seduction and a happy life and marriage it is a completely STUPID lack of response.

Instead, a MRP guy says: "You are right that sometimes I don't do blah." This is "Fogging." You simply reflect her emotions back at her and give her nothing except fog to swing at. Soon she will get tired. Read WISNIFG and STFU.

STFU does **NOT** mean that you ignore a reasonable request or an attempt to start a conversation. It **MAY** mean you respond with "K" or "Yes Dear" or "Hmmmmm." You might possibly note that this type of response is **VERY** different than the infamous "silent treatment!"

Finally, STFU is also confused with **Dread Level 4: BEGIN** conditioning your:

--TIME

--ATTENTION

--AFFECTION

--PRESENCE

to your wife with her sexual availability to you. These are in ascending order of severity and you need to do this **VERY SLOWLY. ONE AT A TIME OVER WEEKS AND MONTHS, NOT DAYS.**

I have an entire Chapter on this in **My Book** but here is the summary:

First, in response to a sexual denial (or repeated sexual denial, or whatever your boundary might be) you **BEGIN** removing your TIME. **THIS DOES NOT MEAN YOU "STFU" AND IGNORE YOUR WIFE.** It is simply that your time is valuable and you don't have time in life to spend it with a wife who is not attracted to you. You have _____

value and will not waste it. Remove your TIME by going to the gym or leaving the room after a sexual denial. **DON'T BE BUTTHURT.** just understand that your time is valuable and who you spend it on must be reinforcing to you or you will find better ways to spend your time. Be upbeat. Give her a kiss on the cheek and a reason to be happy before you leave.

Second, if this does not begin to change her behavior **IN WEEKS AND MONTHS, NOT DAYS**, then move to withdrawing your **ATTENTION**. This is actually pretty close to what a lot of guys understand when they see **STFU**. She is withdrawing and showing you her "power" so you need to show her that you also have power. You don't have to pay attention to your wife when she is withdrawing. **HOWEVER**, this is not a license to be autistic or do the full feminine silent treatment like a little girl. It **IS** a license to begin leaving the house more, turning off your phone more, getting busy with projects in and out of the house much more. It **IS** a license to express your displeasure but **NOT** by arguing. No dude! **SHUT THE FUCK UP**. One word answers and fogging and removing yourself entirely is the prescription at this level. It is more than **STFU**, but that is certainly part of it.

Third is Affection which is orthoganol to **STFU** so the basics are that "Affection" means that No sex = no cuddling, no kissing, no hugs = withdrawing your affection. If you do this for long your marriage is toast.

Fourth and very, very last you remove your "Presence." **THIS** is the total withdrawal of **YOU** from her life and it is so powerful it is also on the top reasons for divorce- "He wasn't "present." She does **NOT** mean he worked all the time. She means, he was not emotionally present and expressed no interest in her or her problems. He was gone! **IT MEANS THAT HE STFU!!!!**

If you do this it is basically a Hail Mary. You have checked out and checking back in is going to be dicey at best. **THIS** is the **FINAL STAGE** before divorce. If she does not respond to selective removal of your "presence" then it is not likely the marriage can be saved.

tldr: **STFU** does **NOT** mean you ignore your wife or give her the silent treatment unless you are ready to get divorced.

89

UPVOTES

Getting started? STFU

spexer · 22 June 2016 · Archived copy · Reddit

A quick reminder to a lot of the new people starting MRP in their relationships. (1-6 months into your MAP)

Shut the hell up.

There have been plenty of posts lately where people have fucked up their progress by talking. Remember the Maxim for MRP - "*Acta Non Verba*" this means "*Actions not Words.*"

This is a key concept. You SHOW the new you through ACTIONS. We are men of action, and words are cheap.

Simple rule to help: If you are unsure how best to respond to a shit test, Shut the hell up and use the 3 Gs (Grin, Get up and Get busy).

But don't:

- DEER
- talk about red pill
- talk about the new you, or the new future you will have.
- talk about sex frequency or quality
- use the word "Sorry" (unless you kill the cat)
- ask for permission- for anything
- complain about your life
- blame others - for anything
- share your emotional self doubt and weaknesses
- tell her how she needs to change
- have the fuck me or fuck you talk

NOTE: this does not mean you become a withdrawn butthurt jerk- and some posters have shown how they have gone to this other extreme. We know it hurts, but fake it until you make it and instead use your mouth for the following:

- joking, telling fun stories, celebrating awesome stuff
- fogging, A&A and snickering
- being a smart ass, dripping with sarcasm and wit
- bragging, stroking your ego, complimenting yourself
- FLIRTING, talking dirty
- sharing your interests
- conveying the IDGAF attitude
- logistics
- to tell what You are going to do, as statements.
- to take ownership on solving a problem "I got this"
- to express affection, often for comfort tests

Remember, you are a rock. All the emotional drama, the gossip, the problems that come at you will also stop with you.

oh, and STFU

89

UPVOTES

Fake it till you make it - an example

AlphalfaSprout · 23 March 2022 · Archived copy · Reddit

I was asked in an OYS a while back, "Do you think the change with your wife came naturally from a change of mindset mainly as a result of all the reading, or it came mainly from some specific ways you started to act differently or deal with things?"

This question is like asking "what came first: the chicken or the egg?"

I feel confident that every change my wife exhibited came about due to "specific ways I started to act differently or deal with things".

I also am confident that the "specific ways I started to act differently or deal with things" came about due to a "change in mindset".

But I can also say that prior to the "change in mindset", I spent quite a while faking the change in mindset that I learned from this place and the sidebar until the faking became a part of my actual mental models.

I'll give you an example using my approach to shit tests these past 15 months:

Prior to MRP, when I got a shit test, I didn't know what it was. I tried to argue my way out of it, plead my way out of it, back massage my way out of it. All to glorious and spectacular, pussy-drying effect.

Once I discovered MRP, I threw myself into the sidebar, the posts, the YouTube videos, everything. I learned how to recognize shit tests, but I was still clueless. So I did the easiest thing in response to shit tests, which was to simply shut the fuck up. This worked wonders. Shutting the fuck up is so much better than DEERING. And that is what I did. For months. At first, the silence would create a panic. My heart would feel like it was beating out of my chest. The silence was sickening. But then, 5 minutes later, my wife forgot whatever it was she was bitching about. It's like it never happened. So then I'd continue to STFU in response to these shit tests, which, while not being some huge display of higher value (DHV), it at least was not the sickening display of lower value (DLV) that DEERING was in the past.

Great, so I'm shutting the fuck up in response to shit tests, basically removing those DLVs I was consistently showing. I'm faking it at this point. I would literally tell myself, "That was a shit test, go ahead and STFU" inside my head. But after you do it 10 times, 20 times, etc. you aren't faking it so much anymore, it's just what you do. And what you do is who you are. So now I'm a man that does not DEER (DLV) and instead just STFU in response to shit tests.

Next, I "graduated" to faking amused mastery. It happened naturally. Once I had freed up some real estate in my head by having it just happen naturally, I was able to think of some funny responses. So in response to a shit test, I remember recognizing the shit test and consciously making fun of whatever it was. My wife stared at me for a few seconds, and then smirked, called me an asshole while grinning, and walked away. I thought, "woah I did it! Not only did I not DEER (DLV) but I actually responded with some amused mastery, and displayed high value." I was faking it but it worked nonetheless.

Now you do that 10, 20, 30 times. And at some point it clicks and it's just part of who you are and what you do. You respond to shit tests with some sort of amused mastery, like agreeing and amplifying, or laughing out loud, or just STFU with a bemused look on your face cause you actually don't give a shit enough to be bothered to respond. All displays of high value.

So I went from DEERING (worst thing you can do) in response to a shit test: every. fucking. time. to a natural, congruent mix of agreeing and amplifying, STFU, looking at her like she is a 6 year old performing what she thinks is the world's most complex ballet act, etc. And it just happens now. But it didn't before.

So the TL;DR response to the question is: yes.

88

UPVOTES

TRP Quarantined

Acerp321 · 27 September 2018 · Archived copy · Reddit

Reddit is actively hostile to those not following the narrative of political correctness these days. They are the enemy of those with their eyes wide open, I.e. those that have swallowed the pill.

Why the fuck haven't the mods migrated proactively over to a forum? Not exactly difficult to do.

They aren't going to stop with trp.

88

UPVOTES

I'm still single ... just married.

Red-Curious · 27 August 2018 · Archived copy · Reddit

I've written several posts and comments about divorce around here. It's literally my day job, so why not? But I think some people get the wrong idea about why I wrote many of those posts and comments in the first place. In most things I do, there's usually a bigger game that I'm working toward than the immediate context would let on. If you can take some general divorce wisdom out of those posts, great, but that's not why they're there.

Someone once asked in one of those posts: "Why are you posting this here? Doesn't this belong on [r/divorce](#)?" Here's the reason: I want men to position themselves in such a way that they are not manipulated in their marriages by the fear of divorce. It's not about helping guys through divorce; it's about helping guys stop being afraid of divorce so they can live in their own frame.

"The Marriage" Doesn't Exist

I'm currently writing a book for [r/RPChristians](#). There's scant little RP content for Christians, so I figure I'll contribute. Whatever. I was writing a section by the same name of this post and believe this is a broader issue than my own little niche of the manosphere.

"The marriage" doesn't exist. "The relationship" doesn't exist. There's you and her. That's it.

I was talking to someone about Negative Inquiry recently. His wife told him, "You never talk with me!" The NI response: "What's wrong with not talking with you?" Her answer: **Because that's what married people are supposed to do.** Do you see it?

Maybe not. Let's give a series of examples:

- "Marriage is about love"
- "Communication is the life blood of marriage"
- "Married people are supposed to ..."
- "I can't do ... because I'm married."
- "Marriage is hard work."
- "My marriage is wonderful/sucks."

See how these phrases personify "marriage" (or for singles: "the relationship") as its own entity? All of these examples aren't pointing to yourself or the other person as the one whose judgment you're trying to satisfy. So, when your wife says, "That's what married people are supposed to do," she really means, "That's what I want you to do" - but she's invoking "the marriage" as some higher authority than herself. Why? Because if she stopped her hamster for a second and recognized that she's only communicating her own personal preference, then that only puts her on an equal footing with you - her preference against yours, and that's not a good way to win an argument. No, she must invoke a higher authority - in this case, one that doesn't actually exist. But as long as she can keep you thinking it does, she can control you. She creates this third metaphysical concept, labels it "the marriage" and then says that you have to keep this non-existent entity happy or else ... and then the "or else" line is never finished in your subconscious, though we can always assume divorce is somewhere in the list. Does divorce scare you? More on that later.

Removing "The Marriage" From Your Frame

When a guy says the phrases above, it communicates to me that he isn't in his own frame. He is in the frame of "the

marriage." That's weird, because "the marriage" never spoke to me to tell me what it expected. It didn't write a book or post online. It doesn't put feelings in your heart to guide you. "The marriage" doesn't exist at all. Anything I learned about "marriage" is really from culture or other people. And if I let their definitions of "marriage" control what I think my "marriage" should look like, guess whose frame I'm living in!

In reality, any comments about "marriage" as its own entity can be boiled down to a series of "If ... then ..." clauses. Ignoring the merits of the phrases themselves, let's go back to each of the above and see what they're really trying to communicate.

- **"Marriage is about love."** What they're really saying is, **"IF** they want to remain together, **THEN** two people in a committed relationship should orient their lives around loving each other" ... and most likely there are a host of expectations on what it looks like to "love" someone. But why this particular IF/THEN in the first place? What if I want my marriage to be oriented around something else, like accomplishing my mission in life? Who's going to stop me? Who in this world is going to say I'm wrong for having a different purpose for my marriage than the next guy?
- **"Communication is the life blood of marriage."** In other words, **"IF** you want to enjoy being in a committed relationship, **THEN** you need to know how to communicate effectively." See how different this sounds? It's not, "I'm married, so I'd better learn how to communicate." It's, **"IF** I want a result, **THEN** I must do something to get that result." This re-wording also opens the door for challenging the concept in the first place: "Now that I think about it, is communication really what produces the result I'm looking for in the first place, or is it something else?" That's how your eyes start opening.
- **"Married people are supposed to ..."** I.e. "You have a moral obligation to act a certain way with and toward your spouse." Says who? This could also be re-written: **"IF** you don't do certain things, **THEN** you are not good at being a married person." If we take out the concept of "the marriage" and accept that we're just two people who have chosen to live around one another, then this really should read, **"IF** you want to get the benefits of the committed relationship, **THEN** certain behaviors are a good idea." That makes more sense, but isn't at all what the original phrase implies.
- **"I can't do ... because I'm married."** What they're thinking is, **"IF** I do ... **THEN** I will have a bad marriage." A bad marriage to who? Your neighbor? What they're really saying is, "People will think I have a bad marriage if I do ..." Now the frame issue becomes clearer.
- **"Marriage is hard work"** turns into **"IF** you want someone else to stay committed to you - and especially **IF** you want to enjoy their being committed to you - **THEN** you'll have to work hard."
- **"My marriage is wonderful/sucks"** ... isn't behaviorally oriented, so there's no IF/THEN clause, but to show a more descriptive statement, this becomes "I really enjoy/hate the fact that I'm committed to being around her and that she's committed to being around me."

I could elaborate more, but I assume you get the idea. There's you. There's her. There's ... nope, that's it. As soon as I bring "society" or "other people" or "the marriage" as a judge over how I should behave, it's no longer "my marriage" anyway.

I'm Still Single

If "the marriage" doesn't exist and is really a colloquial short hand for "in a committed relationship with legal enforcement," then things should change about how you perceive your obligations in the relationship. WISNIFG's Bill of Rights No. 4 says, "You have the right to change your mind." Okay, so the "committed relationship" part is moot, if we embrace this fully. Suddenly the "legal enforcement" part starts to matter. u/weakandsensitive once

explained his position on MRP v. TRP, saying, "I'm not pro-marriage; I'm anti-divorce rape," which opens the door for a unique discussion from what you'd see on TRP. If you can rightly escape the frame of "the marriage" and can minimize the impact of the legal enforcement of your commitment, then what's holding you back anymore from getting what you want out of life?

At that point, you can function independently as your own man. You can set your own goals and achieve them. For the Christians out there, this is why I believe Paul says in 1 Cor. 7, "Those with wives should live as though they had none" (though this requires more explanation, which I'll reserve for the book).

And here's the thing: I've found over and over and over again that women aren't attracted to "husbands" - at least not as that concept is generally understood in society today. Just as "the marriage" doesn't exist, the concept of being a "husband" doesn't either. That's a metaphysical concept or label that people throw around to impute a social stigma on how you should feel or behave. It's usually associated with, "A good husband is/does/should ..." By attaching a moral judgment on such phrases as "a good marriage" or "a good husband," there's an implicit imperative for you to live by the standard that follows or else you're "not good" - or worse: you're "bad." In reality, you're just not living up to someone else's preferences. To that end, if their standard of a "good/bad" husband/marriage/relationship doesn't produce the results that you want, then why not be a "bad husband" or have a "bad marriage" by the meta definition in order to accomplish your own goals? And ... ::GASP:: ... what if the other person in the relationship finds they actually like it more that way too?!?

Let me be abundantly clear: I'm **NOT** saying to **act like you're single**. I **AM** saying that if you remove the concept of "the marriage" or "the relationship" from your frame, **you are single**. When you said, "I do," there wasn't some new entity that was born or created called "the marriage," which you must forever try to appease. You're still you. [This is more nuanced for the Christians crowd, but I'll spare that conversation here, other than to say that instead of creating a new thing, when she enters your frame, she becomes part of you - not you becoming something different alongside her; just as we become part of Christ and Christ doesn't change to become something new when he married the Church.]

... Just Married

You're a single guy who entered into a contract that has three primary clauses (at least in my state):

- **Loyalty** - That you are aligning your interests such that what will be good for one will be good for the other and you will not unreasonably try to harm the interests of the other.
- **Support** - That you have something to contribute and will utilize that contribution in a way that works in tandem with the contributions of the other (ex. one contributes money-earning skills, the other contributes home-making skills).
- **Fidelity** - That you will not have sex with anyone else outside the marriage.

My state's "grounds for divorce" predominantly stem from different ways of violating one of these three contractual clauses. Although these are the operative "obligations" defined in my state's statutes, people don't get married because they want to subject themselves to these obligations. There's another IF/THEN concept at play, which is at least two-fold:

- "If you keep screwing me and doing other stuff I want you to do, then I will remain loyal, supportive, and faithful to you."
- Because of no-fault divorce: "Either of us can break the contract whenever we want, even if nobody violated the contract, and this triggers me giving you half of my stuff and income and you giving me half of your stuff and income." From there, whoever has more "stuff and income" is the loser.

Why would a guy want to subject himself to that type of legal contract? I can think of several reasons (ex. she has

more stuff/income), but that's beside the point of this post. The point is to recognize the "marriage contract" for what it is: a contract. It is not a new entity. It is not a god that acts as judge over you. It's a simple IF/THEN clause you sign with someone else that in the absence of a pre-nup subjects you to the default laws of the state you're in.

To that end, a contract isn't a moral obligation to the terms therein. You can still do whatever you want to do. It simply lays out a penalty for your failure to live up to the terms you agreed to. If you don't want to live up to those terms, then don't - and accept the penalty you signed onto. People do this all the time at law - breaking bad contracts because they are more advantaged to go in a different direction. Do you think two CEOs in a corporate joint venture think to themselves, "I know it's not in the agreement, but I should disadvantage my company's position and make our shareholders mad in order to appease our business partner ... you know, because that's what business partners are supposed to do." I know it's not a perfect parallel because marriage isn't quite like a business, but the point still stands.

Or if you find that the benefit you get from the contract is valuable enough to you, hold up your end and keep the contract alive and going. Just recognize that in the marriage contract the person with less "stuff and income" is under no obligation to fulfill their end, and if they decide to walk away, the person with more "stuff and income" still pays the same contractual penalty as if he were the one to have breached the contract, even if he did nothing wrong.

THRILL OF THE CHASE

I didn't mean to write this section, but it kind of rolled out as I was typing the application section, so I decided to make it its own thing. As I said before: women aren't attracted to husbands (at least the way society describes them). They're attracted to the single bachelor who had his life together before he met her - the guy who did what he wanted, when he wanted, because there were no social judgments compelling him toward a certain lifestyle. She's attracted to the guy who doesn't need her - who could walk away on a moment's notice if he felt like it, and probably be even better off than if he'd stayed.

But it goes deeper than that. Consider the old saying, "Women are the gatekeepers of sex; men are the gatekeepers of commitment." Now also consider how much women enjoy dating around. Let's be honest, **it's not because they're just as horny as men all the time**. Just as a man considers himself to have "conquered" or been "successful" with a woman when he's had sex with her, so also does a woman "conquer" or "succeed" with a man when she's managed to lock down his commitment. Just as a man mistakenly assumes that marriage ends the chase of his wife's sexuality, so also do women mistakenly assume that marriage should end the chase of their husband's commitment. And just as men are polygamous with their desire for sexual conquest, so also are women hypergamous with their commitment conquests, which is what prompts things like branch-swinging. After all, once you've climbed Denali, you just don't feel as satisfied climbing Pike's Peak. You set your sights on Mt. Everest.

But what would happen if she climbed Pike's Peak, then the next day found that some tectonic plates shifted and the mountain's now a few hundred feet taller and harder to climb? Well, now she can't say she's really locked down Pike's Peak. She's going to have to go at it again. What would happen if she locked down her man's commitment and got him to marry her, then she found out that his commitment wasn't as locked down as she once thought? Or what if she had his commitment, but found that there were other parts of his inner-most being that he was holding back - that he hadn't yet trusted her with yet? Surely she would find it a new challenge to get her man to commit even those parts to her, which he otherwise reserved for himself, which is why a man's attractiveness goes up as the woman finds more and more mysterious things about him. It's fun for her to chase after those things, persuading him to unlock them to her.

Just as men love the thrill of the chase of a woman's sexuality and will hop from woman to woman to get it, **in the same way, women love the thrill of the chase of a man's commitment and will hop from man to man to get it**. It's as much of a drug to them as the high a guy gets from all the sexual IOIs he gets from a new woman. When a

man views "the marriage" as a concept in itself, it puts a stop to the chase. It re-frames how men and women relate with each other into an entirely new paradigm focused on intangible standards that make the man and woman assume that "the chase" is over and there are bigger fish to fry. [For the Christian: does "the chase" of Christ stop as soon as you're saved?]

APPLICATION

The way I interact with my wife isn't oriented around "improving the marriage" or "being a good husband." From time to time, it may be convenient to use such shorthand, but looking back I see that this type of language does a serious disservice to any man who is already struggling to live in his own frame. The way I interact with my wife is oriented around meeting my goals. As I pursue my goals, I take a few steps forward. If my wife doesn't walk with me, she gets left behind. This shows her that my commitment is to my own purposes and not to her. That keeps the mountain growing. That keeps her chasing me - because she knows that somewhere along the way, as I keep walking forward she'll be left in the dust and my commitment to her will be little more than a silhouette in the horizon until she earns it back by catching up - and I reward her as she does so. This is fun for her and freeing for me.

Now, my goals aren't antagonistic toward my wife. I don't make it a point to make her miserable just to screw with her, as the blue pill objectors accuse. On the contrary, when I accept the fact that I am my own man, and I have sufficiently mitigated the risks of our "marriage contract" being broken, I am free to be the same guy she first fell in love with - the guy who had a mission that's more important than her, who had options, who didn't cave to social pressures and stigmas about what a "husband" or "marriage" should look like. That's the guy whose wife is constantly striving to help him, to please him, and to keep him committed and who is just as excited to do these things in the marriage as she was when they were dating. That's the guy whose wife is happy. More importantly: that's the guy who's happy.

88

UPVOTES

Henry Rollins on Iron

Bencousinwater · 22 September 2017 · Archived copy · Reddit

I found this a while back and it had a big impact on me. Enjoy guys. Might be a repost...but worth reposting.

IRON AND THE SOUL by Henry Rollins

I believe that the definition of definition is reinvention. To not be like your parents. To not be like your friends. To be yourself.

Completely.

When I was young I had no sense of myself. All I was, was a product of all the fear and humiliation I suffered. Fear of my parents. The humiliation of teachers calling me “garbage can” and telling me I’d be mowing lawns for a living. And the very real terror of my fellow students. I was threatened and beaten up for the color of my skin and my size. I was skinny and clumsy, and when others would tease me I didn’t run home crying, wondering why.

I knew all too well. I was there to be antagonized. In sports I was laughed at. A spaz. I was pretty good at boxing but only because the rage that filled my every waking moment made me wild and unpredictable. I fought with some strange fury. The other boys thought I was crazy.

I hated myself all the time.

As stupid as it seems now, I wanted to talk like them, dress like them, carry myself with the ease of knowing that I wasn’t going to get pounded in the hallway between classes. Years passed and I learned to keep it all inside. I only talked to a few boys in my grade. Other losers. Some of them are to this day the greatest people I have ever known. Hang out with a guy who has had his head flushed down a toilet a few times, treat him with respect, and you’ll find a faithful friend forever. But even with friends, school sucked. Teachers gave me hard time.

I didn’t think much of them either.

Then came Mr. Pepperman, my advisor. He was a powerfully built Vietnam veteran, and he was scary. No one ever talked out of turn in his class. Once one kid did and Mr. P. lifted him off the ground and pinned him to the black board. Mr. P. could see that I was in bad shape, and one Friday in October he asked me if I had ever worked out with weights. I told him no.

He told me that I was going to take some of the money that I had saved and buy a hundred pound set of weights at Sears. As I left his office, I started to think of things I would say to him on Monday when he asked about the weights that I was not going to buy. Still, it made me feel special. My father never really got that close to caring. On Saturday I bought the weights, but I couldn’t even drag them to my mom’s car. An attendant laughed at me as he put them on a dolly.

Monday came and I was called into Mr. P.’s office after school. He said that he was going to show me how to work out. He was going to put me on a program and start hitting me in the solar plexus in the hallway when I wasn’t looking. When I could take the punch we would know that we were getting somewhere. At no time was I to look at myself in the mirror or tell anyone at school what I was doing. In the gym he showed me ten basic exercises. I paid more attention than I ever did in any of my classes. I didn’t want to blow it. I went home that night and started right in.

Weeks passed, and every once in a while Mr. P. would give me a shot and drop me in the hallway, sending my books flying. The other students didn’t know what to think. More weeks passed, and I was steadily adding new weights to the bar. I could sense the power inside my body growing. I could feel it.

Right before Christmas break I was walking to class, and from out of nowhere Mr. Pepperman appeared and gave me a shot in the chest. I laughed and kept going. He said I could look at myself now. I got home and ran to the bathroom and pulled off my shirt. I saw a body, not just the shell that housed my stomach and my heart. My biceps

bulged. My chest had definition. I felt strong. It was the first time I can remember having a sense of myself. I had done something and no one could ever take it away.

You couldn't say shit to me.

It took me years to fully appreciate the value of the lessons I have learned from the Iron. I used to think that it was my adversary, that I was trying to lift that which does not want to be lifted. I was wrong. When the Iron doesn't want to come off the mat, it's the kindest thing it can do for you. If it flew up and went through the ceiling, it wouldn't teach you anything. That's the way the Iron talks to you. It tells you that the material you work with is that which you will come to resemble.

That which you work against will always work against you.

It wasn't until my late twenties that I learned that by working out I had given myself a great gift. I learned that nothing good comes without work and a certain amount of pain. When I finish a set that leaves me shaking, I know more about myself. When something gets bad, I know it can't be as bad as that workout.

I used to fight the pain, but recently this became clear to me: pain is not my enemy; it is my call to greatness. But when dealing with the Iron, one must be careful to interpret the pain correctly. Most injuries involving the Iron come from ego. I once spent a few weeks lifting weight that my body wasn't ready for and spent a few months not picking up anything heavier than a fork. Try to lift what you're not prepared to and the Iron will teach you a little lesson in restraint and self-control.

I have never met a truly strong person who didn't have self-respect. I think a lot of inwardly and outwardly directed contempt passes itself off as self-respect: the idea of raising yourself by stepping on someone's shoulders instead of doing it yourself. When I see guys working out for cosmetic reasons, I see vanity exposing them in the worst way, as cartoon characters, billboards for imbalance and insecurity. Strength reveals itself through character. It is the difference between bouncers who get off strong-arming people and Mr. Pepperman.

Muscle mass does not always equal strength. Strength is kindness and sensitivity. Strength is understanding that your power is both physical and emotional. That it comes from the body and the mind. And the heart.

Yukio Mishima said that he could not entertain the idea of romance if he was not strong. Romance is such a strong and overwhelming passion, a weakened body cannot sustain it for long. I have some of my most romantic thoughts when I am with the Iron. Once I was in love with a woman. I thought about her the most when the pain from a workout was racing through my body.

Everything in me wanted her. So much so that sex was only a fraction of my total desire. It was the single most intense love I have ever felt, but she lived far away and I didn't see her very often. Working out was a healthy way of dealing with the loneliness. To this day, when I work out I usually listen to ballads.

I prefer to work out alone.

It enables me to concentrate on the lessons that the Iron has for me. Learning about what you're made of is always time well spent, and I have found no better teacher. The Iron had taught me how to live. Life is capable of driving you out of your mind. The way it all comes down these days, it's some kind of miracle if you're not insane. People have become separated from their bodies. They are no longer whole.

I see them move from their offices to their cars and on to their suburban homes. They stress out constantly, they lose sleep, they eat badly. And they behave badly. Their egos run wild; they become motivated by that which will eventually give them a massive stroke. They need the Iron Mind.

Through the years, I have combined meditation, action, and the Iron into a single strength. I believe that when the body is strong, the mind thinks strong thoughts. Time spent away from the Iron makes my mind degenerate. I wallow in a thick depression. My body shuts down my mind.

The Iron is the best antidepressant I have ever found. There is no better way to fight weakness than with strength.

Once the mind and body have been awakened to their true potential, it's impossible to turn back.

The Iron never lies to you. You can walk outside and listen to all kinds of talk, get told that you're a god or a total bastard. The Iron will always kick you the real deal. The Iron is the great reference point, the all-knowing perspective giver. Always there like a beacon in the pitch black. I have found the Iron to be my greatest friend. It never freaks out on me, never runs. Friends may come and go. But two hundred pounds is always two hundred pounds.

<https://www.oldtimestrongman.com/articles/the-iron-by-henry-rollins/>

88

UPVOTES

[FR] Then and now - the difference a year or two makes.

Tway5676 · 21 August 2017 · Archived copy · Reddit

Throwaway due to poor OpSec in the past. I've been around for a while and she's aware of MRP but I'd prefer not to feed the hamster if I can avoid it.

My life has done a complete 180 in the last 1-2 years, due in no small part to the MRP philosophy. To put it all in context, me and wifey have been together roughly 15 years, married for half of it, with 3 kids (5, 4 and 2.5). Fortunately I was never a career beta - it was having children that made everything go sideways for me. I may not have bought into the "happy wife happy life" mentality of servitude but having no experience with children, I did let her take the lead when they arrived and that's when the trouble really started. Lots of fighting for a while - and I fought back hard, but it was just an angry version of DEERing. There was no universe where I would have remained married to her if something didn't give, but for the time being leaving was off the table because I didn't want to abandon the kids while they were so little. Somehow I ended up here, and it was the catalyst for everything that happened next.

For many the red pill is bitter one but for me it was refreshing. The truth behind it was immediately apparent. It took a huge weight off my shoulders because everything finally made sense. And then I got to work. Struggled with it at first and went a bit Rambo because I had internally shifted my mentality practically overnight. She eventually found out about this place, read all my posts and that precipitated a main event and many aftershocks - but because I wasn't a career beta any accusations that I was "faking it" or "following a script" were just met with a "shrug, if that's what helps you sleep at night." In either case, while fighting it on the surface she responded incredibly well over time, and it's gone far beyond the bedroom or my marriage - everything from my physique to my career has improved dramatically.

There was a recent situation that was the perfect demonstration of how night and day things are now compared to just a short while ago. Something that probably needs more emphasis to the new guys is how much your wife's behavior changes towards you when you man up - at first it's fight after fight and it feels like you'll be fighting an uphill battle for the rest of your life. The shit tests will never stop but they do ease up - it's not just you getting better at them. The part that I never fully recognized until recently is how much happier *she* clearly is now. Overtly she'd probably still say she wants no part of this MRP stuff, but her behavior speaks for itself. She's far less anxious and angry than before, we joke around like we're still dating, and it's like the discovery channel in the bedroom again. She was great in bed from the start so I've always known she's had it in her, but even just a year ago it felt like something that was lost and never coming back. I can only imagine how shocking it is to someone who's never seen what their woman is really capable of before.

But anyway, a few years ago we put new flooring in a room, and this year we did another - and the way they played out could not have been more different.

Back then: expecting that she'd fight me if she didn't like the choice, I just told her to pick it out. She begrudgingly picked a few from a website, I told her which one I liked, and of course she preferred another. Fight ensued - "why'd you even ask me then?" I say, and I tell her to just order whatever she wanted. The most expensive one of course (another fight), and I didn't care for it to begin with (but didn't say anything) - but I played along in the name of peace, even though the situation was anything but peaceful. When we received them she hated the color because it didn't match the pictures....and somehow that was my fault? Fight fight fight over literally everything, even though I was trying my hardest to avoid it.

Now: I ordered samples, decided there were only two I liked, and asked for her input. She didn't have a preference and didn't seem to want to think about it, so we left it there. I mulled it over for a day, then made a decision and ordered it online at work. She got a fraud alert on our CC - asked me if I knew anything about it, told her "yeah I ordered the flooring." Which prompted a solid shit test about how she didn't think the discussion was settled - I simply responded with "is there a problem?" She shot back "It doesn't matter to you anymore anyway, does it?"

Shrug and STFU, and instead of fuming and fighting about it. When we got back from work, it was like that little tiff never happened. That's one thing that still really takes me aback sometimes - how she can be shitty one moment, and standing my ground makes her visibly upset and ready to fight it out....and then moments later after not engaging, she's all smiles. Look at the difference already though - back then it was one fight after another and neither of us were happy, this year it was a single shitty moment that rolled off of me anyway, and we were both still in a good mood.

Back then: I asked her what she thought of the idea of us DIYing it together. She flipped out, saying I have no idea what I'm doing so why would I even suggest that, we don't have the time for it anyway, and told me to find an installer. I find a few installers on yelp, ask her what she thinks, she had a problem with all of them. She said to just go through Home Depot, I never questioned it, and we paid almost as much as the floor cost itself just to have it installed. I was furious inside about how much it all cost but I just wanted her to stop bitching and so I did exactly what she said she wanted. Even just picking the day to have it done was another fight - my constant deference to her was an attempt to please her because she always had a problem with everything....and yet she always found another problem. I was convinced she was just an impossible woman that refused to do anything but see the bad in the situation - I was utterly convinced it was all her fault.

Now: I told her I was going to DIY it. She asked if I knew what I was doing, and I just said "I'll figure it out." No argument back. I told her what day I was going to do it and I needed to focus with no kids around, and suggested she should take the kids to her parents house for the day. No argument, she made it happen.

Back then: The installers were late. Somehow that was my fault, she even blamed me for choosing them - even though she chose them! They took all day, disrupting our weekend plans, and when all was said and done it was a great job with a few minor flaws. She gave *me* so much shit over those minor little nitpicks even though I never touched a plank. She said she wished we never got it done and I flipped out. From start to finish I deferred to her on everything, yet somehow I was at fault for everything that went wrong!? Even though in the end it was an expensive floor, professionally installed and looked objectively great, it was a total shitshow from start to finish. Needless to say I didn't get any that night. Not like I've been getting any for months....and it would be dry starfish anyway.

Now: She took the kids to the in-laws, and I got to work early. I started pulling up the old floor and found out the hard way that it was a lot more work than I thought it would be, but I got it done. Knowing that I couldn't finish it all that day, I asked her if she could stay the night with the kids so I could work through. She said "I guess so" a little reluctantly, but said she needed sleepover stuff for the kids. I told her I needed to go to the store anyway, and that I'd bring clothes and pizza. Back then I probably would have even asked her which clothes to pick and what to get for dinner, and it would probably have been just another failed shit test - this year I just decided and she happily went along. I worked late into the night and through the next morning - and while I got it all done I made a lot of visible rookie mistakes. When she finally saw it, what was her reaction? "Looks great! I love it! Hmm...what's happened with that area in the corner though?" Told her how I didn't realize my mistake until far too late and I'd have to pull up the whole floor to fix it then "right" way, but that I'd find a solution. She said "Ok, I'll leave you to it...I really like it though!" I told her there was one last thing I needed to nail down on the floor, and I'll leave the rest to your imagination.

Overall - back then I deferred to her at every step, we fought at every step, and even though the finished product was objectively very good, it was a miserable experience for both of us and we both hated the end product because of it. This time I decisively acted from start to finish, we didn't fight at all despite it being twice as disruptive to our lives, and in the end, even though it was a less expensive floor and an objectively mediocre install and end product - both of us were stoked with how well everything turned out. Not to mention I'm a million times more satisfied with the floor because I built it with my own hands. The thing that made the difference was my mentality and how I approached the situation proactively, decisively and dominant instead of passively and deferential.

This is how much your life changes when you take charge of it. All of the bickering wasn't because she was an incorrigible harpy bitch, the dead bedroom wasn't because that's what's supposed to happen after marriage. The

reason you're not getting what you want out of life - it was you, all along. Even when stuff goes wrong how **you** approach it makes all the difference in the end. This is just one example but I could give 100 more. Life is generally awesome now. It's far from perfect but I'm no longer a victim to my circumstances, and I never will be ever again.

88

UPVOTES

Maintain MRP's Standard

TrainingTheBrain · 14 January 2016 · Archived copy · Reddit

The Mods decided to give me the juice. Most likely because I've been here from the beginning spending **way** too much time on this sub writing millions of words for my fellow Masculine Married Men. With that said, I've noticed a negative trend in how men deal with quality posts and comments.

Plugged in dudes (and hordes of BP users) get angry and down vote anything that they view to be outside their realm of comfort or comprehension.

Red Pill dudes will read a quality post and then apply it to their situation or they will mentally *chew* on it; looking at it from different angles, and coming to the conclusion that, *Yes, OP has a point and I agree or disagree with it*. They will then post their comment as to why they support or disagree with the post.

The issue here is that the **Vote** isn't a part of the equation. Masculine men aren't looking to 'give props' to other men, they are looking to 'talk' with them and share ideas. This is how it works in the 'real world' I understand that, and I'm sure most of you do as well. **But**, here on Reddit, that vote is the difference between good content being seen or it getting 'lost in the sauce'.

I am very liberal with my up and down vote for this exact reason and I'm asking that all subscribed users take this approach as well. Sometimes I feel gay for giving an upvote, but I recognize that it's the only way we can impact the quality of information that is being put out.

Whether it is a post or comment, the only means to maintaining the highest standard is to participate. It's kind of like voting in real life, you don't vote you can't complain that bullshit posts are on top and solid pieces of golden information are at the bottom. It's on us, the Moderators to ensure that the sub-par performers are removed and educated. It's on the entire community to collectively work together to ensure that the highest standard is maintained and that we set the bar from which excellence is measured.

We currently have 6,308 subscribers which is roughly 100 more than yesterday. /r/TRP has 138,011, /r/AskMRP 856, & /r/RedPillFatherhood 405. We are a small community, which means we have more control and more interaction between members. For those who have been here a while, I'm sure you can name 5 users off the top of your head that **aren't** Mods.

With all of this said, I will again ask that you upvote the information you feel is worthy of it, and down vote the information that sucks. If you're indifferent, then fuck it, don't vote. But remember, **we** are the deciding factors as to whether this sub becomes a wasteland or it sustains the level of performance and high standard of quality posts we've been able to maintain up to this point.

Acta, Non Verba,

Hunter

88

UPVOTES

The Autist's Formula for Tingles

CaptJohnLukeDiscard · 6 September 2019 · Archived copy · Reddit

Some of you guys are so damned nerdy that it makes even a spreadsheet-loving faggot like myself cringe awkwardly. So, because it's Friday and I'm better than you, I'm going to pander to your sperginess and make this easy for you to grasp. There is a very simple formula for generating true, lasting tingles. Get out your fountain pen, faggots, and start writing this shit down. Here is the formula with the variables on a 1-10 scale (obviously 1 being you guys and 10 being me).

Frame + Game + Attractiveness = Tingles

The higher your score, the better / hotter chick you can land. Simple, right?

There's one big catch. This formula is completely wrong because women aren't fucking robots. They are real people and real people have different preferences all the time. Some bitches like tall guys, others like taller guys. Some bitches like strong guys, others like stronger guys. Some bitches like rich guys, others like even richer guys. You get my point?

However, for the autists that need a formula, I'll allow my inner sperg to come out just a bit more. Write out your formula on a piece of paper. Maybe you would give yourself a 6 on frame (we both know it's a 3 but fuck it, it's Friday, stick with the 6 you lying cunt), a 2 on game, and a 6 on attractiveness (lol, you fatass). So you do some highly complex mathematical equations, jerk off to some hentai, and arrive back at a formula that looks like this:

$$6 + 2 + 6 = 14$$

Almost average, right? That's got to be good for something, right? Wrong. Go ahead and scratch those 6s out and round those bad boys down to 2. Now you have:

$$2 + 2 + 2 = 6.$$

That's more like it. That's why you can't get her wet. That's why she has a headache and thinks about her friend's husband when she starfishes you 1x a month.

Why? Because you are your weakest link. So replace your other two scores with your lowest score.

For example, If you have a 7 figure salary and have decent frame but shitty game, you will end up with a woman who throws pity fucks your way occasionally but is otherwise completely content to live an expensive lifestyle on your dime. You aren't generating tingles and you will eventually find your way in here or somewhere like this bitching about how she can't throw some passion fucks your way even though you threw a Mercedes her way.

Or maybe you have game and are attractive but have terrible frame and are a whiny bitch. You wonder why the marriage bed now is so damned starfishy compared to what it used to be. You are your weakest link.

This shit is not complicated. It's pretty damned simple actually. You want a woman who is fun to be around, fun to look at, and fun to fuck. You probably won't be satisfied with a chick that is a 2 in one of those categories. If she fucks like a champ, loves sports, but looks like Shrek, that's a hard pass. Now, if you are a piece of shit, maybe that's the best you can do. That's on you.

Similarly, women want a man who has frame, has game, and is attractive. You can exhibit a huge amount of control over the first two and a moderate amount of control over the last one.

So step your shit up. Get off the damned formulas. Stop getting lost in shit like "*durrr hurrr my bench is 180lbs, why won't she fuck me*" you weak, autistic faggot. She won't fuck you are about as worthless as a deflated kickball. You have the personality of a well-used sponge.

Think this shit isn't fair? It isn't. Life isn't fair. It never was. But you bitching about it not being fair simply retards your progress, retard, and makes it just a bit easier on the rest of us by you contributing to the lowering of standards

due to population means. So play the game correctly or get the fuck out, I don't care. But whinging and whining and making complex spreadsheets doesn't fucking help.

And just remember autists, the formula is simple.

Frame + Game + Attractiveness = Tingles... but you are your weakest link.

88

UPVOTES

FR - Mental Discipline program

HeckleandChide · 14 November 2020 · Archived copy · Reddit

Summary

I completed the 75 Hard program by Andy Frisella. The program is designed to develop good habits and mental discipline by routinely executing a series of events every day for 75 days straight. If you fail one aspect of one day, you restart the program.

Program Details

The daily tasks are: daily progress pic, two separate 45 minute workouts (one must be outside) of your choice, drink a gallon of plain water, 10+ pages of reading a physical self-development book, perfect adherence to a nutrition plan of your choice, and zero alcohol/drugs.

Why I Started

The COVID pandemic kicked me in the balls from a mental perspective and created a significant number of hardships professionally and personally. I found myself in a place I didn't like mentally and physically and decided to do something about it. I liked the structure of the program, the "restart if you fail at all" aspect, and the length.

Results

Significantly increased sense of mental control and well being.

Increased discipline in every area of my life.

Snug size 40 pants to easily fitting in size 34.

Starting Weight 253. Ending Weight 227.

Endurance is up significantly.

1RM strength is down 5% or so on squat/bench though I attribute that to its absence in my current training program more than anything. Hit lifetime deadlift PR on Day 75.

Significantly increased IOIs.

Hydrostatic BW testing of 13.7% at end. Did not test starting position.

Books & What *I* Got From Them

Atomic Habits - change your identity and your systems to change your life.

Mindset - treat everything in life as a skill that you can improve.

12 Rules for Life - carefully consider how you behave; it is who you are.

Thinking Fast and Slow - control both sides of the thought cycle to control your life.

Barking Up the Wrong Tree - hard work + cunning + nice = success.

Unfuck Yourself - anything you endure, you support and vote for.

My Methods

Tracking compliance: there's a free app that's very helpful for tracking the stuff each day.

Water: start early and preload as much as possible. Try to drink it all by 2p each day. Used a gallon metal jug for accuracy.

Workouts: one daily walk, usually with my dogs, and then a Strongman/Crossfit hybrid workout 5x a week. Walk 2x on weekends as my CNS is usually fried from Friday Strongman.

Reading: I read much more than 10 pages per day. The books were all excellent and I gained quite a bit from each.

Nutrition: I started the first 25 days with a 6-hour IF feed window. I didn't see the results I wanted so I switched to keto with near-zero carbs for the last 50 days. I ate as much as I felt I needed for training purposes.

Alcohol: I'm in sales and entertain quite a bit. No one gives a shit if you don't drink. That's just in your head.

Sleep/Recovery: got a Whoop band for sleep tracking to ID what helps me and to track recovery. The obvious answers were obvious: consistency, get it cold and dark in the room, screw like a caveman right before sleep, lots of melatonin, got a white noise maker, etc.

Mental Model Changes

I used to subconsciously think that self-discipline was a feeling. If only I could "get more disciplined" as though people just woke up "feeling" disciplined. I realized quickly that 'self-discipline' is really just a descriptor of past behavior. It's labeling the aggregation of their prior decisions and not much more.

I also used to focus on the cycle of Thoughts to Feelings to Actions. I'd watch motivational Youtube videos, hoping that would translate to me working harder in the gym or at work or wherever. I thought I needed to change my mindset to change my feelings to change my actions.

Now, I reverse the cycle. I just go straight to Actions. Why? Because your Actions are all that really matter. Plus, if you change your Actions, you will change your Feelings and your Thoughts. Your thoughts and feelings are far more easily influenced by your actions than the other way around. Want to feel good? Go for a walk. Want to think more clearly? Read a challenging book. Etc.

The little things, done consistently, are the big things. You are what you consistently do.

Link to Progress Picture Comparison

<https://imgur.com/a/xPkaRd9>

Next Steps

I'll start the next Phase in a few days. It's more of the same plus extra tasks each day. I like the structure of the program. For nutrition, I'm going to go with something very simple like g of protein per day. I need the nutrition aspect to accommodate a cut for a strongman competition plus day of and recovery afterwards. I am adding carbs back in for performance reasons.

I could say a hell of a lot more about any of this, especially the mental model changes, if anyone wants.

88

UPVOTES

Time to fuck...you have been warned

red-sfpplus · 29 April 2021 · Archived copy · Reddit

COVID is over. Its time to fuck and news flash - it wont be with you.

You dont say? Why is that Mr. Tren King?

Your wife or LTR sick and tired of looking at your ugly face. She is tired of not seeing her friends at spin class, at group fitness class and at Starbucks. And by friends, I dont mean of the female variety.

She is tired of looking at the back of your bald head, your fat overweight frame in your dirty shirt, shorts and crocs you wear while staring at your 49" curved monitor working from home every day because you have no life, and have built no desire over this time. Tired of looking at your cans of Bud Light and empty wrappers piled up just off screen.

Your wife is already planning her next girls day out. She is ready to spend your money again. She is happy to give you your fucking house to do your WFH Zoom calls in all day. Never once have you asked her to suck your dick under the desk while you are on video.

Never once have you left the house to keep the aura of mystery up. You are a mask wearing faggot who never built a home gym, hell you probably never went to the gym. But Red, you didnt build a gym. You damn right, but I also had 80# of excess muscle to worry about loosing before I look like you. I lost 10 in 6 weeks. You are not me. You are fat, boring and lazy.

Why now? Because every single woman I know, ex-girlfriends, girls from Starbucks. EVERY one of them is hitting me up right now. They all want to be fucked. Humble brag, IDGAF. Some of you need to hear this. 4 women in relationship could be mine by the end of the week.

They want to be fucked. HARD. You have made them so sick over the past year they dont even give a shit if you find out. They are sending their backup guys "kisses" emojis and asking when you can meet for lunch or dinner. They want taboo. They want an escape from the boring reality of society. They want to be thrown against a wall in the bathroom, tossed in the back of your truck or fucked against the building or on the park bench.

Texas is open. It is mingle heaven. But you, you might have time to save yourself.

Now, you need to start building the aura of mystery back. COVID has made you a fat, boring man. She can be a fat, boring woman and she will still get fucked. You do not have that luxury. If she doesnt want to fuck you, she knows no one else does either.

You wife is sick of you. SICK. Even if she loves you, she doesn't want to see your ugly face for a while.

8 hours a day you used to be gone. 8 hours a day she used to be gone. All that nice work clothes she has, she is dying to wear. She wants to put on makeup for someone, somewhere. Do her hair and feel pretty. She wants the drip of stranger validation back in her life. You are not making her feel special. Her pussy hasnt been wet in months.

You need to get in front of this. There is a correction coming and you can either be the guy who profits, or the guy who pays.

Immediately get to the gym. Get gone. Get the FUCK out of you house for 4-6 hours a day. Go to the gym at night to build separation. IDGAF if your state isnt open or not. Go to the fucking park. Start heading into your office 1 day a week. I am, Mondays. 8-5 just cause. Start planning formal lunch dates with your woman again. Get dressed up, fuck the taboo secretary.

You need to lay into this fantasy before someone else does. Every single working mother is dying to get back to the office to fuck her per-COVID AP. You better think long and hard about your actions over this time. This lockdown

bullshit kills affairs all over the planet. Affairs people want to get back to.

If your woman was at risk before, she is gone this time. As soon as the gloves come off she is going to be fucking anything she can. She fucking hates the sight of you. She is more pissed at COVID than you can imagine. And she is looking for payback.

You know who you are. You know if your girl is texting a guy like me.

Be the woman every man is hunting right now, or you will pay.

You have been warned.

88

UPVOTES

One year field report

dmk078 · 26 October 2023 · Archived copy · Reddit

One year field report of the MRP. Been here for a year and time to move on but on the way out going to give a field report of how things went. The wheels flew off two years ago when I got the I love you but I can't do this anymore and I need some time. She moved out and divorce papers came a week later. After a three month separation she moved back in and reconciled. Before she moved back in she admitted to going on a few dates during our separation but after figuring out shit didn't add up I went through her phone and found the worst case scenario. Not only did I find out how many other guys she slept with and what they did in detail but also how she felt about me. The point being I started from worse then fucked. I wanted to keep the family together blamed myself and wanted to live the Disney fantasy so I stayed. For the year following I tried to be the best beta. I worked less, help around the house more, took her on more vacations, went to counseling and basically gave into everything she told me she wanted, but something was still off. Sex went from once a month to once a week but I didn't feel any desire. It was like she was staying out of guilt and because I was doing everything, she told me she wanted. She was depressed and anxious and would tell me it was a mistake to come back.

A year ago I found the MRP here is how it went. Started with reading the sidebar and shortly after started lifting. Here is what I learned. The things that were game changers were frame, outcome independence, being attractive and having the skill to create attraction. You can read all you want and the info contained in the side bar is gold but you still have to implement it. There is a lot of faking it till you make it but if you don't fake it you won't make it. It takes a lot of trial and error to master passing shit test and as you change and the dread kicks in they will come with greater frequency. There was a lot of anger and hamstringing on my part. Lifting was probably more valuable mentally then it was physically. Nothing changes until you are in your frame and are outcome independent. It took hitting the nuke button and a main event for me to finally get there.

Today I have a pleasant non anxious non depressed wife that likes having sex with me. This is what worked for me. Before the MRP the stay plan was to give her whatever she wanted to try to make her happy. After the MRP the stay plan was the go plan. I was faking this at first but after enough faking it became natural. The bad thing was I was basically so fucked when I started it was laughable, the good thing was I had nothing to lose. With this nothing to lose attitude I eventually had no fear and living in my frame became easier over time. Over my 20 year marriage she threatened divorce regularly and I always gave into demands. The last time she threatened to leave I hit the nuke button and meant it. She had to beg me to stay instead of the other way around. This changed I the game and now I am the prize. Now she couldn't imagine living without me and I would be comfortable leaving.

I found this place after a google search on if your marriage can survive after infidelity. The prevailing advice on the MRP was no. This is how I eventually handled the situation. My hamster ran for a long time and when I was faking it I could put on a appearance that it didn't affect me but it did. Lifting helped a lot with this. If my hamster was running I just lifted until I was so tired my hamster gave up. I eventually became outcome independent and stopped giving a fuck. What if she left me, good I can go out and upgrade. What if she cheated again, good I now have free range to go spin plates. Can I trust her to not do that again no but who cares one door shuts another one opens. When I thought about the texts I read between her and other men the hamster would go into overdrive. I had a Madonna whore complex for quite a while. At some point I stopped putting her on a pedestal and made the decision to not worry about it and to make her my whore. I used to hamster about why did she do things with them that she never did with me. The honest answer is because I didn't ask out of fear and shame and she simply wasn't attracted to me. Without these barriers today I do whatever I want. I make her fulfill my fantasies and to my surprise she rarely says no.

My advice for guys that are as fucked as I once was. Decide what you want. Read the sidebar to give you the skill to go get that. Do the work until you achieve outcome independence and live in your frame. Adopt the nothing to lose mentality. On paper I do have a lot to lose. I have a mid 7 figure net worth and 4 kids. I could lose half of both. Although I would rather not lose half of both I would do it in a heartbeat if it meant going back to the way things

were before. None of that shit is worth anything if you aren't living the way you want. The funny thing is I probably have less risk of that happening now vs before.

87

UPVOTES

Be a Train, Not a Taxi

redpillrobert · 18 July 2018 · Archived copy · Reddit

"Be a train, not a taxi" is not a novel idea within red pill forums although you may not have heard that exact phrasing before. It basically means "plan, lead, and hold frame" but I used this metaphor long before I found TRP/MRP and I still find it helpful. It seems to root the idea a bit deeper in my psyche by making it more visual.

A train is not a taxi. It doesn't drive around town looking for passengers. It's got plenty already so it doesn't need you and doesn't have to bend over backwards for you. It doesn't ask you where you want to go. It tells you where it's going and lets you decide whether you want to go there or not.

And where is it going? Fun town. So if you don't go you damn well better have something better going on because this train is always a great time and you know it. And if you don't go, some other bitch will and will post pictures of her great time on Instagram and you'll hate your life. So you probably better go.

u/red-sfpplus summed it up perfectly on r/askmrp today in response to a question about extramarital dating:

You do not DATE. You live your awesome, fun life. You do activities YOU want to do, regardless of whether or not they want to show up. You start asking what they want, where they want to go, blah blah blah their pussy will dry up faster than west Texas in spring. I have played this game with my "wife" for our entire marriage. Always worked. Now I am doing it with 3 different women I have met in 3 weeks. And it still works. Every single time I pressure flip them, and every single time they rise to the occasion.

A common tenet of TRP is *"texting is for logistics."* U/red-sfpplus's advice here works out thusly when dealing with plates or potential plates: *"hey i'm going to (place/activity) on (day) at (time) with (whoever else is going, if anyone else is going). you wanna come?"*

If she says yes, you work out logistics. If she says she can't, and doesn't offer another day, you don't reply. If she does offer another day, let her know what you're doing that day and ask if she wants to come (same invite structure). If she says maybe, use a takeaway *"it sounds like you're not sure about your plans yet. let's just hang out another time"*

With a wife it's essentially the same, just a little more assertive/assumptive/bossy: *"hey we're going to (place/activity) on (day) at (time) with (whoever else is going, if anyone else is going). wear (whatever you want her to wear) and be ready by (whatever time you want her to be ready)."*

If she says ok, great. if she protests because you guys already had plans to do x,y,or z, consider altering the plan (if it pleases you to do so), if she protests because she simply doesn't want to use a takeaway: *"No problem you don't have to go, baby. I'll just go alone or see if (whoever you want) wants to go."*

If she's not ready on time and she frequently isn't, consider leaving without her.

You're a train, not a taxi. You have a plan. You're not dependent on or beholden to the plans of others. You can change your plan if a better one is presented of course--you don't have to be autistic about this just to feel in control--but this way you always get to do what you want to do (unless what you really want to do is whatever your wife/plate/friends/kids want to do, you directionless vagina).

This is an extremely attractive quality/ability/frame to have. What I love about it with plates or brand new girls I haven't gone out with yet is that, if they say no, they still know what I'll be doing on a particular day at a particular time, and that they're missing out. I've often gotten texts back from girls who had said no, but as the day/time approaches will say "hey are you still going to (x)?" FOMO kicks in and works in my favor.

(shameless brag alert)

Same with wives. Just yesterday I asked mine if she wanted to join me and this other girl for drinks and dancing

this Friday night. She said she didn't really like that particular girl and that I could go alone if I wanted. I just said "ok, cool" and then she asked where we were going. When I told her where and that we'd probably just grab a hotel downtown she quickly changed her mind and decided to come.

Women don't like sitting around KNOWING what you're doing and who you're doing it with, or wondering who you might meet when they aren't there to keep an eye on you. It drives them crazy. So drive them crazy. Have a plan. Communicate the plan and invite them along (except on boys nights). Whether wife, plate, or prospect, be emotionally unfazed by whether they come or not. Stick to the plan either way. You'll be glad you did.

87

UPVOTES

18 months in, first time reporting

Flynnjacklepappy · 31 May 2018 · Archived copy · Reddit

Info 40 years old, 6'1", 178 lbs, married 13 years, 2 boys: 16 & 13.

Physical Health I hit the gym 2-3 times a week for lifting. I work one area each visit: push, pull, legs, and core. I run 6-10 miles a week. I stretch for 25 minutes after all lifting days. I'm close to earning my blue belt in BJJ from training the last year. The same gym teaches kickboxing and I started that about 8 months ago and take an occasional MMA class as well. About a month ago I added yoga once a week to the training and I intermittently fast everyday for 16 hours. I started that 3 weeks ago and have lost 10 additional pounds. I completed an impromptu 36 hour fast last weekend. I think I'll end my fasting early on lifting days now that I'm closer to my target body image. The last little gut is the hardest to lose for me and I'm close to seeing all my abs, not just the top 4. My weight at 18 months back was 218 and I'm down to 178. I'm not sure what my body fat percentage is. I'm curious so I should get that checked. I have been on a strict keto diet for the entire process and I love it. I started testosterone injections one ago, half a CC once a week. I was at 246 and last check was at 740. Currently taking Vitamin D3, fish oil, and DIM for supplements. BCAAs during workouts. I got off the Wellbutrin last August and had a vasectomy in November. I competed in a BJJ tournament last fall and enjoyed it, 3rd place gi and 2nd place no gi. Planning another this summer, pre blue belt. I've talked about future training with my coaches for a potential MMA fight but that will require lots more time in the gym and I haven't even begun that process. I'm just not ruling it out as an option. It feels good to consider that I could be capable of doing that but honestly it could be crazy talk from an inexperienced and over ambitious white belt.

Reading I've completed reading on 10 of the sidebar books, NMMNG, WISNIFG, MMSLP, MAP, Saving a Low Sex Marriage, The Rational Male, The Way of the Superior Man, The Book of Pook, How to Win Friends and Influence People, and Do These Pants Make My Ass Look Fat. I'm currently reading 2 more, 48 Laws of Power and Day Bang. I am working Dread level 6-7.

Frame I don't know when it happened but when I stopped giving a shit about what she thought I was doing right or wrong I started making real progress internally. I stopped saying "I'm sorry" for all the little things I apologized for in the past and I own my shit when I make a mistake. I don't have a problem admitting fault and remaining confident about it. Funny thing is my wife now is the one who says "I'm sorry" for all the little things and she rarely apologized for anything before. I am getting better at not engaging her drama when it presents itself and the shit tests have decreased. I feel more comfortable guiding her out of her problems when they arise. Those situations would turn into a fight in the past when she couldn't trust my leadership and I see that now. I feel stronger and confident. I see a difference in the way others interact with me and I like it. I have become better at starting conversations with people and have little trouble opening and talking with more attractive females. I don't feel as intimidated. My quality of conversations with both sexes has improved where I don't feel like I'm trying to keep the interest level up just to keep talking. Most of my coworkers are men and I regularly get asked what I'm eating/doing in respect to my appearance. I have tried to direct so many guys to MRP and a couple may have actually started reading here. It has changed my life more than I could have imagined 18 months ago. I have changed my life. I feel inspired to help others see the light because it is all so simple and clear after some education. We took a trip to Colorado over spring break this year and had car trouble on the way. Then my youngest son, 13, broke his leg on the slopes. Through those 2 big issues we remained positive and kept on moving forward with our plans as they changed. A couple years ago that would have been devastating and I know it worked out because I kept my frame and handled everything strong. She even took notice on how we had a great vacation despite having setbacks.

Sex My sex life has improved, in quality and frequency, and I don't get frustrated when I hear "no" anymore, which isn't very often. I just vocalize to her that it will happen the next day and it usually does. The soft "no" is becoming easier to penetrate. Generally when she doesn't want sex she'll offer a hand job instead. She even has been wearing sexier clothes to bed in an attempt for me to initiate. Saw a thong on her for the first time in years twice lately.

Comfort Test I saw my first comfort test a couple weeks ago which signaled that my wife recognized my SMV is above hers and honestly it is way above hers now. I've known this for some time and haven't really cared if she noticed it or not. Which probably aided in prompting the insecurity and comfort test. I barely passed it because at first thought it was another shit test and started flunking. Being my first comfort test I had difficulty with the experience and didn't score 100 percent. I turned it around and eventually gained from the situation but it was a tough couple of days. She has shown interest in taking kickboxing classes and yoga with me so it's positive that she wants to get healthier. I offered to help modify her diet to keto and she seemed interested. She got off the IUD birth control in December and I see an improvement in her overall. It has been an adjustment with the addition of her having a monthly cycle but with some tracking I can adjust my Alpha to accommodate.

Owning My Shit I still struggle with maintaining my frame with my youngest son, 13. I'm trying out new consequences for his behavior and it's difficult to find one that works. I now have a much stronger relationship with my 16 year old and have started him on reading some Red Pill material. He seems interested and I reference all I have learned when we talk about girls and their behavior. I wish my dad had the educated advantage I now have. It would have been a great head start when I was 16. My oldest started BJJ 2 months ago and my youngest will too when he heals from the broken leg. I could benefit from increasing my male circle of friends and I'll make a better attempt to plan time with more of my coworkers and BJJ buddies. I sometimes make the mistake of telling my wife about work problems and I'm getting better at finding friends to talk about those things. I also talk too much with her about plans for my day or week with chores around the house and things I need to accomplish when I need to just shut up and act. She doesn't need to hear me think out loud about my decisions. My biggest help has been resetting every day. It is still difficult sometimes but I work that constantly. I also try to remember to be more attractive and less unattractive. At first glance this appeared to be silly and too simple but for me it has been great advice to follow. Thank you to all those who posted their personal stories and all the educators who shared their knowledge. It all started slow and I was optimistic about a plan for my future but results felt sluggish because I was judging my progress on my wife's actions in the beginning. I'm way past that now and I see the last year and a half as a major change slowly making my way to where I am today. I still have progress to make but it seems to get easier as it's just fine tuning and maintenance mostly instead of major life changes.

87

UPVOTES

Rollo Tomassi on the Joe Rogan Show?

Rollo-Tomassi · 30 December 2017 · Archived copy · Reddit

Announcement:

<https://therationalmale.com/2017/12/30/rollo-tomassi-on-joe-rogan/>

<https://www.youtube.com/watch?v=qygkxCKegI4>

Want to help me get on the Joe Rogan show? My good friend Richard Cooper – a guy I’ve done numerous podcasts with – has put together a video submission call out to anyone who’s had their lives changed by my work. Have a look at this video for the particulars, but basically Rich is asking for quick hit video testimonies from anyone who been impacted by my books or my blog. He plans to make a demo reel of sorts to present to the producers of the Joe Rogan show.

Richard attributes his Red Pill awakening to my books and blog and his appreciation is evident in almost every podcast he does. I got to meet Rich at the 21 Convention last September (after having been on his podcast and recommending him to Anthony Johnson) and we immediately hit it off. As most of my readers know I’m very careful about who I endorse or co-brand The Rational Male with, but Rich is one of the men I would gladly give props to. If you haven’t subscribed to his YouTube channel I’d suggest you do. All of his videos are short and to the point and I know my readers will get a lot of value from them.

That said, if you have a chance please make a short video testimonial about what my writing and true Red Pill awareness has done for you and pass it on to Richard. You can contact him via his channel, or just watch this short video for all the details.

87

UPVOTES

Deconditioning the wife who is disgusted at your touch - 10 Levels of Kino

Red-Curious · 12 October 2017 · Archived copy · Reddit

This post is not for the vets or people whose wives actually like sex when it happens. Some women are legitimately psychologically conditioned (by you) to be disgusted at the thought of any physical contact with you. This post is for you guys. Her reaction isn't just because you're a fat slob and she's afraid of getting lost in your rolls. It happens even to in-shape men. Primary cause? Being butthurt when sex doesn't go your way.

There was a time a few years back when I tried to initiate sex with my wife and it went horribly. Despite trying to go along with it, she gave enough subtle clues that I stopped and asked what was going on. "I'm just not attracted to you. You're too fat and the thought of having sex right now is really disgusting." She wasn't saying it in a mean way - she was just being honest, but you'd better believe that destroyed me inside. These "Ick! What's he doing?!" reactions had crept in not just during initiating sex, but any time I tried to touch her.

Why would holding her hand make her recoil? She learned over time that physical touch = "He wants sex." Because she thought sex with me was gross, that meant physical touch from me was gross too. I lived in this for 7 years with several periods of 6+ months with no sex at all, the longest being 18 months. That said, **THERE IS HOPE!**

PREREQUISITES

I'm not an idiot. At my worst, I weighed 275lbs. No matter how hard I tried, there's no way I was ever going to convince her that physical touch with an obese man would be desirable. Don't kid yourself on that point either. That said, to turn things around, I didn't have to be a male model either. Once you're in pretty good physical shape, you can begin your journey toward deconditioning the psychological scars you'd left behind on your spouse. "Pretty good physical shape" probably means both benching 185 and having under 20% body fat. These are incredibly easy benchmarks to hit. They are not the end of your physical fitness journey by any means, but they are prerequisites before starting this process. Try doing this before then and it may backfire. Don't say I didn't warn you.

It took me [EDITED] ~~less than~~ 2 4 months to go from 275 at 29% body fat down to 18% body fat *and another 2 months to drop to 15%* - and my bench went up from 160 (having not lifted in 5+ years) to 225 *in only 2 months*. That's nothing. You can do it. 2 more months in and I'm maxing the bench at 285 and at 15% BF.

The reason you need both is because just as much as 'fat' is unattractive, so is 'scrawny.' Don't be either.

LEVELS OF KINO

Anyway, once you've got a moderately acceptable body, here's the path I followed that healed the psychological scars I had given my wife about physical touch. She still has psychological scars from other people about sex itself, but that's a different story - my touch is now a source of pleasure to her - something to be desired and that she longs for, not something to be disgusted at.

LEVEL 1: Start by small acts of physical touch. Put your arm around her shoulder while watching TV. When asking her a quick question, put your hand on her upper-arm. When driving, pat or rub her thigh periodically. Most women receive it very well if you come up behind them while they're doing something and wrap your arms around them, sometimes even snuggling into their neck or kissing them on the neck. **DO THIS ONLY AT TIMES THAT SEX WOULD BE IMPOSSIBLE.**

- Don't do anything more than this for 2 weeks unless she initiates [remember, this is geared toward overcoming psychological conditioning, not just getting sex]. If she initiates: **NEVER TURN HER DOWN. EVER!** If you reject her, you're training her that initiating with you = pain (incidentally, the same thing she trained me to

believe, which is why I had given up on initiating for long periods of time). Even if she does initiate, don't skip any steps. After engaging in whatever activity she initiated with (making out, sex, holding hands, whatever), go right back to this path as if she had never initiated. Don't take it as an excuse to skip ahead. I tried skipping ahead at one point due to positive reactions and escalation from her making me think I was ready for the next level ahead and it backfired ... had to start over from scratch.

LEVEL 2: Start touching her out of a normal context, but still in relatively innocuous ways. Maybe you hold hands in public, but now you're going to hold her hand while sitting on your couch. Maybe you used to rub her leg in the car with a short smile, and now you're going to rub her leg while you're eating dinner. Again: *do this only at times that sex would be impossible*. This phase lasts another 2 weeks (psychological reconditioning takes time).

LEVEL 3: Implement the 10-second kiss. As above, during some time when sex would be impossible (ex. when you're leaving for work), instead of your normal peck on the cheek or lips, hold it and keep the kiss going for 10 seconds. For the first few attempts, she might pull away - don't force it, but put your hand on her cheek or the back of her neck if it helps encourage her to hold it (don't tell her what you're doing, though - just enjoy it for as long as it lasts). If you can only get her to 2 seconds, so be it. Eventually she'll get to 5, then 8, then 10. Once you have her at 10 seconds, do this at least once a day - go longer if you feel like it and she's willing. When you've got 10 seconds for 2 weeks, you're ready to proceed.

LEVEL 4: Add peripheral touching during the 10-second kisses. Now you're not just making out briefly or holding her head, you're putting your hands on her waist, maybe sliding them very slightly under her shirt - not trying to cop a feel of her chest, just trying to engage skin to skin on a part of her body that she doesn't normally feel skin contact (i.e. hands, face, legs, feet don't count - abs, butt, hamstring, back - live there). Do this for another 2 weeks - again, at times when sex is impossible.

- At this point you should never be touching her when you're alone in a room together with no other time commitments. The reason for this is because you need context (rather than you verbally) to explain to her that the touching is not associated with sex - it's just touching. That way she can actually enjoy it and not be afraid you're trying to initiate sex with her, which she is still psychologically conditioned to think is gross. At this point, you're only trying to de-grossify physical touch itself. By de-grossifying touch, you'll be 75% of the way toward de-grossifying sex as well. So, up to now you've only been touching when in the car, about to head out to work or an appointment or when she's about to leave, when you have friends over, when the kids are up and walking around, etc.
- If she's not responding well, camp out here. Backtrack if you need to. She should be responding positively before you move from one phase to the next.

LEVEL 5: If she is responding well, the next step is tricky: engage in overtly sexual behavior at times that sex is impossible, but where privacy exists. For example, when the kids are up and playing or when you're about to walk out the door - initiate the 10-second kiss and put your hands on her front torso/belly like before, but this time slide the tips of your fingers just beneath the waist line of her pants. It should be just enough to make it clear you're going further than before, but that you're not trying to initiate sex either. If your whole hand is down her pants, you've gone too far.

Your directive here is to show her your desire without having to say it - to make her *feel wanted* rather than just being told she's wanted ... but to do this with a lingering elipse "... to be continued." That sense of mystery is very attractive. "What would have happened if only ____ weren't standing in the way?" If she doesn't look for the sequel, at this point don't bring it up. If she initiates, wanting to finish what you started, go for it! Again, **NEVER REJECT HER!!** But at the same time, **your goal here is not to get sex; it's to recondition her psychology about physical touch.** If she thinks you're doing this just to get sex, that will undermine your greater goal. But if *she herself wants sex*, that's fine and you're free to engage.

LEVEL 6: Once you're able to accomplish level 5 in convenient settings and it's well-received (regardless of whether she asks to see the sequel), start doing it at inconvenient times. If you have company over for a meal, follow her into the pantry when she goes to get some food and start the 10-second kiss. She'll immediately backlash, but you continue. If she gives a hard no the second time, stop. If it's more an "I'm too embarrassed, what if we get caught?" with a blush, keep going. This is much easier when there's no one else around, but more exciting with the company example. Once the 10-second kiss lands, follow the same pattern as above - hands on torso, slide fingers slightly past the pants line. Let this phase percolate for a while.

People who don't understand the nature of the wife who is psychologically conditioned to be disgusted by physical touch won't understand this and will give me heat, but let me repeat: **DO NOT** escalate to sex yourself. If she does, go for it ... but always return to the plan right where you left off and don't skip any steps just because you think she's over her issues now.

LEVEL 7: By now you're ready for actual initiation at convenient times. Wait until there's a night when the kids are in bed, no major appointments in the morning, and no major life-stressors getting in the way. Plant your 10-second kiss, hand on her abs, fingers playing underneath her pants-line, then just pull her in close and say, "I want you." Her response doesn't matter unless it's a hard no. Your second phrase is always the same: "I seriously have to have you right now." If she does give you a hard no, respect it, smile back and say, "No worries, I'm not going to make you do anything you don't want to do," and then kiss her on the forehead to show her that you're not upset with her for rejecting you. Give her a long hug, make out for a few seconds - whatever you have to do to convince her that you're really okay with her rejection.

- Usually the hard no at your initiation in this phase is because she can't tell if you're still emotionally insecure about your sex life or not. If you are emotionally insecure and show it, she'll think that everything these past couple months has all been an act and it's not the real you. Because she doesn't want to get duped, you've then just lost a month of progress and she's once again convinced that any time sex is initiated it's a source of pain - don't reaffirm that conditioning you're trying to break. If you're not emotionally insecure about it, though, and you can convince her that you are truly okay with her rejection, then this will advance your cause of deconditioning the negative reaction to sexual initiation. She will realize that whether she wants sex or not, you're not going to blow up at her, so she can be free to express herself without fear of fostering resentment between the two of you. The key here: *don't be resentful!* That's on you. This is the beginning of deconditioning her negative psychological disposition toward sex even beyond physical touch on its own.

LEVEL 8: If she accepts your initiation, **you actually have to be good at sex.** It's got to be a mutual thing. If you're just trying to please her all the time and not interested in making her please you, this communicates that all that pent-up desire you've been communicating toward her is really fake - it's still so weak that you're repressing it and don't really need to let it out. But if you're purely acting on your own desire and not cultivating her arousal and climax (which is actually better for her than the first mistake), she's going to start seeing you as selfish and it'll affect other areas of your life, although she may want to keep trying in the hope that you'll learn how to please her now that you're actually showing desire for her. Ideally, you want to be balancing between your desire and hers. Personally, it works well for me that I just do whatever I want to do to her until I'm ready to peak, then stop myself and focus on her until I can calm down a bit, then I go at it for myself again until I'm about to blow ... then calm down again while I ramp her up. This both make her feel the full weight of my desire for her while not feeling neglected either - and that's the biggest turn-on for many women.

LEVEL 9: Once she's responding to initiations at convenient times 80%+, then move on to initiating even at inconvenient times, at your discretion and with wisdom. If she just got out of surgery, that's inconvenient, but wisdom says to maintain restraint, so restrain yourself. But if it's inconvenient because she's tired or has a headache or there's company in the room down the hall or there's an important meeting in the morning - be considerate, but don't back down. First, show her that you want her so bad that you'll overcome your own inconveniences to have her (i.e. when you're the one with the early appointment, or you're sore from working out, etc.). After that, work

toward letting your desire for her overpower her inconveniences too. I'm still working on this part of the process, but I've noticed that when I am successful here, the sex is much better than when it's convenient or when overcoming one of my own conveniences. This is probably for two reasons: (1) if she's going to do it at an inconvenient time, she wants to make it worth it, but more importantly, (2) because you're showing her that she's so desirable that you're willing to fight through obstacles she used to put in your way, and that makes her feel really, really, really good inside. You have now become the prince who has fought the dragon and won. Just be cautious for spotting the hard no when it comes. Don't be an idiot.

LEVEL 10: By now your physical touch should be an expected part of daily routine and something she legitimately desires. You can touch her in pretty much any way at any time and she'll enjoy it, although circumstance may still dictate her reaction from time to time. Putting your hand down her pants while you're at a coffee shop with some friends probably won't go over well. But do the same thing at a dark theater and who knows ... that former recoil may now turn into the bashful, "We might get caught!" which might turn into, "OMG, it's worth the risk." I was here at one point very early in my marriage, but long since lost it. So, I know she has the capacity to be there - I'm just trying to get it back.

All of this said, I have noticed that once my wife disassociated my physical touch from an expectation of sex, she became far more receptive toward my physical touch and accepted and enjoyed it freely. Incidentally, her enjoyment of my physical touch then starts to make her aroused, so she ends up wanting sex anyway - something that could only happen if she genuinely believed I wasn't trying to lead her own that road. At some point, that has since evolved even further to the point where she welcomes overt initiation - she now wants to know that I'm leading her toward sex. But don't miss that important disassociative phase, which is crucial in getting there.

In all of this, just remember to be patient. This whole process took me about 3 months with my wife - and I had the benefit of being in shape before it started working for me. Good luck.

87

UPVOTES

6 months in. This shit works.

FF0000_captain · 21 June 2017 · Archived copy · Reddit

What up fellas. I discovered this place 6 months ago, been lurking ever since while starting my own MAP. Figured it's about time I start contributing. So here's my story...

Been married for 3 years (together for 5) and always had a great relationship...high attraction to one another, lots of fun together, respectful to one another, good sex, all was well.

Then came baby and shit started going downhill. Sex was more and more infrequent, I was constantly butthurt about it, but nothing changed no matter how much I complained or communicated with her.

Then I found this place and it all clicked: I lost status as the alpha leader. My wife pretty much told me exactly this months prior to me discovering RP (during one of our fights about sex) - how I wasn't taking charge enough - I was just too blind to understand it at the time. But it was true.

After our baby arrived, my wife led the way and I deferred to her on almost everything. She now had two children to take care of, no shit she didn't want to fuck me!

My background: I've always been fairly fit physically, making over 6 figures in a great career, handling all finances since day 1. I've never had oneitis, and was spinning multiple plates when I met my wife. Dread is something that's always been overly abundant in my relationship, probably because my wife knows I've cheated in previous relationships; I just didn't have a word for it until now. So, mentally and physically, I wasn't in terrible shape starting out. I count my lucky stars for discovering this community before things got worse.

While I knew I had to start lifting more and get better at holding frame and being OI, one of my biggest priorities has been to regain my leadership status by simply being more proactive, engaged and decisive. I knew I couldn't lead with the baby 100%, but I could step up my leadership qualities in every other area as a husband and a father. So, for example, if she asks "what should we have for dinner?", no more "I don't care" bullshit responses from me. No more waiting for her to ask me to fix something, either. It was time to man up by doing and answering everything like a man who knows what he wants. That's the simple frame I gave myself and try to stay within at all times now. Easier said than done, I know.

Anyway, I've had plenty of ups and downs over the last six months, but the point is: this shit works, if you put in the work.

Here's a brief overview of some of the successes I've seen:

- Sex has increased from 1-2 times a week on average to more like 3-4 times per week or more.
- Quality of sex has improved dramatically. Ass play is now a staple, whereas before RP it was never even on the menu. She's never been open to anything other than traditional foreplay and PiV; yet just this week she admitted how much she loves it when I DP her. Yes this is a humblebrag...it's only a matter of time before full on anal happens. (Thanks SGM!)
- I'm also way less butthurt after getting rejected. I'm still not all the way there, but my anger and frustration has subsided significantly. After putting it toward lifting weights in the gym for months, these resentful feelings just seem to have evaporated. I find myself NEEDING sex way less now. I'm not sure why, but it just doesn't matter as much to me anymore.
- I'm finally slipping into the Amused Mastery mindset now that the sidebar material is coming more naturally. I'm able to spot a shit test from a mile away, and don't panic and overthink my responses as much as I used to. They just amuse me now more than anything else. Whereas 6 months ago, any attempts at AA usually blew up in my face, probably because I was coming from a place of anger. And she could tell.

The biggest fuck ups I've made have been:

1. accidentally letting her discover fight club by leaving RP content open on my phone
2. DEERING like a bitch when confronted about the "toxic" and "misogynistic" stuff I'm reading. When this happened, I basically explained that I'm reading anything I can to become a better man (for her). She knew enough about RP already to not look into it further, and thankfully leans toward traditional gender roles anyway. If you have a woman that is particularly prideful and full of fem-power, I can see how this would be a complete disaster...but for me, it didn't seem to affect my progress too much. I wasn't going to let something silly like this derail me and I basically told her to "let me know if you don't like how I'm acting and we'll talk about it, but I will read whatever I please." I made sure not to go Rambo, and she hasn't complained or brought it up since...but YMMV.

All that said, I've still got a lot to improve on. I find myself DEERING every now and then when I shouldn't, and my frame is still more fragile than I'd like. If she's being shitty, it can make me act shitty too. I try to prevent this by always being fun and flirty, which totally works at getting her to relax and lighten up, but sometimes I just don't have the energy.

But I also realize there is no "end"...you are always working on yourself, and the moment you think you've made it is the moment you start to backslide. So fucks ups be damned. They're going to happen. The main point though is to make sure if you fail, you fail forward. Take every fuck up as a lesson and a step toward fewer fuck ups and you'll be fine. Don't dwell or obsess over them, bc in the grand scheme of things, they don't mean shit.

So yeah. That's me in a nutshell.

87

UPVOTES

Found MRP? You do you - or why you don't have "frame".

HornsOfApathy · 29 December 2020 · Archived copy · Reddit

All this shit that you're trying to do - sidebar, pass shit tests, learn about how you're one day going to be a former nice guy, or the fact that the babysitter is pregnant.... none of this shit matters. Unless you do you.

Running some day game and getting a number. Or, if you're at the gym, just learning how to squat and wondering why a plate seems like it's far off in the distance... none of that shit matters. Unless you do you.

And one day when you've got your shit mostly figured out, can regularly lift what it is you want to lift, and that sends shockwaves of good feelz in your life about how you feel about yourself.... none of that shit matters. Unless you do you.

Unless you work - not meaning the machine actually *doing work* - but the sum of all it's parts, firing in order, to a wonderful cadence conducted by YOU... can you rationally make decisions about all that other shit going on in your life. None of that shit matters except you right now. **Because you're not you. You are not the man you want or will be.** You're some shell of a man masquerading like a retard on the outside pretending to be a man. You don't even know who you are beyond that layer of bullshit. And you certainly don't know what you fucking like or dislike beyond it.

You do not work *towards* being you. This is what we call "frame". You either have it (you), or you don't. You must do you.

You don't know who you are, dude, and that means you have NO frame.

How the FUCK do you care about anything else but that?

You, in fact, have no idea how to fuck a woman. But you come here to find out how to turn her into a submissive sex-machine who will suck your cock three times a day and beg for you to cum in her pussy at night. That's what you wanted - for your wife to fuck you, and like it.

Every single man that came through MRP and figured it out learned that none of that shit mattered. He knew that eventually becoming the man internally that he knew himself capable of being - and working always towards it celebrating the wins along the way - that was a man that would be fucked by a woman like that. Because if he was internally capable, he was externally capable.

This is what the pickup world called "Inner Game". You have zero. But that's ok. That's what us guys at MRP like to trade notes about here a lot. Or at the very least make fun of other retards.

So stop worrying about how you're fucking her, when you're going to fuck her, or if you will ever fuck her again. It doesn't fucking matter. Not anymore. None of it matters. Unless you do you.

87

UPVOTES

Hysteric Bonding

RStonePT · 11 February 2021 · Archived copy · Reddit

I've been going back into the basics, stuff from years back. Something I haven't seen in the subreddit in a while was the idea of hysteric bonding.

A girl, for whatever reason, decides to make a decision in her self interest and against yours. Usually it's cheating in hopes of potential hubby #2. A few guys noticed, usually when the divorce proceedings were not going according to her plan, or when beau 2.0 didn't actually stick around, that the girl starts talking about 'mistakes were made, want to work it out?' and then some of the best sex of their relationship.

It turns out anxiety and loss aversion are nature's aphrodisiac. It's the same idea as to why the main event exists, why dread game can be remarkably effective, and FOMO are standard game concepts. Dr. David Bus talks about the massive amount of sexual motivations women have in 'Why women have Sex' (a great book if you haven't read it) and this is one of them. No one really talks about it though. Women don't like the idea of their sexuality being their own agency on the world, and most guys are too ego invested to see the motivations. It's much easier to let ego tell him 'she realized she fucks up and really knows what she's missing now!'

Anyways, if you're a guy who has been through a relationship ending amount of bullshit from a wife or girlfriend, then suddenly hot sex and super loving behavior comes in a few weeks later, chances are it's hysteric bonding manifesting. It's nothing you did, and it's gotten a lot of guys to accept taking back a horrible deal. If I can find it I'm trying to find this field report from the guy who was divorcing his wife, and had her give him a start to finish blowjob in his lawyers office. I remember his quote pretty specifically "At any point in the last ten years this is all she had to do to keep our marriage working, and she chose now, that the signature is all that's left?"

That and he let her finish, signed the papers, moved on with his life. If anyone has it, please share the link below, it's a damned wonderful field report.

I hope /u/alphabet49 is still around, he was the one who first put me onto this years back.

If you aren't a reader you can just listen

87

UPVOTES

A high value man's guide to dread with a First Officer

HornsOfApathy · 25 March 2021 · Archived copy · Reddit

With some years passing since it was first written, we all know the best [dancing monkey attraction improvement program](#) (by [u/man_in_the_world](#)) is the [12 levels of Dread](#). I'll presume that if you're at this point we're talking about today, you understand that while the 12 levels are a [huge covert contract](#) (by [u/tyred_big gums](#)) for even the above average retard, it is the best framework that we have for the idiots that bumble into this corner of the internet we call MRP.

The entire goal for a guy working through the dread levels, to him while in the middle of it, is to generate enough dread over the course of time to manipulate his woman into believing he is a man worth fucking and following... but mostly fucking. Somewhere along the way - usually after the 6 month mark, he starts to believe these things for himself, about himself, and the covert contract is quickly exposed for most. He can then congruently "run through the dread levels" and pretty much skip the FMOFY retard speech. It is here the framework of the entire 12 levels of dread split into smithereens of gayness. And if that model *doesn't* break down at that time... you'll likely be a retarded professor giving a speech from his basement in a 17 year old polo shirt, wooden podium holding a microphone from the dawn of the internet, and still looking like you don't lift telling other men IT WORKS!

So today I want to write to the current you or future you that just had a main-event, or maybe not - but your First Officer finally understood the dynamic that you've set and is aboard your ship. The 12 LoD broke the fuck down into a worthless pile of shit. You're walking around with big dick energy, have learned completely what true OI feels and looks like within you, and have naturally high levels of DNGAF. You've probably become one of the 5% success stories we see here at MRP where men actually turn their lives around and are joyful. Congratulations. You're captain of the USS McBigDick and have the appropriate flair.

You've got a first officer (who probably needs some work, training, and is woefully behind) who will do *anything* to keep her role that adds value to your life, and does so because she's with a HVM who she *wants* to do these things for now. This is what dread *is supposed to do*. This is what Jack10 described as "passive dread". If it's not doing that, you're not there yet and should skip this guide until later.

When the scales tipped finally in the power dynamics for me, it was pretty awesome. Lots of sloppy blowjobs, doing whatever I wanted to her sexually... basically being treated like the fucking Captain who came home from years stranded at sea. Having a woman there wanting and willing to do anything for me just so she could be part of my life? And she's pretty hot? Well fuck! Sign me the fuck up.

The HVM's dread mistake:

Most men fall into this pattern when they have a willing FO:

1. Her actions (not words) aren't good enough. You point it out, and point out her ego about it.
2. She is upset about it.
3. Her ego accepts it is true.
4. Comfort seeks so she can get leadership.
5. You provide leadership on what you want.
6. PRAISE those new behaviors in unique ways. Return to step 1.

Here is an average example:

1. "You rarely get dinner ready at 6pm. You're a bad wife. This doesn't add value to my life. Fix it, and figure out why you aren't capable of doing this" (or else she'll naturally be dreaded).
2. Woman cries, gets sad.
3. Woman uses logic: He isn't happy. I want to make him happy. He is right. I don't like dread.
4. Woman comes to you saying sorry, in form of a comfort-test. You pass the comfort test.
5. You guide her by saying you want dinner served at 6pm everyday because XYZ. You let her know that by having dinner ready at 6pm, it allows you to take care of other things you need to take care of, and she would add great value to your life having dinner ready on time.
6. She serves dinner more regularly at 6pm for a week straight, you take her upstairs and ravish her body like a man would. She feels great. Doesn't matter; got dinner.

A matter of fact, I've advocated for this approach for a long time to guys who were trying to unfuck their lives in the intermediate stages of MRP. It works. But it does NOT work for a high value man. It instills too much dread, as I will explain later.

Here is another example, made famous by [/u/red-sfpplus](#), and usually applies to men spinning plates or who have an extreme DNGAF attitude and hate comfort tests:

1. "You rarely get dinner ready at 6pm. You're a bad wife. This doesn't add value to my life. Fix it, and figure out why you aren't capable of doing this" (or else she'll naturally be dreaded).
2. Woman cries, gets sad.
3. Woman uses logic: He isn't happy. I want to make him happy. He is right. I don't like dread.
4. Woman comes to you saying sorry, in form of a comfort-test. You tell her to fuck off and get her shit together. "bitch, my presence is enough for your comfort test. Stfu and figure it out." Fuck her so she'll shut the fuck up, making her feel valuable again temporarily. She remembers quickly what happened in step #1, and then goes straight to step #5 carry the original burden of Step #1 also.
5. Absence of leadership from her Captain creates MORE dread.
6. Woman goes fucking bonkers and now you *have* no choice but to dump her ass - or pass the comfort test, give leadership again on issue #1 & 5, praise both of them.

I never advocated this model. It is in the absence of leadership in #5 at this point THAT instills dread as well. "Where's the fucking Captain? Why isn't he telling me what to do? How can I add value to his life?" are some of the questions the female hamster asks. So when [/u/red-sfpplus](#) is running around slaying fitchicks with a clit that looks like Chyna, and doing his own shit not giving a fuck to an extreme, his comfort tests are twice as fucking difficult to deal with in the first place.

But guys, I'm here to tell you a secret. You can skip all of that bullshit above if you follow this guide below.

The High Value Man's Guide to Dread

Step 1: You provide leadership on what you want and what adds value to your life.

Step 2: Praise those new behaviors in unique ways.

Step 3: Profit and return to Step 1.

Wait. It looks like I just removed steps 1-4 above and just went straight to step 5, doesn't it?

How does that instill any dread from the 12 steps of dread to get her to behave?

It doesn't.

*It's not your job to **make** her behave.*

And that's what I'm here to tell you dudes. When you get to be a high value man in this world... you're *rare*. You're the prize and both of you know it. In a way your woman has taken her own redpill and admitted to her ego that to keep a HVM, she must add value. And by providing her leadership on what those things valuable things are, you are giving her a path through any **potential hamster dread maze** she encounters or creates herself. That's literally fucking it. You show her the exit sign at all times.

But what if she *doesn't* follow your leadership on what you want in the first step? My question is: Why do you care? Shouldn't she be the one caring (dreading) if she's meeting your requirements for a relationship if you're the prize? But wait... didn't you tell her exactly how to stop the **natural** dread and escape the maze?

The Natural Dread Hamster Maze

This is what Jack10 described as "passive dread". I think the term "natural dread" is more applicable because it implies that it is indeed natural for you as a man and not officially "dread". HVM create natural dread.... naturally and unintentionally.

Along my journey I discovered that the "used to be alpha" meme is actually true for most guys who come here to MRP. Even I had this mental model at first but when I peeled back the ego onion I realized it was because I was never a HVM before. I was a *good* man, but not a *great* one. And so, when I married my wife she also married the potential for me to become a HVM.

But she had NEVER been with a HVM before. If she had, she'd be married to him and not me, or she was too low value to snatch him. Either way - she had never experienced being in a relationship with a HVM.

Most women have zero idea how to deal with a high value man, but most critically, emotionally deal with him. The best requires her best. My wife was certainly never ever prepared for this level of effort, and so she begins to question her self worth and value (dread) naturally because... holy shit. Look at this *man I have on my hands*.

And this is what women understand that makes **natural dread** weird as shit to deal with as a HVM. HVM are

delicately threading the needle often of giving her relief from natural dread (through leadership and reward) which is mistaken by others as giving "too many fucks". To those MRP up and comers, it seems like supplicant behavior, so the vets around here don't talk about it much. But we understand the necessity to check in occasionally on those feelz (within our frame). She wouldn't want to say overtly something to upset her HVM when the focus should be on him.... so you poke a little using some techniques. Are those feelz doing well? Ok? Moving on. I like to think that a HVM genuinely cares about everyone in his crew and this becomes a necessity to the HVM with a busy and abundant life.

Otherwise it consumes too much of his time from *not* leading in this area. This is a side effect of the example given here about [/u/red-sfpplus](#)

This is not bluepill bullshit about catering to a relationship. The relationship is STILL her job. You just set the boundaries of it and tell her, do with her, or do TO her what you like, then just let her know in whatever way you want that you were congruently pleased with her value.

If you can manage to thread this needle with this simple plan, your life becomes a cycle of gifting leadership and praising the gains your woman makes which amplify yours. The feminine grows through praise.

So why the simplified plan and telling the 12 levels of Dread to Fuck Off?

Because it doesn't work for a HVM. Nowhere in the 12 LoD does it indicate you should be leading your woman to add value to your life. And if there is anything I've learned in my journey here at MRP that has become an iron rule for me it's this: *The feminine grows through praise.*

I have previously given you my mental model of how I began **converting dread into desire**. And despite that effort, I have discovered that there still remains a natural level of dread that is in some cases too much for the average woman to handle without leadership of how to exit the maze. Your woman was never led or taught how to handle a man like you, and in fact they were told the opposite - just like you believed in the bluepill.

I have now given you my mental model of how to convert any remaining dread into a desire *for leadership*. As a man one of your greatest gifts to a woman is your leadership and clarity to cut through the bullshit and get straight to the "heart" of the matter.

Plus, it allows you to skip all those hysterical crying messes that are secretly veiled as comfort tests for leadership anyways.

Embracing your gift fearlessly is all that you need to do.

86

UPVOTES

The cruise. A field report.

witnessthenomorebp · 27 October 2018 · Archived copy · Reddit

The cruise.

This is long for a reason fuckers. It's because I loved doing it and it made a difference.

I went a little Rambo on our last vacation but it was awesome. I made the reservations for the cruise about 2 months after finding MRP. We were going to celebrate our anniversary and I made all the plans and basically told my wife to be ready. Of note is that my wife is a solid 9 which makes this MRP shit very difficult.

I made up my mind to hit the ship like George Clooney playing Frank Sinatra in a movie about a cruise ship. And I kept that attitude for 90% is the trip. Flew into Miami and got the Uber to the hotel in North Beach instead of foundering around. Got a recommendation for a restaurant and the first story worth mentioning begins.

Got to the restaurant and waitress is a Hb9 from Eastern Europe. Order for my wife (new thing and she likes it after she tells me what she wants) Flirt a little and when the wife goes to the bathroom ask her if she is on Facebook while handing her my phone. She friends me up and we talk. Wife comes back and wants another beer. Stop the server and while asking her for the drink decide to use some Kino and put my hand on her hip. She fucking leans in instead of moving away. When she turns to leave reach out and touch her other hip to stop her and order another drink for me. When she left my wife tells me, "If you ever touch another woman like that again I'll stab you.". I laugh it off and she laughs too.

Later back to the room, throw her on the bed and tell her it's happening. She offers the token last minute resistance and then demands I close the curtains because the adjacent balconies could see in. I do it because I want to fuck. I get her off but can't myself due to the whiskey dick so I stop. She goes to the bathroom and I put on underwear and go out to the balcony. It's 1am and we are on the 9th floor right on the beach. She comes out after going to the bathroom in a silk baby doll nighty I got her for the trip. Eventually comes over to me and I put her hands in the railing before railing her from behind, pulling the negligee up around her neck the whole time. I should mention there was someone smoking 3 balconies down, could only see their hand moving out around the half wall. So, dread got the close the curtain girl to fuck me on the balcony while I lifted her negligee around her neck. Interesting.

Next day got us from hotel to harbor and on the boat without any hesitation or asking for directions etc. Made it a point to learn all the serving staff names as well as two of the bartenders. Each night checked the schedule for the next day and programmed it into my phone the night so I had our schedule planned all day long. Obviously the food was good but I made sure we never ate at the buffet and of course my luggage was packed with my new wardrobe so we can dress up every night and go to dinner.

Next incident of note.

The first night we went to the dance club and my wife is not much of a dancer after about three songs but while we were dancing two smoke show blondes who were about 25 years old came and danced with each other next to us before my wife sat down. Then they proceeded to dance with me. Wife was shooting me some dirty looks but I just laugh back. Talk to them and find out where they are from and introduce my wife. We had some more drinks and then my wife said she was tired as well as being pretty drunk. I tucked her into bed after making sure I took care of my needs first. I basically had my way with her every night on this cruise except for one which is very unusual. I told her I would bring her up some food and went back down to the restaurant and of course ran into the two blondes with some of their friends and ended up eating with them. By the end of that meal I had to tell them to stop because I was old enough to be their dad. So now my name for the rest of the cruise was Daddy or Papi.

Next day I participate in the sexy legs connect at the adult pool. Fuck around and use a fake Aussie accent and tell the cruise coordinator my name is Shaun and the women go batshit. My wife is hating it and loving it, laughing and all the women around her giving her the feelz. Later that night and throughout the cruise people are shouting Australia! and Shaun! and waving. They are recognizing my wife in the lounges etc. even when she is without me.

She was loving it. We basically are involved in every on boat game show, karaoke, and contest at my direction. By day three, tons of people are stopping us to chat and buying us drinks.

I made sure we dressed up for every dinner. After dinner on night too we were walking to the casino and I can see the two blondes further on down the aisle. We make eye contact and one of them jumps up pulling the other by hand and starts to walk towards us. The second one gives a very loud "Daddy!". As we continue walking towards them my wife looks at me with more than a little anger and ask me, "Did she just fucking call you Daddy?". I just laughed and shrugged and introduced her to both of them by name again. I was able to maintain frame and AA through the small tantrum that followed. Of course that night was a tornado of fire in the sack.

Mind you there are five thousand people on this boat, but we can call about 20 of them by name and are hanging out with a multitude of groups. My wife's having a blast and looking to me for what to do next. There's a comedy show in the big theater in the front of the boat on night four which we attend. Right before the show starts I get up to go take a piss I have to walk the length of the whole theater because we always sit on the front row for comedy. It's a lot more fun because the comedian's give you the most shit.

As I'm walking back down the stairs of the theater I catch a glimpse of those two 25 year-old blondes sitting directly in the center of the theater. This theater holds about five to six hundred people and the comedians just walking out onto the stage. One of the girls stands up and yell, "Papi, come sit with us!". I have to admit even I cringed a little bit inside but didn't react I just waved. My wife's head spun around like the Exorcist on speed and she glares at those girls before she found me. Of course everybody else is looking at the girls and then looking at me including the comedian. Now as I walk across the aisle on the front row I am a target for him and he recognizes me as fucking Shaun. He did about a minute on me and the girls wanting me to sit with them, calling me out and how you could show that night's movie across my back and that I must lift Etc. It was all complementary stuff which got good laughs. When I sat down next to my wife he talked to her for a few seconds from the stage and then got to the show. She was loving the attention and hating those "fucking thots". But that's what I wanted.

And now to the last night of the cruise, the reason I'm posting this FR in the first place after posting about this the other night in ask MRP. My wife dances and drinks and gambles all night with me. Shit has been going awesome the whole cruise. She doesn't ever stay up too late at home or on vacation because she gets tired and so I put her to bed with a good fucking and tell her I'm going back down to the casino to smoke and will bring back some food for her in case she is still awake.

Go downstairs to the casino and run into the hotter of the two little blondes. Obviously I had been running into them the whole cruise and using Kino etc. to play with them. She tells me she has something for me but left it in her cabin and we should go get it. I tell her I will hang in the casino and wait for her. She asks where my wife is and I tell her in bed again. She asks if I "put her to sleep" and I ensured her that I certainly had. Then she broke out the big gun that caught me off guard, "Come upstairs, I want to suck your wife off of you."

I was torn at this point because I'm trying to stay in this marriage and don't want to spin plates, because I know the risk involved and I'm not willing to accept it yet. I just shook my head and laughed made sure I told her thanks but I was going to go back upstairs, and left. This whole trip and encounter sure certainly changed my abundance mentality perspective.

Now that we're back at home and it's been several months I am still fighting the good MRP fight everyday. The cruise was just a microcosm of what my life could be everyday once I get to the level that my home life is the same intensity as my vacation life. As intense as that whole week was, it's interesting to me how quickly the effects wear off and how consistent I have to be in order to keep the level of interest I want.

At any rate, the cruise was a great time, I enjoyed myself, got laid a lot as a side benefit and caught a glimpse of what my regular life could be if I make the effort. Give it a try.

86

UPVOTES

"I think I was just raped"

Red-Curious · 8 October 2018 · Archived copy · Reddit

... my neighbor (HB5-ish) told me on Saturday night, standing on my front porch. It was kind of awkward hearing the doorbell ring at 10pm in the first place, not to mention the fact that she was the one woman on my street I've barely had longer than a 2-minute conversation with. She was clearly drunk, though still speaking relatively clearly. To her credit, there are some situations where a sober guy having sex with a black-out drunk chick can legally be considered rape.

She asked to use my phone because her "rapist" stole it and drove off. I let her in, direct her to my garage for some privacy, and went back to putting my kids to bed after a fun night at Chuck-E-Cheese. My wife's came out of our bedroom, confused about who was at the door, so I told her what was going on. Her heart sank as she rushed to the garage to console our neighbor. Putting her crazy work schedule aside, my wife decides this is more important, so she headed over to the neighbor's house to sit with her while she waited for the police. That way she wouldn't have to be alone after ... you know, being raped.

About an hour later my wife comes back in with a disgruntled look on her face: "She was not raped!"

What happened? I asked with a grin, already having suspected this conclusion an hour ago, based almost exclusively on our neighbor's demeanor when she first asked to use my phone. Here's how it went down - noting that my neighbor apparently had excellent memory of everything.

She was tailgating at a bar and got fairly drunk - but not too drunk to forget things. She met a guy. He drove her home. She invited him in. They had sex and cleaned up afterward. She changed the sheets. They cuddle and fall asleep for an hour. He takes a shower while she's asleep (evidenced by the fact that it was dripping when she woke up) and drives off. She can't find her phone.

In her mind, he took advantage of a drunk girl, stole her phone and fled. She cries rape. So, she drives (still drunk) to the police station, but there was no one at the desk. She rings a buzzer a few times before realizing she could be charged with drunk driving, so she leaves and drives back home again. She looks around for her phone, can't find it, then knocks on my door.

Fast forward - my wife's sitting in her house hearing this sob story about how she just got raped and had her phone stolen. She suggests calling the phone to see if anyone answers: no answer. They hop on Facebook on the girl's laptop and message her friends who were still at the bar. Her phone is there. My wife leaves. Police show up 15 minutes later.

"I'm so glad I left before the cops got there!" my wife says.

Why's that?

"Because it would be really awkward trying to tell them everything I just heard and yet listening to her call it rape. She was not raped! That was a total waste of time. She's just a girl who made some bad life choices, had sex with a guy she didn't really know - or even like - and doesn't like dealing with the consequences of those choices. But you know what really ticks me off? How do you think she's going to remember this night? In her mind, this is always going to be the night she was raped. That's just absurd, but God-forbid anyone try to tell her otherwise. And if she ever finds that guy again, who knows how she might try to ruin his life."

I'd never been so proud of my wife.

86

UPVOTES

Talking With Women - Always DARE, Never DEER

ex_addict_bro · 26 May 2018 · Archived copy · Reddit

Crosspost "Talking With Women - Always DARE, Never DEER" from /r/TheRedPill:

Defend, Explain, Excuse, Rationalize...

The Four Horsemen of the argument apocalypse.

The surest sign of doom's arrival is the scornful tongue lashing from a toothed vagina. Once a woman in your presence argues with you, or tests you - the horsemen are coming to your doorstep.

When you feel the tremoring gallop of these riders approaching, you'd best close the white gates of your mouth, and seal them with your lips.

If they've already arrived, the conversation, as you know it, is over.

The mighty tides of white colored pussy cream, dried in an instant - rendered into friction filled dunes of dry-crusted sand.

The tingles, are gone.

From there, the arousing conflict transforms into a contest of how much power you will surrender to your adversary, the fair-faced, bearded clam.

The sin of entering arguments, or DEERING with women, will happen in 4 ways - each unique in both appearance and punishment.

Learn them well, and avoid them.

Defend - The first Horseman

^Being"defensive"is"NOT"to"be"confused"with"defending"oneself"from"a"real"threat,"like"a"physical"attack,"an"attack"to"your"character"by"ad"hominem,"or"an"attack"against"your"ideas"or"beliefs.

"Defensiveness"is"a"psychological"response"to"perceived"or"imagined"threat"or"attack"to"one's"sense"of"self.

- What "Defend" Looks Like

^Examples"Are"Italicized

"I bet you say that to all the girls." --- *"What, are you calling me a man-whore or something? I don't do that!"*

"How could you not know where the spoons are?" --- *"I looked fucking everywhere for them!"*

"Dude, are you mad? Your face is all red and you're foaming at the mouth." --- *"I am NOT angry! Why would you assume that! Maybe YOU'RE angry!"*

"You really suck at having sex, babe." --- *"What? But every other girl I've been with said I'm amazing! You're the one who sucks."*

"You went and bought WHAT without talking to me about it?!" --- *"But baby, I know I made the right call, look at all the benefits of this decision, don't you agree? Tell me why you disagree!"*

"Only an idiot reads the red pill." --- *"What? How DARE you question the red pill?! You're just a bloopie faggot!"*

"I wish you would start doing the dishes." --- *"I wish you would stop being so goddamn annoying!!"*

"You suck." ---- *"Why would you even say that about me? I'm fucking awesome! What did I do to you?"*

Arms folded across your chest.

Eyes darting around. Rubbing the back of your neck or head in nervousness.

Strained facial muscles. A feigned smile.

Shifting back and forth in position.

- **Why People "Defend"**

People become defensive because they aren't confident in their own decisions, and they don't believe in who they are. They feel guilty, ashamed, and timid about their choices. They question their sense of self. A defensive man is not an immovable mountain. Instead, they are an ungrounded castle, built upon pillars of sand, waiting to wither away and topple.

When you feel the urge to be defensive, you may believe what the other person (the female) says about you, and you must defend the validity of your inner sanctum from this attack. You question your internal beliefs, start to believe what the outsider is saying about you, and then you defend yourself to convince yourself of your own truth and beliefs. You feel that you are being personally attacked, and you are protecting your sense of self. Terrible, ain't it?

Even worse, some people experience the urge to be defensive when an attack isn't even intended! This is the result of upbringing, and unconfidence - perhaps policing parents who harassed their child, leading to a grown man becoming defensive and confrontational when a woman asks "Hey honey, where were ya last night?" Maybe you were actually out there doing some shady shit, and your guilt about doing what you were accused of leads you to becoming defensive.

We want people to see us the way we see ourselves - or at least not see us negatively - and we spend immense time and energy debating and defending ourselves and our decisions to others, because we want them to approve of us, and to see us in the same light we grant ourselves. We try to convince them that their perceptions of us are flawed - or incorrect.

If you are unclear about who you are, you start to believe what other people tell you, and feel the need to defend yourself by resisting your accusers arguments and attempting to prove yourself - A fencer, ferociously swatting every potential stab away from themselves, when in reality they are an enigma that can be penetrated by sword without suffering so much as a puncture wound. Being defensive is unnecessary, and a foreign notion to a grounded and confident man.

- **How "Defend" Punishes**

Defensiveness validates accusations. It turns your vagina play toy into a threat - making a woman into an enemy by defending yourself from them. As the woman realizes they have gained the power to "get to you," and evoke feelings of defensiveness in their man, the Alpha-To-Beta shift begins in the sexual relationship.

By letting the sin of "Defend" pillage your conversation, you create an air of tension and social awkwardness. The girl will give you strange looks, and doubt your capabilities of authority and leadership as the captain of y'all's relationSHIP. This sin will arouse suspicion, and contempt in even the strongest of partner pairings.

Frequent defensiveness leads to women simultaneously shit-testing you more often, and distancing herself from you

as she starts to lose attraction.

Explain - The Second Horseman

^If "it's" simple "things" that "make" people "curious," or "just" conversational "stuff" "in" general, "it's" okay. "Never" explain "the" choices "you've" made, "or" the "way" you "act" and "behave."

- **What "Explain" Looks Like**

^Examples "Are" Italicized

"So, what are you looking for here on tinder?" --- *"I'm really trying to find the one, I've been looking around for a couple years and kinda had a dry spell. What about you? Oh she unmatched."*

"Why did you ask me out?" --- *"Well because you're reeeeeeally pretty and you're my oneitis so I figured, hewk, might as well give it a shot! Hey wait where are you going?"*

"Why don't you go make a move on her bro, c'mon?" --- *"What? Why should I? You know I'm shy bro, I haven't asked out a chick in like, 5 years, I'll look like an idiot!"*

"Why haven't you taken out the trash?" --- *"Because babe, it's hot outside, and I've been looking for my sandals, I'm going to get around to it."*

"Where did you put the car keys?" --- *"Well babe, I was in the shower, and then I went downstairs, and then I pet the dog, and now I can't find them!"*

"Why did you leave the TV on again?" --- *"Well, honey, I was downstairs, then I went to grab a beer, then I saw you laying on the bed and we got busy, then next thing I knew we fell asleep. I hope you understand why I left the TV on now."*

I did this, this, and that, what do you think?

I did this this and that, did I do a good job?

Puppy dog eyes, eager for direction and approval.

Numale soy grin.

- **Why People "Explain"**

Humans have a need to be understood. Many men have made the mistake of continuously giving a woman one more bit of info, so they'd just "get it."

This is because when it's a man to man conversation, explaining normally works - one friend explaining to another why they did what they did, that friend nodding and saying "Ahh," then moving on to talking about something else.

Then we go and try to explain ourselves to women - forgetting that they don't communicate through reasoning, and we don't explain ourselves to our subordinates. You put her into a position to judge you - like your mother would. That's right, you explain yourself to your girl because you want to get your surrogate-mother's approval.

Finally, people think aloud in a concealed attempt to convince themselves that their decision was the correct one - hoping that by explaining themselves to someone else, they can get reinforcement of their choices through another's approval. She isn't your mother, nor on a pedestal, so stop looking up to her. Make a statement and shut the hell up.

You don't have to justify a reason for every action you take. Let others make their assumptions. Your actions will speak for themselves.

- **How "Explain" Punishes**

Would you explain yourself to your 3 year old cousin, or daughter, or random snot-nosed kid on the street?

By committing the sin of explaining yourself to a woman, you instantly throw her into the role of authority. You give her the sub-communicative position of approving or disapproving your decision, and squander your credibility.

Even after hearing your well-thought out reasoning, women will still find a way to blame or chastise you. *"Well you shouldn't have lost your sandals in the first place!"* Explaining only welcomes drama into your life. Women will stand and stare, waiting for you to finish your explanation, then nod in approval or give you a verbal spanking like your mother would. Then they expect you to forever maintain this "bridge of open communication," with her, which really means they grow accustomed to you giving them status updates on your life, giving you shit if you ever stop seeking counsel with her, while they grow a side life of their own, in eager search of a new mystery.

The more you explain yourself to women, the more they will intentionally misconstrue your words and confuse themselves, because they want to keep the conversation going and eventually, as they grow bored, cause drama for your weak-ass. You're going to be hearing a lot of *"so, basically what you're saying is..."* until it leads up to yelling and arguing.

Excuse - The Third horseman

^You "know" what "you" did, "but" "you" reject responsibility.

- **What "Excuse" Looks Like**

^Examples "Are" Italicized

"Why were you late to our date today!" --- *"Babe, I was stuck in traffic, it wasn't my fault!"*

"Why don't you go flirt with that girl?" --- *"Psh, she's not my type, plus she's probably a slut anyways. And besides, I'd have to walk all the way over there. It's not worth it."*

"Okay, well why don't you go ask that girl out?" --- *"What? C'mon man, I'm not Red Pilled enough yet. Once I can squat 225, and I know all the iron laws by memory, then I'll ask her out. I'm just not ready yet!"*

"What! That girl is so your type!" --- *"Yeah well I don't feel like going over there man, my legs are numb! I had leg day today!"*

"Why didn't you try to close that sale?" --- *"Dude, you KNOW that guy wasn't going to close - I couldn't have changed it, guys like him never wanna buy."*

"Weren't you supposed to pick up the kids an hour ago?" --- *"I didn't do it on purpose, I just so much other stuff to do!"*

"Why did you jump off the cliff?" --- *"Everyone else was doing it!"*

"Why did you cheat on me?" --- *"She made me do it!"*

"Why didn't you go to the gym today honey?" --- *"Ahhh babe you know how tired I get from work... then I gotta come home, take a shower, change my clothes, I'll go tomorrow - twice as hard."*

"Didn't you tell me you were a rich club owner with a fancy condo suite, wheres your nice car?" --- *"No no no babe, I said club PROMOTER... trust me the money is coming... I just uh... gotta cash in on a few investments first."*

"Why did you get fired from work?!" --- *"Jesus, I knew I shouldn't have worked with that BASTARD! This is all his fault! He's the cause of all this!"*

Frightened face.

Look of anguish, worry, possible sweating.

Sleight of hand misdirection equivalent to a top tier magician - anything to keep attention off oneself.

Avoidant eye contact, shrugging shoulders, high pitched voice.

Looking like a bitch for using a bitch's communication tactic.

- **Why People "Excuse"**

We make excuses when we want someone or something else to be responsible, rather than claiming that responsibility for ourselves. Often, it is to avoid uncomfortable feelings of overwhelming pressure - and a feeling of being attacked. They fear failure, and are deathly terrified of confronting failure. People will quickly shift the focus of the attack to someone or something external to feel a sense of relief, or absolution.

This is because they live inside of a victim-mentality - where they are a pawn in the game of life that other people take advantage of, or cosmic circumstances screw them over regularly.

Or, it's because they realize some people actually do have problems, and fake a "woe is me" attitude to weasel their way into sympathy, attention, and forgiveness. Another excuse maker's rationale is because they are just lazy. Their priorities are not aligned, and rather than accomplishing what needs to get done, they procrastinate and then blame their failures on the sky wizard.

- **How "Excuse" Punishes**

When you give a woman an excuse, you are subtextually screaming "I can't handle the responsibility! Please forgive me!" Essentially, you tell her that you're a child. Once that's been said, you surrender power and give her the opportunity to accept or reject your excuse.

Give excuses to anyone enough times, and they start to figure out your word means jack shit - that you are not reliable, untrustworthy, and ultimately full of shit. But this isn't just about other people - the sin of excusing ruins YOUR life. You lose your initiative, and let opportunity slip away.

Not only do you repulse the woman by putting her in a position of power over you - you also frustrate her with your inability to accept responsibility and lead. The woman will lose respect for you, and you can say goodbye to her tingles.

Rationalize - The Fourth horseman

^The "fucking" hamster. "The more you try to convince yourself of some bullshit, the more the hamster wheel's pins.

- **What "Rationalize" Looks Like**

"Why haven't you paid the bills?" --- "Well you see, I was going to pay the bills, but I was waiting for YOU to come home first! Yeah, that's it, totally not my laziness."

"Are you available?" --- "Ooh, I got my aunt coming over, then I gotta mow the lawn, then I gotta get ready for my dog's funeral, she was a shitzu, then I gotta do all sorts of things, I'm really busy I just can't make it!"

"I thought you were going to quit shooting heroin!" --- "Babe I couldn't do anything to stop it, my friend brought over the needle and it just happened!"

"Why did you do that to me?" --- "I wasn't trying to hurt you, I was just trying to teach you a lesson! Besides what I did is better than what I WOULD HAVE done."

"So, did you get accepted into that college?" --- "Nah, they rejected me, but honestly I didn't even like that school that much anyways. They were a backup plan."

"You're such an idiot I'd never fuck you!" --- *"Oh there must be something wrong with me if my oneitis won't fuck with me what will I do!?"*

"So you smoke weed for the medical benefits?" --- *"Yeah man, it like, cures seizures, and makes anorexia vanish, and it makes anxiety go away, not that I ever had any of those symptoms, but weed makes sure they never happen in the first place!"*

Dazed look of confusion.

Genuine fireworks going off in one's eyes.

Breathing from mouth and gazing into the distance.

Shocked look on face. Open and surprised posture.

- **Why People "Rationalize "**

A person rationalizes AFTER the fact. A decision or choice is made, then the rationalizing happens afterwards.

This is because of a human need for consistency - we need to have things align in our lives, so if we've made a bad decision based on an emotional state of mind, we will rationalize why it was the right decision afterwards, to remain congruent and consistent with our beliefs.

People want to feel justified, and righteous of their decision, no matter how bad, in order to preserve internal integrity and outward appearances. This is the height of convincing oneself through mental gymnastics. Because you realize you made a bad decision, but are fearful of accepting responsibility and enduring the repercussions, so you choose to jump through flaming hoops to convince yourself of why you made the right decision.

As such, rationalization always comes from a SUBJECTIVE observation of a situation, giving the rationalizer the greatest opportunity to convince themselves of what-ever it may be.

It's used to create an active block against feelings of guilt, shame, and failure.

- **How "Rationalize" Punishes**

You will begin to rationalize the most self destructive and stupid behavior, once you let yourself stoop to that low.

In addition, people who rationalize the most have the most tedious, frustrating and unfulfilling lives. Because, although all their rationalizations do provide some emotional comfort, they also make them completely deluded when it comes to reality.

Essentially, you become a bitch, a woman - and unless the girl you're fucking is Bi or a lesbian, she's gonna see you as less of a man and lose attraction and respect for you.

Now, you are aware of the four horsemen.

With that knowledge, you may reclaim your power.

A great power, one that only Red Pilled men can wield - to call upon the Argument Archangels and DARE your woman!

DARE them with fervent might, and reap the valuable rewards.

Deflect, Amusedly Agree And Absurdly Amplify, Repeat, Exit...

The four saviors of amending arguments.

Deflect - *The First Archangel*

^The "Pressure" Flip.

• What "Deflect" Looks Like

^Examples "Are" Italicized

"You're just another fuccboi, aren't you?" --- *"Why? Is that what you like?"*

"No, they always find me, but I hate them." --- *"I bet you're filled with hatred."*

"What the hell, why would you say that?" --- *"Black nails, that little choker... tell me, on average, how many times a day do you just wanna scream 'Fuck these niggas!' huh?"*

"OMG, that's how I feel at work EVERY DAY." --- *"Yeah I bet, tell me more about that..."*

"Why aren't the dishes done?" --- *"Cus you're not in the kitchen babe."*

"What?" --- *"You heard me, go take care of it."* --- "Okay, yes sir."

"I have a boyfriend," --- *Completely ignore what she said and continue talking.*

"ARGHH OH MY GOD IM GOING TO BE LATE WHY DID YOU WAKE UP SO LATE!!" --- *"Uh uh, you know it's not really my fault, that idiot in front decided today was a good day to crash. Now if YOU wanna get out MY car and walk, that's fine, but you're not going to take it out on me. Don't do that again."*

"ARRRGH, you're right... I'm sorry daddy... BUT FUCK THAT GUY."

"Why are you wearing that color?" --- *"Why aren't you?"*

"I bet you miss me, don't you!" --- *"Just your ass."*

"Cus I have good tastes in clothing." --- *"Oh, here I was thinking your mother dressed you up."*

"Damnit, why haven't you taken out the trash?" --- *"Oh I will, just turn around for a second... -smack her ass and scooch her out the door.- You got it babe!"*

"I want cookies and milk!" --- *"You're a little baby." -Then give her a kiss.-*

"You're kinda overweight, dont you think?" --- *"Kinda reminds me of this story when I had an overweight luggage, they made me throw away 16 kilos of coke! I was sooo devastated."*

"Wait, what the fuck? HAH! No but really you're kinda fat." --- *"And you remind me of my needy little sister."*

Simply changing the subject.

• Why People "Deflect"

Red Pilled Men deflect / pressure flip because they understand women. Engaging in argument is a blue-pilled fools game to lose.

Deflecting what a women says is effective because it demonstrates that you are unphased by her whimsical non-sense, letting her teases and chastizings ricochet off you and bounce back to her. That's the second reason why you want to deflect, to give it right back to her in her cooter.

She won't be prepared for it more than 2 or 3 deflections. You want to keep going until you catch her off guard and make her stumble over her words.

- **How "Deflect" Rewards**

Once the girl starts struggling over her words - you have demonstrated your social superiority and have shown that you are on a higher level than her, as her critiques or quips are completely meaningless - I.E. she has no power over you.

This will generate a fun and positive experience and interaction, in addition to generating arousal through small conflict. Finally, deflection keeps the attention off you and places it on where you want it.

Amusedly Agree And Absurdly Amplify - *The Second Archangel*

Yeah, so what?

- **What "Amusedly Agree And Absurdly Amplify" Looks Like**

^Examples"Are"Italicized

"You're really short," --- *"What is it about short guys that turns you on so much?"*

"I have a boyfriend," --- *"I have a girlfriend, lets set them up and run away together. I just wonder who'd get the better deal..."*

"Have you always been stupid?" --- *"That's too hard for me to think about."*

"I feel like I'm being replaced." --- *"Nonsense, you'll always have a top tier spot on my harem."*

"You really need a haircut." --- *"What the fuck? I'm bald! I've worn a wig this whole time. Come here pull it off."*

"WHAT! No. I can't be with a bald guy... wait.. it's not coming off." --- *"I knew you liked my hair, can't keep your hands off it."*

"Awh, look at you trying to act all dominate," --- *"Yeah, and look at you trying to hide that ass," -Smack her ass-"*

"Jesus christ you're tall, hows the weather up there?" --- *"I don't know, how bout you check the thermometer." -point at your dick.*

"Are you just going to do nothing all day?" --- *"Fuck yeah I am, if I work hard enough, I can keep this up for a full year!"*

"You're such an asshole!" --- *"Yeah I am, so what? Got little dingle berries hanging from the whiskers in my beard."*

*Taking what a woman says, then agreeing with it and exaggerating it to clown level proportions.

- **Why People "Amusedly Agree And Absurdly Amplify"**

The point is, everything this woman has to say is all just a big joke. You're laughing and she's laughing. That's when you've got her. You've taken her negativity and turned it positive. It turns any negative comment into a game where you see how far you can keep going and making it over the top where you're basically making fun of her for saying something stupid or uncalled for.

At the very least, you agree with what they say, and it removes all power from their words. Yeah, you're a Red Pilled asshole, so what?

It shows indifference and it gives no power to accusations that are made against you.

- **How "Amusedly Agree And Absurdly Amplify" Rewards**

AAAAA leads to a solid foundation of cocky, confident frame. This signals to women that you are comfortable in who you are, that you don't give a fuck, and that you can handle social stress, all of which are subtle bumps to your

SMV.

What you are saying under the surface of your witty banter is, "Don't ask me stupid probing questions. I will not dignify them with a real response."

This is the key to passing a shit test.

AAAAA responses allow you to maintain the cocky/funny frame, and gives her the freedom to fall into your frame that you are the indestructible mountain of masculine energy, safely knowing her emotional winds can't sway you any which way, nor bring you down.

That is one feeling that makes her wet.

Repeat - *The Third Archangel*

^Say"That"One"More"Time!

- **What "Repeat" Looks Like**

^Examples"Are"Italicized

"Where are we going out again?" --- *"You'll know when I'm ready."*

"What? Just tell me!" --- *"I will, when it's time."*

"C'mon! What if I don't like the place we're going!" --- *"That's possible, looks like we'll find out!"*

"Argh! I'm gonna go get ready."

- **Why People "Repeat"**

Because you do not have to explain yourself, nor should you do it - especially to your subordinates. They need to trust your leadership and take solace in knowing that you have accepted the responsibility of making the decisions.

Explaining yourself becomes annoying, and so does answering the infinite questions of childr- I mean woman. It is better to firmly repeat yourself until they get the picture.

- **How "Repeat" Rewards**

Repeating yourself is a subtle and effective way to establish a frame of "I am in command of this ship. Trust me." Remember, women WILL leave you if they believe you are not fit for their following. Give her the opportunity to trust you, and surrender fully to your leadership.

Once she does, you will have her unending admiration.

Exit - *The Fourth Archangel*

- **What "Exit" Looks Like**

^Examples"Are"Italicized

"(Insert some dumb womanese here.)" --- *You leave the room and engage in another activity.*

"(She follows you into the room and says some more annoying shit.)" --- *You continue whatever you were doing, effectively ignoring her.*

- **Why People "Exit "**

There are two ways to exit.

You can exit mentally, or physically. Silence is mental, leaving is physical.

The most important reasons for exiting is for your own peace of mind, and mastery over your time. With over 100 million women in my country alone, no one woman is worth giving me any drama, stress, or annoyance greater than a tooth scraping against my dick. Even that is nearly a deal breaker.

Your life, at best, will last around 100 years. Now imagine how much of that time was already spent arguing, bickering, stressing over absolute bullshit that you could have applied towards more rewarding avenues of action?

All that wasted energy, wasted time, screaming about why ogling what a woman wears is misogynistic. Who gives a fuck? What does it matter, and more importantly, is this conversation worth the negativity and drama you're experiencing? HELL NO! And odds are, NO conversations with women are worth those depressive states.

Not only that, but exiting the conversation, whether mental or physical, keeps the power seated firmly inside your ballsack. YOU'RE the one who decides when shit starts or ends. YOU determine the rules of conversing, and YOU conclude what is worth discussing or not.

The last bastion of power is the willingness to walk away.

- **How "Exit" Rewards**

Freedom.

^And"she'll"probably"come"crawling"back"to"you"too."Maybe"Even"An"apology"blowjob.

Conclusion

Women in their happiest, most content state, are pee-pee poo-poo immature children who just want to be cute, adorable, and have fun.

You do not argue with a child.

The only way to win an argument with a woman is to CHANGE HER MOOD - NOT HER MIND.

Women do NOT look to you for explanations - like they are your leader.

Women do NOT look to you for reasoning - like they are your partner.

Women DO look to you for feelings, guidance, and leadership - like they are your follower.

Care for your woman, and you will find they behave similarly to a bubbly child - excited for fun and adventure.

When your baby daughter, young niece, or the baby next door calls you a poopey-face stupid-head, do you...

(Defend) You're not allowed to say that to me! Respect your elders! (Excuse) Besides I'm not one anyways. The real poopey faces live in Denver, so that's why I'm not one. (Explain) Do YOU even know what a poopey face REALLY is? A poopey face is... (Rationalize) I hope you learned your lesson - If someone raised you better, then you'd know not to say mean things to people!

OR DO YOU

(Deflect) No, but you have a poopey face right on your NOSE! (Agree And Amusedly Amplify) Now we both have poopey faces, only mine is bigger, so mine is a better poopey face. (Repeat) No, my poopey face is better.

No, mine is better! Nope, you said I'm a pooppy face, so mine is better! (Exit) You wanna be a pooppy face too now? Okay fine now you are one, now give daddy and kiss on the cheek and run along to your room.

In a healthy sexual relationship, the submissive feminine women is subordinate to a competent, masculine male.

You, as the man, are the captain of the ship, and she is your trustworthy first-mate.

You were given the responsibility of being the ever knowing, omnipresent manifestation of masculinity, and she is the flowery child, impulsive, curious, emotional, and silly, but most of all, eager for definitive direction from a strong authority figure.

If at any point these roles switch, there will be hell to pay.

Ensure you remain the confident captain of your relationship by remembering to never DEER, and always DARE the woman you're with.

Posted by LiveAFTSOV | 26 May 2018 | [Link](#)

86

UPVOTES

The End of the Beginning

Taipanshimshon · 11 February 2018 · Archived copy · Reddit

Two months ago I filed for separation. A month later I made a comment that I would put a post about apathy being the end of the beginning of MRP.

So here it is:

We all came here in one way or another looking for a way to to get respect from our wives. Most of us were in the Deadbedrooms. We were looking for a way to have our partner show us the respect that only a woman can show a man for being a man by the sole virtue of being a woman. We came here because none of the ways that we learned – or were taught – that this form of respect should be earned – worked.

For some it was about sex. For others it was about having a ride or die bitch with us. But it all comes down to one thing. We wanted that respect that a woman shows man by her desire for him. She can respect you as a good father, a good provider, a good listener, a good problem solver and a and a good man. But unless she shows her desire for you do not feel her feminine respect for you as a woman.

So we start trying new things. Lifting. Passing shit tests. Being cocky/ funny. Even owning our shit.

We become the man women describe in their dating site profiles. Funny. Witty. Charming. Muscular. Outgoing and handsome.

Suddenly shit tests are cute and funny. Suddenly she wakes up to get laid - by you !!- in the middle of the night. Suddenly a “not tonight babe” is just that - because your dick is sore from her anyway.

But just as she can not unsee the years or decades of billy beta - you may not be able to unsee the years of disrespect.

And now you transition from earning respect - to living a life that expects that respect.

And you no longer care if that respect comes from her or not. Suddenly you expect more - not just from yourself - but by extension of that - from the girl you chose to bring along on your ride through life. Some girls no longer deserve that invitation. In fact - you can say a different person invited her originally. Or if you really were “alpha turned beta” - you can’t quite convince yourself that this girl who disrespected you for so long should get to continue being your partner.

It’s not that you don’t love her. Or that you hate her. Or that you’re angry with yourself for years spent in quiet and not so quiet misery.

It’s just that her respect is no longer important to you. When you look at her - you don’t see the girl who wants you now. You expect that. It’s a given. And if All she adds is that - you feel apathy about her. About her needs and wants. About her moods. About tracking her cycle or passing her shit tests. You simply cease to care.

For me - and I think for others as well - this is the end of the begging of MRP. This is when you choose to keep her or leave her. This is when you can actually make that choice again - to add her back to those things you care about - or to leave her behind.

This is when you can start to decide where you will Start to go from here - and which parts of your old life get to come along.

End of the Beginning

86

UPVOTES

Mirror Image of Alpha/Beta Behavior

InChargeMan · 17 January 2018 · Archived copy · Reddit

Forward: Lately I've noticed an increase in noobish posts and comments that seem to be seeking the konami code for MRP. I was going to post links, but I've decided that calling out new members publicly is counter productive. Much of this is revolving around when/how to say please, what to say/do when she asks you to do something, what to do if she makes a mistake, how to divide chores "fairly" (i.e. keeping score), etc, etc. This post is not for experienced MRP, but those new to this need some direction in this way IMO. Remember, MRP is a lot of things, but in no way an "easy" button. Beware the "zero to hero" field report posts.

The Mirror Image of an Alpha/Beta

To beat a dead horse, epic quote from The Matrix:

Neo: What are you trying to tell me? That I can dodge bullets?

Morpheus: No, Neo. I'm trying to tell you that when you're ready, you won't have to.

This can be applied to many MRP principles. In this case, I'd like to point out that in many ways the moment-to-moment interactions between an alpha man and his wife can look similar to the actions of a beta man. Of course in the big picture alpha and beta are drastically different, but much of the difference depends on your state of mind, not on whether MRP rules allow you to say please or if you need to punish her for making mistakes.

Not universally, but many times alpha and beta can look nearly identical if you don't know the underlying nature of the relationship between a man and his wife. Here are some examples:

--You ask your wife to do something, let's say empty the dishwasher. Beta Bob might say "Honey, can you please empty the dishwasher." In this case, Beta Bob is waiting for his wife's response, hoping she doesn't say no, hoping she doesn't give him attitude and tell him to do it himself. He is living in her world. When I want my wife to empty the dishwasher, I say the same fucking thing. No cheat code, just normal decent conversation. The difference is that she is happy to please me and inherently trusts me as a leader. I don't wait on baited breath to hear her response. I'm not asking, I'm telling, she knows it, I know it, we're all happy. I'm not a dick barking orders, I'm her calm and collected husband who needs something done and she is just the girl to do it. "You won't have to dodge bullets" i.e. you won't have to change your behavior to be "alpha", her behavior will change to suit your frame.

--The other day I had a busy day, got up early, handled tons of shit around the house, kicked ass as usual. In the early evening we had more stuff to get done around the house to prepare for an event the next day. We had a nice to-do list going, most of it was crossed off. Around 7pm I felt like taking a short nap. She stayed at it, took care of the kids and crossed more stuff off the list. A bit later I was up and she was telling me all the stuff she did (looking for praise). I gave her praise, told her how sexy she is when she's cleaning, and some nice kino. Later we fucked like rabbits. In a parallel universe, Beta Bob did choreplay on her to-do list all day, and when he tried to take a nap his wife got pissed off and started texting her girlfriends about how she is busy cleaning while her loser husband is napping. "I've been cleaning all day and of course, Bob is taking a nap while there is still work to be done...sad emoji". She is tired of having to be the backstop for getting important things done. Beta Bob is drunk at the wheel, so she needs to make sure things get done or they won't get done. My wife knows that the list will get done, I'll make sure of it, she is just happy she can be productive and help make it happen. Keeping score is prime Beta territory. Beta Bob gets inherently stressed and nervous when his wife starts doing a chore around the house, he jumps up and helps to show her that he is useful. He is worried that she will call him out on some shit that he didn't own. I know I've owned my shit. If my wife comes up with a task and starts working on it I'm not stressed, I'm proud that I have a great first mate who I can trust to own her shit.

--Beta Bob is "so needy" when he is constantly trying to talk about sex and doing repulsive things like grabbing her

butt. Chad "has a lot of positive energy" when he is around the house. That's what she'll tell her friends. The same actions are perceived differently depending on her attraction to you and your frame. "Oh no, he keeps touching me again, he's probably going to mope around sighing all day tomorrow if I don't let him have sex with me tonight. sad emoji"

--You're wife scratches the car. Beta Bob is really mad, but he's been trained not to challenge her mistakes. He says "It's ok honey." She is pissed that her car is damaged. Of course it couldn't be her fault, the boxes in the garage shouldn't have been there. Beta Bob was supposed to move them weeks ago. She resents that he has forgiven her, "of course it's ok, I didn't do anything wrong, your fucking boxes shouldn't have been there." Two weeks later she is still pissed that he hasn't gotten it repaired yet and Sally from accounting noticed the scratches. If my wife scratched the car she will be very upset, she will be disappointed in herself, she will apologize to me, and I will forgive her immediately. She will be grateful that she has an understanding and loving husband who doesn't try to make her feel worse for her mistakes when she already feels really bad. I'm her rock, I'll make her feel better. Beta Bob is not her rock, he is a source of stress. Conversely, I actually scratched the car once, and she didn't say shit, just "bummer...". i.e. she knows I'm not happy about it, and she also knows that I'm generally very reliable and rarely make mistakes like that. Beta Bob would get reamed out because he "always does shit like this". She doesn't trust or respect Bob, so assumes that he was being his loser self when he scratched the car.

The point of all this is that if you are looking for small changes to make in what you say or do you are missing the big picture. Think less about what an Alpha would say/do and think more about making yourself the prize. When you are the prize a lot of what you naturally want to do is the correct answer, it is all about frame.

86

UPVOTES

Let That Shit Go

ReddJive · 2 November 2017 · Archived copy · Reddit

Has anyone ever live trapped raccoons?

I grew up on a farm and one of the things I would do was make sure the barn was free from Raccoons. As a kid it was easy to live trap them and then take care of them however needed to be done. One way to do this is to get a jar. About the size of a raccoon's paw. Place something shiny down inside. Raccoons love shiny stuff.

Then you place some pegs at an angle so when the raccoon reaches in and grabs the shiny they can't pull it out. Their fist is now too big for the opening. They won't let go either, sometimes one did, but for the most part it wouldn't cross their mind. It was against their nature to do so. This is also called the monkey trap.

This is the same with human behavior. Few can break out of it. Some can't. This is why men have to wrestle with their ego. Breaking free of that ego will allow you to let go of the shiny and not get caught in the trap. Even if you are right let it go. If you keep speaking you will lose your authority and fail to miss something in the conversation. There is always something to learn even when you know everything.

Women tend to have a harder time with this. Letting go. Even the best of them can follow rabbit holes that go nowhere. Their emotions can overwhelm them which is why they seek the calm and security of an Alpha, only they don't really know it these days. I don't see this as a weakness but as an opportunity for me to show my Alpha virtue. It's those moments I live for. Believe me no matter how independent she may say she is, she will come around and realize that it was all full of shit. Those walls she built up were weak and meaningless. Women seek things and events to give them that calm they seek. It's the valleys between the emotional highs and lows that give them that calm. That feeling of completeness. They can't let go. Men? We are that calm. It's who we are once cultivated correctly. A SIW in the presence of such a beast will realize exactly what it means to have this in her life and she won't want it to go. As I said she will see everything was bullshit. Something doesn't always have to be said. You don't always have to have a fantastic amazing time. Things can just be ok and that's just fine.

Before you can do that you yourself have to let shit go.

Women do not always go looking for a Chad just because you are failing.

/u/boeyd6 brings this up.

This is a key piece that many men don't get, and well...frankly a lot RP men don't quite understand. It's what causes the boogey man effect. You can see it on nearly all new guy posts....and frankly until you actualize most men do get freaked out about it. Unless you are in a situation that demands it don't worry about Chad. Odds are he isn't really there and you created this monster in your mind. Red flags can appear to be red flags but then again, a cigar is just a cigar but they can't let it go.

Still men that live in this constant fear of the boogey man have failed to understand feminine psychology and how it relates to everything else they are supposed learn. Yet it's brought up because there is value in punching men in the gut to get them to wake up and realize that their little girl can and will fuck another man. Which is why we say it. Why? This is because men prize sex above all else. Remember women want a relationship. In the simplest terms, it's AF/BB dynamic BUT it can and often does present as far more complex. There are countless women who won't cheat. They prize the beta bux. We know the mom jean wearing types. Remember it's a matter of right time, right place, right set of circumstances, and that's not all decided by Chad. For every "I fucked a married woman" story there are 3 others that didn't. A good portion of that has to do with you. A woman, who is with "her Alpha" will not just suddenly cheat and sleep with a guy, just because. She will if that "man" has given her reason to. Like I've said...for men life is a hero to zero moment every day. Otherwise every relationship is doomed to fail and Red Pill is bullshit. It isn't and it isn't.

The Feminist Imperative is lying to women as well. Telling them they can be one thing and they aren't that. So is ____

the state of things and as RP men we take advantage of that. Yet everything she does is her seeking an Alpha to enter into a relationship with. It's just that simple but they can't let shit go so they seek other things early in life only to realize that...it was all wrong and by then it's too late.

First and foremost AWALT is a range.. RP is a study in this range of behavior. So when I read men that puke back RP tenants without insight, growth, nor introspection I immediately know they haven't quite grasped what is going on. They haven't let go of the shit that brought them here. They can't read the situation without ego or moralistic intention.

All women exist on the AWALT spectrum and will move along it at various times. Others are firmly entrenched where they are. As **bogey** points out women don't seek Chad all the time, oh sure they will admire the local Chad (who may or may not be RP minded but represents an ideal), yet for the most part women will settle because they want a relationship. I have seen relationships that seem to defy Red Pill convention until you accept that even betas can have long term and lasting relationships. Yet it's despite of what they do. Anyone could fill their position. It isn't because of who they are. But I can also tell you those men are in a constant state of seeking joy and relaxation. They can't let go. They can't just be. They are no better then the basic drug seeker on the street.

Let go of that shit.

Where all this is going?

Gentlemen, you cannot hope to begin to dissect your situation without study and letting go of the shit you brought with you. I mean far deeper than just reading the latest and greatest reddit post scanning for your favored flared man's comments. You need to deep dive. Get into the manosphere. Rollo, Illimitable Men, Chateau Heartiste.... just to name a few. Remember all behavior is the same, the circumstances are different. You need to pursue this like life and get out there rack up success and failure. Then when you speak you will do so with authority. That Authentic label that's been thrown around lately. You can't even begin to be authentic if you are not speaking with authority from experience.

Red Pill forces you to look at your behavior. To step outside yourself and see things as they are really happening. No judgement. No moral code. You get into that trap where you are watching football 3 days a week for hours, and drinking beer and every time you are rationalizing why you deserve to. That you are the man of the house and god damn it you deserve some time off. Yet you make \$10 an hour. The lawn hasn't been cut, cars need some attention, your wife is busting her ass to keep the house in order while you are sitting there thinking how great it is to be a man and can't figure out why she won't fuck you.

The life time beta can't break out of his behavior. He can't let go of the shiny and can't figure out why he is trapped. He doesn't understand and doesn't want to. Yet the same can be said of an Alpha. He can get caught in the trap. We can become one trick ponies. Whether your focus is lifting, banging women...all the Red Pill things, you have to continue to develop all the aspects of manhood. Not just because some dude on the Internet says it's the best way to get women, have a slut, or getting ripped, but because it's what being a man is all about.

The PUAs of old had this issue. While they were on top of the sexual game (the core of Rule Zero right?) they lost sight of the fact that they were, in the end, seeking validation. They had nothing else left, a few figured out that all this stuff they were learning and doing to get girls was in fact making them interesting people, but that was few and far between. You have to let that shit go. Go full circle to come back again.

I had a roommate in college. He was a PUA before PUA became codified. It's why I know this shit works and is truth. He wasn't much to look at but he dressed well and was in unbelievable shape. He was short, but had a very loud personality. Yet like all PUAs and one trick ponies, he was given to being melancholy. If he got a zit. Just one. The bathrobe went on, and he stayed in the apartment for days until it cleared. And quite literally begged us to stay in at night playing board games.

He had failed to do the one thing that we know. He failed to be interesting, to develop a rich life. To speak with and

be an authority on the things that make a man interesting. You may have a cut body today, but one slip, one medical issue can cause it to go away. You need more than that one thing to pull you through. You need to cling to more than one trick to be Alpha.

I've developed a long list of experiences. I've saved lives and taken lives. I have recently achieved master level in the martial art of my choice. I have students, and I am a student. My career is going places I never thought, and I am developing two other ones. I have taken up new hobbies and ditched childish ones. My life is a constant flow. I will never settle and never be in the same place I was last year. Among it all I lift and I have setbacks. They don't stop me.

Pursue life don't end up in it.

Let that shit go.

86

UPVOTES

Hurricane Harvey

bogeyd6 · 31 August 2017 · Archived copy · Reddit

Uhm, I don't know how to put into words the last 96 hours. My house was flooded and ruined. My family? I got safely to her parents in Austin. The last days were spent using heavy equipment to rescue folks. Thank god for the Cajun Navy, the real heroes. My heart goes out to all Texans who came together and made the worst natural disaster ever a success. The loss of life, the rescues, everything. You can't Imagine. You can't believe. I was there, with my crew, rescuing folks, and cannot believe. The break in the rain is not the end. Don't get complacent. We saved lives, yes, and we are forever linked by this struggle. The real problems just begin....

My family is safe with her parents. I myself, am safe sleeping with a colleagues family. My volunteers from work are back with their families. most of us are now safe, but we cannot find food and supplies. Everyone knows somebody, yada yada yada. The most important thing you can take away from this. You can only rely on yourself and your neighbors. No longer is that just a feeling, its a reality. If you want to see the real news watch abc13, fox26, or khou. The local news are showing whats going on.

It's early in the disaster. Most of you are asking what can you do? Not much unfortunately. Check this [link](#) and donate cash to local shelters. Check into the [real heroes](#) and donate to them. Many of these men I worked with in the dark of night to pull people from the water. Unless you have a helicopter and can airlift in supplies, donate cash to these local people.

As for me, I am headed off to sleep the sleep of a thousand sleeps. My family is safe. I am staying with colleagues, my crews went home to their families.

Texans helping Texans. That's where the real work is done.

86

UPVOTES

21st century me

DownVoteForDickPic · 4 April 2019 · Archived copy · Reddit

men without abs

men without jobs

...men without options

men afraid of women

men afraid of their boss

...men afraid of _____

men who refer to their favorite sports team as “we”

men who watch porn and imagine “i could do that”

...men who fidget

men who don’t have the time

men who don’t have permission

...men who don’t have presence

men who can’t bench press their body weight

men who can’t control their diet

...men who can’t “find the time”

men that hesitate

men that dwell

...men that blame

men who want to be praised

men who want to be cherished

...men who want you to be the bigger person

men that never stood up

men that never followed their dreams

...men that never lived

86

UPVOTES

[FR] My Main Event

Reach180 · 15 May 2019 · Archived copy · Reddit

The Realization

I wrote this once through with full back story, since I hadn't shared full details of my story in one narrative yet. It ended up being way to fucking long. So I cut out the "Here's why my story is special" preamble and put it in last week's OYS. I've been around long enough to know that every story is basically the same, and probably doesn't change much with regard to this post. But if you want my 'here's why I'm special', it's posted at the link.

To get to where I am right now took just short of 3 years. Audible says I bought The Rational Male in July 2016, which is what I count as my real starting point. A more aggressive, less introspective person probably could go faster. But it took me this long to get here, and I don't know that I could have gotten to this point any sooner. Over those 3 years, my own life got immeasurably better. My marriage got better, it had its fits and starts, but I found it generally satisfying.

A recent...regression...for lack of a better term, made me realize my level of dissatisfaction. Or maybe it made me realize I have been shooting too low. I assessed myself, and decided it was time to get out there and actually test my options. I had been 100% faithful my wife since 1999. But recently I was out of town a few times, so I started using dating apps on the road. Out of state, Tinder, hotel, Yadda yadda.

After that experience, the thing that I could never quite articulate about my married sex life hit me square in the face. I couldn't ever reconcile why I found sex with my wife dissatisfying, despite the fact that it was as frequent as I could physically handle, and better than it had been in a long time. And the thing with Tinder gal made me realize....My wife is happy to get fucked by me. She's happy to let my dick please her. And make no mistake, I get off on pleasing her. But she gets nothing out of pleasing me. She'll do it - she'll reciprocate, and it's fine. Not starfishy anymore. But there's a stark difference between the ONS chick enthusiastically seeking it out and a wife who is simply "willing" to do it. And once I experienced the difference, this thing that I couldn't quite figure out was clear as day. This is 101 stuff for the RP aware married man, but you just don't know until you actually know. And so now, I actually know.

The Setup

Since having this realization about willing vs. enthusiastic, my desire to fuck my wife cratered. Starting about 2 weeks after I got back from that last trip. We didn't have sex for about 2-3 weeks. It wasn't anger. It wasn't butthurt. It just wasn't there. And I knew that, in order to come to some sort of resolution, I was going to need to have a Main Event. For me to actually get what I want - one way or the other - there was going to have to be a conversation. The time of simple subcommunication and leading was over. So I started sketching out my stance and what I had to say. I'm glad I did this, because I'm terrible off the cuff speaker. Having an indexed list of talking points made this much more coherent for me. It helps me to not ramble, and to not attack the person I'm talking to with those unproductive "you never X, and you always Y" tit for tats.

I also knew I couldn't be the one to bring up the talk - I had forced 'the sex talk' too many times in my past. And if I had sat her down and talked at her, this would just come across as another ploy to manipulate her. So I continued to decline her initiations, and wait it out. The merp keyboard alpha may disagree with my not initiating the talk, but it was a tactical decision. This wasn't about me spitting out a monologue to jerk myself off. I wanted there to be a conversation, and so there needed to be a real opening. The opening is only there if she wants to have the conversation.

Also, knowing the conversation was inevitable, it took the urgency off the table for me. I had framed this as "by the end of May, I'm going to know if I'm getting divorced". And so, I was cool with letting it happen on its own terms.

The Main Event

We had a nice beginning to Easter weekend. Spent the Saturday out landscaping together, had a cool project turn out pretty well. Had a nice Sunday with our families. After we got home, she initiated sex again. Again, I declined.

Then she said, "Are we ever going to have sex again?"

I give her a look - "I'm not sure this is a conversation I want to have today".

"Tell me....are you divorcing me? Did you find someone else?"

.....OK, timing isn't perfect, but now is the time. I walked her into our bedroom and said my piece.

Essentially this:

- What I want in my life is a woman that gives herself to me sexually. All of her. I don't want obligated compliance with what I want. I want a woman who *wants* to please me. I don't know if it's the baggage of our past, that you don't trust me, that you're too familiar with me, or that you think there's some sort of sexual retirement coming for you post 40. But this isn't something that will get out of my system. It is who I am as a man. For a long time in my life, I didn't understand it - I was never able to articulate it to you. I thought it made me a selfish person for wanting it from you. But I understand it now, and I'm not ashamed of it. I'm telling you that in my life, I am going to pursue this.
- Our sex life right now can be summed up as this: You allow me to please you. Much of the time, I am fine with that. Pleasing you pleases me. And so as long as I keep my head in the space of getting my pleasure from pleasing you, I enjoy myself. But when I want something other than what pleases you, I am left cold. This isn't about having a list of the places I want to put my dick, and my mouth, and your mouth, and we check the boxes. This is about how I want someone who seeks out what I want and is excited to be the person who gets to do it with me.
- I allowed you to hold the cards all this time, by taking my options off the table. But when it dawned on me that all I will ever get is to be allowed to please you, my willingness to go along with these terms shriveled and died. I'm telling you now that I know what cards I hold. (I took my shirt off) Look at me - this is what your husband looks like. I know what options I have, and if you ever pay attention when we're out in public, I know you know what I could find in an hour if I walked out the front door looking for it.
- I always wanted this with you. I like our life, our kids, our house, and I like you. But my life will not be what I want it to be without this. I want it more than I want it to be with you.

So I spit all that out, mostly coherently. While I talked, she actually agreed with everything I said. She butted in with a few "but I was stressed about...." . "But you just...", I held my ground said - "I'm not arguing about this. Excuses mean this isn't a priority for you. Which is fine - it's fine if this isn't you. I'm telling you what I'm going to have in my life".

We had a mature conversation about how to potentially proceed. I did not expect her to handle this well - she's the type who shuts down at any real criticism. And she made a pretty frank point about how maybe we're just together because we're together (together since we were both in HS). So maybe someone else might be better for me.

I reiterated that she always had first crack at me, and how this is about having the sexual relationship that I want, and that I like our life otherwise. Her next comment was "Well what if I try all this and it's still not enough for you." I held my ground again - "If this is something you have to try, I don't want it. Either you are going to be this person or you aren't."

Then she said "Well I'd like to see if I can", and started undressing. I didn't decline her initiation this time and went with it.

Aftermath and Analysis

So right there, we had sex....during which I blew past some of her prior boundaries and she was hot for it all, not a word or even hesitation. And this continued in the immediate aftermath. I'm under no impression that this is the new normal. Hysterical bonding, for sure. But it was fun to play in this end of the pool with her.

For a bit, anyway. If I were to describe what I want vs what I'm getting, you wouldn't be able to tell the difference. I can't quite put my finger on it. The desire seems genuine, but it still feels forced. Stoney likes that old 'naugahide remorse' post. This feels like a naugahyde imitation of the sex life I want. /u/Persaeus said to me on my background post "Once you've had filet, you won't want to go back to hamburger". And that is true. I know that's a big part of it. My wife's even offering the special reserve hamburger she didn't realize she had. It's still less than satisfying.

In addition to that, I continue to be struck by how she dropped the "maybe we're just together because we're together" thing in the conversation. Seemed to me to be a rehearsed line. Something she'd been thinking, not something she just spit out off the cuff. Either an out-loud rationalization by her to make herself OK with me potentially leaving, or a blatant hint that I should kill the puppy. The mrp commenter in me sees "kill the puppy", but the guy close to the situation doesn't.

So this is where I stand today. I thought the Main Event would be the resolution - either I get what I want, or I move on. And instead, I'm getting exactly what I asked for and it's not turning out to really be what I want.

I intended to end the post here chronologically. But the situation appears to be still developing....So I'll just stop off here. I'm in a new phase here, and so I'm sure I have some massive blind spots. Appreciate the feedback I got on my other post. I'll appreciate whatever comes out of this one.

86

UPVOTES

What is the main event?

RStonePT · 20 June 2019 · Archived copy · Reddit

Dread and the Main event. What you think you have is probably not the main event.

[Also read it here](#)

I, along with other who are actually smart and capable here talk about Dread. If you don't know, Dread is the process where a man prepares himself to be the most attractive man he can be while giving a girl he is currently married to, or in a long term relationship with, a chance to step up her game and meet his challenge before he moves on to someone else (or no one at all). One thing that isn't discussed nearly enough is the main event, or that moment when the power dynamic in a relationship shifts for the better, and a guy receives the mother of all comfort tests, or a girls anxiety about her relationship security.

I'll paint a picture. Imagine a guy who generally puts everyone except himself first. This could be you, your dad, your brother, or a guy from work who talks about his marriage way too much. He marries the first girl who shows the slightest appreciation for this. Maybe they have kids, maybe they don't. The one thing that happens is that the sexual thrill of having two people, a girl desperate for unearned validation, and a guy desperate to work for it; that thrill starts to waver. Two codependents cannot stand alone, someone has to become the narcissist, and the wife begrudgingly takes the role. Sometimes the girl has some serious daddy issues and refused to accept anything but that role. A lot of women try their whole lives to be men, they always seem to be really good at becoming the worst that men have to offer.

Some men just light themselves on fire to keep others warm. This couple used to have sex like rabbits, it's now on a schedule: monthly, quarterly, annually? Then, it's just done. Some of the worst guys I've seen an spoken to have gone on in this personal hell for as long as a decade or more. I should say it breaks my heart, but they did it to themselves. The average man can get laid if he wants to, the question is what else is he attached to that gets in the way?

Hint: It's validation seeking co dependence.

Even the single guys have it, they don't get to pat yourselves on the back. What, did anyone seriously think that proclaiming 'the juice isn't worth the squeeze' to every woman at every opportunity was being above it all? Who exactly do you think is supposed to hear that message and validate it?

Back to the relationship co dependents. They eventually find their way to our space. We get these cookie dough men, we show them the shit from the sidebar etc. I, or someone else (mostly someone else now) berate them like a drill sergeant to crush that ego, and until they come out the other side, forged out of iron.

They get into shape. They work out years of frustration inside the squat rack. They get their mind right, they replace their shitty mental models with healthy ... more importantly, with successful ones. And another concept, the thousand foot toe rope; The concept of where a mans progress isn't reflected in their woman, much like a ship towing something at a thousand feet doesn't change direction for a long time.

We can all say we are a married team, but you're alone. Never forget that you ain't shit, and that's OK.

At it's core, Dread is

about you learning how to become attractive, or how to be attractive again, and to learn learn how to stop being unattractive, to start looking the part. The part is of a self actualized, charismatic, lovable man. Insert whatever masculine words into this box. It's a mans individual box, labelled 'masculine.' Just make sure enthusiastic sex is in there somewhere.

When this happens, men start to build and experience options, or abundance. Women in general love charismatic, fun, lovable and attractive men, they love them a lot. That wife or long term relationship that a man has been

experiencing purgatory with for months, years ... decades? That woman is completely clueless as to why any of this is happening, and he isn't telling her. Why would he? Guys have tried to, Robert Glover suggests it, in fact plenty of guys in my experience have tried to, or accidentally let her find it herself. Consider this a warning, use open communication like this, and you'll either get her assuming you're not going to follow through —as she should — you've not followed through on stuff before right?

Or she'll assume you will follow through and it makes her feel bad, so she subconsciously sabotages it. She doesn't mean to, it's mainly how women think in this situation. She feels bad, she feels worse as you get better, and she does things so she doesn't feel bad. Want an ice cream? You deserve a reward for a good week at the gym. Lets have a drink and see what happens!?

Instead, keep all that work to yourself, no woman wants to hear it and it makes it harder for you if she did. Then eventually, eventually something happens. It doesn't happen all the time, and it doesn't happen with everyone, but it does happen. People around you, your woman in particular start to act right by you. They do this because you're worth a damn for once.

If you're lucky you got a good woman. she's switched on with no daddy issues. Shes emotionally damaged no more than your average girl. They see a guy step up, and they fall into line. She trusts her instincts and does what she has to do to keep her man, to keep you happy. If that's you, great, you're one of the few, the proud, the top 20%. welcome to hypergamy, where a woman defers to her best option, try the crab cakes, they are delicious!

But for most of you, most of us, that's not what happens. A woman will be utterly confused. Her man is getting better while she is falling behind. There's years of built up baggage, so seeing such attractive behaviors in an unattractive man is confusing. This story only ends one way. She goes to her tool box and uses all the tools that used to work:

- She tries nagging
- She tries getting angry
- She tries feigning being hurt so you protect her
- She tries feeding you during a cut

She still doesn't feel sexually aroused by this, there's just too much baggage in her head from how things used to be, but in the back end of her girl brain, she kind of starts to feel something, a spark. That spark turns into a fire, and when it does she can't ignore it anymore.

This is the main event.

If you've not heard of the term comfort testing, it's where a girl attempts to get assurances that you won't leave her. The Main Event is the mother of all comfort tests. It's a last ditch play to find some stability. You always know when a woman is desperate, and she switches over to a direct style of communication in an emotional situation. Where is she in your life? What does she have to do to be there? What are you trying to accomplish? Why do I feel genuine desire for this dufus?

It's all subconscious, and it's all there.

A lot of guys think they have a main event, but they don't. They get a girl who starts getting angry, starts trying to communicate, starts all kinds of antics to pull you back in to her frame, to make things revert to way they were before. We are creatures of habit, and nothing bothers us more than when people don't act how we expect them to act. That's not a main event.

A main event is a visceral thing. If there's no snot bubbles, if there's no tears, if there no genuine fear that she may lose her best option, and if she's able to form a sentence without stammering, it's not a main event.

It's the strongest emotional reaction you'll ever see from a woman. We talk a lot about submission, it's an emotionally charged word, but that is exactly what this is. This is the strongest display of submission a man will ever see in a relationship. It's when, in a girl's heart of hearts, she submits to you: the strong, aloof, sexy, charismatic man of value. The guy who has the right mix of desire and comfort, alpha and beta qualities, serotonin and dopamine. What, did you think Alpha meant good and Beta meant bad? Don't kid yourself, these are edgy shorthand terms to describe the lover and provider behaviors in men. No guy does anything if you call him a lover, but call him an Alpha and his peacock plumage starts to flair out. the main event is where a guy knows that he's no longer faking it, it's where a guy has actually made it.

That man has got the reins, maybe for the first time, maybe after a hiatus. He's leading the relationship so don't screw it up. The first step to getting there is what's called the Come to Jesus speech. That's a topic in and of itself, for another time.

Dread and the Main Event

To sum up, with Dread, you're going to receive one of three positive outcomes. well, two are positive, one is just positive for you:

- A man's wife or girlfriend steps up to meet the challenge, or
- A man's wife or girlfriend fights him every step of the way until the main event.

The last option, maybe her daddy issues run too deep, she just checks out, she never wanted a good man, she wanted a whipping boy. One can't do anything about that, just be ready to interview her replacement, because, and this is another old saying The stay plan is the same as the go plan.

[Also, you can read it here, with photos so you don't get bored](#)

[And here, you can make a simple tuna melt while you listen](#)

86

UPVOTES

Building your slut: Part 1 - Anal

red-sfpplus · 11 November 2019 · Archived copy · Reddit

I am sick of these faggot posts on here. Lets build some fucking men who fucking know how to fuck.

You wanna build a slut or two? Lets do that.

Part 1 is going to be about, yep you guessed it: **Anal**.

So look at you, you fuck your woman. Great. You wanna think you are a D/s with her. Who fucking cares. You want to fuck her shit hole? Great. Here are the steps. LPT: This works better if she wants to actually get fucked in the ass. You have to typically not be a faggot for this to be the case, so go sidebar and be at **1xBW** on all big three at least first.

Anal is all about the prep work. Shit comes out of your ass naturally. It doesn't go in naturally, therefore learning to control the anal sphincter is the whole reason we have to TRAIN this muscle.

Step 1 is you have to mentally commit to a 90-120 plan of anal training her AND you. Anal is all about relaxing the muscles and getting use to the feeling. This takes time and effort.

Tools you need are an anal training **kit**, quality water based **lube** and an **enema ball**.

You need to get her use to the external stimulation first.

The process goes like this: (I am going to assume you are ok with **eating ass**.) If you are not, you might as well stop reading here. You need to first get her comfortable to external stimulation. This includes your tongue and a very wet finger. You need to start doing this every single time you have sex, but under no circumstances do you enter yet. After you have trained the initial reaction of touch away from the area, you are free to start going for insertions. There are two positions I would recommend. Her on her back with her legs up with her hips on the edge of the bed and doggy. Make sure her ass is high and head low.

I prefer the back to start. You will be able to see her face, gauge her level of fun and it honestly makes her feel a little less like a whore in that position as well. As you move into insertion training it is important for either you, or her to provide clitoral stimulation via a **wand** during this process. It keeps her mind off it and helps her relax. It also builds an Oxytocin connection between pleasure and anal, which will benefit you later.

Keeping your nails clean and maintained is critical if you are going to do this. You also need to be prepared to see shit on your finger, and possibly smells as well. This will be fixed later on, as you progress up the ladder to the point of using an enema ball before butt play. The anal trainer kit I linked has one plug that slides over your finger. This will make it feel nice and smooth inside her vs you finger.

Lots of lube, and go in slow. DO NOT fuck her ass. The point right now is to just put it in, and hold it. This is going to start training her anal sphincter to not want to clamp down when this happens, which will allow you to move onto more fingers, etc. This process should be done for 3-5 weeks, as often as possible. DO NOT get ahead of yourself and try a bigger plug or your dick. YOU HAVE to invest the time to properly train her sphincter to be able to relax, and allow her brain to build that muscle/brain connection so she can relax it herself.

If you are interested in butt play for yourself (you should be) now is the time to start experimenting yourself. Do it to yourself and get used to the sensations. What you feel is basically what she feels. Being able to empathize and coach her thru the feelings goes along way. Once she is taking that finger like a boss, I move to an actual butt plug. I do not go for multiple fingers yet. The reason plugs are a thing is cause they go in there and sit. Their job is to train the sphincter.

At this point I would move onto putting a plug in her and then fucking her vagina. Let her feel the DP sensation, and be prepared to have your mind blown as well. Do this for another 2-3 weeks. At this point she should easily be able to take a finger and a small plug in her with no issues and leave it in there for 10-20 minutes at least. Again,

make sure lots of lube!

The next phase is to move her to the medium plug. This is where I start to consider using the enema ball to get clean first, as this plug is going to be longer and thicker. You will have to gauge her interest in that. Make sure you use warm water, and again I would highly recommend doing it to yourself first so you understand the process. LPT: As it is inside you and your squeezing the ball to get the water inside you, DO NOT let go of the ball until you take it out. If you do the vacuum in the ball will suck everything out of your ass into the ball and it will be nasty and hurt. Keep the ball compressed until you pull it out.

Before you move onto the final plug and/or your dick you need to get the enema part figured out. Getting your shit pushed up hurts, and it will kill all your progress.

NOTE: NO WHERE in any of this have I said "fuck her ass" All you are doing is putting something in there and it stays. We are still training, she is not ready for in/out penetration yet.

Once you have gotten to the enema part, and the large plug and we are good there, you can fuck her with it in there, and she can have it inside for 15-20 minutes you are free to go back to fingers and go for two.

Now is your chance to ever so slightly "fuck her" ass with your fingers. SLOWLY! there should be 1-2cm of movement TOPS. That is about 1/2 the length of your finger between your knuckles. LOTS OF LUBE!

By this point, you should be 90-120 days in the process of training her.

When you believe she is at her sexual peak of the month, I would go ahead and plan to try for penis insertion at this point. You will need to warm her up down there. Start with a finger, to a plug, fuck her with the plug. You will be able to gauge if her ass is "in the mood" or not. There are nights when my girls ass is DTF, and nights where it is not. YOU HAVE to have the self control to not fuck and ass that isnt in the mood to be fucked.

Your goal for your first insertion should be to just simply get it all the way in and hold it. SHE IS NOT ready to be fucked in the ass yet. Slide it all the way in and let it rest in there. Allow the sphincter time to learn the size and sensation of it.

By this point, if you have both mentally and physically prepared her for this, my girl actually with orgasm when I slide it in her ass.

Do not ever make it about fucking her ass. You are fucking her. So have your fun for a min or two, pull out, use a baby wipe to clean yourself off to be safe then go back to fucking her and finish anywhere but her ass. This is important for the first few sessions. We are mentally training her to be a slut, not a whore and there is a difference.

Hygiene is important. Clean yourself. Never go straight from anal to vagina or oral, even though they do it in porn. A2M and A2V is not good.

Once you have anal trained her, you should have a girl who actually loves to get fucked in the ass, which is honestly rare. The vast majority of women who do anal do it but don't like it.

All of these steps can be applied to you as well. Like I have said before, anal on a man feels great (no homo)

And if you really want your mind fucked, put a small plug in your ass, while you fuck her in hers its awesome.

Additional Notes:

Wearing plugs in public is hella fun. Make sure to take a pocket sized bottle of lube with you. Keep it in her purse. You will need to lube every now and again as the outside will dry out from time to time, especially if dancing - not that I would know.

Plugs can easily be worn for multiple hours (personal max is 5) however, do not forget to re-hydrate down there every 45 mins or so.

Combine plugs with remote controlled vibrators. **Egg** for her, **cock ring** for you.

If you are going to wear them out - keep the size pretty small. You do not want a 3/4" butt plug up your ass all night, but the #1 size will be a nice fun treat - esp. if doing something active like dancing.

Too large of plug can impact erections. So again, keep the size small. It isn't about gaping her/your ass, but adding pressure to either your prostate and/or her g-spot. Yes - you can hit her g-spot via anal.

Public Anal. Do it. Just do it. Pull her skirt up and fuck her ass in public somewhere. Swinger bar, I don't care. Rest stop, wherever.

Anal **vibrators** are a thing for a reason. Try them.

Never use glass and/or crystal type plugs. Always use flexible ones, only porn stars who are not doing it for pleasure use gem plugs. Only use flexible, silicone type plugs with a taper handle so it conforms to your ass cheeks. This is nice for walking around/public use.

Never stick anything in an asshole that isn't attached to your body, or with a handle. It will get sucked up and lost and you will be going to the ER to have it fished out otherwise.

Have fun, and that's all for now.

85

UPVOTES

Thank you all!

financeandfirepower · 26 June 2018 · Archived copy · Reddit

Thank you ...

At 38 years old I found myself accomplished in financial stability, a great company I built, a great family but I was unhealthy and had a very unsatisfying sex life. I am married 11 years, together 15 years. We have two children boy 4 and girl 7. My wife is really a great woman SAHM and since I discovered the red pill submissive in the bedroom as well. It is amazing to me how much she has changed along with me as I made my progress with red pill philosophy. I have followed the rules and NEVER talked about fight club. I can look in the mirror and see my improvements, but at the same time look at my wife and see how getting my shit together has improved our family unit completely. There is so much good that has come out of learning to literally fuck my wife the way I always wanted to.

The bad ... Two years ago I was 6'1" 310 lbs and my doctor diagnosed me with type 2 diabetes. Not a shocker to me as I was a lazy fat ass who used food to cope with the stresses of building a business and the general stresses of raising two children. I had low points before and got put on Zoloft in my mid twenties and was a zombie for quite a while. No real highs no real lows just cruising in the middle. I thought the Zoloft helped with my anxiety but it destroyed my feelings for sex. My wife and I had sex maybe once every two weeks for most of our marriage. Just standard starfish as you call it. Early on when we were dating and she would be drunk she would say things like "I'm a bad girl", but I just did not understand the whole submissive nature of my wife back then and I was a pussy for most of that part of my life.

The number one influence on my life with women was my mother. My father was a betabux pussy his whole life and my mother ran the house. Dad NEVER talked to me about women and has never to this day even broached the subject. My Mother instilled in me that providing for a woman got me what I wanted. Being the nice guy. Prince charming gets the girl. All that. What a wrong way to go about it.

So I am a lazy fat ass two years ago and I decide to get off Zoloft cold turkey and get in shape. I need to lose weight and get healthy or I am going to die and I can't make money if I am dead. I used that logic. I pushed myself lost 20lbs and got injured. Self pity spiral and I go into July of 2017 and then I find the needle of red pill in the haystack of the internet that opened my eyes to a whole new me.

July 2017 ... I had been of Zoloft for a year so I started to feel my dick again kind of LOL I also felt nerve tingling on the tip that the doctor said may be a side effect of diabetes. Neuropathy. That really got my attention. I took a couple days and really focused on myself and thinking how am I going to do this. I tried to step back and look at myself independently and what drove me to wake up every morning and work as hard as I do to provide for my family. It was eye opening. I basically rewarded myself with shitty food and porn. I have been addicted to jerking off to some form of porn since about 12. I started with the scrambled playboy channel and over the years learned all the internet tricks in my teen years to modern day porn hub. The problem for me was that I hit a wall with it. The porn was getting weird this past year. It was all step daughter, step mom, step whatever shit and it just freaked me the fuck out.

I know people are motivated by a reward/pleasure well my food was killing me and making me fat and my porn was going to turn me into a shameful pervert. I decided I was going to completely change my reward structure and use discipline that I knew I had but had never applied to my health and sex life. The rewards needed to be there and sex was going to be my reward if I was going to eliminate food and porn.

I googled "How to turn your wife into a slut" and found Hunter fuckin Drew "Creating your slut" Wow that was all I needed to launch me into red pill land, the side bar and I have not looked back. Lifting is the single most important thing is true. I STFU and set on making myself awesome and figured if it works the way they say I should be able to do it. In August 2017 I hired a lifting trainer two times a week (have not missed once) and started with just learning how to move my fat ass again. I progressed to lifting just the bar to almost a year later lifting with the

45lbs plates on the bench and repping out. I am now 257 lbs and have a lot more to go but I love feeling my muscular arms and legs and the TESTOTERONE it produces is awesome. I now have sex with my wife 3 to 4 times a week. It is awesome sex for me and her. I am cave manning and spanking her and talking dirty. At this point its just awesome to me. I just keep getting happier. Once a week or so I will tell her I need a blowjob and she will just get down on her knees and blow me. It still amazes me from where I was a year ago. I will end it how I started it. Thank you... to all the guys who have contributed to this wealth of knowledge that is the red pill. I really do appreciate it. There is still a long way to go but I am really enjoying it thus far.

85

UPVOTES

6 Months of Owning My Shit: A Retrospective

BirdManBrrrr · 12 December 2017 · Archived copy · Reddit

One can have all the knowledge but its useless unless one puts the knowledge into action in some form. OYS did that for me, and here is a review after 6 months of holding myself accountable to strangers on the internet and myself:

The Background

34, 6'2, 190. Somewhere in the 13% bf range. Married a year and a half and no children. Reasonably attractive, reasonably athletic, and with a comfortable 6 figure income.

Career Nice Guy, son of a decade deceased strong woman mother and a passive, weak, martyrdom complex, yet honorable father. Depressed for the decade after mommy died; career went well but personal life was sitting at home jerking off and watching TV while dating intermittently. 2 year LTR prior to wife failed due to the same issues that would tank my marriage. Met the wife immediately after the LTR: an ambitious, extremely intelligent, beautiful girl from a broken home and fucked up childhood. The predictable self-esteem and emotional issues are present, and beneath the hard charging façade is a scared little girl.

Things were great the first two years then the bedroom starts dying prior to the wedding for reasons I couldn't figure out at the time. Things continued to decline after the wedding—which went on due to momentum—and both of us settling for a cordial but not flourishing relationship. It was just good enough to not end it. **The DB was a symptom.** Like most of us, I found MRP via DB and don't actually start doing the work via OYS after hitting rock bottom after [this post](#). The replies were a swift kick to the nuts; I realized I needed to put in the work and quit lurking or else things wouldn't improve.

The Assessment

Textbook Nice Guy coupled with depression. Emotionally needy. Zero leadership, constantly deferred to wife on decisions. Passive in action and communication. Covert contracts with regular victim puke. Zero frame and poor sense of self. Porn addiction and fear of intimacy along with ED and PE. Nagging low-level health problems I complained about constantly. No Mission. Few friends. Some outside interests but lazy. Extreme introvert.

The Reading

NMMNG x3, WISNIFG x2(text & audio), SLISM x2(made everything click), WSM, MAP x2, MMSLP x2, Pook, Rational Male, Models, Ironwood Alpha, Extreme Ownership, Gorilla Mindset, every week's OYS, MRP & AMRP top posts and ongoing submissions.

The Priorities Starting May 2017 (In order of importance)

- Mental health & reversing the depression
- Physical health, inclusive of lifting, diet, and sleep
- STFU
- Building a life outside of home: hobbies, doing things I like, etc, inclusive of social life.
- Building a sense of self (Frame, mission, OI, DGAF, etc)
- Gaming the wife/sex/etc
- Gaming women in general

I came to the conclusion that I was not attractive enough to be a better option for my wife's time compared to her job and her work social life so I decided to become mostly internally focused and deemphasized *the marriage*. I embraced *live like you're single* and dropped the thought of trying to compete for my wife's attention, which at that point would just come across as neediness. Sex was not a priority, and given my lack of libido this was not difficult. This is counter to what a lot of folks here do and perhaps led to some other issues with the wife but I'm OK with ____

how I approached things. Wouldn't recommend it, necessarily.

The Work

- **Stopped complaining about my problems to my wife** No more victim pukes about my health, interpersonal or work problems, *feelings*, any of it. **STFU**
- Started posting to OYS and started logging RP truisms and notable posts in a series of google docs.
- Sidebar. Plenty of business travel meant isolated, alone time on planes and hotel rooms with no excuse to not read.
- Got a physical for the first time in 7 years. Testosterone was in the 630s therefore all of my problems were in my own head. Made a dermatology appointment for some skin issues. Got a trazadone rx for sleep, although improved this by other means.
- Made an appointment with a therapist immediately, although therapy turned out to be useless after a handful of sessions and I got better perspective on fixing my problems from MRP/OYS than I did from sitting in a room talking. Introduced to DBT by a friend and found a bunch of free online resources to use as mental health support in lieu of shitty therapy.
- Restarted some mix of 5x5/Starting Strength and additional upper body accessory work.
- Continued training and became more engaged with my Masters swim team. This doubled as a fun social group of weirdos and nerds I fit into well. Quickly became "the hot guy" somehow.
- Planned some solo trips hiking and doing outdoor shit. Became comfortable being alone and doing things alone.
- OYS at home: started keeping the place clean regularly, organizing, throwing away useless shit, doing long awaited projects...all of it.
- Started to be mindful and hyper aware of my behavior towards my wife, and my wife's behavior towards me with regards to DEERing, shit & comfort tests, my emotional state, etc.
- Tried to be busy in general and cut back dramatically on wasted time. Terminated Facebook usage altogether and the only indulgent social media I have is Instagram for memes and fitness chicks.
- Actively worked on becoming more engaging with others in the office and embracing social situations as opposed to avoiding them.
- Actively worked on making better eye contact and being quicker to smile and engage with strangers, especially pretty girls.
- Came to realize I had an authentic personality—goofy, smartass, and a little cocky, but genuine and caring—and came to view it as an asset. Actively worked on removing mental blocks that held this back in most situations...especially with the wife.
- Simplified my wardrobe: Slim fit everything complimenting my body type (swimmers build). A clean business casual of the same style dress shirt and pants in assorted colors with slim fit pants; a casual look of jeans that fit well and black t shirts. A simple continuum up and down the formality scale and largely interchangeable. Clean, simple, and well fitting.

The Result

- I'm a hell of a lot happier. Not saying my depression is resolved but I have received comments from people who I've met in the past year who have noticed a visible change in my demeanor from consistently mopey to consistently happy and even I no longer feel the preverbal cloud hanging over my mood.
- My emotional control is also much improved, mostly measured by my impulse to *react* to things and a secondary metric of me actually having an emotional outburst for any reason. Most of this manifests with my wife for whatever reason and I'm much better at this.
- Related: DGAF is taking hold in a major way, mostly driven by asking myself the question "Does this even matter?" in any particular situation. Well no, most shit doesn't matter in the grand scheme of things therefore

most things aren't worth getting upset about.

- Despite fits and starts due to travel or some nagging injury, lifting has borne fruit. Recent lifts include DL 375 x1, high bar Squat 225 3x3, Bench 205 x1. Bodyfat has dropped from 15%ish to 13%ish and I am in a position to make gainz the priority for the winter bulking season.
- I have a small yet odd group of friends who like the same shit I do, although expanding my social life is an important goal going forward, as is expanding the stuff I've wanted to do but never followed through on.
- Between demeanor, dress, and how I carry myself I've started to get IOIs from women, sometimes noticeable by others. Also from dudes, which is awkward but whatever. Not uncommon are the comments of "Dude she just eyefucked you" or "She thinks you're hot". For the first time in my life I'm realizing I am attractive and possibly have options (OI) although that hasn't been fully internalized yet.
- I'm starting to say no to things I don't want to do, and I'm not feeling as guilty as I previously did at a decreasing rate of guilt over time.
- I'm starting to build Frame, but prior to having frame (IMO) one must have a reasonably developed sense of self, identity, wants, and needs...which I didn't. I'm slowly starting to define what those are and as they develop my worldview is starting to change, especially with regard to my marriage.

So, what now?

The stay plan is the go plan, or so I've read. I have good momentum on such things as mood & mental health, lifting, a small but budding social life, outside interests, and so forth but the next 6 months will be focused building the sense of self, frame, mission, and ultimately figuring out what to do with my marriage. Plenty of work to do and the farther I progress in this process the further I realize I need to go.

Truth is I married a girl who needed an immovable rock to support her particular brand of crazy, and instead I 1. Made *her* my rock and 2. Wore her down with my bullshit. Moreover, I look back on all the red flags, all the times I rationalized away something that wasn't quite right, the nagging sense *something* was wrong prior to the wedding but didn't quite know what it was until I found this place...in hindsight my preselection was weak and I wasn't the prize either. Nor did I have the balls to call it off, obviously. I have some decisions to make and they may not be pleasant.

I'm reversing 34 years of poor emotional control and shitty social conditioning; I know it isn't going to happen overnight but it is absolutely necessary if I'm going to have a good, fun, and fulfilling life.

My advice to the noobs out there: Kill your ego and accept your failures as a man. Realize only you and you alone can fix your problems; get solid self-awareness, identify your weaknesses, and get to work. Yea, it's hard, but trust me: it's worth it.

85

UPVOTES

It is all your fault - so man up.

spexer · 6 July 2016 · Archived copy · Reddit

It is not your wife. It is not that you stuck your dick in crazy. It is YOU. You are the fuck-up, and here is why this is the best news ever:

Because by being 100% responsible, you are no longer the victim - you are a powerful person with control over your destiny. You can make you and your life better.

Ah - but I see the argument coming. I see your wall of text about everything she is doing wrong. For example, here is a quote from a recent thread:

I don't know what is wrong with you, but who the fuck doesn't know that women are selfish bitches that only have their own well being at heart

Ah yes. Either you use AWALT as an derogatory slam against women being "eveel" creatures that are to blame. -- OR-- you post something like this gem I grabbed from another thread:

Ummmm.... i know the common theme in RP is AWALT. But your wife seems even a bit on the far side of crazy.

Yes - the special snowflake argument. And it is just as flawed here as it is on TRP when someone says a certain alpha widow CC Rider is worth marrying because she is not like the rest.

They are like the rest. **And that is a good thing. I argue that it is the best thing - that women are amazing creatures and I am thankful MRP has given me an instruction manual on how bring out their best.**

So why is your wife a screeching harpy hellbent on your misery? Again, because of YOU. Because you are failing.

Take the best wives out there - the ones married to the success stories of this subreddit. You think they are special? Take them out of their current life and submit them to 10+ years of your beta-ass marriage. Where they have to step up, be the man, lead the family, make the hard decisions, take care of an adult man-child in addition to the kids, be the emotional tampon as their beta-husband cries about not getting his dreams... and I guarantee you will find her an unhappy harpy bitch.

Hell, take the best nympho on the planet and submit her to 10+ years of passive aggressive covert contracts as a way to guilt her into sex with a haunched over dadbod slob... and you find a woman who suddenly claims she has "Low libido".

So when you read posts here and on ASKMRP about a hell of a woman cuckolding her man, keep in mind that this is a woman who is in a leaderless, betadom marriage of broken dreams. It is the husband's fault.

I see you itching to post your exception to this rule.. So I will give you one.

IF you have become the alpha captain, the unshakable oak, and you have turned the marriage around, implemented MRP the full distance for a year+ and you have created a good, strong, fun-loving red pill marriage... and she is still a harpy bitch?

There is your exception. There is the door to hit her ass.

And more importantly, you are finally at a place where you deserve better.

85

UPVOTES

Don't eat paint

BobbyPeru · 14 January 2020 · Archived copy · Reddit

Fred learns about cows and milk

There was a man named Fred who heard about a cows. His friend Henry told him they contain a delicious white liquid called milk. Henry told fred about how to milk a cow and get this delicious and natural drink. He also described what a cow looks like to the t.

Naturally, Fred was intrigued by this new thing he heard about, cows, and he wanted to go out and taste this delicious drink called milk. So, Fred searched statewide for a cow, everywhere, both high and low. He had a hard time finding one.

Fred finds a cow and milk

One day, just as Fred was completely discouraged, he looked up and he saw what his friend described. He knew it was a cow because it fit the description perfectly. But, not only that ... as a bonus, as Fred came close to the cow, he saw a bucket with white liquid, and he knew that someone had already milked the cow, and finally here was some delicious milk before his very eyes.

Fred was so excited, he immediately grabbed the bucket and began chugging the milk. This didn't taste like he thought. As a matter of fact, it tasted pretty horrible. Then, he began having severe stomach pains

RIP Fred

Fred died shortly after sting the milk. Had Fred's friend led him astray?

What happened

What he thought was a cow was a statue of a cow. The cow was painted that day with white paint, so the was a bucket of leftover paint sitting next to the cow. He drank the paint thinking it was milk and died.

The MRP lesson

Learning the MRP way of life takes time and most importantly, experience. One of the most common mistakes is guys coming on MRP, reading a few posts/comments, and then thinking they have all the answers. This is what we call **kids with dynamite**.. They don't have enough knowledge to make positive lasting changes in their life, but they have just enough knowledge to blow shit up.

They are eating paint

Lots of guys want a quick fix, and easy answer, a magical way to get frame, become great at agree and augment... etc

But, they usually lack patience. The solution lies in making small, barley noticeable changes. Many go Rambo instead. We keep saying over and over to read the sidebar, but experience and practice must occur alongside the reading. But, the experience should be from small changes... test the waters a little... start slow... which leads me to....

Lift, sidebar, STFU

Yes, start simple. Quit engaging in meaningless arguments with your wife... which, is pretty much **any** argument. Learn to keep it brief and then STFU. It will be u comfortable at first. Becoming a man is an uncomfortable process that requires you to take different thoughts and actions.

Don't automatically assume you understand and can apply a concept just because you read about it... unless you enjoy drinking paint. If you try A&A too early, you will probably fail miserably. When you do start trying it, start with very simple slam dunk A&A's. If you feel uncomfortable before you're about to talk, that means faggotry is

about to come out of your mouth, so **STFU**

Bottom line is this thing takes time and lots of effort. Expect it to take **at least** one month for every year you were a married beta faggot... and that's if you are reading the entire sidebar, not just the same 3 or 4 over and over, you're lifting, and you are practicing STFU.

If you are newer, Don't be a kid with dynamite. Don't eat the paint. Do yourself a favor and build in lots of learning time so you can learn from experience before you blow shit up or eat the paint.

- Reading without action is almost meaningless...
- Action without reading is most likely to result in just more blue pill objectives...
- Too much action with a little reading will blow shit up

So, the key is to find the right amount of action to fit your readings and circumstances

85

UPVOTES

“Why won’t he be the king I know he is, the king I see inside?”

simbarlion · 20 April 2020 · Archived copy · Reddit

The title of this post is a quote from the Lion King, where Nala is disappointed in Simba for being a pussy.

Corny? Yes, Appropriate? Very.

For a while I have been thinking of some different topics to post about, as I like to give back to this invaluable resource. It occurred to me I have never really done an update / download, so that’s what I decided to go with. Part FR, part worldly wisdom, hope you learn something....

I came here with textbook problems – we had been together forever. I had become physically, emotionally and mentally weak, and defaulted to my wife for everything. My friends joked how she wore the pants. We became distant emotionally although the sex was ok, the rest was falling apart, she was a career obsessed exec. I was the doormat at the end of the flight home. Below is a summary I had written for myself as a start to MRP (August 2017). It shows my weak dependence:

- *Most clearly, I need to grow as an independent person. Life as a pair is not over but it is significantly reduced, I need to be doing my own thing.*
- *Enjoy the boys (my sons), make it a priority*
- *STFU when an issue comes up. Just DON'T raise it, deal with it in whatever way you have to.*
- *Move on from my preconceived views about what our life would be like together. Its not like that anymore.*
- *Give less fucks. It is what it is. She does what she wants and gives no fucks. I need to do it too. If it pisses her off, well that's what she is doing to me.*
- *Remember things change over time. Life's energy flows both ways, ying and yang. Persevere through this difficult time.*
- *Learn the lessons the universe is providing you. Until they are learnt, the problems continue*

Although very gently written, these points are about my lack of independence. I had not started lifting. I still believed in Disney.

Enter MRP.

I followed the plan. Got fit, grew frame, put a Dr at the start of my name. It took ages, all of it. But it taking ages is what helped me find my own frame. It also helped me ditch the oneitis. Not because I could necessarily pull better immediately, but it made me realise that was a possibility. The IOI's started coming. The physique looked the business, I've got good arms and the school mums touched and commented. I got back my self-confidence – I relied on my own opinion. I realised dread is great but it is often short term, and usually fleeting, getting me a bit of attention here and there. Don't get me wrong its important to maintain over the long term, but dread alone is a poor mans tool as it causes a fear based response that will never allow her to enjoy her natural state - it will never induce that real feminine submission.

Frame is the game, for me its mostly leadership mixed with some fearlessness and selflessness, like Mayor game. She loves that, and like you all know it's the natural dominance dynamic a man should have in a relationship. So we are pretty good now, but nothings permanent. I'm happy, she's happy. Sex is good + willing and fun but not adventurous like Red-sffplus' posts. No D/S, not sure if I have the time for that. The importance of sex in my life went down a lot once the balance of the relationship returned, providing beyond doubt, it was neediness and validation based. At some point I gave myself the goal of being how I was when we met. I achieved that and better.

Simba was King.

My Understanding of MRP

There is so much to MRP to take in and understand, DEVI, TWOTSM, Practical female psychology, (and the rest) fuck me it all different and it all expands your mind overnight, but that doesn't mean you understand it. That's takes time – give it time. Take your newly learned theory to the field before you test it out on your wife. Observe - observe what you learn in your own environment, it's all different for you than me or in the books, I can assure you of that. Observe at the nightclub, the pub, the workplace, the bedroom (but don't go too existential). Read up on Horn's and Blarg's posts on communication and understand more about how she works. Its different for everyone one and you're at the eye of the storm trying to work it out for your context. A bag of tools at your disposal you did not have before - the tools I used will be different to yours. Your tools are relevant to your context, and context is everything.

I recently revisited some of Rollo's work, I was amazed at how well it aligned with things I had been thinking about myself recently - how all of us are running and alternating between two internal behaviour programs. One is your ("alpha") biological behaviour – natural urges and thoughts; One is from your society (context) – what you have learnt about how to behave. Its important shit, it changes over time. It makes me realise how there is so much going on in the interactions between two people day to day that you will see it is just not possible to 'solve' with the relatively blunt MRP tools. You need to sharpen your game and look at the fine detail, and you need to open your eyes to the subtext just like you have been taught to through 'acta non verba'. I'm far from suggesting you need to do MORE work; Rather that you still can learn to be a better craftsman. A good craftsman makes hard tasks effortless. Work smart as well as hard.

If you have already graduated to "Man", you will know that it is through Frame and the willingness to do it your own way that sets you apart. It's not MGTOW, it's confidence and leadership. Yes, you still need to look the business, and you should be successful. Your tripod should be strong. You should also be brave - you should be in control of your fears, you won't defeat them. You need to be MORE aware of context, detail and whats going on around you, step up to the plate when the opportunity arises. If you have kids, its time to realise you are now the head of the family, not just yours, but the extended, the grandparents and anyone else loosely involved. One of my greatest 'growing the fuck up' victories was realising my own decisions meant more than my own fathers. Fuck that Pop, I am in charge now.

And for fucks sake you should be outdoors a lot. I have not been strict on my lockdown lifting, but I am sore every day from digging / building and fixing. Diversify your physical activity. Diversify your learnings, your skills and your strengths. Pecs, shoulders and biceps not a strong brave man make. You conquered your relationship, go next level and conquer the respect of men. Get better again.

85

UPVOTES

60 DoD: Hygiene

Praexology · 9 November 2023 · Archived copy · Reddit

I'm not going to reinvent the wheel here. You smell. Your balls reek. Your clothes suck. If a girl can smell the shit caked in your ass crack it doesn't matter how smooth your game is or how shredded you are, your approach is going to suffer - and unless your wife is a total freak the perfume of smegma emanating from your crotch will stop you from getting a BJ 10/10 times.

Without further ado 60 DoD: Hygiene.

Hair

If you're bald, you've lucked out. Your male pattern baldness has given you the opportunity to do as little as possible and be in the right. Shave it. Embrace it and stop crying.

For everyone like me with nice hair:

If you hair smells, rinse it out. After you go to the gym and sweat hard? Rinse it. After BJJ, boxing, muay thai or a swim? Rinse it. I'm not saying you have to use shampoo every time - I have been doing that NoPoo thing for a long time but hell make sure you actually get your hair wet and scrub water through it. **PAUSE** I said scrub **THROUGH** it. Don't just rub the water or soap on top of your hair - wash both your hair **AND** your scalp.

For the underachiever: I don't know why I need to say this but I know some of you have terrible dandruff and you're still using Old Spice body wash on your head. Actually care about your image, it's one thing to have a condition, it's another to have a condition and do fuck all to curb it.

Pick a hair style and actually stick to it. If you haven't changed since the 9th grade when your mom told the Supercuts lady to "give my son a really cool haircut." You're off the boat.

Pluck or shave or trim your unibrow.

Keep your beard tidy. If you are trying to use your beard to cover up your weak beta chin at least do yourself a service and don't **trim too high**. I know fuck all about beards, ask **u/hornsofapathy**. I look like I recently hit puberty. But the barbers I know seem to roughly say 1 or 2 fingers above your Adam's apple. Do your own research. But most importantly don't look like an amish guy unless you want amish guy results.

Teeth / Breath

A big package of whitening strips costs like 20 bucks. Use them on your drive to work for two weeks. I'm not going to elaborate on this a ton - but if your smile looks like **this guy** you need to get your teeth situation fixed. They are called pearly whites, not corny yellows.

- Brushing Regularly

If you don't brush at **LEAST** twice a day I don't know what the fuck you're doing.

Once in the morning.

Once before bed.

Once after you eat something that makes your breath smell bad. Twice if you ate curry.

And once whenever you can taste an ambient flavor on your tongue.

Also grab some mints and put them next to your bed, don't make a habit out of allowing people to smell your shitty breath - especially the one you're sleeping next to.

BO / Cologne

At this point I feel like I'm writing a guide for middle schoolers but I've met many of you outside of Reddit and discord who desperately need these directions. If this weeks DoD doesn't apply to you, pat yourself on the back.

Pick a few scents you like. [u/RocknRollChuck](#) has a great guide on colognes. And use them. Train people to like being around you. And for Christ's sake, wear your deodorant.

A new french guy joined my gym and smells like day old Burger King. At the end of class you can smell every person he rolled with - and at this point I avoid him because I know I'll have to scrub off his gross ass sweat from my Gi.

Protip: *don't make a habit of making subconscious pairings between "you" and "disgust" in other people's minds.*

If you smell - shower.

inb4 but... but... but... my dry skin!

The same stuff that applies to your teeth applies to your rotten stinky body.

Hands and Nails

Trim your nails and wash your hands unless you don't care about girls wanting you in proximity to their pussies. Especially before sex. End of section. If you need me to spell this out for you, you're a lost cause.

Cock, Balls, and Asshole

Scrub them, then Scrub again. If you want your dick to go into some girls mouth, smelling funk or *literal actual shit* is not going to get you very far.

As far as pubes go, I'm not going to say to shave them so you look like a porn star, but unless your wife/ltr has a snaggle tooth, don't let your bush be long enough for her to accidentally floss while blowing you. 8 inch pube on the tongue is a good way to kill the vibe.

Clothing

I've seen how many of you dress. Get rid of the sweatstained ketchup shirts. If you are raking in 100k+ and are thinking of posting in the [r/toolivelybedrooms](#) sub to get help because your nuts are skinny enough for striped pajamas you can ignore this. But the rest of you are keeping *shit* because it's familiar and comfortable.

I dare you to go through your underwear and socks then throw out *every single pair of that has holes*. Then post pictures of yourself crying in OYS because you lost all of your underwear.

Final Word

Okay, let me take a step back for a moment. Mask off. There is a lot of stuff that we are all trying to improve on - lifting, working harder, leveling up our social skills, and internal emotional frame. It's difficult. And for many of us, we are doing this in direct opposition to the vile woman we created who is trying to shove our faces into the mess we made previously.

These improvements begin with small daily rituals - grooming, preparing mindset and addressing our shortcomings. Harder yet this all has to be done without ego compelling us to cling to old beta, pathetic behaviors and that shit *sucks* because if we admit those habits are failing, then shit... "maybe that means I am a failure."

It is an important balancing act to manage in the pursuit of building frame, one that is so easy to distort. In the beginning it feels good to simply reject anything that isn't directly about your own pursuits and happiness. There's a

certain type of nihilism associated with this stage because you attempt to only "care" about your own desires. But ultimately it makes you unlikeable. "Who cares what other people think about my clothes? Fuck 'em." Bad long term strategy to get what you want and honestly I hear many people find this pathway ultimately lacking.

You are allowed to value what other people think, as a matter of fact it is incredibly important to value it. You simply learn to use those opinions as information, rather than as iron-clad rules of right and wrong.

Here is the real cheat code: The easiest way to start off on a good foot with someone is to be clean, fit, relatively manicured and well dressed, to smell good, and to smile with clean teeth. Everything else comes after. So go wash your balls.

"I feel worthless," Alex told me recently. *Why's that?* I asked. "Because my wife doesn't love me." *That's an awful thing to feel. Why don't you think she loves you?* "She's just not excited when I walk in the room anymore."

I asked Alex several more questions about his relationship with his wife. They were having regular sex. She was respectful of his requests and things she asked him to do. She fulfilled her responsibilities around the home and they maintained a reasonable budget with an exceptional income. They didn't argue very often. For all practical purposes, from the outside looking in, a casual onlooker would have assumed they had the perfect, American-dream marriage. But Alex was broken. Why? Because his wife didn't *feel* excited about him. His sense of self-worth was completely dictated by his wife's feelings rather than his own accomplishments, life purposes, motives, etc.

Validation is one of the core issues underlying every aspect of human existence. I have yet to meet a single person who doesn't require any validation. As a Christian, I believe that God has intentionally placed a longing in our hearts for something beyond ourselves (Ecc. 3:11; Genesis 2:18), but even if you want to take an evolutionary psychology approach, we have been conditioned for millennia to be an interdependent species, needing community and relationships to advance, and those in isolation and outside of community fall victim to "survival of the fittest."

Validation-seeking is not unique to men, but the way we are meant to engage with it is certainly distinct from women. Biblically, men are to find validation from God and not their wives, but women are designed to find their validation through their husbands. I'll let the evolutionary psychologists among you figure out how this plays out in the secular world. Suffice it to say that *men don't need women; we just prefer to have them around, for a vast multitude of reasons*. Women, on the other hand, *do need men* - whether you want to say this is because of how God created the world or to satisfy their biological hypergamous drive, I don't care (they're really the same thing, from my view). The point is that women will always seek validation from men, and we can't (maybe even shouldn't?) change that; but for men there are both proper and improper ways to approach validation and seek it from others.

HEALTHY VALIDATION

Validation is the product of evaluation. It presumes a judge over your identity. In the absence of perfect faith or a mental health disorder, I believe validation-seeking is at least subliminally present in virtually everything we do as a species.

For most of the world, the best form of validation-seeking is when we are able to function independently, setting up standards of self-evaluation and letting ourselves or our self-created goals be the judge over our sense of self-worth and accomplishment.

A man who sets no goals, merely scathing by in life, will (appropriately) feel as though he has nothing to offer his world, creating a negative feedback loop that then discourages him from setting any goals. This is my brother, still living in my dad's house at 32, drinking beer and playing video games every night until 5am, having given up on women since his ONEitis left him several years ago.

On the other hand, my friend Dan is self-motivated. He doesn't care about how the world judges him; but he does have an internal drive to succeed. There's a stirring within him that won't let him sit idly, so he sets goals and experiences internal fulfillment when he accomplishes them. He is validated by self-created objectives. I suppose a man could experience self-validation even in the absence of external objectives that he creates, simply liking himself for who he is regardless of any other judgments on him, but even that becomes dangerous, lending itself to a feminist mentality: "You're perfect just as you are," which often translates to: "You don't need to improve or have ambitions - you just need to be placated in your place in life, and not challenge anything I try to do to you and our country."

For the Christian, the answer is similar. God sets the goals, but there is an incredible biblical latitude we have in the

way we go about accomplishing them or how we evaluate our successes, and there is even greater grace from God in the evaluation process than we might otherwise give ourselves if we were self-evaluating. This creates an exceptional balance in that grace gives us freedom to fail, thus we can remain objectively validated by God through our efforts to grow and accomplish even when we fail from time to time - which is furthered by the fact that God is perfect and stable, so we know the standard he sets is reliable, unlike other people whose standards over us are imperfect and unstable; and having an external standard from God also prevents us from being lazy with our goals and squandering our lives, overcoming the trap that many people like my brother fall into.

There are other ways that validation-seeking can be helpful as well. For example, if you want a promotion at your job, you're going to want to seek the validation of your boss, as he is the judge over your qualification for the position. If you want to win a court case, you must seek validation from the judge about your arguments, honesty, and competency, for the judge is the actual judge over your case. It's appropriate for him to validate your arguments, honesty and competency. The difference is that he is not evaluating you as a person - in both cases, they are evaluating your behaviors and what you produce.

HARMFUL VALIDATION

I opened this post with a brief snapshot of a conversation I had with Alex - and that is a shining example of harmful validation-seeking. He allowed his sense of self-worth to be dictated by something external and didn't allow any room for grace in his failure to live up to the self-imposed judgments he created on his life. He didn't merely look to his wife for validation on certain behavior patterns he had; rather, he extended it to his internal sense of identity.

And that is a significant thing to consider. Harmful validation seeking is not merely letting someone else be the judge over your life, identity, and sense of self-worth. In most cases, the person from whom we seek validation never signed up for that role. We are voluntarily giving them that job, often-times not even telling them we are - and then they don't communicate validation because they never knew that was their job in the first place.

Men, this is a significant thing in your marriage and it's the reason why I started with the difference between men and women in validation seeking. **Your wife needs validation. If you want to have a successful marriage, you must validate your wife when she acts appropriately within your judgment, because she has allowed you to be a judge over her. This is healthy and appropriate.**

But a man should never voluntarily allow his wife to become a judge over him. Doing so is grossly inconsistent with biblical theology, the history of any successful society, and basic principles of underlying evolutionary psychology. Men are conditioned by God or by time to set goals outside the home and strive to accomplish them. Making your home your goal sounds nice, but we're not here to be Nice Guys - and Nice Guys are the biggest validation-seekers, and one quick glance at NMMNG will show you how that validation-seeking can ruin a man's life.

MANIFESTATIONS OF VALIDATION

So here is a non-exclusive list of different forms of validation-seeking that can get your wheels spinning to help you recognize when you're in that rut or if you're on the right track. If you're having trouble feeling a sense of wholeness as a man, look to see if you fit the bill in any of these areas.

- **OVERT:** When my 5 year old daughter shares her candy with her siblings, she runs up to me and says, "Daddy, I just shared my candy. Wasn't that so nice of me?" This is an obvious and overt example of validation-seeking. She is directly asking for my validation of her behaviors. Sometimes it goes even further and my son will ask: "Because I did this, doesn't that mean I'm a good person?"
- **SUBTLE, INVALID:** Picture a husband who plays video games all day while his wife is away. She calls and says she'll be home in 10 minutes. He continues playing for 8 minutes, then turns off the game and starts

cleaning the house. She comes home and sees him cleaning, which he timed so that she would be impressed with him. He's not overtly asking her for validation, but he's implying it. It's invalid for two reasons: (1) because it's false validation; her being impressed by him isn't for his actual character, but for an image he fabricated for her to see; and (2) because this demonstrates an internal insecurity in him that he must impress his wife or that she is somehow a judge over him. Her feelings toward his behaviors becomes the judge over how he acts and behaves. What's interesting to note is that the man doesn't care to actually be a valid person under his wife's standard, otherwise he would have been cleaning the house the entire time she was gone. Instead, he only cares that she perceives him in a way that validates him, as evidenced by the fact that he only lives up to that character when she is watching.

- **SUBTLE, BUT VALID:** I've already mentioned that there are healthy forms of validation-seeking. Unlike the man above, the case of the employee or the attorney show us that we can do things without directly asking for approval, yet knowing that our superior's validation of us can have a positive impact on our own agendas. So, if a man sets a goal to have a certain level of income, seeking the validation of his boss to get that raise by exceptional performance in front of his boss is perfectly appropriate. If a man is wise, he has incorporated into his own goals the prerequisites of external interpersonal dynamics necessary to achieve those goals.
- **COVERT:** Alex's story is a great example, and this is the most common form of validation-seeking. This is when a man's emotional state is dependent on how his wife (or anyone else) feels about him or acts toward him, and he may not even have processed himself the connectivity between his emotional state and her feelings and behaviors. Getting butthurt is a clear and obvious sign that a man might struggle with covert validation - because if he were self-validated, then her feelings or behaviors toward him that caused him to get butthurt would otherwise have rolled off like water on wax. He doesn't need her to feel or behave in a certain way toward him in order for him to experience fullness in his life, so her negativity doesn't diminish his fullness either.
- **COMPARISON:** When one person's validation comes not from how someone feels or behaves toward them, but from their superiority to them. A sports team feels validated in their skills and accomplishments when they win a game against another team. Similarly, the losing team feels de-validated at the loss. In marriage, one person's sense of validation may come from feelings of superiority over their spouse, and this can lead to significant troubles when the allegedly "lesser" spouse either (1) accomplishes something that threatens this superiority, and therefore he cannot rejoice with his wife or empathize with her successes, or (2) attacks the superiority of the validation-seeker by criticizing aspects of his life that validated his feelings of superiority. He will then do things to re-establish his superiority as a means of seeking to re-validate himself. Note: the "I am the prize" mentality doesn't mean a man should seek validation in the fact that he is better than his wife; rather, it is a simplified way of communicating confidence, independent of validation-seeking, that cuts out a lot of the nuance.
- **PERCEPTION:** When a person's validation comes not from who they are, but in how they think and what they know. A philosopher may recognize that he is of little value in the grand scheme of the universe, but finds validation in the fact that he understands how that universe functions. When something challenges his understanding and perception of how the world and people function, he must argue against them to maintain his sense of validation - that he was right and they are wrong. This can also apply not only to one's perception of the external world, but also a self-perception. An athletic man who looks to his physical accomplishments as the foundation of his identity will lose that sense of validation when: (1) even though he is still athletically successful, a higher priority in life comes along that stretches his sense of self into an area where he is less successful (ex. he has a kid and realizes he is failing as a father), or (2) he is no longer able to compete with other athletes, such as due to age or injury, and thus he has to redefine his sense of self and identity.
- **CONTROL:** Some people find validation in life through power and control. They don't care if they're better than someone or not, or if their wife loves them or not, or if their perceptions are right or wrong. If someone else is better, that's fine - as long as they can control that better person. It doesn't matter if his wife loves or cares

about him, as long as he has adequate assurances that she'll behave the way he wants her to. As long as he is in control of his world and anything that might threaten his world, he is happy. If something happens that is beyond his control, either he emotionally unravels or he takes measures to regain control.

- **PURPOSEFUL:** When a person looks to an external objective and allows the accomplishment or failure of that objective to be the source of validation in his life. This can either be healthy or harmful, depending on the appropriateness of the objective. It would be harmful if a 4-foot-tall white man sought validation in his mission in life to be an NBA star. It would be perfectly appropriate if that same man sought validation in his mission to become a partner with a major national law firm.
- **NEGATIVE/INVERSE:** When a person takes on the victim mentality and refuses to be happy, despite opportunities for happiness that are thrown their way. They refuse to feel or accept any suggestion of validation over their lives, determined to live in the view that they are invalid, worthless, broken, unloved, or the like. If someone tells them they're beautiful, they snap back and honestly believe, "No, I'm hideous." If you tell them they're successful, he replies with sincerity, "No, I'm a failure." It's virtually impossible to convince them otherwise. Why? While they may seem to reject any validation-seeking on the surface by their direct denials and refutations, they are actually trying to find validation in their own self-perception. That is, they care more about being right about their worthlessness than they do about finding value in their lives, and thus they feel validated when something else goes wrong for them, as it proves their perceptions right. This is where many people with depression, mood disorders, bipolar disorder, or borderline personality disorder live.

This is, of course a non-exclusive list, and many of these things overlap one another. They're just common ones I see among my clients and people and general.

OVERCOMING VALIDATION-SEEKING

I'm sure there are a multitude of strategies for dealing with harmful validation-seeking. Here's my suggestion out of those options, but do what works for you.

FIRST: Figure out when you're validation-seeking and when you're not. Look for signs of emotional instability, a controlling nature, an internal *need* to win debates, a desire to show off your accomplishments, etc. are all indications (though not de facto criteria) that someone is validation-seeking. The list of indicators can be very large and wide because, as I said above, validation-seeking is inherent in the motivation for most human behaviors.

SECOND: Once you've identified when you're validation seeking, figure out if it's helpful or harmful to your life and mission. Is it increasing your power, wealth, influence, etc. over your environment and those around you? Continue doing it. Is it causing you to become emotionally volatile, unattractive, and destroying your sense of self-worth? Cut that crap out.

THIRD: Once you've identified the negative forms of validation-seeking, two things can work in-tandem for you to overcome them:

1. You must find another source of validation. No one can be functional in the world without any validation at all. The primary safe sources are God (for Christians) or oneself (for everyone else).
2. Second, you must experience failure in your destructive validation-seeking tendencies in order to shift your psychological foundation from the old source to the new source. That is, you must see, experience, and understand that the new source of validation is sufficient for you even when the old source fails.

In order to accomplish these, I recommend specifically placing yourself in situations where you know you may not get the validation you seek. For example, if a guy sees his wife's attraction to him as a source of validation (covert,

perception, subtle, etc.) he should initiate sex with her a lot. For one, he will likely actually end up having more sex that way. Second, it will also give him an opportunity to recognize that he can be stable and hold frame on the inevitable times that she turns him down, thereby learning to rely on his newly found internal sources of validation.

CONCLUSION

In all of this, remember that Thoreau is not the model man we should all be striving to become. We should not all be leaving society to become hermits in the middle of the woods. For some, if that's your goal, go for it. But the majority of people are rightfully interdependent with others. We cannot isolate ourselves from all relationships. And interdependency brings with it an inherent drive for validation from others, lest we be involuntarily cut off from the community and forced into the Thoreau life.

In his book *Understanding People*, Dr. Larry Crabb hypothesized that all men have two core longings: (1) relationships with others and (2) to make an impact on our world. If he is right, and I believe he is, we will always be finding some way to look for validation in these aspects of our lives.

What I propose is that we take control of the means by which we experience validation, not placing it in the hands of our wives, friends, or societal perception, but by recognizing that we are in control of who we allow to judge our lives and placing the degree of validation we seek from different sources with the appropriate sources and in the appropriate weight - validation in our work performance from our boss, validation in our sense of identity and self-worth from ourselves (or, for Christians, from God), etc.

84

UPVOTES

[FR] - A real main event

red-sfpplus · 30 June 2018 · Archived copy · Reddit

My reddit posts happen IRL on average 2 months ago. It takes me that long to post up, and TBH it takes me that long to come to peace with what happened. I try to post when my brain is calm, and emotions are in check.

65 days ago I filed for divorce from my wife of 13 years and my high school sweetheart. Things have not been the same since Nov of 2016 when I had my breakdown between job loss and Xanax dependency which put me in a detox place for two weeks. While I was in there she took our kids and ran home for two months, I got sober went and got my kids flew them back and she came back a few weeks later.

I knew to not dig thru the trash, but I wasn't ready then. I needed to fix myself – I caused this so I can fix it. If I can fix me, then I can fix US.

But I was not stupid, I never trusted her again. The sex was good at times, but at the end of the day she simply was not interested in rowing the boat with me anymore. She was too busy drilling holes in it to see that I was fixing what issues I had, and becoming a highly valuable man in terms of SMV, career and overall life.

The decision was made a year ago, but it wasn't until I sat with my lawyer, calculated my "cost to fuck" and realized that I would rather buy her out then deal with being around a negative person for the next X number of years. I think we still love each other, but her turn is over. She has burned way to many bridges with me, and even when I lost my shit in Nov 2016 it really was self-inflicted. 18 years we were together, but it took 2 months to burn it all down. She has never looked at me the same, nor I her.

An Alpha can never be a Beta to his women, even for a minute and hope to survive, anymore than a Beta will ever been seen as an Alpha in his woman's eyes.

Two weeks ago she moved out of the marital home. For three months I have been carrying a voice recorder with me 24/7 and I upload it to Dropbox nightly. I have arguments on there, but more than that I have 3 months of overall positive interactions with her on recording.

I did this because I am not a fool and like /u/Red-Curious said – women will always try and pull out the DV card, and my wife did that. After she was served she ran to the cops and asked them to keep an eye on the house. A week later they show up at our house, pull her and I outside and did a wellness check and found nothing. Two weeks ago she moved out for "fear of her safety" and I have just LOL'd at it all. Go ahead and bury yourself. Her lawyer advised her to leave the marital home. Yeah, not the best advise even since we have not had the official temp orders hearing yet.

The kids are with me. They have slept with her one night in two weeks. She gets them during the day when I am at work, but they sleep with me, in the marital home in their beds. How can a woman who is so afraid of her husband be OK with leaving her kids with him essentially 24/7? It is all rubbish and she knows it. My lawyer is one step ahead always. His favorite line is to "be nice, be professional but have a plan to kill everyone in the room." Yep, he is a good Texas old boy, and I love him.

I do not want her to not see her kids, but I am going for primary custody and a 50/50 split (probably a 2/2/5 roll) of kids. For now, she is on the receiving end of a SPO which means she gets them Wednesday night and every other weekend. I hired the best \$400/hr lawyer in town and he is already setting me up for EXACTLY what I want. We are talking about months of careful planning and execution. The money is nothing to me. My kids are all I care about. She is a good mom, but I am a better father. And I will be the 1/10 father that the 9/10 fathers talk about when it comes to divorce and how men get fucked over.

I worried for days about sitting them down and having "the talk" with them. I cried in my closet, in the bathroom, on the side of the bed and tried to think of how I can spin this conversation. But then I personally sat them down and explained to them "mommy and daddy time" and all that. They are 9 and 8, and not stupid. It was the easiest

conversation I have had in a long time. I could see it in their eyes - they ALREADY knew. I pumped myself up for nothing. All the stress was my hamster and my own ego. All those tears, for nothing.

Now we get to live how we want, do what we want and not have what is essentially a BPD wife ruining our bowling evening, or Dave and Busters fun. We sleep better, we eat better and there is zero drama with her gone. I have crossed the bridge. The last two weeks have been the best weeks I have lived in a long time. My kids are happy and accepting.

I now cook and do all the household stuff that she used to. I have a maid out every 2 weeks. What I cannot get from Amazon I get delivered to my car at Kroger. It takes me less than 30 minutes a week to get food. I have put the kids to work with more of their own chores (putting their own clothes away, etc.) and it has gone over very well.

I went thru the main level of the house and took down all family pictures and replaced them of just the kids and I. I am slowly tweezing her out of our life and her presence from the marital home.

But what about sex?

I called it off with Shelly a while ago. She is too close to my wife and I do not need that kind of drama, so for now it is a dry dick. But at the same time I have been on Bumble and Tinder for 2 weeks. Already met one woman for coffee, and I get 2-3 matches a day. There is absolutely no shortage of woman out there. Be a high SMV man and they will come. Just putting myself out there to kick the tires.

You cannot buy happiness. You cannot fake it till you make it in marriage when the other person sabotages you daily. If you are not both rowing in the same direction, you will never get anywhere.

It is going to cost me a lot of money to buy her out. But it is worth it to be happy, and to raise my kids in 1.5 happy homes, as there is no way I can be happy with her again.

I also know that I am going to save myself a lot of money by doing this now, vs later. And I am likely saving years of my life as well. It gets to be a point where when you are with a toxic person you can feel them sucking the life out of you. And it is like an anchor pulling you deep into a deep ocean.

I am an extreme example.

We tell people all the time on here to be ready to burn the motherfucker down if you have to. I am doing that. When you get to the point of DL10 and higher, you just do it, or you fucking don't. There is no fucking talking about it. But it took me 18 months to get to this point, and it has taken me 4 months to start to accept it. But once I did it, it was like dropping a 100# rucksack off your back.

I have cried myself to sleep, I have gone days without sleeping. My hardest month was when I fucked up my back doing PR's of squat and dead in the same week. Well now you know why.

I had no outlet for the stress. Nothing for the pain, and nothing to keep my mind busy.

I fought the urge to find a Xanax. I fought the urge to drink myself to sleep. I fought the urge to go get anti-depressants. Every fucking day I had to pull myself up out of bed, and go to work and look myself in the mirror and realize that I am alone in this. I have to do this ALONE.

And it was a long month brothers. A long month.

I channeled all my anger, frustration, rage, hope, planning and excitement into the Iron. The Iron did not lie, it showed me the way and it finally convinced me to man up and do what I need to do. That a single person can only give so much, before they just say FUCK IT!

I am not perfect, and I accept that. But I can only fix me. And since I cannot force her, nor motivate her to fix herself, it is time for her to leave.

And that is where I am brothers.

You make your own future. You define yourself on a daily basis. I love and miss my wife, but the woman I am married to now, is not the woman I married. And I am not the same man either.

I am a man who knows what he wants, and will not accept anything less than that.

A main event does not just happen.

This is how you **execute** a main event.

84

UPVOTES

Giving her what she wants gives you zero points

lammrp2 · 14 March 2018 · Archived copy · Reddit

A common blue pill strategy is to give women what they want and "make sacrifices" in the hopes that you'll be rewarded. Rewards could be sex, respect, admiration, doesn't matter. You will be rewarded zero points for giving her what she wants. Why? Because she expects it. In her mind when you meet her expectations you have just reached the bar she set for you. You have not even begun to exceed her expectations. Eventually she will disrespect you, possibly cheat on you and you will say to yourself "but.. my sacrifices!" This is what living in her frame is like.

Instead decide what you want. Buying a car or a house? Paying for college together? If what you want is what she wants then this is mutually beneficial. If you're doing something or buying something just to please her then you are in her frame.

What do you want? Asking yourself this question is a hard thing to do.

84

UPVOTES

Kino (for Hard Case Newbies)

Alpha_Engineer99 · 26 June 2017 · Archived copy · Reddit

I hopefully won't be mauled by the moderators, but I want to share to the newbies. I had a lot of experience as one. Not an expert by any means, but this is what I learned and has been working for me. Do your own research, there's a million videos online, weed out the BS, practice the basics. Few fundamentals practiced every day.

Thinking back, my parents never showed much affection to each other. Never touched or held hands as much as I can remember.. But they never fought and still happily (?) married, and still do daily crossword puzzles together and other activities. More like the kind of love my grandparents had.. But that type of love is over these days. I got my ass handed to me in my marriage. I guess that's where I modeled my behavior... but that sh\$t backfired and kept me in a dead bedroom for 10 years. It made me boring and predictable. When I started to apply Kino and learned its concepts, it felt amazing. Still does.

Girls like my wife have responsive desire. They respond to certain behaviors and the buildup of tension overtime. We see a hot girl and we automatically get a hard on and ready to go fuck, they see a d\$ck and get disgusted. But GAME them for a few games (your wife) and then she is primed ready to go. You have to build the tension up in her mind. They love the tension. You have to let her know that her body is turning you on so badly and eventually you can't take it anymore and just have to fuck her.. You have to Game your wife. Build the tension. Push/pull her and use kino during the week. Search for "Creating your slut" by the family alpha.

Always be touching her: Looking back, I only touched my wife when I wanted to have sex...at night time. She saw it coming a mile away. I didn't know what I was doing. I rarely hugged, kissed, put my arm around her shoulder, picked her up, held hands, guided her through the door, etc. I prouided myself on being the "perfect" gentlemen who never "bothered her" and always "treated her with respect". – but who also never got laid.

Need to make it a point to touch her every day. When you do kino it doesn't, and shouldn't, always lead to sex. You doing this for yourself. Keeps you unpredictable.

-When walking through the threshold of a door (restaurant, etc..) lead her, but let her go through first, & put your hand on her lower back and guide her through the entrance way. The hand on the lower back is a great move to use. When out to eat with friends, double date, walking around, etc. She can feel it. Put it there likes it no big deal.

-Ass slap. Everyday. Use it playfully, especially if you just did AM, bonus points if you get "asshole" with a punch in the arm.. but keep on moving, don't wait for a reaction. I slap her ass everyday now, it's almost a habit. That's called a Drive-By. She'll eventually start doing it to you. Just yesterday, she said , " wow, you already took out the trash? thanks.". I simply said, "of course (ass slap...keep walking)".

-Touch her anytime you pass her in the hallway or in a room, etc. You can also do the fist bump, pick her up and spin her a few times, pick her up and pin against the wall, counter, etc. kiss her, sometimes grind her hips or ass, etc. Doesn't always have to be sexual. Mix it up. You can also do the cheers (toast) move at dinner time with glasses. Just fucking touch her.

The point is, you have to remind her that there is a man in the house at all times who wants to FUCK her. Not by words, by actions. I also want my boys (3 boys: 8, 6 (twins)) to see what a healthy marriage is supposed to look like so they can model themselves after me when they grow older. Of course, leave the sexual drive-bys out -in front of them... But they do see me gently spanking (patting) my wife's ass in a light hearted way, or hugging her, or twirling her around like we're dancing, or picking her up. Etc.

Other good moves that I do:

1. I sit on the bar stools in our kitchen – mainly when I help the kids with homework- but also because my wife is short and I can pull her into me for some good kino moves. Sitting down at the stool, wrap your arm around her as she walks by for a short hug. If she is facing you and talking, sometimes I put my index finder out and put it

into the top of her jeans and pull her towards me. Maybe a little ass grab or kiss, and then she'll stop all the verbal intercourse she was spewing about her "bad day" at work. Kelly is such a bitch at work, Terry did this and that,, and you will also get credit for "listening...". If kids aren't in the room, pull her onto you like she is straddling you..while on the stool. Grind it. Have some cocky sayings..

2. Have the radio on, and for no reason start spinning her around like an impromptu dance lesson. Is she starts dancing with the kids after that -bonus points.
3. Pick her up like a little child, show her your strength, spin or carry her to a different room, put her on the sofa and kiss and maybe a little grind. But immediately get up and walk away acting all confidently and cocky. Have something to go do though. "I'm going to check on the kids.." don't let it lead to sex.
4. In the kitchen, go up behind her and kiss her neck, ass slap, grind on that ass, etc... I pick her up a lot and put her on the edge of the counter for a few seconds, having my way with her. Then immediately put her down like it's nothing to you. Be cocky & playful with her.
5. When passing her in the living room, if she's sitting down finger fucking her phone, put your hand out and just graze it over her shoulder as you walk by. Let's her know you are there.. Tell her your going to the garage to lift and to have these panties on when you get back.. Don't look for a response. Eventually, she'll have them on for you.. :)
6. By fun & flirty. Ask yourself ,” What would the guy – who's she secretly cheating on you with- do in this situation?” and then do that. I was never touchy flirty with her, so that's easy. Chad would be flirting with her, touching her in all different ways. It's like cat nip for them. He would be cocky and playful.
7. Kino has to be timed with her cycle though. I never do it around days 22-25. She gets pissy around that time. It backfires on me. I'll keep the sex undertones low and just do a hug or something. Also never on days 1-3. Shark week, at least on the first 3 days, I don't touch her at all. Let that sh\$t bleed out. But days 4,5,6 I ramp it up big time. On Day 6, I always fuck her. Never fails. The night of day 5 and early in day 6, I'm telling her that I can't wait to pull her panties off later that night, I'm so f\$cking horny I can't take it. Tell her you can't wait to get home to fuck her hard. I'll even send a sext during the day about what color panties she's wearing, etc.

Coupled with good kino, her knowing that you are a touchy feely type person now whose all about sex, & when your social value starts to increase and dread kicks in...when you go out with the boys to the bar one night for a drink or two, she'll make it a point to please you and beg you not to go.... Trust me

84

UPVOTES

MRP My First Year

sh0ckley · 16 April 2017 · Archived copy · Reddit

Here is a retrospective.

One year ago

- I was 60+ pounds overweight
- Body Fat was probably 30%
- Couldn't admit I was embarrassed to take my shirt off at the beach
- Relied entirely on external validation
- Was attending marriage counseling
- Was watching art of blowjob instead of getting them
- Expected women to act like grown men even though I wasn't
- Had no real self esteem
- Had never been to a gym
- Had no idea how to dress
- Had no idea how to cook
- Had no idea how to handle women
- Had no idea what women are
- Had no idea why I had banged 10s but was never been able to keep one around
- Had no idea that game existed
- Had no frame
- Had zero emotional state control
- Had no discipline
- Had no idea who I was
- Had no idea what I wanted from life
- Had no idea why I'd failed
- Had no contentment for life
- Had no idea what a shit test was
- Had no skills to pass shit tests
- Had no idea why my wife wasn't happy

Actions I took

- Went to the gym started daily cardio
- Began lifting with machines
- Read Athol Kay's books
- Wrote down answers to NMMNG and shared them in OYS here.
- Read WISNIFG and practiced the techniques
- Got fired by the marriage counselor
- Quit watching porn
- Stopped cock blocking myself
- Began to practice agree & amplify

- Learned AWALT and right alpha right time
- Read The Rational Male
- Studied game - 16 commandments of poon, book of pook, bang, day bang, the natural, models
- Read Sex God Method
- 48 Laws of Power
- Saving a low sex Marriage Blue Pill Professor
- Punched my ego in the face when it wasn't done for me here
- Opened tinder and bumble accounts and found abundance
- Bought a completely new wardrobe when my clothes no longer fit
- Learned to cook well and eat right
- Handled all grocery lists and shopping
- Made a budget and separate bank accounts for bills only
- Took over the treasury, gave wife a planned and reasonable allowance
- Lived as if I were single
- Started going out solo more often to build a life of my own

What happened afterward

- Every part of my life got better
- I have rational confidence
- I developed self esteem
- IOIs from hot women in public places
- Wife tells me openly how happy she is
- Consistent sex
- Wife asks if she can help me run our life
- Raise at work
- Reconnected with the former friend who Red Knighted me, but got sick of my shit asking him to take ownership of my own life decisions. Maybe he's reading this but no fucks given because we don't talk about Fight Club anymore. We are actual buddies now.
- Younger co worker who moved here from another country and lifts weights literally says to me "you are an alpha male" and confides to me that he is practicing game.
- I have the power to choose which fucks I give, if any.

EDIT: now currently 16% body fat Navy method.

Thanks go to these guys along others:

/u/Stonepimpletilists for ripping me a new stainless steel asshole early on and lots of guys pointing out my lack of frame when I was butt hurt afterward.

/u/Scurvemuch for being funny and providing a reframed victim puke template. And for telling me when my post got some traction in the BP community. Also for coining the legendary term Pussy McFaggot.

/u/Bogeyd6 for explaining why what may be my last hard no was actually caused by my lack of timing finesse.

/u/ex_addict_bro for reminding us all that codependency kills and for being a power of example that coming from trauma/dysfunction/addiction AND being blue-pill/plugged-in - does not prevent success.

/u/BluePillProfessor for the 12 Levels of Dread and telling me to watch Turd Flinging Monkey on YouTube.

/u/TheFamilyAlpha for being an all around boss

Anyone else who I left out and every man who contributes here.

Additional non side-bar resources I used

- Facing Codependence by Pia Melody
- The Six Pillars Of Self Esteem
- The Nine Laws
- The Unchained Man
- Mastery by Robert Greene
- masculinity-movies website
- Iron John
- King Warrior Magician Lover
- Wild At Heart and Fathered by God

Also 2 different therapists who helped but I knew their work was done when I was red knighting the second one.

Movies

- Indiscreet
- Braveheart
- The Thomas Crown Affair
- Tony Rome
- The Apartment

This post is comprehensive but not necessarily complete.

In a nutshell, I moved from amidst the weaker 80% to the lower echelon of the 20% and would not have done so without MRP. Stay strong brethren.

84

UPVOTES

How to Handle Apologies From Your Wife

man_in_the_world · 1 December 2016 · Archived copy · Reddit

Like the proverbial "Does this dress make me look fat?" question, there is no good straight answer to a wife's apology for bad behavior toward you.

Our BP culture holds one responsible for others' feelingz, fears overt conflict or disagreement, and insists that everyone pretend to be friendz, so we have been conditioned to unconditionally accept any apology, however insincere, and to validate feelz around it as well. Weak, passive-aggressive, or manipulative people often use apologies as a get-out-of-jail-free strategy to avoid consequences for bad behavior. Thus, an "It's OK" or "No worries" or even "Apology accepted" may suggest that an apology afterward is a free pass to avoid consequences for bad behavior, or that you are too beta to enforce consequences. But replies like "You SHOULD be ashamed," "Don't let it happen again," or "I expect more respect from you in future" just display butthurt and that you're trapped in your wife's frame, which is even more beta.

Your two good choices: Oak, or Rock

You should choose either an Oak (to give comfort without supplication or compromising your standards) or a Rock (to emphasize boundaries or expectations) response, as appropriate.

Oak responses. Oak responses providing mild comfort could be "Glad you're feeling better now," a smile and a kiss on the forehead, or "Hang in there, babe;" these give comfort for her bad feelz about her mistake ... but still reaffirm that she made a mistake and that it is *hers* to own. In addition, such responses show that you are (or at least are now) emotionally unaffected by her bad behavior; you're the Oak that wasn't hurt by the storm. This is perhaps a kind of fogging with which you can adjust the amount of comfort to the level you think appropriate.

If it was an out-of-character lapse on her part from typically good behavior, you'll likely want to accept the apology and downplay the event; in this case, A&A or a funny change of subject work well. Using a recent text message example from [this post](#), a decent reply to

I apologize for being bitchy. The kids are really bugging me. Kid 2's inability to do anything and Kid 3's attitude

might be

What's for dinner? Kid stew?

or the ever-favorite turn to sexual innuendo

"You HAVE been a bad girl, haven't you? Remind me to spank you in bed tonight!"

These are higher-comfort Oak responses.

Apology after hard no. Men here have reported apologies after hard rejections for sex. And [/r/DeadBedrooms](#) is rife with get-out-of-jail-free apologies and partners stuck forever playing the direct comfort game. To an apology after an occasional hard no from a generally responsive wife, a kiss on the forehead and "Hope you're feeling better soon. Goodnight" is an OI Oak response that provides some comfort *without absolving her of responsibility for the rejection*. This can be adapted in various ways as you see fit for your current situation; for example

"Hope you're feeling better soon. Hey, I'm too wired to sleep right now; I'm going to the gym to lift. Sleep well, babe."

Or (only if you can pull off funny with a big smile, total OI and complete lack of sarcasm or butthurt)

"Hope you're feeling better soon. Hey, I'm too wired to sleep right now; I'm going to the gym to lift. If you hear a loud boom echoing across town, that's just my balls exploding."

Of course after a year-long dead bedroom, comfort is no longer appropriate, and a Rock response such as [/u/Scubastyles](#) reports in [this post](#) is called for.

Rock responses. The best Rock reply is usually simply no reply (STFU). "OK" or "Acknowledged" or "Thanks" are weaker; STFU is best unless you deliberately choose to soften the stone a bit.

For major transgressions with necessary consequences, this is the time to enforce them, without anger or overt emotion (be an immovable Rock). For example, "I'm glad you recognize that withdrawing all of our retirement savings to buy shoes was a bad idea. Because we need to manage our money better, I am taking over the family finances." For extreme violations such as physical attack or illegal drug use, "I will immediately divorce you if this ever happens again" must be overtly stated in response to the apology. (But *never* state consequences unless you are 100% committed to following through.)

Rock, or Oak?

Whether a Rock or Oak response is called for depends on your good judgement of the specific situation. If she means the apology as an affirmation and acceptance of your boundaries and leadership, an Oak response is in order (unless the infraction is too severe or repeated too frequently to comfort any more). But when it is merely a too-often-repeated get-out-of-jail-free-for-bad-behavior request, or a "shitty apology" to test how much you're willing to let slide, a hard Rock response is required. No reply to a text. In person, a silent stare for several seconds (well into uncomfortable silence, duration calibrated to the level of the infraction or test), followed by a change of subject. If she presses for a verbal response to break your frame, "Thank you for your apology," "I acknowledge your apology" (not "accept" unless get-out-of-jail-free is your deliberately chosen intent), "I'll take that into account," "I heard you," or "This subject is closed" as fits your intent and WISNIFG Broken Record or leave from there. Always, always remember that **"verbal intercourse is optional"**. **You** decide **your** response only as you see right and appropriate; you have absolutely no *obligation* to accept an apology or to validate feelz when someone has wronged you, nor even to respond at all, but you may deliberately *choose* to do so, in whatever manner, in congruence with your values, vision, and leadership goals.

Many apologies will be a mixture of sincere and shitty (or at least some hope for a get-out-of-jail-free card), so you'll have to evaluate both the original infraction, the larger context (first time or repeated), and the sincerity in determining your Oak or Rock response.

Own your own shit

And if **you** are a weak beta using apologies as a get-out-of-jail-free strategy for avoiding the consequences of your **own** poor behavior, FFS stop it, become a man and OYS.

Edit: This outstanding post on [Why you shouldn't care if you wife doesn't apologize](#) by [/user/strategos_autokrator](#) is a must-read addressing some different aspects.

84

UPVOTES

I would do it again.

TheFamilyAlpha · 7 April 2016 · Archived copy · Reddit

There have been several instances where I was told that I would not get married again. Meaning if I could go back in time, I would not put that rock on my lady's finger. Each time I have to correct whoever is saying this – **because I would**. So this post is to set the record straight *for good*.

There seems to be this notion that 'RedPill' men don't get married. Who the fuck said we were 'redpill' men? Choosing the 'RedPill' means choosing the harsh truth of reality over the comfort of the lie. Did Neo become a 'RedPiller' when he chose the truth? Fuck no – he just embraced the reality of who he was and what he was capable of. Choosing the truth means choosing to embrace your masculine nature over remaining what you have been told to be.

With that said, who in the fuck is going to tell another man whether he should be married or not? We **Walk Our Path Alone** so if your marriage sucks and you wish it never happened:

- You're a pussy.
- Don't project your shitty vetting and relationship onto others, it is weaksauce as fuck and it is getting annoying.

'Marriage 2.0' certainly favors women in the event of divorce, but marriage itself favors the man. If he is a masculine man, there is no better (in my opinion) way to raise a family.

I knew I wanted to be married at a young age – 'bluepill conditioning' possibly. But I didn't just go with the flow of society; I measured out all of the paths that lay before me. I thought of being a traveler, I thought of being single and serving in the military, and I thought of just doing my own thing – running a business or something similar to the end of my days. After playing out all of these scenarios, I realized more than anything I wanted to be a father and have a family.

I chose to live my life and also have a house with children and an awesome wife waiting for me to get back from my adventures. That is *exactly* what I've done and I couldn't be happier. I made my wife wait a deployment before we got married, to show her what military life would be like – she passed. I kept myself in shape – so did she. I made sure that sexual freedom was embraced and this enabled me to **Create the Slut**. I guarantee I am fucking my wife more frequently and in kinkier ways than a majority of the guys who are again *telling me*, that sex dries up in marriage.

It (sex) doesn't drop if you **Keep your woman on her toes** and remain an **Unpredictable man**.

The married men who are bitching about their wife have yet to internalize one of the more bitter aspects of the truth – she **is a mirror**. Your shitty wife is reflecting your shitty leadership and emasculated behavior. You think she is a bitch? Maybe it is because she has had to deal with your weak ass for so long it has built up some resentment. Many guys say, *"I'm angry at my wife for not recognizing the changes I've made the past 3 months"* You dense motherfucker, you have not led your family, treated your wife like a woman, or displayed any traits of a strong man **for years** – she should be angry.

The reason marriage gets such a shitty wrap is because a bunch of weaksauce 'men' are getting married. There are plenty of successful marriages out there; you just don't see those guys on reddit. There are a few on the MarriedRedPill subreddit, but unless you track their posts you aren't going to realize that they are there always helping others. I didn't find *The Red Pill* because my marriage sucked or because I wasn't getting sex – I found it because I was searching for ways to save masculinity from becoming obsolete. I got out of the Navy and was disgusted by the pitiful men that I came across. I focus on Marriage and fatherhood because that is where I'm at in my life – that is the area that I'm an SME in so it's what I write about.

I see these weak husbands and sad wives – I'm in the 'married man' category so they are in a way making *me* look

bad – fuck that.

I want the Dadbod to be something you strive for – not something that is soft and disgusting. I want marriage to be viewed as the relationship where you get the best and most frequent sex you've ever had – overall I want the standard of marriage to rise.

Do I advise men to get married? Negative. Why? Because I have yet to meet a man in person who is willing to work as hard as I do to keep things running smoothly. Being married is difficult and a majority of those I talk to on this blog, over email, and on reddit aren't able to bear that burden. With this said, you have to remember – *there is no shortcut to any place worth going.*

This doesn't mean marriage is fucked up, it means the *men* are fucked up.

If I could go back in time, I'd marry my woman again. Not because I'm some plugged in fuck who romanticizes marriage – I'm past that. I'd marry her again because I have a woman who is bringing value to my life and two kids who are growing up in a home where the men and women are able to fill their biologically programmed roles. I'm living the dream of my youth, not many men can say that.

84

UPVOTES

FR: Losing My Religion

alphasixfour · 6 June 2019 · Archived copy · Reddit

I'm convinced that this is the most difficult post I'll ever write.

It will quite possibly also be the longest. As usual I am a wordy motherfucker so buckle up.

I have often used my posts for journaling and introspection and this one requires some additional background for most of you to understand and perhaps give me some actionable advice after you are done calling me a faggot.

That said, I'll try to be as sparse as possible so if there is more that needs to be explained please ask.

Stats: 41 married 19 years, 4 kids, 5'11" 190 lbs, 12-13% bodyfat – bench 225, ohp 135, DL 325, SQ 275

MRP for 1.5 years

Dread Level 6-7 I am fit, attractive and well dressed.

And, if you didn't already know... I'm a Mormon. Born and raised.

Yeah I wrote this shit :

https://www.reddit.com/r/marriedredpill/comments/a3692n/a_note_for_the_latterday_saints_mormons_and/

Here's my problem, and I'm going to offend all my fellow Mormon MRP brothers when I say this.

It's bullshit.

Now two days ago I got to this point and had a whole cringeworthy, beta-as-fuck, bluepill DEER heavy victim puke all composed in my mind.

You see, my RP progress has been stalled. It was my own fucking fault.

What happened?

5-6 months ago, almost immediately after writing my dissertation on Mormons and the Red Pill, after duking it out in the responses with one notable prick who thought to enlighten me to all the faults of Mormonism, I went through

a faith crisis of my own and realized a few major things.

Things that were parallels to the Red Pill and my experience with it. You see, I had discovered bits of the red pill a couple of years before finally swallowing the damn thing. I had spat it out as incompatible with my religion and being a good Christian/Mormon.

Once I realized that the red pill was my only path to self-actualization and that I couldn't deny the truths of intersexual dynamics any longer I immediately set out to shoehorn the red pill into my life, and my religious upbringing/beliefs.

Hell, it worked at first. The LDS church talks a hell of a good game when it comes to traditional family values and often gets criticized by the feminists for being "patriarchal" etc.

Redpill fits even though most of the guys in the church are still blue pill plowhorses with their wives running the show from atop their marble pedestals.

I could be better. A warrior-priest. Faithful to his religion and to masculinity.

There is hope in the core doctrine... at least I believed that.

Since that time the LDS church has made a hard left and embraced more feminism, liberalism and blue pill positions and convinced me that they don't really have men's backs on anything at all. They just want to be popular, fit in and keep cashing the maximum number of donation checks.

10% of everyone's income for life. I've willingly paid it since I was 8 years old. Hundreds of thousands of dollars over my lifetime.

Just like taking the red pill, there are a ton of things that had previously been red flags that I spat out and set aside in order to maintain my cognitive dissonance. Once I saw the cracks for what they are, I realized how little they had my back at all, changing teachings all over the place for better marketing optics, then gaslighting the rank and file that we have always believed certain things.

Things that we called anti-mormon lies a decade ago are now admitted because with the documentation readily available they can't hide anymore.

In doing so, they made a liar out of me when I defended their positions and teachings on my two-year mission and in countless conversations.

I won't get into the details here, but the LDS church has severe problems with honesty about its own past history, origins and beliefs. It is run as a corporation for maximum profit and the image is finely polished by lawyers and marketing firms. As times change, they triangulate like any good business to the most virtue signaling and profitable position.

If there was objective truth, that wouldn't happen.

If there is a God, and I'm still willing agnostically to believe there is, I'm now convinced that he isn't found in an organized church on the earth today, and there certainly doesn't exist a man on earth who has the authority to dictate my behavior in His name.

Just like with redpill. I'm taking my balls back.

So why the stall in my progress?

Well, it's taken a ton of time and research to process and figure this shit out. During that I've lost confidence in my worldview and frame.

Worse, my wife is still a true believer. Any criticism of the church results in fingers in the ears "la-la-la I can't hear you" So I STFU and don't bother DEERing

It's patently obvious that I'm still a shit captain, because she is not following my leadership and doesn't believe or respect a fucking thing I say. I'm the bad guy.

Mormonism is complicated, with a hierarchy of priesthood authority and an emphasis on couples who stay faithful together get to stay married forever after we die. Those who leave the faith are abandoning their family in eternity even if they want to maintain a relationship.

Apostates are ostracized, pitied, seen as lazy, deceived, sinners etc.

Once my retraction from the church goes public, the neighborhood gossip will immediately turn to the favorite cause du jour. "What's wrong with him? Is he cheating on his wife? Is he addicted to porn? Does he *gasp* drink coffee or beer?"

My family will be a project for church leaders, and since I will have stepped away, a degree of my authority within the household will be cucked to local priesthood leaders as we will no longer have the blessings associated with having a "worthy" priesthood holder in the home. (as my priesthood will be null and void)

My wife will have the local bishop to turn to for moral support, and the moral high ground in bravely raising her children essentially as a single mother even though... I am right-fucking-here.

That's the dynamic. It's fucked. But it is what it is.

Coming forward to my wife about having questions has created a high degree of tension and dread, and not the good kind.

So why is this not more of a cry-fest victim puke? Because I fucking finally did what the sidebar tells me to do and took measures to make the stay plan the same as the go plan.

She threatened me with divorce being on the table if I choose to leave the church. I STFU and went on with my day. Next day I stopped being a pussy, called an attorney and sat down for a consultation to find out exactly how badly I am going to get raped if she follows through.

I had been purple pill justifying not doing this for ages.

Guess what? Aside from the fact that we would probably have to sell our house and destabilize the kids, financially I would likely be slightly BETTER OFF than I am now.

What's more, I would have legally mandated half say in major decisions regarding my children's healthcare, education, and religious instruction. That's fucking easy mode compared to passing shit tests against the weight of her moral church high ground.

Major surprise to me and game changer. Now I have true outcome independence.

Time to weaponize that shit.

So I do my best to go Sun Tzu with it. "When you are weak- appear strong. When you are strong - appear weak". Suddenly her shit tests are 100 times more hilarious. The fear is gone again and more than ever, I can truly give less fucks. I am less angry and more fun. But I take no shit.

Now maybe things will sink in and I'll get the main event I deserve.

Here's why.

I took a few notes during my meeting with the lawyer. Just basic stuff. Left them in my truck between the seat. Didn't tell mommy I was doing it, didn't leave them out as a covert contract threat for her to find and come running back, but didn't give a fuck either. She almost never uses my truck and rarely rides in it.

Turns out we did have to swap vehicles and she decided to clean my truck for me. She read my notes and called me in tears.

I kicked ass and maintained frame to a higher degree than I have since my confidence got broken by my faith crisis.

Simply told her that I take threats seriously and educated myself. She is free to do what she likes. I don't care if she chooses to stay in the church. I won't be told what I have to believe, and I won't be threatened. Ball is in her court. Ended the call and went back to work.

Her response to the dread so far has been underwhelming. She's done her best to flip this into a lecture about how she can't be with someone who is half in and half out of the marriage. Blah blah blah about how she is expected to change for me and be my whore and walk on eggshells or I will just leave.

I've chosen not to engage other than reminding her that she made the threat.

Unfortunately, AWALT revisionist history makes me the aggressor. No fucks given. Stop engaging and STFU.

In addition to being a shit captain it is obvious that I am still her beta provider, since all she has been doing is looking at second jobs. Its already about the \$ and lifestyle loss for her.

My plan is to make my way forward in the way that I see fit and now free of having my life held hostage by her or any church.

If she wants to come along for the ride, she is free to do so. She still adds value for my kids and potentially for me, I still give 4.5 fucks. Half of one for her and one for each of my kids.

She has power over one-half fuck. She can take that away, but I won't be zeroed out.

I am the prize.

84

UPVOTES

The 90/10 Rule of MRP

BobbyPeru · 18 September 2019 · Archived copy · Reddit

The MRP approved still mess up sometimes

Even years after swallowing the pill and practicing, in my head I occasionally say “fuck this. I messed up and relapsed into BP, and it’s just not worth the effort to try and fix.” **Yes, MRP guys fuck up too, sometimes badly**

Turn the ship around right away (instead of digging in your heels)

But, almost immediately after i mess up, I catch my own BS, and I simply change my behavior back. What I’ve noticed is that although women are based in “feelz,” the years of practicing RP do in fact accumulate.

So, since I behave RP 90% of the time, the 10% I act BP is virtually meaningless except in the moment. The key is to just resume RP behaviors right away. I resume my now “normal” RP behavior, and she forgets about whatever I did BP almost like it never happened. This is where I see newbies mess up often. They screw up, and they get autistic about trying to find a formula to “fix it.” Most of the time, it’s a very simple fix.... just change behavior back to RP. But, newbies often want to make it super complex and dramatic.

The 90/10 rule applies in the vice versa situation

It used to be the opposite. I acted BP 90% of the time, so it was meaningless to my wife when I acted RP. She would just easily shit test me back to my betaized self. So, again she would forget about the RP action quickly as soon as I resumed to my normal BP behavior.

So, how do I change it to 90 RP/ 10 BP Bobby?

Well, do what we keep telling you to do **over and over** :

- Read the entire sidebar and keep re-reading
- STFU. - this is so important at the beginning because saying very little is much better than spewing all your BP bullshit and constant DEERING
- Lift. This will not only transform you physically, but mentally also. You will start to feel your balls again, and you will start to act like less of a faggot.
- Build a social life. This will help you to get rid of the oneitis, improves IOI, create dread, and get your own frame
- Be a Leader
- Work the dread levels slowly
- Make the stay plan the same as the go plan. This is about you, not her or your marriage
- OYS weekly posts . Nothing helps you more than seeing your own BS

Ultimately, it’s up to you to do the work. Guys are coming on here in droves lookin for a quick fix. It doesn’t exist. Persistence, killing your ego, constantly adjusting, and practicing will slowly get you to where you want to be. BTW, a humble brag post where you DEER in the comments won’t help you either (just thought I’d point out that new trend)

This is about you.. This is not about your marriage , but it may benefit.

So, How do you quit being a faggot?

One baby step at a time.

Then , one day you wake up and you realize you are 90 RP / 10 BP.

But, you have to put in the work, and it starts with the sidebar, lifting, and STFU

84

UPVOTES

STFU & medium tone

TrenGod37 · 6 September 2021 · Archived copy · Reddit

I went to see bill burr last night, the entire show was all red pill truths. My head still hurts from laughing. Bit of a spoiler if he makes it a special.

He talked about how feminist want equality but don't do shit to get it or support their own movement. How they bitch about men's sports being more popular but you don't see these women at the WNBA packing out the stadiums with there tits out and bellies panted like us men. Instead they rather watch house wives bash each other about not being able to have children.

Also how they cheer on all the women who are fat and no longer a threat to them. ?

But he started talking about how he figured out how to win an argue with his wife. I know he talked about it before In one of his bits. but this time he says: "all you got to do is let her talk her shit. And then you just shut up and walk away. Then when she comes down later to talk to you. You hit her with medium tone. If you use too high tone, You seem emotional. Too low and you sound butthurt. Just hit them with a medium tone and they don't know how to fucking handle it"

And starts talking about the female hamster without saying it.

I thought this was a good lesson for guys starting out who are trying to figure out What to do after you STFU. Just hit them with medium tone.

84

UPVOTES

Post-MRP Life

AlohaMaui808 · 28 June 2025 · Archived copy · Reddit

At some point after things start to click, you stop thinking about Frame. You're just moving the way you move.

You build things of value and take risks. You enjoy your wins and carry your losses. You show up for the people who matter.

Somewhere in all of this, you realize that MRP was never the destination, it was the doorway.

After stepping through, I ran into something deeper - a belief I'd carried forever that I wasn't enough.

It was useful after hitting bottom, it pushed me to improve and kept me vigilant. But eventually it stopped helping.

I wasn't failing anymore, but I was still carrying the story that I was.

And the weird part is, when I started doing well — like, *actually* well — that voice stayed. Quieter, but just as insistent. Like it didn't trust the man I've become.

The guy I used to be — he would've tried to fake it, say he was fine. That would've been ego. His judgment wasn't trustworthy.

So I lived in opposition to that voice. Kept moving, kept taking action. Eventually I saw things clearly. That voice wasn't reacting to who I am now — it was stuck on who I used to be. I had to start calling that out. Not with feelings, with facts. With the life I'm actually living.

Every time I showed up, made a hard call, led from clarity — it chipped away at the old story. Not overnight, but over time. My track record became the proof because I let it, and the voice started losing power.

Then one day I realized: I can trust myself.

Not because I'd "arrived," but because I've earned the ability to judge my own life honestly.

I still screw up. I'll always have work to do. But I'm not dragging that story around anymore.

If you're still in it — still doubting — don't force it. Just keep showing up. Let time and reps do their job. You don't need to fake being "enough."

Just become someone you can trust.

83

UPVOTES

On the Topic of Pornography

RedDreadWolverine · 17 January 2018 · Archived copy · Reddit

One of the first things we would do when we would bring a new guy into our church's Red Pill type group was always to find out if they were a porn addict or engaged in any other repeated addictive pattern. I always believed that this was just a Christian aspect of the group. But actually giving up porn is very RP. Porn tends to distort your perception of sexual and relational reality in the same way that only consuming biased mainstream media distorts your perception of world events. You're not gaining a sober picture of anything, because you're looking at sexuality through a specific lens. You're lusting after low value but high attraction women and it's evident even in mainstream society because the lowest value men worship them and mid to high value men generally use them in secret and never reveal the compulsion.

And don't get me twisted, I'm not saying abstaining from porn has an end goal of respecting women, rather the end goal is respecting yourself and your own value. Very much in the same way that if you believe your body is a temple that you abstain from junk food you don't consume pornography for the same reason. It's unearned pleasure. Cheap. Anything cheap and temporary cannot provide lasting impact to your life.

I would much rather tell my wife I look at porn and not actually do it then I would live the other way around. Because jealousy has it's rewards... but delusional perception of sexuality does not. Most men in the group I previously ran learn a great deal about their patterns of self sabotage when they remove all the consumption based coping mechanisms. They come out and show their faces. With that warped lens of distraction and cheap "self-fulfillment" gone, you are forced to fight your ego for a peek at your true situation. You have to live in reality. And that's a fight worth fighting. Now tell me I'm wrong. I'd love to hear why.

83

UPVOTES

How she says "I'm Sorry"

InChargeMan · 1 November 2017 · Archived copy · Reddit

Some recent posts regarding apologies, like [this shining example](#), show that we need a quick refresher on the language of women.

Disclaimer: This is not new stuff, all available in the sidebar and prior seminal posts, but, since we have more Rambo's than the Expendables series... Here is the process broken down nice and easy for all of the remedial students out there.

ACT 1: She does something wrong, says something in a rude tone, makes a mistake, whatever... Something happens, it crosses some line, makes you unhappy. I'm not talking about slipping and falling on a cock, but normal day-to-day oldest kid in the house stuff.

ACT 2: Through some manner of spoken words, gesture, facial expression, removal of attention, you make it clear that you are displeased with what has gone on. **ONE TIME.** You don't mope around the house sighing like you are trying to inflate a bouncy house, you don't text her every 5 minutes about it, you don't call her mom to complain, you don't write her letters to find in her sock drawer, you don't make bitch comments under your breath, etc. You make it known **ONE TIME** that you are disappointed, and depending on the severity you might accompany that with removal of attention. The point is **NEVER** to punish her in **ACT 2**, just to make sure she gets the message that she displeased you. **END SCENE**

ACT 3: As you should know, women speak a different language. When a man says "I'm sorry" it sounds like [this](#). It sounds a bit different for women. It sounds like a lot of wet sloshing, some muffled whimpers, and heavy breathing. It **MAY** involve the spoken words "I'm sorry", but not necessarily. Some say "Women suck at apologies", this is actually extremely accurate, just worded a bit wrong, to be clear, they "suck" your dick while apologizing.

u/bogeyd6 has an excellent [post](#) about his experiences and it's relation to The Art of War. In particular, pay attention to "Do not interfere with an army that is returning home". An army returning home is going to do everything it can to save face, they aren't going to be throwing a parade for a losing battle, they are going to return home as quickly and silently as possible, and hope that the townsfolk forget all about their failure. They are done with fighting, their spirit broken. Don't try to attack them more, it will lead to desperation and contempt.

For a woman, her reactions to disagreement/arguments are to either push harder, or retreat. Once you have "won", for god's sake don't keep trying to punish her and beat her into submission. This applies to shit-tests as well as apologies. Her "dropping it" is her way of saying, you won. How you handle it from there decides if you go to **ACT 3**, or if you fuck things up and show her how far inside her frame you are. If the one time she does apologize for something verbally you act like you just won the superbowl, confetti is flying all over the house, and start shitting in her corn flakes, what message does that send? It tells her you are a Beta loser who usually loses at life, and her submission is a momentous occasion.

Your reaction should be that of a giant ice-breaker, you are unmoved by small bumps in the ocean, and if she wants to be a part of your life she needs to tuck in behind you and stay within the path you have created.

Depending on your personality, it may be difficult to hold your tongue after she does something shitty, believe me, I know. Outside of the home life I'm accustomed to beating my attackers into submission, then a bit more to make sure they get the point. Forget that mentality, if you need to hear the words, just say them to yourself as she is sucking you dry. In the words of her Majesty "Keep Calm, and Fuck the Shit Out of Her" (at least, I think that's what she said, I can never understand that British accent.)

Side Note: I'm really loving this analogy of you being the Ice Breaker ship. You could really go far with it. For example:

- If she stays in your path, she will have a nice and smooth ride.

- If she doesn't like the direction you are going, she can try to break off, which will be a difficult path OR she can wait until you cross the path of a different BETTER ship and get behind their lane.
- She can't see around you, so you need to communicate your destination.
- You set the speed. If you go too fast her smaller boat may not be able to keep up, and it is lost. If you go too slow, she will get board, and start looking for a better ship to follow.
- Your ship is unfazed by bumps in the road. If her ship accidentally bumps you, do you care? No, as long as she gets back in-line, it's no big deal.
- Your path is wide and safe and suitable for ANY ship to follow. If she doesn't stay close, who's to say a younger tighter ship won't slip in and replace her.

It goes on and on...

83

UPVOTES

Married Man Game Part 3: Sexting

Red-Curious · 5 March 2019 · Archived copy · Reddit

My wife decided to snoop on my computer last week and managed to find this account. Hi, babe! No, I'm not creating some stupid throwaway account or changing my profile. The first post she read was [The Consciously Crazy Wife](#). Yikes! Haha. "I knew you were hiding something, and I just wanted to know *all of you*," she said. It was a clear invasion of privacy, and I called her on that, but women are gonna do what women are gonna do. So, I ask her with a smile if she'd read [my OYS comment about enjoying her dripping wet juices](#). She had, and we laughed together, though she was a bit embarrassed.

I think she likes being a bit embarrassed when it's just between the two of us. She'd never admit it openly, but her behaviors in those moments don't lie. Another thing that I haven't done often, but also gets her embarrassed, is sexting. So, I figured I'd write a post on it. Let's see how embarrassing this can get ;)

SEXTING FRAME

Texting is only for logistics, right? As a general rule, yes. But there are times, especially for married men, where it can be advantageous to rev up the engines even before you get home from work or while one of you is away on business. I do not sext very often. But when I do, I really enjoy it. It's a fantastic experience. Sometimes she seems to get into it, whereas other times she's quite dismissive. Unless she's sexting right back, it's not always easy to gauge how she's receiving it, but I'm not as interested in that, as the stage it sets is usually quite fruitful when we're back together again.

What makes it difficult to gauge is that you have no behaviors to observe. All you get is what she says, which isn't always reliable. While a particular line might make her feel warm and blush, she could very well respond: "Stop it. This is uncomfortable." Or she might say, "Aw, that's cute. Are you picking up the kids today?" and totally dismiss what you said until you get home and she's ready to go. Other times she may play along. If all you get are her words, you have no idea what's really going on in her head.

Conclusion? Sexting is less about how it makes her feel and more about how it makes me feel. I simply enjoy talking sexy to my wife. It shows confidence and dominance, especially in those times that she doesn't engage. It sets a plan and expectations for how the night is to go. It makes me horny all day so I'm rock hard by the time the kids are in bed.

Now, I'm married to a reserved "good Christian girl" type. Any form of "naughty talk" makes her feel awkward and uncomfortable. Just taking a selfie showing some cleavage is groundbreaking for her. As a result, her ASD is remarkably high when it comes to these types of things. So, it's automatic for me not to expect or look for any validation in her responses (not to say she doesn't give it). But I still do it anyway. Why? Because I find it fun. And it's great when she does respond anyway.

DEVI

I'm sure there's a lot of nuance based on the particulars of each person, but bear with me. While I'm a lawyer by trade, I love writing in my spare time. I've written both fiction and non-fiction books - but fiction writing has been particularly helpful to me. When I'm thinking about how I want my night to go, it doesn't just run through my head like a scene in a movie that I'm watching. As with writing fiction, I can place myself in the scene and experience the fullness of the moment yet to come. That's what makes sexting come alive for me - it's not just imaginative foreplay; it's a whole new world of anticipatory gratification. Instead of wishful expectation, I find myself immersed in a world of my own making and inviting my wife to join me there.

Even beyond the principles you'll find below that I draw from my experience as a writer, there are some basic concepts that are valuable to making sexting a fun and enjoyable experience for me, and hopefully for you too, and which can set a solid stage for evening activities. I have found Daniel Rose's "DEVI" system quite helpful in creating a framework for me to really get into it, which I hope and often find gets her into it as well.

- **Dominance:** Sexting works best for me when it comes from my frame as something I'm leading for my enjoyment and I'm inviting her along for the ride. I set the stage, she follows. I push boundaries and make her feel uncomfortable. I'm in charge of the conversation and say what I want, free of restraint. I also don't place pressure or expectation on her to respond a certain way. My sexual energy directed toward her through text is not dependent on her approval. I can just be me.
- **Emotion:** I have to be feeling it. My emotional state matters most. If I'm into it, she can get into it. To transfer my enjoyment into her, I must target her feels, which is when reciprocation is most likely to occur. With no emotional transference, while I may be having fun, she'll ultimately write me off and not engage back. This is where I screwed up the most recent time I tried this - I hopped in too far too fast and didn't get her feeling it right away. When she wants it, she'll play along.
- **Variety:** I'm sure you can imagine what a boilerplate sext conversation looks like. I'm a lawyer and even I hate reading boilerplate, no matter how interesting the document is otherwise. If she doesn't know where you're going to go with the conversation, it leaves room for anticipation of what might come next.
- **Immersion:** This is the single most important aspect of sexting for me. It's what makes it most enjoyable. When actually having sex, immersion often happens naturally. When sexting, it takes a lot of work to leave your environment and feel in the moment. Why? Because you're looking at a screen with the lights on and not actually experiencing anything that's being said. Yet romance novelists are able to create immersion for women in airports, coffee shops, and even public restrooms all the time. It's doable. But it requires creativity and stage-setting. I have found myself so immersed in these types of conversations that I must step away from my office desk to make sure I'm not leaking in my pants.

With those principles in mind ...

PRACTICAL TIPS

Of the list below, take what works for you and leave the rest behind. These are just things that have been helpful to me in maximizing my enjoyment of sexting with my wife.

Be Authentic. What makes sexting most enjoyable for me is that I authentically want to do everything I'm texting. That doesn't mean I can't embellish, but my words are coming from raw, genuine desire and expressing parts of my intentions that often go left unsaid. And they usually should go unsaid if you're not at a distance. Do, don't say. But there's still value in saying it from time to time and expressing your sexuality in a different way. Besides, if you're not authentic and just screwing around, she'll see through it and it ruins the experience.

This is Not a Joke. While you can joke, don't let the entire exchange become a joke. There's sometimes a temptation (especially if sexting is brand new to your relationship) to maintain plausible deniability by doing something in a way that it can be played off as a gag.

Example of what not to do: Take a dick pick. She responds shocked and confused rather than engaging the way you hoped, so you say, "Yeah, that was funny. Can you imagine if we actually did those things like other people do? Haha. Glad we're not like those weirdos." No. Don't do that. Own it. Again, be authentic.

Strategically Limited Use of Emojis. I prefer to avoid emojis whenever possible. However, sometimes the situation calls for it. The best use of emojis seems to be for transitions. You're having a serious conversation about

who's getting the kids to practice, then you transition with a wink to change gears from logistics to flirting with a transitional phrase.

Example: "Thanks for taking care of that. I'll have to reward you later ;)"

Saying this with a straight expression, no emoji, some people might not get the hint. Once you use this singular emoji, because the context of the conversation has already changed you shouldn't need to overdo it afterward. She should recognize the suggestive nature of your speech.

Be Different. Abuse the impersonal and tone-deaf nature of texting by acting out of character. If you're normally a serious, straight-shooter, add some humor and light banter to your sexting. If you're usually a comedian in the home, imagine your persona as that of a secret agent trying to get a Russian spy into your hotel room. This change of character adds an air of mystery that's a little exciting. Even if she doesn't know you're doing this, it can also give you slight hints of role-playing if you've never yet introduced that into your marriage.

Ex. You're typically a funny guy in the home. While you can incorporate humor into your sexting, maybe you shift from humorous flirtation to serious. "I want you. Against the wall. I'll look you dead in the eye. My left hand will hold your face. You can't look away as my fingers slide inside you. I want to see that moment in your eyes."

The reverse should apply as well. If you're typically a straight shooter, try to add a bit more humor and light-heartedness.

Use Strategic Pauses. Long paragraphs are great for novels, but they don't let her linger on the moment. Sexting should build over time and take time. Novels can get a girl going because there's enough content for her to read for an hour straight to keep the tingles alive. When you're texting, you can't type that fast. You have to let her linger from phrase to phrase, waiting for what comes next. Put periods in sentences that you'd otherwise string together.

Ex. "I want you against the wall so I can look you in the face while I slide my fingers inside" becomes the example in the previous point, broken up with a new text where every period is, maybe leaving 10-20 seconds between texts.

Make Her Feel Like the Perverted One. ASD may cause her to present as sweet and innocent, maintaining her self-image (particularly true among Christian women). Nevertheless, if you ignore her self-perceived innocence and act like she's making the dirty comments, this can open up the atmosphere for further conversation. If she feels like you already think she's a little kinky, she has the freedom to feel a little kinky and engage in-kind.

Ex. After the "I'll have to reward you later ;)" text (above), my wife replies: "Flowers? :D" Total ASD. She knew what I meant. So, I respond: "Hmm ... props for being creative. I never thought about using flowers that way before."

Lead by Example. If you want her to say something flirty, be flirty first; if you want her to say something dirty, say something dirty first; if you want her to send a naughty picture, send a naughty picture first. Just don't run faster than she's willing to go if you're expecting her to respond in-kind. Pace the escalation.

Ex. I was once flirting with my wife while she was in an air port and I was at work. I was escalating to the point of exchanging pictures. She was shy and unwilling to show cleavage. So, although my ordinary tone of texting is serious (and therefore I'm employing more humor in the banter), I take a pic of myself pulling my work-shirt down with my pecs pressed together, making a kissy face. "See how easy that was?" It made her laugh and she returned in kind.

Use Additional Technology. I have Google Home and Amazon Firesticks set up in my house, each linked to my Spotify account. While at the office with my wife working from home, in the midst of sexting my wife I pulled up Marvin Gaye's "Let's Get it On" and remote-casted it to one of the devices in my house. Apparently it scared her at first (note: check your volume levels before you leave the house), but got her to laugh and pulled sexting out of her phone and into her ears.

Don't Ask or Beg. "Can you send me a nip pic?" is not cool. "C'mon. Just do it. You know you want to." Even

worse.

Do Give Instructions. "Tell me ..." or "I'm going to do ... then you're going to send me a picture of your ..."

Don't Tell. Show. Not just with pictures. Craft a narrative. Think of details that are highly suggestive without saying what you actually mean. The imagery of "pants around your ankles" is far more titillating than telling her you want to pull her pants down. The small details are what make the experience come alive for the imagination - not just for her, but for you as well.

Don't Be a Poet. The offset of the previous point is not to go crazy with metaphors and grandiose language. It destroys authenticity. When you evoke her brain, you ruin immersion. You want your brains to be shut off from the fact that this is all text and living in the scene you're setting.

Use Your Senses. Don't just talk about what she looks like. Consider your five senses in the way you paint a picture.

- What do you see? How are her clothes resting on her body? Are they sliding down her shoulder? Are they in a heap on the floor as you walk over them? Are her nipples standing upright? Are her breasts clenched together? What does she see? Is she staring into your gaze? Are her sight and thoughts lost in the black behind her eyes? Are the lights on or dim or off?
- What do you feel? Are there goosebumps? Does a rush of cold air blow over you? What does the room smell like? Are you imagining lit candles? Clean bedsheets?
- What do you hear? Is she moaning? Is the ceiling fan gently humming? Is there a sexy playlist on in the background? Are the springs creaking?
- What do you taste? How delicious is it for her body to run across your tongue? Are you toying with strokes of sweet strawberries or frigid ice across her tongue?
- What do you smell? Are there candles in the room? Does your nose catch the scent of her southern aroma? Is she riding you so hard that you can smell the energy dripping off her skin?

You have any other tips that have worked for you? I'd love to hear them. While I've immensely enjoyed my experiences with sexting, especially as one of the few areas where I get to express my writing prowess with my wife, I recognize that I don't do it often and would love to hear more about what works and what doesn't. Given the fact that my wife travels quite a bit for work during busy seasons, this is an art I'd like to continue enhancing and practicing more frequently when the situation calls for it.

83

UPVOTES

[FR] Unstoppable Emotional Inertia

Red-Curious · 13 September 2019 · Archived copy · Reddit

You ever feel a weight fall off your shoulders? Between two closely scheduled trials, the last month has been insanely busy. My wife's also in her busy season at work. Even though she's at 70% instead of full-time, the stress was more from the nature of the work and the fact that even at 70% she's working over 60 hours a week.

On Wednesday the judge realized she had a scheduling conflict and decided to continue next week's trial. Woohoo! I'm ecstatic. My wife ... less so. "I'm quitting my job." "I hate my life." "I just can't do this anymore." "By not letting me quit - **that's abuse. I am being abused.**" She was mad. I don't blame her. She hadn't seen me for the last 48 hours because I was working until after 2am each night, so she's dealing with her busy season, horrible clients, and our 4 kids all on her own for 2 days straight.

My joy at the alleviation of my schedule was confronted directly against her rage, stress, fury, hopelessness. It had gotten so bad that she actually hung up on her boss mid-conversation. She's expressing all of this hate toward me. I'm standing in a puddle of tears. Let's go with the typical comfort maneuver: hug, hand on her cheek, look her in the eyes with my forehead on hers, tell her everything's going to be fine. "Everything's NOT going to be fine. I hate my life." Yeah, the usual wasn't going to cut it this time.

But she couldn't bring me down even if she had the equivalent of an emotional bazooka. **My best was pitted against her worst.** I won.

"Babe, I can see the stress in your face. The problem is, it's stuck there and not coming out. Open your mouth for a second." She did. "Yep, it's in there alright. Hmm ... what are we going to do about that?" So, I picked her up, held her upside-down and started shaking her like a bottle of ketchup. "Get that stress out. Open your mouth. Let it pour." She starts laughing. "Is it all gone yet? No? Okay, let's keep going, I know there's a little more in there." The kids thought it was hysterical: "Do it to me too, Daddy!" So I start taking turns with each of them one by one.

I look back at my wife: "Well now you're just empty. I suppose I gotta fill you up. How about I give you some of my joy?" So, I start kissing her in front of the kids. Magically, she's happy again. Or maybe it wasn't magic but ... you know ... the power of frame.

Your BEST against her WORST - whose emotions win that battle?

If you're feeling funny and she's mad, do you stop cracking jokes to deal with her anger? That's emotional compromise - you tone your humor down, she brings her attitude up. You're joyful and she's depressed. Do you empathize with her depression to cheer her up? That's emotional compromise. You drop your joy, she ups from her depression. Emotional compromise has its place - empathy can be a powerful tool in the right circumstance.

Settling for a tie is also acceptable. You keep being happy, she keeps pouting in anger. That's her prerogative, if she insists.

But I've found much more success getting my wife into my frame through unstoppable emotional inertia than through emotional compromise or even settling with a tie (though I do that at times too).

As a man, you are strong. Your emotions are stronger than hers. **Women believe that because they are more emotional, somehow emotional acuity is their forte. It's not. Emotional volatility is,** and those aren't the same thing. Men have strength not only to control their emotions, but to express them as well. If your emotional strength is greater than hers, you will win. This is how you draw her into your frame.

In this situation, my wife thought she wanted two things: (1) for me to cave and let her quit her job, and (2) for me to experience the weight of her pain and frustration alongside her - to empathize with her (emotional compromise). I wasn't having either because I knew better. She doesn't know what she wants, but I do. She really wanted to have

fun, so I gave her fun. I had more fun with a fun wife than with a harpy wife. Win.

I'm a bit of a junkie for musicals - they're partly what pulled me out of the emotionally robotic crappy frame I grew up with. If you want to see what unstoppable emotional inertia looks like, watch *The Schmuell Song*, from *The Last Five Years*. Anna Kendrick slams the door after a bad day, huffing and puffing, repulsed at Jeremy Jordan's efforts to cheer her up. But he's a writer and is excited about his latest story, so he's going to tell his story instead of screwing around with trying to fix his harpy. Cue the video.

While pseudo-fiction (the play is closely based on the author's own marriage/divorce), it's the best visual example I've seen of maintaining frame and drawing a woman in, if guys don't know what this looks like. It's much closer to a realistic picture (minus the singing, unless you're me) than what you'll find in other works of fiction where it just seems forced.

83

UPVOTES

FR - A Week of Irrational Self-Confidence

Along-The-Reeds · 24 November 2021 · Archived copy · Reddit

I know I'm being used, That's okay because I like the abuse,

I know she's playing with me, Thats okay, cause I have no self-esteem.

Plow horse, Beta Bux, Taken For granted, Nice Guy. That was me. For a Decade. I did not know those terms, but that is how I acted, and that is how I felt. How is a guy like that supposed to have any sense of self confidence? Real self-confidence, not just Tony Robbins, sugar rush confidence that fades after a few hours.

We have all read NMMNG. Shit, I read it twice and watched Rian Stones video on it. But I never actually did the BFAs. So, as I am going through OYS, making small realizations and some small steps forward. It was there that I got the suggestions to go back and actually do the BFAs. I did, and right out of the gate something stuck out. I found this common theme in my notes. The theme, that I am wrong. Something about me is "wrong".

I know that is bullshit, and I know it is bad to think that way, but fuck me, I still felt it. I needed to change that. I know enough to know that real change only comes from massive action. I can't journal and meditate my way out of this. I need to act differently. I needed to act "right". I decided, for the next week, everything I do will be "right." Every decision, every action, every god damn thing I say, pancake I flip, and note on the guitar I play was exactly as I wanted it to be. I didn't make a mistake, I couldn't, because even if someone else thought it was a mistake, I knew, it was exactly what I wanted to do.

This took effort at first. You know those tricks we use to pass frame tests and shit tests? When I went from thinking I was wrong to thinking I was right, guess who started shit testing me...my own damn brain. Turns out, you can use those same tools on yourself. I wanted to go out at night to see a show at a local coffee shop, my hamster wheel started spinning, "what about helping with bedtime....you don't really want to go, you are just making excuses to leave the house.....you are going to be 15 years older than everyone there. I used a little AM. Ha! That just my brain trying get me back to Beta Billy mode, that is just how my brain is currently wired, thoughts traveling down well-worn neural pathways. It is time to make some new pathways. I texted a friend, had to convince him too, let's go, it's going to be great.

Or, when I wanted to flick my wife's perky nipples during sex. I never did that before, but i wanted too. My brain said, no that is wrong to do, that would be weird, who even flicks nipples? I didn't listen to my brain, Told myself to STFU and gave a firm flick to her nipples, sucked her tits and continued fucking her. The key for me with internal STFU, is the 3 second rule. STFU and do it in 3 seconds, do not even give your mind time to overthink it.

Or a driving example. I ran a red light one time. Everyone else in the car thought I made a mistake. I knew I ran that light, that light never changed so fucking quickly before, it was only yellow for a microsecond. Anyway, I hope a cop does try to pull me over, cue the car chase music....AA'd myself.

My brain tested myself in the form of self-doubt, once I continued to get passed those, any external shit test was a breeze. But there was more to it than just taking action, and using these tools above. There was also some inner game work, that I needed to do, and still do, along with the action.

I needed to figure out what self-confidence was, and then take it a step farther to figure out what irrational self-confidence was. More than just "Do what I want" and "I am right", how did I actually think that and believe it? It started with a few things; 1. The way I spoke to myself or "my inner voice", 2. deciding that I like myself, and 3. realizing I can handle the consequences.

I changed that inner voice to saying and thinking only good things about myself, and then took it a step farther, to saying and thinking only fucking great things about myself. Holy shit I am awesome. I decided that I like myself, exactly as I am and where I am going, then I decided, holy hell I fucking love myself exactly as I am, and as a matter of a fact, why doesn't everyone love themselves like this? Then I realized, if I piss someone off, which I did

plenty of, I can handle the consequences. Usually, it is just someone getting mad, maybe yelling at me, I can handle that. If they straight up disrespect me, well that sucks, but I can handle that too, and they can feel free to fuck off (RIP weakandsensitive).

I started this about 5 weeks ago with the intent of being irrationally self-confident for 1 week. I did it for a week. I loved it. I loved everything about it. I stayed out longer with friends, I laughed more than ever, I went through a months' worth of shit tests in a week. Then I realized I didn't have to pass shit tests if I didn't want to. After a week, I thought fuck it, I am going to keep going. I got laid a bunch, leaned into mountain biking with a group of guys, got a promotion at work, perfected that fat, funky bass line to Superstition. What the fuck, it is not irrational anymore, it is just confidence, maybe some people have it naturally, I had to learn it, either way it does not matter, as long as you have it.

In the 90s I loved The Offspring, I feel sorry for those suckers now.

83

UPVOTES

FR: 18 Months Post-Nuke

CreatineCapsule · 10 August 2023 · Archived copy · Reddit

There's nothing new here, I just wanted to put some notes out there to solidify some lessons I've learned while being here...

Background

6'1, 204lb, 1000+ total. Nuked 18 months ago after 2 years of MRP, down from 240lb and sidebar + OYS.

The desire and respect were too far gone. Emotional cheating at a minimum. Dread, STFU, cutting, lifting, NMMNG/WISNIFG all made things worse. I held on too long for my daughter, equity and lack of self belief that I could upgrade from a shitty situation. I at least had a sparring partner while I became less of a fat cunt.

I'm a stubborn cunt that needs to be told something 20x or learn from maximum pain. But here's a few lessons I've learned the hard way and thanks to this place:

Lift

Nothing to expand on, it's a MRP/TRP broken record for a reason. More important than anything.

Action above everything

Another broken record. I don't have a different spin on it, but it's all that made a difference in fixing myself and my dating life after years of fault finding and not taking massive action.

If I have 4 hours to cut down a tree, I'll spend an hour sharpening the axe. Not 4 hours sharpening the axe and end up with no wood.

Don't dwell on things like your wife, the concept of frame, how shit your life is. STFU and OYS on what you've done (or not done) and leave your ego wide open to getting destroyed for the mistakes you've made and your huge blind spots.

If she wants to fuck you, she'll make it easy for you.

I worried about my body fat %, game, first dates, logistics, if the girl liked me, etc. just like I tried to negotiate desire with my wife for years. In reality it doesn't fucking matter that much, [u/Visual_Cable_1067](#) put it perfectly:

F-closing hot, exotic early 20yos within mere days just requires you do some approaches and let things unfold. No perfection required. When a girl wants you to succeed you can get away with a lot of stupid shit.

I was overthinking, hungover, dressed terribly, no pickup lines or an indirect excuse to approach. Success came from simply grabbing my balls and putting one foot in front of the other.

A "fuck it" moment going for what I want, with plenty of mistakes and a messy date, and now I have a girl that crawls on all fours to please me for nothing in return. Pays for shit and inconveniences herself to simply get fucked then sent home. An absolute shit testing machine, but it's laughable and cute compared to what I dealt with in my marriage.

She will likely fall off at some point without further commitment, but I have another regular girl and the confidence that I can source more when I need to.

There is no instruction manual for life and failure (but not really failure) is an option

I held onto HOA's posts and MRP success stories and turning my marriage around for a long time. I took the instructions to the extreme, got down to 185lbs with a 1200 total. Sidebar over and over again until I finally said fuck it.

I'm glad I did those things and can say I tried. Most of all though, I had to learn to think for myself. There is no instruction manual or sidebar piece that can help. I even had a few ridiculous emotional outbursts after realising I was making life so hard for myself. Letting go of old facets of my personality, grieving my previous self and paving the way for a much simpler life with less obstacles. This one is a bit gay and I couldn't really put it into words.

Put divorce first (if YOU decide on it)

A MRP broken record for a reason. This shit is already exhausting and time consuming without maximising your effort. Avoiding it, getting distracted by new pussy, all dragged it out longer than necessary.

Don't be me. I'm still not done with it, but there is no thing as "divorce rape", I'll be much better off in 2 years than I ever was. Sidebar divorce strategy helps.

Wife Goggles/Oneitis

I took a snapshot of my wife when she was early-20s and objectively hot, eager to please, great sex, best blowjob I'd ever had, etc. and kept that same opinion of her for 10 years. It took a lot of pain to slap the wife goggles off my face.

Then every other girl I banged post-separation, suddenly became the hottest girl and the best sex I've had. It took a few lays and OYS to realise the pattern. It's just pussy.

She isn't the hottest girl in the world, and the sex isn't the best you'll ever get. You just don't have other options and therefore romanticize her.

Kids

I don't know if any trauma or issues will arise later (probably, all kids go through "trauma" - even ones growing up in rich nuclear families?) But I'll be much more poised to deal with it as my own man chasing my goals and vision. My daughter had an early life lesson that things can get shit sometimes.

It got easier over time when I ignored external input from STBX and looked at the actual results. I made sure my daughter's needs were met and tried to attain the input/contact I wanted. Everything I was directly in control of.

They'll be fine. Or maybe not.

I still have plenty of gaping weaknesses and blind spots. I still can't walk past a fucking bakery without buying a croissant even though I'm trying to cut back down to 185. The journey is never over.

82

UPVOTES

Sex Addicted v. Sex Starved

Red-Curious · 7 August 2018 · Archived copy · Reddit

Defining the Difference

Sexual addiction is a real thing that affects many men in our country. There are probably a few dozen, at least! Props to these guys for dealing with a very serious struggle. For the rest of us, I'm increasingly confident that what the world shames men for as "addictive behaviors" is really the product of starvation of an important biological imperative. Of course, one can't discern between an addiction and starvation until their desire has been sated.

For example, a true glutton is addicted to food. This is, unsurprisingly, quite common even under the very relaxed psychological standards that try to avoid labeling people as "food addicts." Here's what it really boils down to, though:

- The addict will keep on eating even after he is full.
- The starved person will stop eating once he has been filled.

The same is true for any other biological imperative, including our sexuality.

Many of you may know my background as a Christian. One thing the church is great at doing is shaming men for their sexuality. I can't count the number of men who have told me, "I'm a sex addict," as some big confession for which they're looking for my cure. I'd ask them about their behaviors and it would line up - they'd be thinking about sex constantly, be watching porn constantly, fantasizing about all kinds of things that their wives would never do with them, cheating on their wives, etc. I always ask two questions after I hear their confession: *How often do you have sex with your wife? And is it good sex or duty sex?* Sure enough, "We have sex about once a month, and it's usually duty sex." Hmm ...

These men, and countless others, are controlled by their sexual desires - but they are not addicted. They are merely unfulfilled. This distinction matters.

Why This Matters

We want sex. That's a good thing. Society tells women it's a good thing and that they should embrace their sexuality. For fun, I googled "women should embrace their sexuality." The results are pretty expected: 10 straight links of encouragement to women to embrace their sexuality. This is a good result. I like it. What if I change it to "men should embrace their sexuality"? I get 1 link shaming men for being toxic and blaming male-kind for school shootings (?!?), 1 link that encourages male sexuality, 2 links about the "masculine" in a BDSM relationship, and 6 links telling women to embrace their sexuality. Surprisingly, despite my search history, none of the manosphere blogs came up. I changed the search again to ask: "is male sexuality good or evil?" I get 6 links shaming male sexuality, 1 link encouraging male sexuality, 2 links shaming male use of porn, and 1 link of sex tips.

In short, if a man misunderstands his own sexual desire as an addiction rather than a starvation, he's likely to buy into the lies that society feeds him, making it harder for him to swallow the pill and embrace some of the best parts of being a man. If society can convince men that their mentality about sex is a disorder, then those men will be compelled to look for a cure. And believe me, there are countless people selling all kinds of "cures" - from physical pills to psychological strategies, and even philosophical ideals that advance someone else's agenda.

People as a whole are easily suggestible. If someone tells you, "You're fat," even if we know it's objectively wrong, some part of us will wonder if there is any truth in the statement. Likewise, if someone says, "You have a problem. I have something that could really help you with that," we're most often curious. If the world tries to tell you you're a "sex addict," at some point you'll probably question whether or not they're right. This type of questioning is good,

but the suggestion often lends itself to a particular conclusion. That's why attorneys always ask leading questions on cross-examination: because when you suggest a conclusion that doesn't seem far-fetched, people are more inclined to agree, and this often even changes a person's internal memory and point of reference on the issue once they have a present verbalization of assent to a concept that really should have gone the other way. But let's not get too sidetracked on that point, as I'm probably preaching to the choir.

What To Do?

I remember the days where I attempted to suppress my sexuality altogether. I just wrote [my story on r/RPChristians](#), if you want to read more about it, but the TL;DR of the relevant part is that my wife reasonably didn't want to have sex with me, but her and the church shamed me for use of porn, leaving me with no sexual outlet at all. I was told I was addicted to sex because of how frequently I was using porn at one point. Once I embraced the fact that I was sex starved and not sex addicted, things started changing.

For one, my internal desire for sex is now easily sated. Shortly after discovering RP I would engage in mental masturbation, getting excited about all the sex I would have once I was "man enough." Of course, the time soon came when I could have sex on demand. I found that I no longer wanted it as often as I thought I would when I was in my starved state. I remember fasting for a week once. When the hunger truly set in all I could think about was how much I would eat when the fast was over. Then the fast ended. I loaded up my plate with all kinds of goodies ... then ate half of it and went off to do something else. That doesn't mean I don't want sex anymore - I certainly do. Rather, it means that I can now enjoy my sexuality to the brim and appreciate it for what it is without an insatiable desire that forced me to pedestalize that which could momentarily appease me.

Second, once my desire for sex was sated, I was no longer controlled by my wife's sexuality. This meant that I was now free in my marriage to do what I wanted to do, and when I wanted to do it. If I wanted to have sex, I'd have sex. If I wanted to go to the gym, I'd go to the gym. If I wanted to do something to advance my mission, I'd do that too. My life became mine to control because I no longer demanded her supply; she supplied on my demand ... or more accurately nowadays, I am the supply that she's demanding, and I make sure I'm a commodity she doesn't get or see anywhere else - especially among the other church men.

Third, once I was no longer controlled by my wife's sexuality, she became controlled by mine. Because I didn't *need her* in order to be happy and fulfilled, the balance of power shifted, per Rollo's Cardinal Rule of Relationships: *The person with the most power is the one who needs the other the least*. When I didn't need to bend to her will, she bent to mine - **and she was happier for it**.

As I've noted on RPC often before, women are empaths - and that subject deserves a post of its own. But the basic concept is simply that when a man sacrifices his own happiness for the sake of his wife, she empathically experiences his unhappiness alongside of him and it makes the relationship miserable. When the man pursues his own happiness, even at the expense of his wife's interests, she empathically experiences his happiness alongside him, and it makes the relationship enjoyable for both of them.

Conclusion

Don't pedestalize your sexuality anymore than you pedestalize your wife. Believing society's lie that all men are sex-craved maniacs leaves a power of suggestion that you'd be better off rejecting - and not because you want to prove a counter-point (that you're not a "sex-craved maniac"), but because you have a healthy point of origin about why you crave sex in the first place.

ONEitis is dangerous, whether the object of your affection is a tangible woman or a sexual ideology. If you find yourself sexually hungry, don't become obsessed with your hunger. Accept that either you're not in a time of feasting and embrace the fast (monk mode) or go have sex and curb your appetite. Either way, by re-framing your

thinking away from an addictive mentality and toward a regulated (not restrained) desire can give you a greater sense of control in how you express your sexuality, which both improves your attractive draw and ultimately makes you more satisfied as a man.

82

UPVOTES

1000 Foot Rope

RogerNorvell · 22 May 2018 · Archived copy · Reddit

If you're here, I hope you know of the Captain/first mate relationship dynamic. To adequately pilot a ship, someone has to be Captain. As a man, that's YOUR job. You can listen to suggestions if you have a proven first mate, but the ultimate decisions are up to you. You can't co-captain a relationship any more than a ship or a plane.

So, your boat is chugging along nicely, why not go down to the cabin for a few drinks? You've been mostly keeping it on the designated heading, despite the busted compass and clocked rudder. The first mate is capable at the wheel for a few hours. She can keep it on course. Damn it's nice down here. Big screen, lots of snacks. Can't even hear the kids. Start getting more and more comfortable, letting the responsibilities of life slip away and not really caring where the ship is headed. Shit I drank too much.

But the first mate never wanted to be captain. That's why she chose you all those years ago. She resents how she has to pick up your slack, resents how you felt somehow ok just being a couch potato all day, resents how your mutual hopes and plans have somehow faded away without a whimper. Doing a job she hates because somebody has to keep the whole thing afloat. Where the fuck is this thing even headed?

You've become a fat, lazy, whiny drunk. She sees you as one of her children, just another need she needs to fulfill. She's your mommy, your cheerleader, your babysitter, your co-captain. No respect, no sex. You're just not an attractive person. So she gives up. Finally stops the boat and jumps ship into her own little life raft. You're still tied together by this long line, 1000 feet of rope coiled between you, but you're essentially on separate vessels.

As you awaken from your stupor, hangover pounding, low angle sun streaming painfully in, you realize the engines are silent. You are alone. But nobody delivered breakfast! You come up on deck. Dead in the water. First mate nowhere to be found. You're drifting towards the rocks. Shit. How did it get to this?

You have to do something. Where are the damn keys? Fuckfuckfuck....Under the visor, stupid. Ok, started. Choose a direction leading away from the rocks, apply a little gas. You remember how to drive this thing?

If you freak out and push the throttles to their stops, the propwash will rock the life raft, and the first mate will wake up, get up and grab the keys away. Rightly so, you've been a fuckup for years, why should she suddenly start trusting you, Captain Rambo? Your balls haven't grown back yet, so you'll let her regain/retain control. Back to your rum. You have no business wearing that ridiculous hat. Mommy is so mean!

You have to ease it away, slowly, gradually picking up speed. Be gentle. Don't tell the fucking first mate anything. She won't believe you anyway. Takes discipline and patience and most importantly, SILENCE. STFU. SSSHHH!

As you continue to get up on plane, speed rising, you start to realize how cool it is to be captain of your own vessel again. You're enjoying life again. Holy shit! I don't need a first mate at all! Engines humming, buzzing the hot houseboat hotties, getting a tan in the hot sun, like is good. I'm on a boat!

The first mate has been left behind, still slowly drifting towards the shore. The 1000 feet of rope is paying out, faster and faster. She hasn't noticed any difference from her perspective. Matter of fact, the removal of the burden of taking care of your lazy ass is a bonus. She can sleep in, as long as you don't chop the throttles when you see a log floating in front of you. Made a decision, steer around it smoothly. You don't need to check in with her for a second opinion. You're relearning mastery of your trajectory.

Eventually the rope gets taut, starts to tug. By this point you're so far ahead, jumping wakes, enjoying your cruise, that whether she comes along for a fun ride or not is up to her. You've rediscovered your passion, your drive. You are outcome independent. Almost forgot she was still tied on back there.

She may accept you as her new captain and decide to come along, or not believe you and simply cut the line. Either way you'll keep on doing what you choose to do as captain of your own ship. You can even cut the line yourself if the drag gets too bad or if you decide you'd rather tow that inflatable hot tub full of spring breakers. You get to

decide where you pilot your own damn ship.

But be very aware of the 1000 foot distance between you. It takes a long time for something on the end of such a long lead to respond to changes at the front. Give it a minute.

82

UPVOTES

Depressive and Anxious Wives: The Power of Your Mission and Greatest Purpose (Part 5)

HornsOfApathy · 7 November 2019 · Archived copy · Reddit

As a simple reminder, here's the previous 4 posts – which you should read first.

- Part 1: Depressive and Anxious Wives: [How it's all your fault](#)
- Part 2: Depressive and Anxious Wives: [Transformation and Building Escape](#)
- Part 3: Depressive and Anxious Wives: [Converting Dread to Desire](#)
- Part 3: Depressive and Anxious Wives: [Authenticity, Feelz 2.0, Shitty Comfort & Penetration](#)

If you live with a woman who is depressed or anxious, you know how crippling it can be at times just to be happy. Despite every effort to expand your masculine energy into everything around you, it may even feel *wrong* inside of you somewhere deep down to pursue your own happiness in spite of her moods. You would like her to come along with you, but let me tell you something you may not know – she has built a prison around you that you're not aware of. In order to free both yourself (first) and her (if she is willing to follow her captain), you must discover your mission in life.

First, let's talk about what a mission is not. **A mission is not a goal.** Goals are measurable and attainable. A mission is nearly unattainable in your lifetime. Missions create goals. Goals do not create your mission or your highest purpose. You can even have multiple missions in your lifetime, or change your mission anytime you wish. Your mission and greatest purpose is something that speaks to your core from deep, deep within.

This post came about in a unique way. I was asked the question – Could I elaborate on discovering your mission? How does one find what your most core desire is in this world?

You cannot force this:

Forceful mission seeking does nothing but push your core desires deeper into the depths of who you are and replace it with a facade of ego. To discover your mission and your core desires they must rise organically to the surface once all ego is bare.

How does this tie into your depressed and anxious wife?

You have allowed her to build an invisible prison through her moods that prevents you from discovering your highest purpose and mission. Yes, that's all your fault.

It's through your authenticity and deep passion of a life purpose that everyone around you (also *likely* including your wife) will feel that permeate through the man that you are through your actions and minimal words. Those daily actions and words align to a man who is congruent to who he truly is. Words simply become a tool for achieving your mission through actions. And you know what? People see right into that, through it, and into you. You are a man living out real truth in the flesh.

I think for us to discover that mission we must spend a lot of time in solitude and suffering. I'm no Buddhist, but that dude was onto something with suffering. **Suffering bares your core to the surface, you must face it with courage, and you become stronger because of it. A man should choose the truth of himself when faced with his darkest fears.**

Discovering your mission will require all your strength.

Using the power of the little boy inside of you:

Do you remember back when you were a little boy and you wanted to explore? Did you ever look beyond the fence of your backyard and think, "*I wonder what's out there?*"

What do you think that fence symbolizes?

To me, it symbolized constraint. The fence of your backyard as a young boy - or whatever boundary your parents told you not to cross, that was the end of your adventure. You were bound within the confines of that little imaginary prison. Everyone told you not to do things outside of that prison: your parents, your siblings, teachers, whoever. They were also told the same things as young kids by those same people which perpetuates the cycle of the prison mentality.

One of the most brutal mental punishments that I can think of is solitary confinement with no escape. **This is your wife's mind.** Your wife has built a prison of emotions that want to trap you inside of her head because she gains great feelz and validation from not having to live in solitary confinement. It is a very difficult life alone. I mean, who would want to live like that? Certainly not your woman. As a man it is impossible.

Can you break free of that prison and by example show her that is possible with the gift of your masculinity?

I began to think about this heavily over the last 6 months. Why couldn't I hop that fence as a boy? There were rules, that's why. I'd be a bad boy if I did that. I'd get an emotional punishment that would hurt my core. But why was my desire to escape that prison so fucking dear to my core, yet punished when I embraced it?

Because I was a boy, who is now a man, and I wasn't designed to live in that prison. The masculine's deepest desire is freedom and release. Release from constraints in the form of a beautiful woman to look at, the wonderful sound of children laughing, breaking the sound barrier into the unknown, or ejaculation. I was designed to be free. To jump that fucking fence of the prison and do whatever I wanted. Sure, there were rules - but I should be my own judge of what was safe or not. If I was wrong, I'd have to live with the consequences. **You have to be willing to live with whatever consequences YOUR choices create.**

I remember reading about Teddy Roosevelt as a kid and thinking he was a *badass*. He traveled the world hunting dangerous animals in the early 1900's and in some cases nearly died. He has a quote I love: "**No, I'm not a good shot. But I shoot often.**" That man had no prison. The world was his. He took every shot he could, missed a lot, but at the end of the day he still took his shot at freedom and escape.

Think of men that you admire. What about them made them badasses that you respect? I bet you it isn't a dude sitting in his mancave. Or a guy painting pictures. It's also likely not some great philosopher or one-track-braniac. It's likely a man that had a sense of adventure and wholeness, and often did it in *solitude in the face of adversity*. Can you think of a few? Louis and Clark? Arnold? Churchill? Steve Jobs? Who was a man that you admire?

Find something that you can do in solitude that allows you to be with only you and your thoughts.

Using the power of femininity to find your mission:

The light, the dark. The masculine, the feminine. To me, there is balance in it all. To find your true masculinity that is a mission and your greatest purpose, I believe you must surround yourself in that which you are not seeking to polarize your mind. You are seeking direction of a greater purpose which is an entirely masculine quality.

More specifically I seek out solitude with something feminine - like creation (such as art or music) or nature. I'll give you a few examples that will hopefully move you to your own discovery.

Do your best to draw the lines of this analogy as we move forward.

I grew up hunting, a very masculine thing indeed. I spend a lot of time in the woods alone, by myself, where I am

my own judge. I scout for animals, look for sign and try to outsmart them. Yes, I also kill them. All masculine. But killing is not the goal, it's simply part of the journey. Once the animal is dead, I have to harvest it, clean it, butcher it, pack it, freeze it, and get it home to feed my family. Killing is only a small part of it. But if you're like most still in the prison - they can't look beyond the fence that is killing to see the adventure it gives a man. They focus on the fence and say, "Don't do that, it's bad." Again – the prison.

Everything up until the killing part is surrounding myself with the feminine (nature) and dancing this delicate dance with my masculine. I must truly understand the ways of the feminine in order to achieve my masculine goals. I fail a lot. Hell, yesterday I shot and missed because I got **anxious** myself and pulled a shot right. No matter how much I practice, I still fail. Nature won that day, but I'll be right back at it. I love the challenge.

When I'm out there, I have nothing to do but be with myself. I could read, yeah. I could facefuck my phone too, yeah. But I don't. Because I know that the sense of adventure of where I go, where I setup my hunting spot, and what I do is entirely 100% up to me. There is no prison in that (except for a few rules to keep me somewhat safe which I agree with).

You must physically see that there is no prison. There are many ways, but nature does it for me.

I also seek this time out for myself for the solitude – and create my own personal prison in my mind. I let it all surface while alone. I cannot tell you the number of times I go out there for just 4 hours alone and end up crying my fucking eyes out thinking about my life. Do you want to learn how to kill your ego? This is just one way that has forced me to do so.

I once killed a large animal very deep in the woods. It was a 10 mile round trip hike to pack it out, and it took three trips. On my last trip I was exhausted, it had been dark for hours, and I had to sit down to rest. Then, my flashlight ran out of battery. The modern comforts of this world were lost. Here I was – in the dark – covered in blood in bear country. I was frightened. But I had no choice... I had to break free and accomplish my goal of getting back home. So, I wandered in the dark scared for my life for 8 more hours. I felt relief in the sun finally rising against the cold darkness to complete the cycle of polarity, and through that solitude I discovered I was stronger than I ever knew.

It's just like lifting, bro. That's solitude in the face of adversity as well. That's why MRP recommends you lift.

I hope this helps you build some more mental models to reference for yourself.

And by the way, if you ever want to take up hunting - just ask a guy you know. I guarantee he will jump at the opportunity to show you the world through his eyes and teach you exactly what it means to connect with yourself in such beauty. We also enjoy surrounding ourselves with the company of other men. **We want to free others from the prison too.**

Shedding Ego

Open *yourself* by shedding ego to allow your mission to come to you. It will, as all good things do. When it does come walking by, claim it as your own by harvesting it and grab that motherfucker by the horns with pride as you raise it as your trophy. You've earned it with all *your* hard work. Put it on the wall as a reminder of the adversity you have overcome.

You know, kind of like hunting.

When your woman sees this great authenticity of a purpose driven man that you've built from your core outwards, she will either accept this as who you are or she will not. But that, my fellow man is *un-testable*, and gives her the *opportunity* to begin to free her own ego as an example of your leadership.

82

UPVOTES

Making a Change

AlohaMaui808 · 29 December 2020 · Archived copy · Reddit

None of this is new. Its all here in the sub, sidebar, and books and in better words than I have if you dig a bit and know how to use Google.

Some random asked me

When do you feel it's time to make a mental model shift?

Can you give an example of your process for effecting this shift?

Per my usual posting theme, this is aimed at the newcomers to MRP and the autistic fucks who lurk for years without making any real progress or taking any meaningful action in their lives...

Its gonna be Basic As Fuck.

My Number One Message as always is get into the OYS thread *every week, consistently, like your life depends on it* - thats the biggest bang for your buck. By far. Take your licks with a fully open mind and get to work on your bullshit. Its the only way forward. If you can't even manage 200-500 new and meaningful words about you and your life once a week for at least a few months straight, you aren't worth our time. Fuck off until you have that minimum level of commitment to unfucking yourself.

When we first came here, none of us made these shifts on our own. Not me. Not HOA. Not Rian. None of us did it without swapping notes. The OYS thread is where you get help drafting your notes when you don't have any to swap yet.

Its time to make a mental model shift when the way I'm feeling, acting, or being isn't congruent with the Man I Aspire to Be, the Man I Am In My Core, when living just past my edge and being true to myself. I dig into myself to figure out where the root of the incongruence comes from, and then I can focus my efforts on the changes I need to make.

How To Change Your Mind, For Dummies Autists n F&ggots

- **Decide on the desired End State**
- **Steel your Resolve**
- **Backwards Plan**
- **Implement the Plan**
- **Hold yourself Accountable**
- **Celebrate your Victories**
- **Find the next Change**

Decide on the desired End State

What do I want in the end?

Over a year ago I confronted my wife explosively about the inappropriate nature of her budding relationship with a guy at work. She reassured and then ignored me, why would she listen to a low value POS like the old F&ggot Me? Shortly after that I discovered MRP and got to work, and shortly after that, I got evidence.

One of the first End States I decided on was that *I would be the type of man who could handle and regulate his emotions in order to achieve long term goals*. I didn't consciously realize that I Decided on this mental shift at the time, but it is what was required to do what I ultimately did and get the results I had in my divorce.

I had evidence that my wife was having an emotional affair with a coworker, making out in her car with him after work, and going to house parties with girlfriends that he happened to be at. (AWALT, I was a LVM BetaBux for years and earned everything I got for being a boring lazy fuck - see [u/HornsOfApathy](#) 's post series about how its all your fault if you don't understand)

I didn't want to be a knowing Cuck, I wanted a divorce, and I wanted it to impact the children as little as possible while I retained 50/50 custody. So I Decided on my desired End State: an amicable divorce with her successfully swinging her branch to her new guy, and me getting 50/50 custody without loss of more than 50% of my assets.

In the end I lost less than 25% of my net worth, and did the entire divorce without paying a Lawyer for more than a consult or stepping foot in a courtroom. Your results may vary - always *at the very least* consult at least one attorney regarding your specific situation and divorce, I'm not a lawyer and am not giving legal advice.

Steel your Resolve

What am I willing to do and give up to get there?

Get Your Priorities Straight and Stick To Them

After Deciding on my desired End State, I had to firm up my commitment to achieving that End State.

If you aren't truly committed to getting to that desired End State deep inside, you may as well stop here. You have to commit. You have to be willing to do what it takes. Otherwise you're just wasting your time at best, and potentially making things much worse by half assing it.

In my example, I knew my ex well enough to know that achieving my desired End State meant that I had to thread the needle - she had a branch to swing to and would be happy to do so quietly, but if I wanted to start a war she would be just as happy to unload her ammo too in the process of swinging to it or having it break. So to get what I really wanted most, I had to accept and let go of, or at the very least bury, all the very strong emotions I was experiencing surrounding her infidelity. I did this by realizing and accepting that my desired End State was far more important to me than my feelings about her actions or my need for retribution and validation.

You can't achieve specific results in an amicable divorce via covert manipulation while also nuking shit from orbit and airing dirty laundry for revenge. I couldn't have my cake and eat it too - at least not right away, and not directly.

Backwards Plan

Figure it out: What The Fuck am I gonna do to get there?!?

(This step is only applicable if your Change is big, takes a long time, or involves actions you need to take to achieve your desired End State. Some minor mental model shifts are done internally in your mind over a matter of hours of introspection with consistent follow up later, and don't need a full plan to make happen.)

Figure out the milestones on the path to your End State from where you are now, starting from the End State and working your way backwards to where you are now.

For this example it involved researching divorce in my state, and how to file "Pro Se" (without an attorney). Finding out exactly how the process works. What needs to be done, when, how, who needs to sign on which dotted line. What happens if she won't cooperate at any given step in the process. All the nitty gritty. This is not the time to gloss over details. Game out as many possibilities as you can and plan contingencies for all of them.

Implement the Plan

Now Go Do It

Without saying or revealing a single thing to *anyone* in my life, I got all of my personal and our joint financials and all pertinent documents current and in order, and set up to paint the best picture possible to the judge in support of my desired End State.

Only after all of that was ready, did I finally tell my wife I wanted a divorce and would be filing. She could sign, or not. Lawyer up, or not. Didn't matter. I knew what I would do in all cases.

Take the Plan you just made, and execute. When variables occur, adjust to the new situation and adapt your Plan to continue to achieve what you want.

Hold Yourself Accountable

You have the right to Judge your own behavior, thoughts, and emotions, and to take responsibility for their initiation and consequences upon yourself

There were many times when I was so very, very tempted to blow shit up and reveal everything I knew about her indiscretions. So many times when I was Angry. Depressed. Apathetic. Suicidal. Guilty. Lonely. Had a false sense of hope to fix it somehow. Take your pick I felt every which way at some point during the process.

The only thing that held me steady was my total commitment to achieving my desired End State, no matter what it cost me.

When delays due to COVID happened, (like courts shut down for months, or not having document X turned in at the same time as document Y, or wife being a bitch about me taking time out of the house for myself, etc etc etc) I kept my mouth shut and kept up appearances. I didn't cave just because I had to hold it in for a while longer. My End State was worth what I endured. I believed and still believe that.

Only you can hold yourself accountable. You have to want the change. Again, like I said in the Resolve section - if you aren't committed, you're wasting your time.

Celebrate Your Victories

When you reach a milestone, give yourself some kind of reward that only you know about. Reinforce your positive behavior and the delayed gratification it took to get there. Rewire your brain a little at a time.

Find The Next Change

There will always be a new mountain to summit, a new dragon to slay, a new skill to learn...

Always stay focused on your personal growth, and frequently reevaluate what kind of End State you want to achieve next.

WTF does this shit have to do with Mental Models?

Some of you may be thinking at this point, how does any of this apply to a Mental Model Shift?

How will this help me stop simping for my wife?

How will this help me enforce my boundaries?

How will this help me stop having a Nice Guy mentality?

Decide on the change(s) you want to see in yourself. Be SMART with how you phrase it - Specific, Measurable, Achievable, Relevant, Time-bound (Google it)

Resolve that no matter the cost, you're going to follow through and keep following through even when you fuck up, fail, want to quit, COMMIT.

Backwards Plan your schedule so that you can take time each week alone in a way that is appropriate to helping make the shift

Implement the Plan Do What You Set Out To Do, F&ggot

Hold yourself Accountable by posting in OYS weekly and by Owning Your Goddamn Shit, F&ggot

Celebrate your Victories because you're worth it.

Find the next Change once you're ready for your next adventure

Somewhere along the way, you'll figure out that your Mental Model has shifted. That's how it works for me.

You change your Mental Models with consistent effort and #ACTIONS# that support the new Mental Model you're striving to internalize

Let's have an amazing New Year with progress you'd never have believed possible.

Only you can make it possible.

Let's get to work.

82

UPVOTES

Divorce, part II

Working-Essay-9868 · 8 July 2025 · Archived copy · Reddit

First post is [here](#).

This is my second field report, written nearly two years after I discovered my ex wife's affair, over one year after I filed for divorce, and 6 months after moving out of the family home. I'm writing it for myself and in the hope that if anyone reading this is afraid of the negative outcomes of divorce, hearing my story will give them the confidence to act.

My divorce became official last month, over a year after I first filed. I am still negotiating with my ex over minor details but can now say that I am legally divorced. I lost low/mid 7 figures in assets, mostly real estate. The process took far longer than I imagined but this was probably unavoidable. I drove everything from filing onward but could not control the speed and efficiency with which my ex wife responded. I am content with the outcome.

I have 3 kids under 12 and they are my priority throughout all of this. My ex and I share 50/50 custody and live under a mile from one another which has made the adjustment easier for the kids. I live in a suburban area so at first, I was tempted to move closer to the city where more younger/single people live. I'm glad I decided against that and would encourage others to prioritize convenience if your kids are young, at least initially. Swapping sports equipment or stuffed animals is much easier when you can ride a bike between households. The initial 2 week period after telling my kids was the most difficult, but I led with the attitude that "it's going to be different but it's going to be ok" and I lived it. If my kids seemed upset, I asked them to tell me what they were feeling and heard them out. And most importantly, I always did what I said I was going to do. If I told my daughter I would read to her classroom on Friday, I showed up. If I told one of the boys we would practice fielding grounders on Sunday, we did it. If one of my kids asked me to take them to the beach and I didn't think I could make it work, I told them I couldn't do it. Seems simple but people screw this up, and I did at first. Fear of upsetting your kids by saying "no" leads to a "yes" with no follow up and you become untrustworthy. Doing what I say I'm going to do is the main reason that my kids trust me, and that's important while they're in the sense-making chapter of the divorce. Life is tumultuous but Dad is solid.

The kids asked a lot of questions about my relationship with my ex wife and I wasn't prepared for that. They wanted to know if I still loved Mom, or if we were friends, or if we were still going to talk, and of course why we got divorced. This continues today and probably will for years. They still talk about "when you weren't divorced" when telling old family stories. I make sure to speak frankly and comfortably about the divorce to others in front of the kids. Instead of dancing around the issue with statements like "I'm not with their mom", I'll say "I'm divorced". Making sure to call it like it is helps the kids a lot: if Dad talks about the divorce in a matter-of-fact-way, they can too. Nothing to be ashamed of.

I gave up drinking entirely 2 months before filing and didn't drink until recently, when the divorce was final. I strongly recommend this for anyone going through the shit. I learned about the relationship between alcohol and emotional regulation and once I cut it out, I found I could handle the ups and downs of the divorce much better. The absolutely ball-shattering experience of having my wife cheat on me stopped feeling so bad and I came to see the positive aspects of what had happened and where I could take my life. I also became more patient with my kids and a better performer at work. Some of the friends I developed during my separation process followed suit for their own reasons and we started a workout group that turned into a wider social crew. Although I wasn't drinking I would still go out and engage in all the same social activities I used to, personally and professionally. This decision was the single biggest factor in my ability to push through a difficult chapter in my life. Ultimately a man should provide emotional stability for the loved ones in his life, and I would not have been able to do that if I was still drinking.

The last 3 years of my marriage were mostly sexless so getting back into the game has been fun. At first I was overly ambitious about getting laid and wanted to prove I could get hotter/younger chicks despite being 40+. I

recognized a couple of months into it that I was chasing validation and at risk of repeating past mistakes. I was too eager to show friends the nudes of some girl I had met on Hinge rather than ask myself what I wanted. Now I'm at a point where I'm getting my needs met without committing and that's enough for the time being. I was married before the apps came out so it's been fun to use them for hookups, but they made me lazy. I would swipe a little each day and convince myself that I was doing something only to realize I hadn't approached a woman in public for 4 weeks. I've backed off the swiping and am approaching more instead, which was frankly a challenge for me at first after being married for so long. I do think getting a couple of hookups under my belt via the apps was a good way to get started but in person approaches have provided better quality with less risk of wasting time.

The point of all of this is not to list successes, but to encourage anyone who is being treated like shit by a churlish, frigid shrew to get out of the situation. Not to divorce necessarily but to build another life. Don't wait to have the wife goggles slapped from your face like I did, take them off yourself. When my ex started going out late and treating me like shit, I thought a divorce would be a disaster so rather than face the situation I opted for years of chaos that I didn't need to endure. At the time we had one social circle that was built largely around her family. My closest friends and family lived far away and I had let those relationships atrophy. I figured if the marriage ended, it would represent a high water mark and from that point onward my life would be in decline. I can't tell you how stupid this sounds to me today and can't imagine spending a weekend with that former group of friends. It all seems so boring now.

Take ownership of your behaviors and actions and steer your life in the direction you want it to go.

81

UPVOTES

Why we don't talk about fight club

InChargeMan · 10 June 2018 · Archived copy · Reddit

I saw some posts asking about sharing parts of their MRP journey with their wives.

Don't talk about fight club.

Women/people generally react poorly to the success or improvement of others. Whenever somebody succeeds at something while another person fails (or never tries at all) that person's failure must be justified in their own head, which is usually done by minimizing the success of others. Often the word "just" is involved.

"I could have done that if I just"

"Of course he is successful, he grew up"

"Anybody can do that if they just"

"They are just lucky"

Or my personal favorite: "I had that idea years ago"

So, regarding MRP, when you STFU and work to improve yourself, there will be no "just" to explain your improvements and changes. This begets respect and dread. You are a natural alpha that was hiding in sheep's clothing all these years, lucky her! Conversely, if you tell her about how you are following a TRUE ALPHA's plan for you, you are telling her that you are not now or ever a natural, you are merely pretending. Your progress will always be minimized, since you are just playing make believe or at best just a shadow of some greater man out there.

Furthermore, once you start forecasting all of your plans you are now under the microscope, the shot clock is counting down, and you will only be known for your failures. Why? Remember "just"? Well, you "just" had to follow the steps that the real men at MRP had laid out for you, but you failed, and your BF% is only 18%, you still get emotional (it just takes one), you still ... It doesn't matter, any gains you have are somebody else's gains that you are copying, any failures are 100% yours.

Evidence: Once my wife was made aware of a PUA book that somebody was reading (not me). She said "That's gross." I said, "What do you mean?" "He is using that book to trick women into having sex with them." "How is it a trick? It's not like he is drugging them, they are doing it on their own accord, and quite enthusiastically as I understand it" "But that's not really him, he is just pretending."

Be the wolf in sheep's clothing, no the sheep in wolf's clothing.

81

UPVOTES

How to fuck

BluepillProfessor · 28 July 2017 · Archived copy · Reddit

This Post on TRP caught my attention. He describes a couple of hot dominant bedroom moves which I see it as a bit of SGM light for my brothers. I do think he overplayed the cold death lifeless body thing. Maybe he has a necrophelia kink because I like a warm, squirming body.

Anyway I think we can do better so I think guys posting on this thread should add one sexually dominant trick to this guys list for the crowd. This is mine:

From missionary rotate 45 degrees and lift her leg over your head (so you are scizzoring) while remaining deep inside. Now you are sideways and her remaining on the back. This is a variant of the "X-position" (which I REALLY wish I had known when my wife was pregnant).

The dominance part is when you lock your hands around her opposite shoulder. If the height is right, you can use her body to thrust her up and down (if not, hook her shoulders from underneath and behind). In addition to enabling maximum penetration she is pinned and completely helpless. However she can squirm nicely. If you let go of the tight grip you can use a free hand anywhere on the front of the body (MAJOR bonus points if you have a bullet vibrator in easy reach).

Edit:

Pics added by request:

Kama Sutra Position 224

Sexy Scizzors (the 3rd picture down).

In both pics you lock your hands around her left- opposite- shoulder). Note also the choking/hair pulling/nipple pinching possibilities as you have access to the entire front of her body. Just let your fingers do the walking.

81

UPVOTES

Inner Game

trp_dude · 7 May 2017 · Archived copy · Reddit

I'm a guy who like conceptual frameworks. MRP works, but as I said in a prior post, I had become resigned to accepting that it's a empirical/heuristic system, of techniques that don't really hang together in a coherent theoretical framework. Just a collection of things that "work."

But after reading a PUA by Tyler's called Blueprint, I think there is an underlying theme that can tie everything together.

Women always say the number one thing they look for in a guy is confidence. What the fuck is confidence, you ask? Yeah, I never understood what that meant. Or to be more accurate, I misunderstood it. I would look at guys who girls said were confident and all I saw were jerks.

I would think, "hell, I'm confident. I have a good job, I have a good education, I am comfortable with myself. What women actually say when they say confidence is arrogance."

After I read TRP, I was thinking "what women say they want and what they actually want are different."

Now, that is a true statement but in the case of confidence, what they're saying is just misleading, not wrong.

When women say they want confidence, what they mean is they want a guy who is confident that they deserve the girl. A guy who is confident that his SMV is higher than the girl's. A guy whose frame is stronger than the girl's. They don't mean a guy who's confident in his job, who's confident in his video game skills, who's confident with his friends. The only confidence they care about is how confident he is with **her**.

Or to put it another way, they don't want someone who is needy, who is overwhelmed by the girl, who puts the girl on a pedestal, who wants to "woo" the girl, who think he needs to buy expensive presents in order to "win" the girl. (pedestalizing... thinks his wife is a 9... covert contracts... sound familiar?)

What she want is a guy who thinks "does this girl deserve me?" and "is this girl good enough for me?" and "what will this girl do in order to woo me?"

She doesn't want someone who thinks he's better than everyone else. That is arrogance. She just wants someone who thinks **he's better than her** when it comes to the sexual marketplace.

Or to be more specific by what I mean by "want," she is attracted to someone who's like that. She may not like the guy. She may not actually "want" him in a logical sense. But she is turned on by that. It's an evolutionary reaction beyond her control.

This is because women are evolutionarily programmed to mate with the highest quality male possible. And the best predictor of highest quality, other than social proof, are the subtle signals that the man gives with regard to what he himself thinks he's worth. Who's a better judge of the guy than the guy himself?

So if guy believes he's punching above his weight class with the girl and he signals that, then it's an instant turnoff. If he thinks he's dumpster diving and he signals that, then it's an instant turnon.

We say on MRP that your SMV is what your wife thinks it is. That's true. But what she thinks it is is based on the signals you're sending to her about what you think your relative SMV is. Do you snap to attention when she says something, either good or bad? Are you leaning into her when you talk? Are you watching her face like a hawk to see if she approves of something you said or did instead of not caring (if you're doing this right, this is what it looks like: your buddy sees that you shaved your beard and asks you, "what does your wife think?" The right answer is, "She hates it but who cares?" The best answer is "Why would I even know what she thinks?")?

These signals are very very subtle. That's why she will often be unusually receptive after you come home from a good catch and release. That's why the turning point for a lot of guys on MRP is the day after they decide they've

had enough and are going to push the eject button, even though they haven't told her yet. The subtle shift in your demeanor, which neither you nor your wife may be conscious of, triggers her response.

The reason that arrogant guys often get women is that they naturally give the signals that they have high SMV. This is because they believe that they are better than everyone else. Incorrectly high self-confidence -> signals of high SMV -> women

Good looking guys often get women because they naturally give the same signal, because 1) they have inner confidence of knowing they are good looking and 2) they have had success with women before. Good looks -> inner confidence -> women. However, we all know good looking guys who end up with FUW - fat ugly women. I had a friend in college who was tall, athletic, etc.

Neither of these are necessary, though. If you have the inner confidence you can get women. It's just that if you have neither of these, it's extraordinarily difficult to build the kind of inner confidence that allows you to go up to women and through the strength of your frame overpower them psychologically.

But it can be done. One cheat is to learn the outer game PUA techniques that disguise your inner non-confidence. The other is to become at peace with yourself. PUA have a saying: "I am enough." It's similar to "I am the prize" saying we have here but not quite. They mean that you need to get to a point where you purge yourself of your insecurities. You don't worry about qualifying yourself to the woman.

Women are women. What works for PUA on women they don't know should work for us with our wives.

So, many of the things we do here on MRP can be boiled down to this question: "if you knew you were way out of your wife's league, would you be acting the way you are?" Would you be buying her expensive presents? Would you be running to fetch her water? Would you be butt hurt if she didn't kiss your booboo when you fell (physically and mentally)? Would you be engaging in choreplay? So the Golden Rule could be **Act like you're way out of her league.**

So... am I saying women are attracted to guys who are out of their league? No. They are attracted to guys who think they're out of the girl's league. Subtle but important difference. **Girls would rather screw guys who are not out of their league but think they are than guys who are actually out of their league but think they're below her league.**

For example, let's take a guy who's 6'3", ripped, CEO of a Fortune 500 company, engaging personality, and maybe even a massive alpha at work. But if he's placating to his wife, at her beck and call, buying her presents all the time, rearranging his schedule to accommodate her, then her neurons in her reptilian brain responsible for sexual response will undergo what's known as autophagy. That's when the cells self destruct by eating themselves.

On the other hand, with a 5'8" out-of-work bum who comes around to paint the stucco who acts self-assured, teases her, and projects all the subtle signals that he's out of her league, her neurons are going to be firing so fast they become radioactive.

I am not saying physical attractiveness is not important. It is important because it makes everything easier. It is important because it is very hard for most guys to have good inner game without good outer game. It is important because physical attractiveness is the only thing that can trigger sexual aggression in women (as PUA define it, e.g., women approaching you), vs sexual receptiveness, which is really what we're talking about on MRP, and which make up most of women's sexuality.

Being ripped will get you halfway there, and it will be much easier. And you need to get thin if you're overweight—there doesn't seem to be any successful fat PUA, in the same way there are hardly any fat Fortune 500 CEOs—but there are a lot of not-so-good looking PUA. Obesity seems to be an overwhelming signal of low SMV. But it won't get you all the way there. We know that there are guys on here who are ripped and in shape and are yet getting no sex. We tell them to give it time and to raise the dread level. And almost all of the time, that works.

But is it that the wife changes, or is it that during that time, the guy's inner game strengthens, as he finds more _____

success with other women and his psyche catches up to his physique?

So how do you get to the state “I am way out of her league”? You have to believe it. If you try to fake it, and there is even slightest incongruence, she will pick up on it. There are a thousand signs. Like how much effort you put into building rapport (smiling, turning toward her, nodding, etc.) vs how much she puts in, etc. PUA can put up a front for 4 to 7 hours it takes to get laid, but we’re living with these female creatures for a long time.

One way of course is to become a high value guy of course. Lift. Get your life in order. Another good way is to do a lot of catch and release. Meditation. And definitely read Blueprint.

But the best thing? Stop trying to win her over. That simple act alone will get you halfway there. When you try to win her over, you’re doing the opposite of what you should be doing. Stop scoring on your own goal, and realize that where you need to get to is for her to try to win you. Turn around, and realize that you’re supposed to score on the other side of pitch.

So good luck.

Oh, and lift, bro. Not for her. For you.

81

UPVOTES

[Married Game]. How to initiate quality sex by covertly communicating your explicit expectations.

A_Rex · 14 February 2017 · Archived copy · Reddit

I've gotten some questions recently on how I initiate, and on how I get my wife to engage in the more involved sexual experiences I concoct.

95% of the time, it boils down to this - covertly communicating an explicit expectation.

What do I mean by this? Well, let's review the main ways to communicate the desire for sex:

- **The covert contract. AVOID.** The covert contract is the epitome of Beta faggotry. For our purposes, This is where the man performs a non-sexual act with the *unstated* hope/expectation that the woman will have sex with him as a result. This is why choreplay fails. This is why the Nice Guy^TM who takes the girl to the fancy dinner goes home to masturbate after the date while she gets drilled by Booty-Call Brad. Notice the key here is that the desire to fuck is not stated by the man in any format. There is no communication of the desired outcome.
- **Overt request/demand.** Depending on you, the context, and your woman, this can work. This is where you tell her, in plain English, that you want to fuck/be blown right now. It can be hot in the right circumstances (you've got her pretty worked up at dinner and tell her you'll be ravaging her the minute you get home, then pick her up and toss her on the bed the minute you get in the door). Certain women also get a kick out of her man telling her to suck his cock right then and there on the couch during the news.

However, a lot of women don't respond well to that a lot of the time. Mine doesn't (about 5%) - for this to work she's already got to be horny as fuck. I need to put in the work to get her to my desired horniness level, and gentlemen, I love my job. So how do you get her into the full immersive sex experiences like my Coconut Spa, my dirty cop-on-cop handcuff session, or just get her wearing a sexy outfit for a nightcap of debauchery? Here's how:

- **Covertly communicate the explicit expected outcome.** Here's how I make sure that the Coconut Spa stays different than a covert contract to give her a massage in exchange for sex. When I set up the experience, I got into character. I told her the benefits of coconut oil (great massage oil and lube) with a wink and smile. I explained that it was a *full body massage experience culminating in the internal massage finale* and that no one in the Spa was allowed to wear any clothing. I then asked if she wanted a session.

See what I did there? I never told her explicitly that the coconut massage was an excuse to oil her up and fuck her senseless. But through my words, inflection and body language, I made it abundantly clear that's exactly what would be happening. We know women prefer covert communication, and we know this kind of banter is literally foreplay for them. I had no doubt that my wife understood exactly what I meant. So it's up to her to accept or decline, with complete understanding that this was all about sex. Stated differently, **this is how you ask her if she wants to fuck without turning her off by using blunt language.** I keep the Coconut Spa entirely sexual too. Once she asked for a coconut massage without the sex. My reply "We must insist on maintaining our integrity and commitment to excellence here at the Coconut Spa. We will not perform any less than the full body pleasure experience at

You can do this with literally anything. We don't drink any alcohol during the week (my rule), but the other night she wanted to have some Prosecco with me. My response - "only if you're dressed appropriately". With those words, what I really told her was "I'm not cheating on my cut unless you're wearing something slutty and fucking me properly after". Women aren't stupid - they get it and love this stuff. This is **fun**. She knew what I meant. Her options were: accept the offer, decline and not drink, or decline and drink alone. She went with option 1, and a good time was had by all. (Note: the very idea of her dressing naughty for me is a turn on for her. My covert

communication was foreplay. Her spending an hour in a sexy teddy for the purpose of being pounded like a slut later was a turn on for her. All of this shit is fun for her, and should be fun for you too. And it's not a demand or forced - she can easily decline).

It doesn't even have to be that intricate (though you should be inventing some intricate experiences - you're the man, lead her to the sex you want). It can be as simple as escalating kino and whispering "take off your pants" or "want to go upstairs?" You are initiating sex in a fun way with no room for misinterpretation.

Edit: Here's my newest idea. Steal it if you want: There's a cool secluded spot in a public park overlooking a small river near our town. When the spring arrives, I'll set up a picnic with wifey. Little wine, cheese, all that crap.

It'll be a surprise. When she asks what to wear, I'll tell her dress/skirt. When we get there, I'll pull the picnic stuff out of the trunk. When she figures it out, I'll tell her that if she wants to come with me, she'll take her panties off right there in the parking lot and leave them in the car. If she puts up a fuss I'll stick the basket back in the trunk, pull out a basketball and start walking to the courts. THAT's how you run the picnic sex. I'm covertly telling her that I want her to be a total slut without using blunt language. Her taking off her panties like that is an act of submission, and her walking to the picnic spot pantiless and knowing what's going to happen will be a turn on for her. Or not, in which case I'll work on my 3-pointers.

Remember: **Be Fucking Fun!**

81

UPVOTES

The Red Pill to save your Marriage - elevator pitch

spexer · 5 April 2016 · Archived copy · Reddit

There are a lot of great guides, in depth posts and instruction on how the Red Pill can save your marriage. Here it is in a nutshell:

- **Your wife doesn't want to fuck you** because you are not turning her on. Look in the mirror. Look at how you act. This is why.
- Choreplay, being a nice guy, earning money, taking care of the family, being in decent shape and making a good argument on why she should have sex with you... has and will not work. **You cannot negotiate desire**
- MRP gives you the alpha that she wants, and not so you can use these behaviors to trick her. **The goal is to become this alpha man. The oak. The captain.**
- This is done by reading the **MRP Prerequisites** then put together a plan and then **make changes through actions - not by talking. Acta Non Verba.**
- **This will take time, and she will fight it.** Your marriage might end- by your choice. Likely outcome is that your marriage will become alive again, and she will eagerly suck you dry. *Remember: You are worth this effort.*

And that is the heart of it. Here we learn how women operate and then become the man worthy of fucking. Here is a **longer friendlier intro**.

Don't think this will work? Of course it won't! Just try these 5 little things for 1 week, just to test the waters.

1. stop all apologizing
2. stop asking for sex. (have sex if you want, but do NOT ask for it or what to do once you have it)
3. stop asking for input. Be the leader and make all the decisions, (being open to feedback to consider)
4. spend the majority of your free time away from your wife and busy exploring your interests
5. Lift weights. Get a gyms free 1 week membership if need be, but LIFT.

And that's it. 1 week. Your worth that, right?

Don't worry, of course this wont work! We are all crazy here. At least you could say you tried.....

good luck!

81

UPVOTES

A Chapter on Frame

Cloudy_Pirate · 22 August 2019 · Archived copy · Reddit

If I fluently speak the language of game and seduction, but have no frame - I am only a **dancing monkey** or attention seeking **clown**.

If I have the gift of **swole** and understand all the mysteries of TRT and have a body blessed by Brodin himself, but do not have frame - I am nothing.

If I make seven figures and dress the latest fashion, but do not have frame, I gain nothing.

Frame is **essential**. Frame is congruent. It does not need to boast or protect the ego. **It lives fully and openly with authenticity**. It is not **easily angered**, it is not **needy**. It does not get **butthurt** or feel compelled to defend. Frame is **physical, intellectual, and emotional**.

Frame perseveres. Where there is game, it will eventually fade. Where there is lifting, it will eventually decline.

I learn, I grow, and I seek congruence and completeness with what I have learned. When I was a beta, I **talked like a beta**, I **thought like a beta**, I reasoned like a beta. But when I began to understand alpha, I put the ways of the beta behind me.

Right now, I see only a vision of the future, but soon, it will be fully realized. Now I know only in part, but then I shall know fully and be fully known.

And now these three remain: game, lifting, and frame. **But the greatest of these is frame.**

81

UPVOTES

The Best of luck strategy

BoringAndSucks · 29 May 2026 · Archived copy · Reddit

After divorce and MRP, I started to hang out with some other guys who went through a similar experience to mine. Stayed with their ex-wives for a decade (always a decade, don't ask why). Stayed in deadbedroom for some years, tolerated a lot of bullshit, but most importantly, we were all weak men emotionally and physically.

Now, all of us either married hotter women than our exes or are dating multiple hotter women simultaneously.

During most of our talks about life, business, or relationships, I noticed a common strategy that I used subconsciously with everything that I face.

Good guess, son, you are goddamn right, it's the *Best of Luck* strategy.

And I can see you *Mr OYS 6* guy in the crowd shouting *But, Mr Boring, what the fudge are you talking about?*

So, let me put it simply to you, *ehm*:

- You are starting your journey here, in a deadbedroom.

You are back from the gym, and you deadlifted heavy as everyone told you.

Testosterone skyrocketed and you are horny AF. You go home and find wifey in her tight yoga pants.

You have images in your head, so you start to initiate sex, but you are still a nice guy. Wifey sees your initiations and shoots them down. Your initiations suck, yikes.

Typical dancing monkey will leave the room butt hurt pretending to be busy. Then hide in the bathroom for a shower, browse a porn site, fuck his hand, and empty his load.

Pussy behavior, I know it, wifey knows it, and everyone else here knows it.

A vicious cycle that keeps repeating. Wifey is in desperate need to be fucked properly. Guy desperately wants to fuck, but can't. Everyone is stuck.

What I am offering you instead is this:

- When wifey rejects you, shake her hand genuinely, look her in the eyes, and tell her *Alright, that doesn't work out for me, Best of Luck then*. Then proceed and go figure out new options for yourself.

Head to a bar, meet your plate, use Tinder. You have a problem, go and fix it in the way it suits you.

Your sex life used to depend entirely on her. Now it depends on your ability to create options.

The situation is still bad? Time to arrange your logistics, and divorce her if you like.

I know you pussies don't have the guts to do this. You wouldn't be here in the first place anyways.

Here is another example:

- You go to your boss to talk about the promised raise. Boss placates you, and gives you a 2% due to some bullshit. Company is making millions. You know it, the boss knows it, and knows that you know it.

You chicken out, thank your boss, and head back to your ~~barn~~ desk.

What I am offering you instead is this:

You stand up, shake your boss's hand genuinely, look him in the eyes, and say *Alright, that doesn't work out for me, Best of Luck*. Then, if you have balls and money, resign.

Maybe it is time to start that business idea you have been delaying.

Or go find yourself a new job that pays you what you deserve. You have a problem then go and own your shit.

So the principle basically is, *when you face a situation that doesn't suit what you want, you stand up, shake their hand, say **Best of Luck***, and go get what you want.

Wife doesn't want to fuck, bye bye. Job doesn't pay, find something else. Plate ia giving you shit, spin two more. Friends are draining you, you build a better circle. Family is using you as a utility, cut them.

It's a FMFY, but without a covert contract. It's being abundant, and **abundance is king**.

Women, jobs, friends, family, everything grows on trees in abundance. Go pick whatever you want.

So either fuck or get fucked. I know most of you won't pull this move. I don't care. Try it, fail at it, blame me later. Best of Luck.

80

UPVOTES

A Simple Trick For Damaging Self-Talk

resolutions316 · 17 August 2018 · Archived copy · Reddit

Although most of us come here focused on getting something from someone else...

(i.e., sex from wife)

...I'd wager that *most* of us end up finding out our work is primarily *internal*.

Even if we're fighting with our wife and it's driving us mad, it's really our own reactions that are difficult to master.

Even if we're struggling with a Dead Bedroom, it's our own inability to leave - to risk loneliness in search of something better - that's the root of our issues.

One of the most common of these internal obstacles is *negative self-talk*.

It's quite easy to internalize the critical voices of parents, teachers, and even spouses...to hear their put-downs and vitriol in our minds before anything is ever spoken out loud.

When many of us stumble upon MRP, that inner critic is given a **whole bunch** of ammunition with which to demean us.

"She won't fuck you because you're *fat*"

"They don't respect you because you're *weak*"

"Be more alpha; what the fuck is *wrong with you*"

Our inner critic simply changes form...same old shit, same old insecurity, just now it calls us "faggot" and knows the word *hypergamy*.

MRP - and as an extension, owning your shit - are predicated on brutal realism. See reality for what it is, accept no half-truths.

The inner critic is not reality, however. It is *overly negative*, as unrealistic as any pie-in-the-sky pollyanna.

While owning your shit, and accepting things as they are, is the foundation of self-improvement, negative self-talk only breaks you down...it never builds you up.

It's this sense of helplessness, hopelessness, and impotent rage that fuel so many "anger phases." We may be upset about our situations, but we're just as angry at ourselves...unable to forgive ourselves for things we didn't know, weren't taught, couldn't do.

Somehow, we feel we should have known all this shit already...how could we be so *stupid*?

We go from letting others cut us down to just doing it for them.

We may even manage to convince ourselves it's for our own good. *Time to get tough, pussy. Time to MAN UP.*

It never really works that way, though.

That inner critic? It never goes away.

No matter how ripped, how "alpha," how confident you get...there will always be part of you that thinks it isn't enough.

Sometimes, you can use that inner sense of disgust to propel you forward....to get you to the gym, to get you out of your room, to take that next big step.

Most of the time, though? That inner voice convinces you it's hopeless. It isn't a risk-taker; for all it's talk, it isn't the thing that's going to get you off your ass.

Remember back to the last time someone really motivated you; when someone pushed you past what you thought was possible...whether that was a coach, a teacher, a boss, or a friend.

Chances are, they didn't spend all their time telling you what a giant piece of shit you were.

It's only by shutting down that voice of self-doubt and self-pity that we find the strength to try new things, to push through adversity, to push past our comfort zones. You can't make a pass at your wife if you're telling yourself you're doomed to failure, and you can't flirt with that girl at the bar if you're busy convincing yourself she'd never give you the time of day.

The Trick

If, like me, you find your inner critic to be relentless...to fuel the worst parts of your personality (the need for validation, the vindictiveness, the sad-sack helplessness)...

Then feel free to borrow this simple trick:

Whenever you become aware of your inner critic laying into you - whenever you overhear your own negative self-talk?

Imagine that voice as the voice of Donald Duck.

Whatever it's saying to you, let it go - but hear it in Donald Duck's voice. (Elmer Fudd works as well)

Somehow, re-framing the voice as outside of yourself - and as objectively dumb-sounding - takes away much of it's power.

At that point, you can think more clearly about the kind of shit you *want* running through your brain. After all, "states become traits," and the more we re-focus our mind on the positive, the more we can enjoy ourselves on our journeys to better lives, better sex, and better marriages.

Hope this was helpful.

80

UPVOTES

[FR] - You do not need me.

red-sfpplus · 23 July 2018 · Archived copy · Reddit

On the topic of "dating." Whether it is your wife, girlfriend or plate, there is one simple thing you need to get across.

I found myself sitting at the bar in a Shreveport, LA this weekend with "Mandy" whom I met on Bumble less than 14 days ago. As we sat there eating our lunch of beans and rice and gumbo, with her hand in my lap she looks at me and tells me that the most attractive thing about me, is the fact that "I do not need her."

I do not need her....let that sink in for a minute.....

When she told me that, I looked at her, and gave her a nice kiss on the lips. In a fun/cocky way I affirmed what she said, "Yes, I do not need you, but I choose to spend my time with you, and like you say choice is far more attractive than need."

One way or another, she gets it. She understands why she is there, sitting with me having lunch at a restaurant I chose to go to after spending the weekend with me going to a wedding she was invited to. A wedding where she was grinning ear to ear introducing me to her friends and extended family.

She savored the looks on their faces when I was able to carry on a conversation, fit into her circle with seamless effort. When I took the 80 year old grandma to the dance floor for a dance. When I danced with flower girl, the bride and most importantly when I spun her around on the floor like a little girl. She knew that she had the most high value man at that wedding. I would argue I worked that room harder than she did. She had to come and find me, and pull me back.

She loved how I already knew what club we were going to after the reception was over. There was no discussion, just hop in the truck and lets go. We are both dressed up, the night is young and we are on vacation, so lets go build a memory.

She knew two things going into this weekend.

1. I love wedding cake and never pass it up.
2. I love LA Gumbo.

So for me, beyond the fact I fucked her brains out before and after the wedding. Beyond the fact she gave me road head for 20 mins on the drive back to Dallas. Beyond the fact that she did not wear underwear all weekend under that short dress she wore to the wedding....

All that aside....

I got what I wanted...Wedding cake and Gumbo.

Everything else was a bonus.

80

UPVOTES

Game Theory

MrChad_Thundercock · 17 May 2018 · Archived copy · Reddit

Listen up faggots. Normally, I say fuck Theory post. But this is important so listen up. I've always been a fan of Game Theory and starting to make connections with mrp.

In Game theory, there's two types of Games: Finite and Infinite Games. A Finite game is defined as known players, fixed rules, and an agreed upon objective. For example, baseball. We all agree on the rules that who ever has more runs at the end of the game is the winner and we all go home. No one can say that "if we just play 3 more innings, I can beat you". An Infinite Game is defined as known AND unknown players, the rules are changeable, and the objective is to keep the Game in play – to perpetuate the Game. It's limitless. In Infinite Games, players drop out of the Game when they run out of the will or the resources to continue to play.

When 2 Finite players or 2 Infinite players are playing against each other, then the Game is stable. Everything is cool. Infinite Games, for example, would be the Cold War. There couldn't be a winner or loser so they just kept the Game in play. We didn't win the Cold War, the Soviets just dropped out when they ran out of resources.

Problems start to occur when a Finite Player plays against an Infinite Player – because one is playing to win while the other is playing to keep on playing. In this case, the Finite player will always find themselves in an awkward or complex situation. This is comparable to the Vietnam War. We were fighting to win while the North Vietnamese were fighting to survive. A very different set of standards! In this situation, Finite players will leave and drop out of the Game. Same with McGregor versus Mayweather match, obviously it was a staged event for the payday, but McGregor was trying (foolishly, of course) to knock Mayweather out, while Mayweather just danced around the ring to to prolong the fight. That way, everyone gets paid faggots.

80

UPVOTES

[FR] "Twist my nipples. I want to feel you desire me"

Red_Rising · 22 February 2016 · Archived copy · Reddit

Summary: Women want to be dominated by a high SMV man. Do whatever it takes to raise your SMV.

I entered my marriage in betaland, marrying a LTR of about 3 years. We've been married about 4 years and it's been bluepill from the beginning, complete with starfish dutysex 2-3 times a week. I got tons of resistance such as "Mabye I have a low libido" "It's painful for me" "I'd be more willing if you would [follow my commands more]" "I don't know why I'm always tired!"

About 6 months ago, I was browsing through a post on "The most hated subreddits ever" and came across TRP. I began reading, and I couldn't stop. I literally stayed up all night reading. It was like all the truth that I knew deep down inside but couldn't bring to understanding literally jumping out of my phone screen into me. Truth is like that.

Change started with me. My wife wouldn't let me get a gym membership [at first], so I began working out with whatever I could. I'm tall lanky guy, so gaining muscle mass was a matter of eating more and working out. I did pull-ups and dips on a rafter in the attic, used gallon jugs of water for curls and side raises, and did calisthenics. I read the books and tried to implement the principles as best as I could (This was by far the hardest part). I failed and failed and failed some more.

My wife took notice of me trying to improve myself and went through different stages. First, she mocked me (especially with lifting). Then she took the concerned motherly position of encouraging me like I was her kid with dreams of one day becoming an astronaut or president, but I could tell she was just waiting for this "phase" to wear off. I began to tell her that I needed to lead. This was a mistake. She came up with 1,000 reasons why I sucked at leading. It wasn't until I stopped trying to negotiate and just began taking charge that she began to relinquish control a little.

I began to own my shit. She used to ask me to do chores around the house. I now did them without being asked and when she did, I learned the WONDERFUL PHRASE from NMMNG: "I'll handle it". The frame was: i'm not my wife's bitch, but my house is my house and I'm taking personal responsibility to maintain it.

I also began owning my shit at work. That's where the FR begins. I stayed late to finish some paperwork a few nights ago and was planning to go out with some coworkers afterwards. I called to let her know I'd be late Her: No, come home now! Me: I have some important things to finish, and I want to go out. Her: I'm busy, please come help me (this is common. I help her a ton) Me: I'll let you know when I'm on my way home.

I finished my shit and then thought of implementing something I saw on TRP:

[later on] Me: I'm on my way home, see you in a half hour Her: *complains about all the stuff she has to do* ok well i'll see you soon Me: Hold on, before you go... I want you to put on [specific lengere she has] Her: (dumbfounded, we had sex last night) ...ok Me: Great, see you soon.

When I got home, she had put a robe on over the clothes I had requested, and was finishing up her work on the computer. She had also made the bed: Something she hardly EVER does. She immediately tried to get me to become OI by kissing me and then pulling away. I maintained OI and told her I'd give her some time to finish up and went to take a shower.

She came at me with more intensity than ever. She said things I've never heard her say before. **She even attempted deepthroating me.** Then came something I never thought I'd ever hear her say in a million years: **"Twist my nipples. I want to feel you desire me"**. She came hard. and... oh yeah, so did I.

Case in point: Women want to be dominated by a high SMV man. It is your duty as a husband to continue to raise your SMV. As you do, she will begin to want you.

Lessons Learned:

1. Low libido/Sex hurts/I'm busy is bullshit. All of those things are only true when the man has a low SMV. Raise your SMV, watch them evaporate.
2. Be patient. This was 6 months in the making. It takes a long time to unwind all the bluepill conditioning we've all been through. MarriedRedPill is about self-improvement. Your wife is probably going to judge your self improvement the toughest. You have to have real results before she notices. It won't happen overnight BUT! When it does happen, it will be lasting, and I am convinced it will be worth it. Read the entire sidebar, read the books, set goals, and figure out what you have to do to get there. Then *go fucking do it*.

80

UPVOTES

[FR/Testimonial] Got anal for the first time in 4 years. MRP is the real deal (long)

A_Rex · 18 January 2016 · Archived copy · Reddit

TL;dr - decaying bedroom revived by MRP to the point where I'm getting laid daily and fucked her ass for the first time in 4 years.

Background: Forgive me initially for format and spelling, as I must be on mobile, which is a pain in the nuts. Me 36M, her 35f, married 11 yrs, together 16 years. Met when we were 19 & 18 in college, not the TRP ideal but the internet was a baby then, and TRP didn't exist. We have a 2 1/2 yr old girl.

Fast forward to 2 months ago. My bedroom never died, but I came to this place for help because it was stale and decaying. Sex was maybe 2 times a week and unenthusiastic leg spread starfish "masturbate with my pussy if you must" sex. Worse, she was becoming a raging bitch all the time, fighting over every stupid little issue and driving me insane. HERE's the straw that broke my camel's back - during a fight, she screamed "if you die in a car accident tomorrow. I will be happy. I will be so fucking happy you have no idea", with a maniacally large-eyed stare. It not only pissed me off but broke my heart. Here I was, a devoted husband and father and she gleefully tells me she wishes I was dead. Can't get worse, right? It does, because when I confront her about it the next morning, she fucking gaslights me and claims she never said it, and that I was crazy for thinking she would. Reason would not prevail, and I was devastated about how a woman I loved, and who was so good to me all these years (to be fair, she invested her youth, a substantial sum of her parents' money, and her own money in me and my career) could say that and pretend it never happened. I took all the traditional advice, such as talking to her, trying to do what she needed, and none of it worked. I felt that it was all slipping away somehow, and nothing I tried was working. So I found the deadbedroom sub, which took me to TRP, which brought me here.

Journey - after finding and swallowing the pill, I looked inward instead of outward. I got naked in front of my mirror, and said to myself "if I was a chick, I wouldn't fuck you". And it was true. Not my insecurities speaking, but the truth. Even though I was an attorney that made good money, I knew that no chick would ever want to fuck me at this point. And then it clicked with the red pill. My wife is not my happily ever after princess. She's a chick. A pretty decent one as chicks go, but she's still just a chick. No wonder she doesn't like fucking (being used as a blow up doll by) you. No wonder she's pissed. Look at you. You are 70 pounds overweight 6'1, 255 all fat), and you are a surly, miserable, unhappy little shit that's 2 steps away from alcoholism. She's falling out of love with you because you made yourself unworthy of a woman's love, and she's losing it.

I internalize the sidebar (and especially Rollo Tomassi's stuff) and get to work. I join a gym and get up at 5 am every day to either lift and commute to work, or just get to work ballsack early. I revamp my diet. I work on projecting an Alpha personality in looks (dress and grooming), posture, and most importantly, attitude. She notices right away, and we go from stale bedroom to outstanding sex twice a day on the first weekend since swallowing the pill. I learn to pass most of the shit tests and comfort tests, and do my best to maintain frame without going fucking lunatic Rambo on dread. Critically, I read and effectuate as much game material I can, and I flirt with this girl constantly, before I get out of bed, throughout the day, and when I get home.

The early results are good. She's enthusiastically fucking (and loving it) almost every day, I get a naughty pic text for the first time ever (after begging for years as a beta bitch), and she's treating me better than ever. Shit tests are getting infrequent, and are more flirty than bitchy. I'm not getting blown (which she never liked to do, haven't been blown to completion in about 6 years), and I'm not getting anal (last time 4 years) but it's looking up. Hey, at least I'm getting great PIV every night, right?

Patience, superior game, and anal:

In addition to lifting and frame, I made sure not to forget about gaming my wife. I tease her, fuck with her, flirt with her, and basically started treating her like a girl I wanted to bang, not one I felt entitled to bang. **THIS IS KEY.** Raising SMV is not enough - you need to seduce your wife like you did when you first bagged her all those years

ago - every goddamn day. This includes being unpredictable (thanks /u/TrainingTheBrain), and knowing what she likes. My girl's soft spot - massages. We had some leftover kinky massage lotion, so I incorporate it into part of my game. It's good stuff, but for external use only. I research things further and learn the best thing I've learned in ages - Unrefined, extra virgin coconut oil is a great massage oil and great lube, all in one, provided no ones allergic. So I the start my naughty coconut oil Massages, which lead to caveman every time, and got so popular that she would initiate sex by asking for a "coconut massage". In only 2 months this has become a thing, and I ask her if she wants an appointment at the "Coconut Day Spa". This also gives her an easy way to initiate, by asking for an appointment. All this time though, I had my eyes set on anal again. Thus, with each full body naughty massage, I make sure to devote time to her asscrack and asshole. No penetration, no sneaky shit, but explore and bring to the forefront.

Fast forward to today. She wants to return the favor and give me a coconut massage. We banter all day about anal, with me throwing it out there but putting no pressure. She acts indignant, repeatedly saying "Rex, I don't like anal and you're not getting it. Get it out of your head." Anyways, we get to her massaging me. It's good, and she works me pretty good till she gets to my cock. She massages that like a champ until I'm hard, then she climbs on top (this bears a pause. This is probably the first time in 4 years that she's mounted me. Keep in mind). So she rides me until she cums from me fucking her back from underneath.

Then this. Her: "get some coconut lube on your cock and get it in my ass". I do. We fuck doggy with me in her ass, but it's sliding out due to the lube, so I tell her to get on her back with me standing by the end of the bed, and I start fucking her asshole again. Her: "I'd better feel you cum a lot in there because this isn't happening again for a while."

As I fuck her ass harder missionary, this from her: "Put your finger in my pussy". So I do. She's fucking drenched. Me: "my god you're soaked. Did you cum this much from me fucking you in your ass?" Her: "Yes. Now keep fucking my ass and come inside there". Which I do, obviously.

Conclusion:

MRP/TRP works. It got her wanting to do something with me that we haven't done in ages, and seem like it was her idea. This was not duty anal - this is genuine desire, and the proof was the river of cum and begging me to continue.

NOTE: YMMV. Since coming here and reading the stories, I consider myself pretty fortunate. My bedroom hadn't yet died before I found this place. Additionally, my relatively quick turnaround can be attributed to the fact that my wife did not meet and marry me as a beta provider. I was a frat guy party animal when we met. We hooked up our first night meeting and were fucking 4 days later. We spent the next 2 1/2 years fucking like rabbits even though I had a shitty GPA and no direction. She pushed me to law school, and the rest is history. I was her AF that became AF/BB, then began sliding into full fatass dadbod betadom. Your turnaround may take longer depending on your wife, your status in her eyes when you met, and how far you've slid. I will continue To improve my ass and hope you all will too, because this shit is real. And it works.

80

UPVOTES

[FR] Sort Of - [CN2] - Cliff Notes 2, For Intermediates: What Happens Next

johneyapocalypse · 20 May 2019 · Archived copy · Reddit

[FR] Sort Of - [CN2] - Cliff Notes 2, For Intermediates: What Happens Next

You've made it through CN1, [Cliff Notes - Primary Pointers for Beginners...](#)

So what happens next?

- You are prioritizing your needs. Always. Regardless of outcome. You have since learned how liberating this is. And how surprisingly easy it is. And how void-of-any-downside this is. You no longer feel guilty about your needs. You no longer barter for your needs. You no longer focus on someone else's needs. You no longer look at needs as anything other than something you own and are entitled too; you were born with them, they were anointed yours, and they are yours and yours alone. If you were prone to think of logic - which you now realize is often futile - you will appreciate how logical this really is - after all, you've been put on this planet earth for you, and only you, so why focus on anyone or anything else?
- At the same time you will come to realize that the world is not logical, that logic can only take you so far, that the world is full of chaos, disorder, and anarchy, and that you must be - or at least be comfortable rolling with - chaos, disorder, and anarchy - especially if you want more than to simply succeed, but instead, to thrive and to win. I get it, your slide rule gets your spreadsheet done, but there's more to life than your fucking spreadsheets.
- You are a demanding mother-fucker. You are bossing your wife around. You are even pushing her around, sexually. You will push her boundaries, sexually. She will surprise you - perhaps - and push your own. You won't (1) second-guess this, (2) over-think this, (3) wonder why she's doing this, (4) ask questions about her past sexuality, or (5) wonder - as so many of you assholes so regularly do - if she's [a] cheating, [b] thinking about cheating, [c] contemplating cheating, [d] analyzing cheating, [e] looking at photos of nude men, [f] dreaming of cock, [g] browsing plenty of fish, [h] dialing hook-up numbers at the back of the times, or the like - but instead - you will simply enjoy it. E-N-J-O-Y. There's no "wondering," "speculating," or "worrying" in enjoy.
- You might even realize that the dude who wrote - last week - in this same sub - that you can't have as much passion twenty years into a relationship - or 15 in my case - as you could at the beginning - might possibly be wrong - and that some people can actually have more - way more. It's weird, perhaps, but it's true. I wouldn't have believed it myself.
- At the same time, you will stop focusing on your wife anyway and instead focus elsewhere, perhaps even too much, reminding you occasionally not to get your dumbass back in this same position again, and reminding you further, maybe, that you were prone to ignoring her in the first place and, hey, look where that got you. Your shit is so together, now, that all you need is the brief reminder and nothing more. While perhaps putting on a belt was hard for your prior, you are now juggling a hundred things, even a thousand, and prioritizing and executing and succeeding. So all you need is that one simple reminder and nothing more. No longer is the proverbial ship hurtling towards inevitable wreck on a dark and stormy night; instead, you simply adjust, you move, and you evolve.
- Your body will be holy-fucking-shit hot. Even to you. Yes, you will be surprised by how hot your body is. You will think "damn, I used to envy a body like this on the cover of a magazine like that" and then one day you will catch your reflection in the mirror, or the passing pane of a bus stop, or in the window of a nearby parked car, and you will think "holy shit." You might instinctively want to think lots of other things but you are, simply, amazed. Stunned even. This is perhaps the hundredth time you've had such a thought, but this time it hits you hard.
- If you've been thinking things like "holy shit" then you will start thinking even crazier things, like "look how

fucking muscular my neck is and how good I look wearing v-collars - not dumbass musclebound meathead asshole v-collars down to your waist - but cool v-collars that you'd see on a part-time model sunbathing in Formentera on a warm summer's day."

- Above all, though, you won't fucking think "damn, if only"...
 - "If only I'd done this sooner."
 - "If only I'd done that sooner."
 - "If only."
 - "If."
 - Fuck that sailor. Even if you're not a sailor, like stony was, fuck that.
- Speaking of which, you stop catastrophizing in general. Yah, that's a word. And a behavior. Sure those reactionary behaviors were helpful once when you lived in fear for your life each day because a sabre tooth tiger had been hunting your tribe since you left eastern Mongolia, but shit dude, they're not so helpful today just because your TPS reports aren't ready.
- Back to the v-neck above, you will occasionally think "damn, I've become shallow and I am focused on looks and muscles and veins and protein powder and creatine and testosterone and my neck" and that will only last a minute - and those minutes will become even smaller over time - turning into mini-minutes - and you'll think "fuck you asshole of course you are hot and of course your neck looks good and right now I have the hottest neck amongst this sea of collared-shirt-wearing, not-so-good-neck-showing assholes, and you know what, that's the goddamn real way of the world and that's my reality and that's the way it should be and forever will be."
- And your wife, whose past boyfriend was a bodybuilder, whom she injected in the ass on the regular, well, she is insanely hot over your body. My body. Shit, how'd my wife get into this. Well, we'll give her one entry and that's it. *My body makes her wet.*
- Oh, and since the wife got one mention I have to point out how you won't think "wow, do I make her as wet as her hot, bodybuilding ex-boyfriend?" You won't think that because you're neither (1) an asshole, nor (2) an inbred west virginia coal miner, nor (3) an anemic homosexual dumbass who doesn't know his ass from his elbow, nor are you (4) a douchebag who knows by heart the lines of every rick and morty show and where all the loot is hidden in fortnite... fuck you.
- If you have struggled with X, or Y, or Z, then you will have conquered those struggles. Why? Because you have finally recognized, months, maybe years ago, that those struggles, perhaps struggles with addiction, were defining you, and maybe they were beating you down, and maybe they were even defeating you until that day you chose to win, to win it all, to win at all costs, and let nothing defeat you. That thing you want, to be the best man you can be, it is your new mission, or maybe it was always your mission, but now you're like the bionic man who can beat anyone and anything, even the bionic sasquatch, so you have a bionic mission. Just remember, though, your mission is but a part of your larger vision, and your vision is the most important of all. It took you years, but you finally figured that out.
- You will write a post like this and for a brief moment you will think of the dumbass blue pill - stupidest phrase ever - next to red pill - assholes who will look at this post and criticize, and point out how pathetic you are, and they'll have lots of valid and logical and understandable reasons why - and you will realize that many men thinking that would love a day in your shoes and many women would love more - even if, of course, they cannot admit that and never will 'till their dying days - even if, further, they can't even appreciate the error of their ways because they have not traveled along the path you have traveled - they have not scaled the mountain you have scaled - and they have not arrived at the promised land - a land that - with jade eyes and a clouded heart - you yourself did not believe in when simply putting one foot in front of the other so long ago.

- You will find within you the mastery of your mind, that beguiling beast of a creature that has martyred you for years. You will find satisfaction. You will find peace. You will learn to conquer your mind and understand that it is but one part amongst many, a piece of a larger whole, and you may even learn to turn down the noise, and tune the radio to one station instead of listening to them all at the same time, drowning out your mission and your vision with so much rumbling in the background.
- But you will not be satisfied with that peace because you are chasing something larger, something fleeting, something running faster than your own abilities to harness it. But you will chase it down and defeat it - and that is the next big thing, the next new adventure, and the next world to conquer.

p.s. This is real. No homo, homo.

p.p.s. One last point, for advanced³ - next chapter, next year - which this in some ways already is - understanding that I rode the expedited route, sort of like the crazy train:

You fear nothing. You fear no one. You live for yourself. You conquered that one last thing that challenged you - anhedonia - and you suspect it took nothing more than an increase in testosterone. Real anhedonia. Real adrenal fatigue. And real - and insane - results. All with a little injection. Of course that came after you conquered your early death itself, which took a little longer and was a little harder. But did result in what you were looking for. Shit.

You will approach any woman at any time. You will defend yourself and your family under any and all circumstances. You will not put up with shit, ever, while remaining cognizant of the craziness in the hearts and minds of men. You will beat your opponents, you will catchup to those who have lapped you, you will want it more than anyone else, whatever that "it" may be.

You actually believe all this crazy shit above.

But, balancing the scales, you look back and realize "I've conquered so much, so often, so hard, and so furiously" and wonder "what more is there to conquer" and you'll go fucking find it and you'll do it and in the process you'll do her and you'll do her a lot.

(Shit, she showed up again. Well, I have to remember my audience.)

p.p.p.s. If you don't like my post, go fuck yourself and regret your behavior after - keeping in mind that I curse you to a life of mediocrity and servitude. Besides, if you really don't like my post then I bet even your kids don't respect you. And, your parents are not proud of you. Plus, your boss is gonna give that raise to the other dude, even worse the intern. As for your TPS reports, well, fuck you, they suck. No one would ever create an entire television series around your shitty reports. You probably like golf instead of football. And in the world of golf you are more like that asian girl than Tiger Woods, asshole.

80

UPVOTES

Very Basic "2-2 Dinner Party" Social Skills

Red-Curious · 25 February 2022 · Archived copy · Reddit

This one's for all you social auti--s out there. Some of this may seem overly basic, but I can think of at least 7 people off the top of my head who would benefit from at least a few of these - and every one of them is relevant for at least one of those people. I'm sure others are in that same boat, even beyond my 7, so here goes.

Social influence is one of the most valuable domains to keep a mastery on. Over the years I've gotten a number of questions about conversational strategy and social skills, as it's one of my strengths. There's a lot of different sub-groups within the broader category of "social influence," though.

Take cold approaches, for example. [/u/TheChristianAlpha](#) is probably the best I've ever seen at this, in-person. I randomly took him to dinner and half way through he had our waitress sitting at our table in tears as he's telling her how Jesus is the best solution to her life troubles. I thought I was great at cold approaches. He put me to shame.

Then there are group gatherings, professional functions, public events, and the like - all which require unique (though often overlapping) sets of skills, depending on your goals for the situation. Do you just want to have fun? Are you trying to build a relationship with someone in particular? Are you just trying to meet new people, generally? Are you trying to teach someone in your group a personal lesson or model a skill or trait for them? There are all kinds of goals you can have, and those should and will affect how you approach your time.

I have a dinner party with a new couple this weekend, and someone else asked about a similar situation (having another couple over for dinner) recently as well, so I'm going to stick with the dinner party context and assume the goal is simple: make new friends. What I do with that friendship later is a separate goal. For right now let's just make sure things go off without a hitch.

10 Dinner Party Tips

1 - Practice "Mayor Game"

Rather than going in crazy depth here, I'll defer a lot to [Jacktenofhearts' comment here](#). Obviously it's a bit different because a two-couple dinner party is not a mass social outing. But in our context it will mean engaging in small talk, even if you don't care what it is. This small talk will be filtered throughout the evening between larger topics, which we'll get to later. **The utility of your mayor game here is to make people *feel* like they're having a good time** through subtle (or, on lesser occasion, overt) supportive gestures rather than trying to push an agenda for yourself. You are pushing your own agenda: "make new friends" and "advance my social network." The mayor benefits from mayor game. But he does it in a way that looks like you're the one benefiting from him. That's why he's so doggone popular.

2 - Don't Dominate

Yeah, I know all you alpha-wannabes think dominating is everything. Domination is a tool. 2-2 dinner dates where you're just trying to build rapport with someone aren't necessarily the best situation for that tool. Domination is great for building sexual attraction with women or respect from men in male-only spaces, but when you put yourself in front of another married couple, the dynamic needs shift away from brute domination toward charm. Mayor game is also highly relevant here.

The mayor isn't dominating the conversation. He's its catalyst. I like to think of my conversational style at 2-2 dinner parties as if I'm pushing one of my kids on a swing. They're the one on the swing, not me. It's not about me. At first, I may have to push several times to get her going, some hard pushes even. But once she's got momentum, it's just a few light taps here and there to keep her from slowing down. If I look away too long and she slows down too much, I push hard again, but it only takes one good push that time. In the end, my daughter had a great time and I didn't have to do much. She gets off the swing and is smitten with what a great time she had with me.

3 - Don't expect help

If I insisted that I be the one on the swing (i.e. dominated the activity) and that they should be priming the conversation for me to enjoy, I'll end up sorely disappointed. Why? Because my 4yr old isn't strong enough to push me on the swing. Even my 10yr old couldn't push me very high. I'm the strong one, not them. Your dinner guests may actually be better conversationalists than you - and if so, that's great. But don't expect it. I used to expect it and it backfired often. Go in expecting that they are conversationally weak and immature. You will be less disappointed and more on your game that way.

4 - Use your wife

She's there to help. Let her help. If she is sidelined in the conversation, (a) she's going to be upset afterward because of your crappy leadership, and why bring those tests and burdens on yourself? But more significantly: (b) your guests will notice and it will affect how they feel about YOU. They came to see both of you, not just you (in most cases). One of my common strategies is the "Have you met Ted?" play from How I Met Your Mother. I introduce a topic, put my wife on the spot (sometimes awkwardly, for hilarity) and say, "You've got a good story on that, babe. Why don't you tell them?" (if I know she actually does) or, "Honey, what do you think of that?" (if I'm being more general). This form of enabling someone else in the conversation is the best way to play mayor game in small settings, priming conversations without dominating them.

5 - Ask lots of questions

The goal is getting to know them and building a relationship. Excellent. Best way to do that is to speak with other people on their terms about things they enjoy. If they, on their own, raise a topic of interest to you, by all means: engage. Share your own thoughts. But always end what you say with a question. Whenever you talk, you should finish your portion of the conversation in one of two ways:

- You slowed down your speech enough, winding down your thought, that they cut you off with their own thoughts (**ideal**)
- They didn't cut you off, so you ask a question to pass the ball

6 - Avoid Awkward Silences

If you finish talking and one of the two above things hasn't happened, the ball is still in your hands. More accurately: the ball is rolling around on the floor without anyone picking it up, and because you're the last one who had it, it's your fumble. If it's not a natural transfer, asking a question passes it. Even if no one answers, instead of you fumbling, it's them failing to catch it. Sure, it can still be a bad pass if you asked a dumb question, but something is better than nothing. Without a question, you haven't passed the ball. It's still your ball.

They may break the awkward silence and steal it from you, but then the impression is: "This is boring. He's just holding the ball. I don't like boring, so I'll grab it and do something." To be fair, I *LOVE* awkward silences. They're great learning and teaching tools. But not when my goal is to get to know someone or build a relationship. Awkward silences are better when you're leading a workshop/teaching a class/giving a lecture/etc. Use the right tool in the right context. A first dinner party is not the proper context for the awkward silence tool.

7 - One Big Topic, One Backup

Not 5. Not 0. One or two. Your guests may have big topics too, but (per no. 3) don't expect their help. Big topics are things you know *the group* can spend 30+ minutes talking about before changing subjects again. This is hardest with new people. If I were chatting with one of you all, I know I can bring up anything red pill and we can go off for a while. With someone like /u/praexology, I can mention the topic of behavioral study and we're good for 30+ minutes. With my friend Ryan, it's home repair. With John, it's church discipleship. Big topics must be something you're either fluent in, or where you can fake fluency reasonably well. Ideally, your big topic will be something personally relevant for them. For example, if the person's dad is dying of cancer, ask about that and let that spawn

big-topic ideas for conversation.

If you are really struggling for big topic ideas, just ask yourself, "What is everyone on the internet posting about?" If it's Ukraine/Russia, you can go with that. If it's some new BLM outrage, use that one. If it's a celebrity doing something absurd, that's another. The pop-event is not the topic. The philosophical questions and issues the event raises are your big topic.

Example: With Ukraine/Russia, I'd be asking questions like:

- Countries used to war all the time, but our wars lately have been against small factions, not whole nations. Have we really evolved as a people or did we just become complacent in a few decades of general world peace?
- To what extent should we, as individual citizens third party to what's going on, actually get concerned with political issues like this?
- Should the US intervene at all? Or is it better to let other nations figure out their own problems?

Notice how these are all questions. You will have opportunity to share your views, but not until after you let them share theirs first. The reason is no. 8, below.

The goal of your "one big topic" is to make the other people feel like you actually discussed something of substance rather than lots of small talk before going home. **You need the small-talk too.** Small-talk matters, especially when it's, "What's been going on in your life lately?" Showing them that you actually care about who they are and what they're experiencing matters. If you only care about their opinions on subjects, but not their own life experience, you will have an obvious gaping hole in the "get to know you" aspect of the relationship. But don't neglect the big-issues that will drive conversation through the evening too.

Put another way: small-talk lets you know what's happening in their life. Big topics let you know who they are as people. How you handle the "big topic" and which topic you selected is vital to them feeling like a relationship is being built. That's the topic that will make them go home and think, "We really got to know them." Without a big topic they will think on the drive home, "That was decent chit chat" and they won't give you a second thought.

8 - Read the Room

The first 20 minutes your guests are over are the prime opportunity to assess who they are. You'll be able to tell if the guy is passive or dominant. You can figure out if the wife runs the show or if she's a biblical helper. You can assess whether they are neat or sloppy. You'll pick up things about their lingo and style of speech. You'll figure out if they're socially competent or inept. Most importantly, you can use all of this information to assess what's safe to discuss and not. Trying to red knight the new co-worker and his wife on the first dinner date you have with him is ... not smart.

Remember, you have a goal: build a relationship/get to know them. Saying something that completely offends them is counter-productive to that goal, even if it happens to be true. *AFTER* the relationship is well-established, you will have room to say offensive/unsafe things and they won't care. But if they're at all like 99% of the world, you will not be given that level of respect up-front. You'll have to gauge their body language, facial expressions, times when they forcibly derail the conversation (especially if it's unnatural to the natural flow).

Another big aspect of reading the room is gauging how well they're responding to the things you're saying and doing. The reason you often want to ask questions about their views before sharing your own is not only because it (a) creates the trust necessary to get away with sharing some of your more "unpopular" views and opinions, but also (b) gives you valuable information about where they're coming from so you can present your "unpopular" views and opinions in a more palatable way, without compromising your goals for the evening. If while you're reading the room you notice that you're cutting them off more than they're cutting you off, you're not asking enough questions and they're going to *feeeel* disengaged with the conversation, even if they are actually engaging. From there, part of reading the room also means ...

9 - Avoid Taboo Topics

... until the relationship/respect is established well-enough that you know you can pull it off. I've already hinted at this, so I won't go too much more in-depth here. Suffice it to say: power-playing a taboo topic just to see how someone responds is fun. It's a useful skill to have. But as with awkward silences, taboo topics are the wrong tool for early-stage "get to know you" dinners.

10 - Think Beyond the Conversation

Are their glasses empty? Ask if they need more to drink. Did they eat everything on their plate? Maybe it wasn't enough and they want more, but are too "courteous" to get seconds without it being offered. Are they stretching their backs a lot? Maybe it's time to move from the table to the couch. Pay attention to the non-conversational aspects of what's going on in order to be a good host. This form of hospitality will be essential in leaving a good impression. Good first impressions earn influence later.

Women are GREAT at this. But if your wife is the only one doing it, you'll end up in dynamics like I used to be in years ago, where people would think, "We really like her, but R-C is weird." They have to see the leader/helper dynamic between the two of you as a healthy interplay, not as distinct functions. Lead by example in this way. Maybe you offer to refill their cup, but your wife stands up and says, "Oh yeah, I can get that." You led with the insight that they may be thirsty, she helped do the actual work of getting their drinks. If your wife picks up on something like that, play the, "Oh yeah, that reminds me" card and pick something else to lead into, like, "I might want to grab some seconds. Any of you want some while I'm up?" or "Now's probably a good time to pull out dessert anyway."

Activities are a great way to go beyond the conversation too - especially if the guy seems disengaged and his wife is doing all the talking. Most men prefer to **do** rather than talk. My wife and I are big on board games. We keep an assortment that are both complex and easy, so if there's ever a lull in conversation, we have an option for anyone - other board-gamers or people who just want to play a round of euchre. Lots of times the board game collection is even the context for inviting someone over, "Oh, we should totally do a game night!" 75% of the time when we schedule these game nights we never actually play any board games because conversation is great and it doesn't go there. But we're always ready. Other activity ideas could be

- Going on a walk around your neighborhood
- I know some of the guys around here like to use video games. I personally avoid this, as I'm not a huge video-gamer in the first place. But if there's something unique, like my son's VR, that can be a lot of fun. Party games on a TV/game system can also be useful.
- Sometimes I like to have my guests, when they're over, actually help with some aspect of the cooking. This is a bit riskier, but cooking new and interesting dishes is already a hobby of mine, so it's a small way to invite someone else into a world where I am competent enough to carry the activity while still making them feel engaged without an actual burden.

80

UPVOTES

FR: What happens if you divorce after MRP

HornsOfApathy · 3 October 2024 · Archived copy · Reddit

Your relationship with your kids will suffer more than the average man.

It's been a few years since we've had enough guys come through, take the pill, and transform their lives. This post is for those of you who are considering divorce, or will divorce your current wives as you go through this journey. In particular, [u/red-sfpplus](#) and [u/tyred_biggums](#) and I have been trading notes on this for a few years.

Your relationship with your kids will suffer way more than the divorce of a non-MRP dude. We have all had varying approaches to handling the ex. Tyred keeps it civil and cordial, I kept it somewhere in between faking being BP, and red went full RP with his ex. (For the record, I am still married to my wife but also have a child and ex with another previously).

In every single scenario, the mothers of our children all have turned our children against us and alienated us from them the best that they could within the legal limits of doing so. Every one of us has been to court, multiple times. Every one of us has seen blatant manipulation and parental alienation. Our children have chosen not to rock the boat and try to maintain a relationship under Mom's eye with us in almost every case.

The common reason I've found why this happens is because there is nothing like a woman scorned. And who is aging, hitting the wall, and sees an ex on the other side killing it in life. They hamster that there must be something \wrong and mean** about this man because he is doing so fucking well. Its no different than the libtards who cry about top income earners being evil men. They are scorned that we nuked things in the long run, and form weird relationships with our children to subvert their own feelings of inadequacy. They become hellbent - consciously or unconsciously - to subvert your relationship with the kids.

Solipsism extends to your children via your wife or ex-wife.

We are still gathering notes, as there are about 6 of us that I know of - and in every single case, this has happened. Good news? I figure in about another 10 years we'll have the other side of the story, but there are also 2-3 guys that already made it that far to rekindle their relationship with their kids. And that's about a 100% success rate from my notes, but it takes about 10 years.

Consider this a warning, and a willing risk you will undertake if you truly absorb the material here, find your path, forge ahead, and become what you want to be.

You must be willing to nuke your nuclear family. This still holds true.

In our cases, and if you read that post and Red's comment, you'll see that they press their own nuke button. That nuke button is your relationship with your children. Don't go into this with rose-colored glasses. I've been here a minute, and cannot recall a situation where this did not happen in the long term.

If you plan on divorcing, the best advice that I can give is that coparenting does not work. Parallel parenting is slightly better. And for god's sake, get a court appointed Parenting Coordinator (PC) if you're in the states. At least with a PC they'll serve as a buffer for the bullshit and it increases your chances slightly that the period of alienation will be shorter.

Strength, mother fuckers.

79

UPVOTES

Oldest Child in the House - Needs > Wants

InChargeMan · 23 April 2018 · Archived copy · Reddit

We all know (or **should know**) that your wife is the most responsible child in the house. I want to point out that this isn't just a statement about the way she makes decisions based on emotions, or how she hasn't matured past 18 (IMO this is BS, by the way), and in general it is not intended as derogatory towards women in any way. This isn't just about how you need to treat her, it is about how she **WANTS** to be treated.

You love your kid, and you want them to be happy. You know what would make them happy? A 1/2 gallon of ice cream for dinner. Well, you said you love them, why can't they have it? It's precisely because you love them. You know what's best. If your 3 year old demands ice cream for dinner and you say no, you are a "big meanie" in her eyes, and she believes it. If you 10 year old demands ice cream for dinner and you say no, you might still be a "mean Dad because Jenny gets ice cream whenever she wants", BUT, there is a big difference. By that age kids have a sense of what is appropriate, and they will understand that you are defying their **WANT** because you are caring for their **NEED**. Parenting experts will tell you that children crave structure and fair/consistent discipline/rewards. Or, said another way, if you cave for your kids on stuff they intrinsically know is bad for them they will be temporarily happy that they "got their way" but will eventually be saddened that you didn't care enough about them to make the right choice for them.

How does this apply to MRP? Remember that when your wife says something, you can follow it with "right now". Well, if she shit tests you, makes unreasonable demands, or challenges you directly, those emotions are "in the moment". Afterward, she will eventually be saddened that she doesn't have a man with enough backbone to stand up to her and who doesn't possess the leadership qualities necessary to know that her **NEEDS** are more important than her **WANTS**. If you defy her temporary **WANT** she might feel that you are a "big meanie", but later she will have a sense of calm when her feelz remind her that you are a strong man willing to fight for your ideals and lead the family, even in the face of adversity.

Examples:

"We should trade in my 3 year old car to get the newer model, it has seat heat." I'm sorry babe, I maintain our budget for vehicles considering a trade in no sooner than every 6 years. "But, all the women at the office have the newer model." This car is still under warranty and in great shape, that would just waste money prevent us from meeting our savings goals. "But, we can afford it." We're not discussing this further. In a few years you'll get a new car. "Big meanie" Yep.

"I really want a LV purse for my birthday." Nope, not wasting money on an expensive purse. "But, all the girls at work have a LV purse." Good for them. "Don't you love me?" Yes, so much so that I'm preventing you from looking like an idiot that would spend \$2k on a handbag. "Big meanie" Yep.

"If you go out of town you have to call me every 2 hours." I'll call when it is appropriate, definitely before I go to bed so I can say goodnight. "No, I want you to call more often so I know you are safe." Sorry babe, not happening, I'm busy entertaining work clients. "Well, if you loved me you would call." I love you. That has nothing to do with when I call you, so knock it off. "Big meanie" Yep.

The reality is that her feelings are temporary, and they should have zero affect on your feelings. Do you feel sad when your toddler is mad at you for not letting them eat paint? No, so why would her emotions affect you? Now, if I step on my toddlers hand by accident, darn right I feel bad. That also goes for your wife. You need to be your sole critic. Is she legitimately mad at you for a fuck-up, or is she calling you a "big meanie". If her feelz are mad at you, so be it, that will change. What won't change is her appreciation and comfort from having a strong man who can lead her and the family.

79

UPVOTES

Starting a little early, Welcome Rollo Tomassi Everyone!

stonepimpletilists · 30 September 2016 · Archived copy · Reddit

I'll leave the floor for him, bit early, for those at work, hopefully you get time in to ask your questions.

79

UPVOTES

[FR] "You have 10 minutes to get ready, wear something fun."

creating_my_life · 3 September 2016 · Archived copy · Reddit

TL; DR: AFC finds MRP, starts reading like crazy, sees early signs of progress. Gentleman, this is the puzzle piece I've been missing for years.

Background: M46, F45, together 17 years, married 10, 2 kids. Relatively successful, deadbedroom for 7-10 years with me being textbook beta. Found MRP several months ago, and have been STFUing, owning my shit, and reading like my life depends on it.

Sometime many months ago I stumbled across MRP, not exactly sure how. Started reading, and things started coming together. After reading mountains of advice that was useless, MRP finally started providing foundations that seemed to produce results. Taking the advice of the community, I've been moving slow, shutting the fuck up, and reading like crazy. My weight has cycled for many years, I took control of that and am down 25 lbs (200 to 175 on 5-9), and will start lifting again when biking season ends.

Yesterday was just like every other day, with me showing the tiniest bits of self-gain every week over the last many months. It's a wonderful snowball effect. In the morning, I get a call from the wife asking, "Would you bring the backpacks to the kid's school? I forgot them." Without even thinking about it I responded simply, "No". She mumbled something about her having to drive back and get them and slowing down her morning. There was no family logistical optimization here, she was headed to her Moms to chat for a bit, then off to the gym and groceries before coming home. AFC would have been out the door in a second to please her.

I got my ass on my bike and went for a long ride, absolutely loving every moment of it, basking in the goodness of health, fitness, and good weather. Came home, cleaned up, got busy with some work, and went on about my day. Life was good.

In the evening, we discussed dinner, eventually settling on making something at home for health and financial reasons. We were sitting around after dinner being boring (which isn't always a bad thing)--but I wasn't in the mood for that tonight. A quick flash of "what would an MRP man do right now?" flashed in my mind. (kids were gone tonight). I went upstairs (without telling her), changed into some nicer clothing with some confident accessories, and walked downstairs and said, "we're leaving in 10 minutes, wear something fun." Without hesitation she pranced upstairs to change.

Exactly 9.99 minutes later she comes downstairs looking VERY cute, her outfit mirrored my own sense of adventure and fun. We head off and she asks me in the car "where are we going?", I simply respond, "out to have fun." And we DID have fun. Simple laughing, playing, people watching, being seen, etc. She was enjoying herself and enjoy having fun with me. She made a few comments about "I'm getting checked out", but I was aware enough of the environment to know that she saw me getting checked out, too. (which was really what she was commenting on...)

We get home late, unwind, and pass out. This morning I get up first and take the dog out on her long morning walk, and when I get back breakfast is being made for me and she's fluttering around the room like it's her birthday or something. After breakfast I'm sitting on the sofa reading; and she comes over, pulls down my pants, gets me hard with a nice blowjob, and proceeds to take her clothes off and straddle me. GENTLEMAN, I have a had a deadbedroom for NINE(ish) YEARS. STARFISH SEX A FEW TIMES A YEAR IF I'M LUCKY. I bask in my manhood as my woman pleasures me, and enjoy every moment of it.

Lessons:

- Be attractive, don't be unattractive.
- Be fun.
- You come to fix your sex life, you end up fixing your masculinity.

- Women fill the container they're given.
- Marriage is a thousand times harder than you imagine, but only now am I understanding why.

79

UPVOTES

[FR] I put my wife in time out

UEMcGill · 8 June 2015 · Archived copy · Reddit

There's the ongoing debate about whether the Captain/FO model or the Oldest Teenager in the House model is appropriate. The fact is, it's probably both. Sometimes as a good leader you need to recognize which situation you're dealing with and act accordingly.

Friday night we took the whole family to the local little league park to watch one of my oldest boys friends playoff game. My boy is on another team and is a particularly good ball player who a lot of other kids look up to. My boy's friend had a bad call go against him, and instead of telling him tough break, my son pulled a dick move and said something smarmy. My wife is particularly sensitive about this and she flipped her shit on him, couple the fact that it sounded even worse because he is a good ball player. She made her point to him and let him know he'd be in trouble about it when he got home. He quickly tried to back track what he said, and made somewhat of an amends to his friend there and then. On the drive home they started to get into it again in and I calmly told them "Ok, let's take this offline and not in front of the other kids"

My oldest knew he was wrong. In fact I'm pretty sure he was deeply ashamed for what he said. Hence the reason he was trying to back track it so bad. We got the younger kids to bed and he still insisted on trying to talk his way out of it. It ended up in a yelling match between him and his mom. I stood up, calm and cool, told him to get into the shower and then right to bed, I'd deal with him in his room.

I told her "Ok, take a break everyone is a little tense. We'll deal with this in the morning."

She started getting even angrier; I maintained even tone and calmly said "you need to shut up. You're being a crazy bitch." This shocked her. The look on her face was priceless. Her hamster started to rev the wheel up to full speed.

She tried to put it back on me "Oh so you don't think he did anything wrong?"

"I never said that, you're being crazy right now though."

Her, "So I'm wrong in this?"

"No, but you're being crazy right now. That's wrong."

"Oh so you can act crazy sometimes and I can't?"

Me, "If I am, you have every right to say something."

"Take a couple minutes and calm down. When you can talk we'll pick it up from there." And I walked away. I went and put the boy to bed, talked about why his mom was so mad at him (while reinforcing that her feelings were hers to deal with and how a bro can't kick another bro when he's down).

When I was all done she came to me, "I'm sorry for being bitchy", head down, full on doe eyes. I said "ok, let's talk about how we do this better next time"

"Ok".

I held frame, never let her arguments distract me about her bad behavior and isolated her when her behavior was intolerable. We straightened out everything and even finished the night with some sexy times. By holding frame, it really was like a scene from the movies. I could see each bullet zinging at me in slow motion, and step out of the way harmlessly. By recognizing where I was I applied the response that was appropriate, punish the bad behaving teenager, and lead the first officer who seeks advice from her captain. In the end, everyone was better for it.

79

UPVOTES

(Un)Fucking Habits

ImNotSlash · 11 April 2019 · Archived copy · Reddit

All that we do in our lives is built of habits. Sometimes these habits are conscious, e.g., how we travel to work or how we style our hair. Often, they are not; how we inject tone into a conversation or how we stand in public.

Dr. Maxwell Maltz once described based on personal experience it takes "a minimum of about 21 days for an old mental image to dissolve and a new one to jell." This idea was published in 1960 in the book "Psycho-Cybernetics". The idea circulated and grew to the point it became common belief it had truth; an urban myth. A habit.

Identifying Habits

A habit is a **settled tendency or usual manner of behavior**. For those swallowing the RP, we can define habits in specific actions:

- Seeking the approval of others.
- Getting angry or upset when our wife doesn't fuck us.
- Being afraid to say "no".
- Creating covert contracts

Some of these habits we developed when we were children. Some of them came as we entered adulthood or marriage. Some of us may not even know because we had developed a habit to ignore the changes in our behavior or in others.

To identify our habits we must first make that exercise itself a habit. This is often tougher than it sounds. We can make a list of obvious shit right way:

1. STFU
2. Lift
3. Read

What about the complicated habits; the habits we don't immediately see?

1. Pessimism
2. Resentment
3. Laziness

These habits often hide deep within us because it makes up such a large portion of our mental model. Though I would exercise occasionally throughout my life, I developed the habit, and the acceptance, of being lazy. "Lift weights? Nah, I just ate a pizza. I'll start going to the gym Sunday since it's the start of a new week." Then it becomes a habit of just not thinking about it. **Not recognizing a habit by definition is a habit.**

James Clear, author of "Atomic Habits", **identifies four stages of a habit**:

1. Cue - The cue is a trigger to our brain that identifies the possibility of a reward. One example is when we receive a text message on our phone.
2. Craving - The trigger itself, or cue, has no affect without a desire for the reward; the craving. Do we want to know what the text message reads or not?

3. Response - The response to the craving is the actual habit. We hear the notification, we want to know what it is, so we read the message.
4. Reward - This is the end goal of the habit. We have made decisions in the last two phases that solidifies our habit. Are we happy with the reward of reading the message or not? We will modify our steps at each stage in order to maximize the reward.

For example, I get a dozen phone calls daily (cue). My craving for the call depends on who may be calling. My response is, if the number is not in my contacts, I ignore it. My reward is I don't have to listen to what likely is a spam phone call. Or, if the number is in my contacts, my response is to answer it. My reward is to talk to someone I enjoy talking to.

My wife takes this a step further; she has different tones depending on who sends a text message. Each tone, or cue, determines her actions in the next three stages. Both of us will make minor modifications to the cue and the craving and alter the response (habit) in order to maximize the reward. We don't really think about it, but we have developed these habits and we are constantly refining them.

Creating or Modifying Habits

If it doesn't take 21 days to build a habit, then what does it take? Once we've recognized the habits we want to change, how do we address them? How do we create new habits?

The first step is to actually identify the habit we wish to modify or create. The first habit most of us finding ourselves needing to change is shutting the fuck up. It sounds simple in premise. It seems to be the most complicated exercise.

As we read more about red pill principals we begin to learn other methods of verbal engagement; amused mastery (AM), agree and amplify (AA), and fogging (F - wait, no acronym).

Add on top of that when to apply each technique. Do I AA during a shit test? Or is it AA during a comfort test? I'M SO CONFUSED!

Slow down there, speed racer. You have yet to develop the *habit*.

As we recognize our bad habits and attempt to develop good habits, we may envision an end goal. If our wife wants to spar verbally we shoot that shit down appropriately, remain in our frame, and bring her back in. When we begin lifting we want to be built like Austin Baraki or Charles Poliquin. It is when we envision an end goal of this magnitude we often fail. We become overwhelmed. It seems complicated. You'll never get there! Information overload!!!

We must break these habits down into smaller habits. In Atomic Habits, we learn of Dave Brailsford, a cycling coach hired to - and succeeded in - bringing a winning atmosphere back to the perennial-losing British Cycling team.

"What made him different from previous coaches was his relentless commitment to a strategy that he referred to as 'the aggregation of marginal gains,' which was the philosophy of searching for a tiny margin of improvement in everything you do."

If we are thinking of mastering verbal confrontations with our wives, we can break it down simply into developing the habit of shutting the fuck up. To do this, we recognize the cue ("You're making *that* for dinner?"), crave the reward (holding frame), respond (STFU), and accept thy reward (frame held!).

It matters not that it takes 21 days or however long to develop the habit. What matters is we recognize it has in fact become a habit. It is when you sit down at night and contemplate the days events you realize, "Hey, my wife shit-tested me and I held frame. Milestone achieved!" Then we can move on to understanding AA and the other tactics.

This does not mean you should break down every goal into smaller goals and concentrate on one goal at a time. You're a fucking man! Act like it! You've begun lifting, right? You want to be big and strong and deadlift 500lbs? Yet, your scrawny ass can only do 150? Then make 155 your reward for this week. Hit the gym, nail the shit out of it, then set a new reward: 160 next week, and on and on.

Are you in a financial mess? Forget the load of debt. Break it down into smaller events, develop a habit of achieving each reward on a daily or weekly (or biweekly) basis, and knock that mother fucker out the park.

You already should have a list of the goals you wish to accomplish; your mission. Break these goals down into smaller goals. Break them down until they're so specific you can actually measure the progress. Then, set a date. Is it a daily goal? Weekly? Monthly? Write it down. Put it in your calendar. Quantify it so that at the end of the period you can simply say "reward achieved" or "reward failed". Don't worry about if it is realistic or not. The core habit you are creating is the ability to modify habits accordingly. But, don't be cheap either. If you're DLing 150lbs don't you dare set 160lbs in four weeks as your goal or I and every other mother fucking RPer here will cyber-bitch-slap your ass like your mom should have.

What you don't want to do is have a list of penultimate goals and concentrate on only one child of one goal but rather one child from *each* goal. So, if you have five penultimate goals, you should have five smaller goals - habits - on a regular basis.

Remember, it is not just positive habits we are building. We are extinguishing negative habits. Identify the four stages: cue, craving, response and reward. Modify these stages and the response ~~leads to~~ which will change negative reward to a positive reward.

1% BETTER EVERY DAY

"When nothing seems to help, I go and look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that last blow that did it, but all that had gone before."

Edit 2: Do not let your guard down with established, positive habits.

79

UPVOTES

Praise and Compliments should be worthless to you

HornsOfApathy · 1 February 2022 · Archived copy · Reddit

A few years ago I wrote a post on [The Epic Test](#), and in that post I pointed out:

For those struggling with validation... Not a single time did I get encouragement from her. Not a single bit of praise. Not a mention of anything that would resemble a wife who is proud of or to be with her husband. Not a single comment on my physique, style, new haircut, sexual position, or attitude. Nothing.

And I still haven't heard her say a nice thing once about any of my changes.

Well guys, I'm back to report on this a few years later. Notably, I've spent the last few weeks being observant and calibrating whether I just don't notice the compliments or praise - or whether they do not exist at all.

I'm here to tell you all that when you reach what YOU believe to be high value - where your woman is absolutely sure of your value through sustained shit testing over time and sustained improvement within your life, and more importantly YOU believe this as well - and you both know that you've outpaced your woman to a point where you'll never be "caught"....

For the longest time I thought this was some kind of marathon shit test where she wouldn't *dare* recognize the obvious gap that's developed, for fear of exposing her ego. That's just not true. But the truth is that it isn't a shit test. It's just how a lot of women operate.

For some of us, you will never get a compliment or realize they exist.

You don't need them.

You know. And if you don't? Well, I guess this is a valuable test for you afterall until you *do* know.

From [u/Ragnar_Daneskjold](#):

... just fucking BELIEVE that she does. And realize she might never say it. My wife gives me affirming words and expressions of I want you and I miss you all the time. Horns has said on multiple occasions that he go this 0 times and maybe doesn't even get it still. Your wife might never verbally admit that she misses you and she might never admit that she likes filling her mouth with your cock.

For the first time in a while I heard "I miss you" and "I need you" the other day, which prompted me to finally write this post. But this is rare for me to hear outright, and it's only because my wife is out of town dealing with some shit.

Rather most of the time the compliments turn into a some solipsistic inquiry, a passive-dread induced baby shit-test in the form of "oh, where are you planning on going today?" when she notices me looking good. Not a mention of "I like that shirt" or "You smell good". None. Meanwhile after I exit the house I receive compliments from random strangers or friends about particulars. But my woman? Never. Why?

Because I don't need it.

Because **I know**.

It's wasted energy for a woman to compliment a man who already knows whatever praising womanese that's about to exit her mouth is... frankly, worthless to him. He is his own judge, and so anything she could say is worthless. He should already know.

I mean seriously guys, if you're expecting your woman to dote, compliment, praise and shower you with ego-boosting language... if you're already a highly valuable dude.... it should mean nothing to you. Is it nice? Sure. But does it add value? No.

You know what does add value though? Action. So while you may be missing those lovely words of affirmation from mommy, what you'll get instead is a woman who adds value in a way that she knows how to... with a sloppy blowjob, dripping pussy, and come fuck me eyes.

Next time, watch what she does - not what she says - and I guarantee you that if you're hanging onto the thought and desire for her to shower you with words of affirmation - well dude, if you *need* that, it's going to be come at the cost of a warm, wet dripping pussy.

So sack up and realize that even if you do hear praise from her, it's worthless.

A man is his only judge, and his own mental point of origin. Either you get it, or you don't.

78

UPVOTES

Don't be me - I got cucked!

bonjarno65 · 1 January 2019 · Archived copy · Reddit

Me: 31, 126K/year, Ph.D. 155 pounds, 5' 8".

Her: 27, 5' 3" 135 pounds, probably 8.5/10.

No kids.

So I just found out my (now) ex-wife has been cheating on me for the past 5 months.

What is fucking ridiculous about this is that I am very well aware of game - I started talking to girls in bars/clubs/coffee shops as a PUA back in 2010. That is how I met my current wife - I picked her up at a coffee shop and fucked her in her car the day after we met (I was 25 at the time, she was 21). I am now filing for divorce after 1.5 years marriage (together for 5 years total).

So yeah, I had never considered myself someone who would pay for a wife that was fucking some rando dude. But that is exactly what happened. I have no fucking clue why, other than I lost my game principles after getting married. So there you go, MRP is legit and necessary, even for people like myself who were thoroughly red-pilled before getting married!

78

UPVOTES

The Evolution of a Low Sex Marriage Male on Reddit

luckie_duckie · 10 January 2017 · Archived copy · Reddit

Purpose:

It is my intention to share my personal experiences with the community in hopes others that come from a similar path can find solace in MRP and specifically /u/BluepillProfessor's book "Saving a Low Sex Marriage". No one asked me to write this and my intention is not to blindly "plug" his book. Instead I feel like I owe the MRP community but more specifically those stuck in all the subs relating to dead bedrooms, an opportunity to see my story and either accept or deny the parallels within their own experiences.

Background:

Today I am a 33 year old man with two children. My wife and I met in college, we were each other's first and only PIV sexual partners. When my wife met me in college, I had my shit together, at 21 I was running two companies while working on a degree. I was the classic "internet kid" story of a simple idea that turned into a fortune overnight. I played sports and worked out. For much of my life I had ignored women, I saw them as too much trouble, too much effort. My entire childhood was spent learning how to program, design, and create, I missed out on the enticement of the opposite sex. Don't get me wrong, the feels were there, I just didn't put any effort into it. I was a "nice guy" I was raised in a household where women were seen as equals and they were expected to do anything a man could short of physical lifting. I wanted a women to treat as my princess/queen to be raised up on that pedestal and to be worshiped. My wife changed this all for me, she became my sexual vixen, sex was amazing and she kept the variety going. We had sex in public places, we experimented with positions and fantasies, it was an amazing experience. This is where my story and most HLM (High-Libido Men) start to merge.

Story:

After about 4 years of dating and great sex, we got engaged. The sex immediately dropped off. My simple brain attempted to justify this with things that were wrong with her, ways I could "help" her through whatever issue was preventing her from wanting to have sex. I loved her, and why should a little lack of sex now effect our union? After the ceremony, sex was almost non existent, maybe once a month. At this point in the relationship, most of us go through a period of waxing/waning on our self-loathing, then we have "the talk" with our wives, maybe something comes of it, but ultimately those talks either lead to some really shitty obligation sex, or her just despising you more. So what is a classic redditor to do when he has no one left to turn to, because most likely you don't have a lot of in-person friends to turn to? You go to /r/sex and you start reading and posting.

Sometimes I think /r/sex is made up of a bunch of teens that just watch porn and think every woman wants to go from dinner to being fucked hard in the ass. Posts in here regarding this type of issue typically result in either "leave her" or "hit the gym and better yourself" advice. There really isn't a whole lot of substantive communication that goes on over there to assist this type of issue. Typically you will be referred to /r/relationship_advice and/or /r/deadbedrooms. My journey just made me more jealous of those who seemed to be having an inhumane amount of sex.

This went on for a few years, the sex ebbed and flowed as it relates to frequency, until one moment. We decided to have children, I know, face-palm. However this was my first real view of what women were capable of, given the

right emotional state. I will tell you, I have never had sex in my life up until that point that rivaled the pure passion that comes with baby-making sex. My wife was not as prudish as many, the sex did not cut off immediately after she became pregnant, but as expected it did recede dramatically. Mentally, I left this experience knowing that enticing these feelings caused my wife to turn in to a complete sexual animal. I had no idea yet that this was possible to induce and maintain.

As the years roll forward and I consume numerous posts from /r/sex; /r/relationship_advice; and /r/deadbedrooms I attempt to implement what I have read and learned. I had "the talk" with my wife on a yearly/semi-yearly basis. The results of these talks ranged from her not knowing why she just "wasn't into it anymore" to her saying things I could do to change. It was always things for me to change, which made me angry as I perceived this as our, or even more likely, her, problem. I worked through this list, and pay very close attention to this list:

- Be more kind
- Be more romantic
- Pamper her
- Workout
- Help out with the kids
- Do projects around the house (like fixing a door frame)

The problem is, I worked through the things that were easy for me to do first, the things that unfortunately based on MRP don't create "the tingles". So now my son is 2 years old and I was getting fed up with my dead-bedroom. I had tried a number of things on her list and tried making small changes but nothing was working. So like any man stuck in the 21st century I did what women told me they wanted, my new year's resolution was to pamper my wife for the next year. If nothing changed, I was done. I had purchased her an expensive piece of jewelry about once every other month, got her massages, pampering sessions at spas, etc. I brought her home flowers once a week, I worked on picking up the house and removing some of the home burden on her even though she is a stay-at-home-mom and I am the provider. I made it through those months and at the end, the result was the same. Infrequent and unadventurous sex. That is when I made my first post to /r/relationship_advice (https://www.reddit.com/r/relationship_advice/comments/2pkxs3/30m_my_wife_26f_shows_little_interest_in_physical/). After making that post I took two major things out of it, first /r/deadbedrooms was where I belonged, and second I needed to just make myself the best version of myself I could. If my wife didn't want me, I was going to find someone out there that did, and I needed to be in great shape mentally and physically if I wanted to do that.

So after that post, my new, new years resolution was to say "fuck it" and just focus on myself. Now, let me say I wasn't unattractive by any means. I had certainly lost muscle mass from when we had first started dating but I wasn't too far off size wise from that body. I was always a bit of a reserved person which made me gravitate towards non-team sports as a kid, my obsession and what likely saved me from being a fat kid was my passion for climbing. So I found a local gym and I started re-igniting my passion for climbing which in turn was me working out. Anyone big into working out will realize my issue immediately in terms of the MRP advice and the direction I went. Climbing is for the most part a "bodyweight exercise", so what ends up happening is not that you build massive muscles, instead you become a shadow of yourself that is rock hard but visually unchanged unless the muscles are in use. This was a huge boost for my ego as my body went from flabby muscles to rock hard. While I was molding my body and shaping my mind, others took notice, I started getting hit on, people started to treat me differently than others. This was my second self-discovery into MRP. You can read my post into /r/deadbedrooms here (https://www.reddit.com/r/DeadBedrooms/comments/440nv9/positive_update_and_what_worked_for_me/). My physical and mental "Frame" began to form into more of an Alpha and less of a Beta. Mind you, at this time RP and MRP are still wholly unknown to me. I still do not know who gilded my post, or who mentioned it to me, but somehow there was a very brief mention of "the pill that shall not be named".

Now, when I first stumbled into /r/TheRedPill I was taken back by the attitude that these people held towards women. A degrading, "I know you better than yourself" attitude where women just "need a good fucking to be put

straight". As I reviewed the sidebar and the posts I made note of reading literature and even migrated into MRP, all the time making a notepad of links to go back to and books to read on the subject. I then proceeded to download every single book and load it onto my reader. There was one book I just couldn't locate online "Saving a Low Sex Marriage" so I skipped it, figuring if I really wanted to I could buy it in the future since I could not locate it anywhere else.

My first read was "No More Mr. Nice Guy" about a year ago, which helped me stop being the "Nice Guy" by avoiding (failing) her shit tests and creating "secret contracts". I didn't know it yet, but what I was doing is becoming more dominant, I saw it as being more decisive, more commanding of my opinion. For example, a situation that likely plays out in most households. Choosing where to eat for dinner, my wife is very indecisive about these kinds of things, but since I wanted her to be happy I wanted her to select where to go. I just started making decisions and sticking to them. If she struggled hard enough I would go where she wanted, but I made her start working against my decisions rather than making her make the decisions. Which looking back I realize how stupid I was to even consider this a valid strategy of letting her make the decision. After this book and what I saw it do and the tidbits I took away, I was hooked. I started working through my list of books, all the while taking studious notes of each book I read. "She Comes First", not really MRP but interesting none the less; "When I say No, I Feel Guilt"; "The Art of Seduction"; then, this is where I swallowed the proverbial pill, Daniel Rose's "Sex God Method".

So basically up until this point RP is a concept I see but to me it looks more like seduction techniques I would watch on some MTV reality TV show. "Sex God Method" changed my mentality, why might you ask? First, saw the parallels between the best sex my wife and I had ever had together and the DEVI technique. For example, the best sex I could recall was after a night of clubbing and hitting a strip club, where I needed to have her and commanded her in the bed. Recall, I was a "Nice Guy", I wanted to please her in the bedroom. "Sex God Method" made me realize a lot, particularly that it was my job to lead and drive the mind-blowing sex she required. I did this, I upped my D (ominance) like never before which essentially raised all the other levels at the same exact time resulting in the most mind blowing sex. I thought it was great, but what I didn't expect was the result. My wife was no longer that reserved woman, she was begging for more opportunities to get fucked. She would apologize to me if we didn't have sex that day for whatever reason. The excuses changed from "I am tired" or "My stomach hurts" to "I am so tired but I really want you to fuck me, can we do it in the morning?". So here I am 7 months ago with a wife who is essentially begging me to fuck her so badly that she is texting me nudes (something she never did before, and yes I asked), sending me suggestive messages, and grabbing me all the time. The tide has turned at this point, but I don't know exactly why.

I look for my next book to read, I decided I needed to take another look at MRP because something is happening here I just do not understand. Welcome /u/BluePillProfessor, I revisited his book on Amazon looking over the preview, listed in the stages of dread and the recommended books under each section. Noticing some of the books I read I was sold this guy had basically already done everything I was working on in terms of the book reports and aggregating information. Why re-invent the wheel, so I made the purchase and read his book. It was a very strange feeling, I was basically reading about myself, almost exactly what I had done. Notably /u/BluePillProfessor has some warnings and safe-guards that would have been very helpful, but I made it this far, and found I only needed to reach dread level 8 before my wife flipped the switch. If I had just picked up his book in the beginning I would have saved myself a ton of time and a ton of trial and error. I am not mad, I realize that in order to follow this plan it takes a ton of motivation and dedication, if you can do this you are an Alpha at heart. This isn't the key to your sexless marriage, this is the raw metal and a hammer, you must fabricate that key.

My Outcome:

After turning myself around, I am a better father, husband, businessman, and lover. My wife is more sexual than

when I met her which is hard to imagine. For example, and I think this should be added to MRP in order to boost I(mmersion), I took my wife on a vacation without the kids so there were no external stressors. She was able to let loose without the I(mmersion) being broken, so my focus could be on DE as V(ariance) was being met simply by being on vacation. My wife found out that she is bisexual/curious and enjoys the touch, taste, and feel of a women. Honestly I never thought this was ever on the table, but our relationship is so incredibly strong at this point that she feels comfortable bringing other women into our bedroom. In fact she has enjoyed the chase so much she now entices other couples play. Obviously I am still very cautious as I feel like a kid running around with a stick of lit dynamite. I just wanted to share my personal experience and the main point, that /u/BluePillProfessor should be required reading for any man about to get married.

78

UPVOTES

Ten Rational Male Posts by Rollo Tomassi that Changed My Life

BluepillProfessor · 15 September 2016 · Archived copy · Reddit

In honor of our September 30 AMA with Rollo Tomassi I present the top 10 most impactful posts to me on The Rational Male. I encourage you to add to this list and discuss:

*1. There is no one

Hard and fast and in your face. Rollo explains why there can be no "one."

At some point in a ONEitis relationship one participant will establish dominance based on the powerlessness that this ONEitis necessitates. There is no greater agency for a woman than to know beyond doubt that she is the only source of a man's need for sex and intimacy.

He just left out the part about her not fucking you when you "give a woman no greater agency."

*2. War Brides

This one hurt me a lot. I admit this one sent me into a spiral and fucked up my entire world. This was one of the first posts I ever read in the manosphere and the implications of it were so disturbing I ended up taking valium and ambien to get to sleep for the next week. It is that powerful. To me this was like a shot to the stomach. I immediately realized it meant there was no "one." She can and will turn on you if you stop providing what she needs you to provide. I had seen it in court so many times in divorce cases but this piece explains EXACTLY what is going on in the hamster's brain.

*3. Amused Mastery

This makes the list for the pic alone. Check it out! That pic explains precisely what we mean by "amused mastery" (which is an excellent way to respond to shit tests).

*4. Your Friend Menstruation

Rollo explains "Period Game." On MRP we are "clued" into that whole thing. Dance Monkey Dance!

*5. Artificial Joy

Are you a Cypher? Are you thinking about plugging back in? Do you ever sit around and say: "Why oh why didn't I take the Blue Pill?" Do you just want to quit improving and go back to enjoying your steak? This post is for you. Trust us guys, Cyphers never get to enjoy their steak.

*6. Casualties

My brother-in-law hung himself as a response to having the unthinkable happen to him; his ONE, his soulmate, a woman he was very possessive of, was leaving him after 20 years of marriage

*7. Not-all-women-arent-like-that

Anyone who's spent more than a month reading comment threads on manosphere blogs understand the reason NAWALT has become a trope worthy of its own acronym. "Not all women are like that,.." is the most common, default, go-to response for feminine personal offenses.

*8. Women-in-love

This is top of the sidebar on The Red Pill for a reason. Women don't love you the way you think. They love opportunistically and situationally based on ever changing emotions.

***9. Men in Love**

Men believe in love for the sake of love, women love opportunistically. It's not that either subscribe to unconditional love, it's that both gender's conditions for love differ.

In short, men are the romantics. Women love differently, get over breakups much faster, move on more quickly, and will stop loving a man when he stops providing what she needs from him.

***10. saving-the-best**

This is one of the most profound glimpses into female nature ever written. NAWALT my ass. Rollo ends on a pessimistic note:

He wants her sexual best, but her 7 years of unwillingness to give him that while enjoying the benefits of his provisioning, his patience, love and perseverance only puts her strategy, the Hypergamic strategy, into perfect focus. Her genuine desire, her sexual best was never intended for him in the first place.

On MRP we have the solution- own your shit and become the kind of man who can command her sexual best.

This guy in the story- he is a bitch. The guy is butthurt that others fucked his woman like he never did except he never TOLD her what to do and what he wanted. He never DEMANDED she comply. The second he threatens to leave she folds like the cheap whore she is. The dude could have imposed any conditions he wanted at that point but instead was "disgusted." Yah, because looking in his little sluts eyes reflected his pathetic weakness right back at him.

78

UPVOTES

Guy who rescued a deadbedroom after stumbling onto RP tactics is now angry and getting propositioned by hot young women

trp_dude · 16 October 2015 · Archived copy · Reddit

This guy originally posted several months ago the following. They're painful to read but ends with an awesome ending.

On this [post](#) he says about his wife:

You don't respect me, even a little bit. In public, you are demeaning, degrading, insulting and you hit me sometimes IN FUCKING PUBLIC. If I try to put my arm around you, or kiss you, or do anything affectionate you push me away, or passively resist and other people laugh at me. You know why they laugh? BECAUSE THAT BEHAVIOR IS NOT FUCKING NORMAL.

We haven't had sex in 8-9 months. Before we got married, you were like a private pornstar. Sex happened all the time. Now, you tell me you aren't attracted to me anymore, but you won't hesitate to mention when some other man is "cute" or "fit" or "attractive". You aren't even affectionate. You keep weird hours, just so you can sleep at times when I won't be in bed.

He even **TRIES TO KILL HIMSELF**:

Last night, I tried to initiate. Got met with a very loud, clear, active almost yelled "NO!" and pushed away. Then she went to bed without saying a word. I stayed up 4 more hours, drank a bottle of Sake and tried to work up the courage to shoot myself, but I'm too worthless to even be able to do that.

Then, **enlightenment**. This post was previously discussed on this [MRP thread](#)

At this point, I was completely out of fucks to give about anything. I quit caring at all about my wife's needs. I basically just pretended like she didn't exist. No dating. No little gifts when I went on trips. No celebration on her birthday. Nothing. As far as I was concerned, she was invisible. I had spent YEARS caring about her needs while she didn't give a shit about mine. It was time to rectify that balance.

Instead of focusing on her, I focused my energy into myself. I got back into old hobbies I had been neglecting during my depression, started spending 3 or 4 hours a day at the gym doing heavy compound lifts fueled by repressed anger, and running until I made myself puke. At home, I'd channel my attention in to maintaining a clean bodybuilder's diet. I completely eschewed alcohol.

About three months in to my new lifestyle. My wife stopped me at the door while I was leaving and said she wanted to talk. I said "I don't want to talk to you. You know what I want." and I left for the gym. The next day as I was leaving, she stopped me and said pretty much nothing before initiating sex. That day I missed the gym because we fucked for four hours.

That was in April.

Now he returns with anger with this [post](#)

Now, it's a year after I made those changes. I live in the polar opposite of a dead bedroom. A slow day with my wife is a day where we only have sex once. Normally it's more like 2 or 3 times a day. Every sex act you can think of is on the table. Its all there on demand and she'll be a loud and enthusiastic participant. She even wakes me up in the middle of the night sometimes, because she's horny and can't wait for the morning.

By all accounts I should be happy. I should be on cloud 9. For a while I was, but then I started thinking about how quickly and drastically she's changed. About how the change was about as quick as flipping a light switch. I feel like she could've been behaving like this the whole time. Like the 4 years where we were married and she was terrible and I almost killed myself could've been completely avoided. I had no sex life in my early 20's and that was her doing. I was horribly depressed and I wouldn't have been if she had just been like this back then. I'm never going to be 21 again, and neither is she. I missed 4 years of sex during what should've been some of the best years of life, when I was in great shape, had a high libido and should've had a hot, early 20's lady to play with.

I feel like I got cheated, and I resent her for it.

And other women are hitting on him:

A girl who lives in our apartment complex [19F] started texting me unsolicited nudes with long, extremely vivid descriptions of what she wants me to do to her. Dark, stuff. Stuff that would embarrass a hooker.

I don't know how to get over this, or what I should do.

As you might predict, /r/relationships are completely bewildered and confused. Offering crappy advice.

78

UPVOTES

FR Spoke in Front of my Church

[deleted] · 3 October 2015 · Archived copy · Reddit

[deleted]

78

UPVOTES

Confronting the Need For Validation

resolutions316 · 25 April 2019 · Archived copy · Reddit

I think a lot about the need for validation, mostly because it gets brought up in response to nearly everything I post here.

There have been some excellent posts in MRP recently on validation-seeking behaviors and an increased understanding of where this fits into many people's marital problems.

Even posting on MRP is great for detecting validation seeking in yourself (*Do I need everyone to agree with me? Do I feel the need to jump in and "defend myself" when someone calls me out?*) /u/RStonePT called me out on my most recent OYS for putting something into my post specifically designed to elicit approval; I felt the immediate need to disagree, but upon reflection, he was right. The need for validation can be hard to spot within yourself.

Knowing this is an issue, I've been seeking out different approaches to removing the need for validation that I can bring into my own life. That's included listing out personal fears and then deliberately exposing myself to them each week; training myself to be mentally aware of validation seeking in my own behavior and then purposefully resisting it; and working to focus on my own pleasure and sensations during sex, rather than focusing on whether my wife is "into it" or reacting a certain way.

Though not RP, the book *Passionate Marriage* by David Schnarch also addresses the need for validation in depth, so I've been re-reading it on my current business trip.

Below I've collected Schnarch's suggestions for "Constructing Your Own Crucible;" i.e., learning to address your own need for validation and using that personal development to challenge the status quo of your marriage. I've found it useful in terms of understanding how I can directly address my own need for validation, and conceptualize what a relationship would look like without it.

I'm hopeful other people get some value out of it.

Bold language is Schnarch verbatim; non-bolded is my own paraphrasing of Schnarch's points.

How can you confront your own need for validation, and grow beyond it? How can you stop "selling yourself out" within the context of your marriage?

Confront yourself for the sake of your own integrity and personal development. It's good for you, but it isn't easy and won't feel good. Stop trying to prove there's "nothing wrong with you;" it's not a question of whether you're "good enough the way you are," but a question of who you want to be.

If you're having difficulty identifying your own issues, look at both sides of your "two choice dilemma."

How is the style or content of the dilemma personally relevant or familiar to you? Have you been through something similar before and dodged it? Think about what your partner frequently says about you, which you dispute. In what ways is it true?

Stop taking your partner's reaction personally. Ask, *why am I taking my partner's reaction personally and getting defensive?* If you think you should, what have you been doing that leads you to believe it's all about you? If you're not culpable, why take it personally?

Don't count on your partner to confront herself in return. You don't untie the Gordian knot, you cut through it. If you demand reciprocity, your partner controls you.

Forget about "working on your relationship" or the idea that "the relationship is the problem." It doesn't work. When you change, the relationship changes. Get what you want out of yourself, and you will either like your relationship more...or be able to do something constructive about it.

Stop focusing on what your partner is (or isn't) doing. Focus on yourself. Focusing on yourself increases pressure on your partner to change. People who like themselves are discerning about who they spend their time with.

Stop trying to change your partner. Pressuring your partner actually reduces the pressure on both of you for change. Stop disputing their position and actually pay attention to it. Pressuring causes the partner to "dig in her heels." Instead, clarify what *you* want and what you are willing to do to get it.

For solutions, look in different directions than you've looked in the past. Reconsider options you've previously rejected. Ask, "What about me would have to change - or what would I be willing to give up - in order for this to be a real option? Would I like myself if I could do this?" You will either find new options or realize what is truly non-negotiable.

Stop trying to make your partner listen, accept, or validate you. Listen to yourself. You can't see the situation clearly without seeing yourself clearly. Ask yourself, "What is it in me that predisposes me to see my partner in this way?"

Keep your mouth shut about your partner's issues - particularly concerning those you're certain are true. "Sharing" your insights about your partner's behavior is often an expression of a need for validation. Let your partner fight with themselves, not you. Remain quiet about their issues.

Don't identify with your feelings. The feelings we defend are often not the ones we want to keep. Stop making your feelings a core part of your identity.

Pay attention to your tone. Tone colors what you say. Not being able to modulate your tone tells you a lot about yourself and your issues. “Quietly determined” is the tone of people who have truly hit critical mass.

Own your projections as a matter of integrity. We have distorted our perceptions of reality based on our own anxieties and weaknesses. Own this reality and be able to confront it without needing your partner to “forgive” you or letting them use it to trigger you.

Acting differentiated interferes with being differentiated. Don’t try to “act” the way you think a “truly differentiated” person would act. This prevents you from actually going through the work to achieve differentiation. Stop worrying about how your partner perceives you.

Let the best in you do the thinking and talking. Difficult situations are an integral part of life. Confront the reality of your own life. Accept it as an opportunity for growth. It’s hard to admit our lives are filled with error and deception. Only accepting this, and facing the truth, gives you the opportunity to grow.

78

UPVOTES

Own your shit isn't her autobiography

RStonePT · 24 October 2021 · Archived copy · Reddit

Whinomoreplease posted something to Twitter and I had to see it for myself.

Oh sweet Jesus... What the fuck

33M/32F

I gave my wife papers last week. It was not well received. The last few days were an emotional tumult. The upshot is that she is refusing to sign anything but she'll reconsider if we try counseling. That seems cheaper and easier than a lawyer battle so I'm getting a counselor to do a few sessions. I think she realized that her life goals aren't achievable without my support (or another beta bux), so her best option is to try to keep me around. There is very little incentive for her to sign, and she has everything to lose by signing. It's going to come down to me making it clear that the life/lifestyle she had isn't coming back.

I read this whole field report, and I learned nothing, nothing about this man, other than the same regurgitated lift numbers. I know his wife is:

- a horse girl
- getting divorced
- emotionally distraught
- Shes semi pro
- she has a vision to be a world champion or something
- shes protestant
- his job isn't good enough to pay for all this; and in his words
- I don't ride, personally, just do about an hour or two of stall cleaning to help her out. I'm not saying lifting isn't important, I'm saying a man is more than his lifts.

Own your shit. The guy isn't even a factor in his field report. Why did /u/red_koan even come here, why not send his wife to write this shit out? We haven't had a VampireSquidina-like account come in and start Karen-ing shit up in a while. The only thing I know about him is he's her stable boy and sugar daddy.

And it's not just one guy:

> Wife late thirties, together > 10 years, 2 kids one preschooler and one toddler

36, ... wife 30 105lbs

Why the fuck do I care about your wife, or anyones wife in here?

I get it's not everyone, but it's still a lot of people. It's fucking weird how fast the *Hunter Drew School of Do it For Her* has seeped into here. Meanwhile the field reports are a ton of future tense bullshit:

I need to do X and I need to do Y

Asshole. To own is present tense, not a future tense. dafuk did you do, what are you trying to do, and how well did action and intent match? All the work is in pinging ideas off of other guys to close that gap. It's not about treating your wife like a swiss watch, a puzzle to be figured out. It sure as shit isn't about writing her auto biography.

/r/stupidslutsclub tells much better stories anyways.

It's not about making this the He Man Woman Haters Club either: In those field reports are covert contracts, nice guy behaviour, and basic bitch mistakes. Lifting numbers don't hide that. When I see shit like OWS #43 followed up with a Chapter one Robert Glover style fuckup it shows me someone has wasted an entire year, a fucking year, on

playing with his dick and calling it alpha. Guys, you are getting closer to death every day, life is too short to accomplish nothing.

To those who this doesn't apply to, you don't have to post below about how this doesn't apply to you. Let it lie. For the rest of you guys, stop posting the cooking cutter MRP template hoping that you'll come out the other end like some kind of god among men... Married and Red Pilled isn't about a checklist to meet the ideal, it's about you solving problems surrounding sex, relationships, and eventually, a vision for your future.

Get it through your thick skull. Nothing in here is about her, no one cares what she does or what she thinks or how she feels. This isn't a place to stave off divorce rape. This is about fixing you, full stop.

78

UPVOTES

Field Report: Give that bitch nothing to do but fuck you

HornsOfApathy · 28 March 2022 · Archived copy · Reddit

I been going back through my notes and journals. Found this one that makes sense for you dumbfucks in the beginning anger phase. It worked with the right mental model.

Nothing more than another **Act as if your wife were dead** post.

'Cause if you act like she's dead every where else in your life, since she's already star-fishing you anyways like a corpse, you'll start to realize a couple of things. If you're angry, let's redirect that energy and give that bitch nothing to do.

Not because you want to choreplay and create logistics. But because if you're going to enact the 'go plan' which is the same as the 'stay plan', you're going to need to stop being a lazy cunt and do shit for yourself. Just go apeshit with this dynamite and blow her whole fucking world up with doing all the shit that you'd need to do anyways if she didn't exist.

Kids? Be engaged I guess. But you're mostly in the mode of doing shit that you need to do to set your life up for the 'go plan'. Engrain this shit in your mind: You're going to work on yourself, which means you'll need to do shit by yourself. Just do it.

Dirty dishes and you want to live your life as a bachelor in a clean downtown condo in DFW (looking at you [/u/red-sfpplus](#)) where you can learn to manage *all* your bitches? Well dude, learn how to keep that loft clean for the next 6 weeks. Grind it. Then when you enact the plan you can hire a maid to do it to your specifications.

Yard getting long this spring and summer? You're about to create the perfect lawn. Research what seed grows properly in your area, make room in your life to buy that new John Deere mower and go do it. Worst case your learn what can't grow, best case you've got a good lawn, and you figure out if that matters. Or something.

Just do everything. Divert your anger into discipline. Everything YOU want to do.

And a bit of **fake it 'til you make it**, maybe you'll have enough results to justify naturally doing the shit that matters when you stop being angry. Or you'll go back to sucking.

Field Report: Did this, like an autistic. For at least 3 months. There were a few outcomes now that I look back that I did not intend with a covert contract.

I did not allow my wife to add value to my life in any way necessary for the 'go plan'. This led to her basic instincts being wakened as a woman to a moderately (at the time) attractive man fueled by anger with action - I witnessed this through action of better sex. My girl could sense that I was angry, and most of the time didn't know why. I did play Mr. Mysterioso like a retard with here often in this anger stage with shit better to do than make time for a sex denying wife.... because I didn't care. Sometimes bordering on overt retard dread, this formed the bedrock of my DNGAF attitude by keeping in my mind that it was necessary to get this shit done to escape this harpy, cunt wife.

Passing shit tests are required.

Turns out if you're not a complete fucking retard.... when she has nothing better to do, she starts to find ways to add value you might like. Like, fucking.

You'll grow out of it.

For the masculine handicapped - great time to caveman. You need more bedrock material. **Learn how to fuck your woman.**

For you dudes spinning plates successfully, you guys get it.

78

UPVOTES

More Cheat Codes to blow up your sex life. [D & E]

Suitable_Whole_8914 · 18 April 2026 · Archived copy · Reddit

Even More Cheat Codes to blow up your sex life.

[Dominance] and [Emotion]

Firstly, to pay credit to Horns for the [Original Cheat Codes to Blow up your sex life](#).

I am blessed with the lethal combination of being both horny and retarded- which is probably why his post on cheat codes is by far my favourite MRP post of all time, which I continually come back to for inspiration. I hope others get the same from this.

I've maintained a similar format to the original, but I've focused only on two concepts within the DEVI framework from the [Sex God Method](#): [Dominance] and [Emotion]. Saying that, there is an obvious crossover in a lot of codes into both [Variety] and [Immersion]

Okay, before getting into it, some reading first.

...

- **1: Lifting & low bodyfat.**

...

A quick 30-second review of the sidebar should highlight that this is the foundation of everything MRP. Can you at least bench your own bodyweight? Can you see abs? No? Then you have work to do.

Particularly before you attempt the more *advanced* below- I'd recommend having a V-taper pointing towards your cock like a giant fucking arrow to your woman.

...

- **2: Free yourself sexually first.**

...

Fuck your validation seeking. Fuck your porn addiction. Fuck your Madonna-Whore complex. Women want a man who fucks- more specifically, a man who **wants** to fuck- without any covert contract, hidden agenda or sexual insecurity.

You want porn-star sex? You want your woman gagging on your cock, begging for your load down her throat? Then rid yourself of all sexual shame and sexual embarrassment that you struggle with. Tame the little boy inside you that needs that daily dopamine hit. If necessary, restrict yourself by removing all porn/ masturbation for a period of time- in some cases, this'll help with also removing sexual shame.

Look, I'm not saying to go HAM with "*monk-mode*"- but you should wait until you feel that instinctual and primitive **need** to fill up your woman with your seed again.

Remember, your sexual insecurities are your fault. They are your problem. Failing to remove them will lead to you inadvertently (and unconsciously) projecting them onto your woman in your initial attempts to guide her out of the sexual cage (which you threw her in).

Try the more advanced below without doing this, and she'll likely call you a retard, and you'll be left standing there scratching your balls, wondering why. Well... now you know.

That said, the codes below (and Horns') are still very much worth attempting. You might even learn a thing or two about yourself. And when you fail, you can walk away with your head held high and your balls swinging for at the very least- trying.

...

- **3: Own Your Shit.**

...

I was a reader of the weekly OYS's for a long time before I finally decided to post my first OYS. I quickly discovered that **posting** in the OYS thread significantly accelerated my journey. Why? Well, the feedback provided me with (what I consider) two vital components to improving myself (and consequently enjoying a sexually satisfying marriage). 1: Learning about my blind spots & 2: Exploring and understanding the replies which pressed the most pressure down on my ego- and why.

The advice provided was much more helpful than reading other OYS's because it was specifically tailored to *my* blind spots, *my* weaknesses and analysing *my* failures.

I have been successful in every code below, but I failed with some of the more advanced ones on my first attempt. The feedback from my OYS's when I failed was invaluable.

Also, I learned far more when I failed because *I responded to my failures with curiosity*.

...

- **4: Respond to failure with curiosity- instead of frustration and blame.**

...

"But Suitable...I cummed all over my wife's panties like you said in Dominance #6 and she called me a freak, and now I feel really ashamed and sad".

No... **You fucked up**. And it was likely a fuck up that you made before you even found MRP. Whenever you fail- ask yourself: *"Where and when did I fuck up?"* As I've said, it was likely a fuck up before you to even finding MRP- or maybe it was the culmination of several fuck ups across several years. Don't make the mistake of going Rambo after a couple of weeks of MRP, trying to *"level up"* your woman's sexuality like a video game- especially when you've kept her inner slut locked up in a cage of sexual repression for several years.

Slow down... Guide her out of her cage slowly. After failure, ask yourself: *"What was it that I did or didn't do that caused this to not work"*.

...

- **5: My wife/ girlfriend/ woman isn't like that.**

...

If you think this, you're either a retard, a pussy or both- and this post isn't for you. Go reread the sidebar. Shy/ polite/ hot/ cold/ introverted/ extroverted- it doesn't fucking matter. Inside every single woman is a slut begging for a man to set her sexually free. A more interesting question you should be asking yourself: Am I a man with balls big enough to try?

...

- **6: Lastly: Safe words.**

...

This might not make sense to you now, but when you get to the more advanced codes its essential. When starting the role plays, come up with a safe word. It takes 2 seconds. "Red" & "Yellow" are the standard for "Stop" & "Slowdown"- you can use whatever works for you. If a safe word is used- stop. Consider it a failure on your part and reassess as discussed above.

...

DOMINANCE CODES:

DEVI	Frame	#	Item
Dominance	Beginner	1	Let's start with the basics. It has not directly in relation to sex- but it sets the tone. Start by bringing in some basic table rules: 1: Only you sit at the head of the table. 2: Everyone waits to eat until you are seated/ you start eating. 3: No phones/ tablets at the dinner table. 4: Get the kids to clean up after meals. 5: Daddy leads- YOU check around the table with each person how their day went. This brings about the “Daddy” vibe/ mindset- and in my experience, this is vital.
Dominance	Beginner	2	Start dumping her panties/bras that you don't like. All of them. Swap them out with new pairs of thongs/ G-Strings/Bikinis/ Brazilians that you like. <i>[Side note]: I need to buy shares in Victoria's Secret, shit is expensive.</i> When she eventually asks where it went, tell her that you didn't like them and binned them. At the start of your journey? There's a decent chance of a shit test. Enjoy.
Dominance	Beginner	3	Panty/ pussy inspection. Approach her at a random point during the day and tell her to give you her panties/remove them. Keep them on your person. She can have them back when you are ready. Bonus: if she isn't wearing the panties you purchased above or you don't like them, bin them in front of her and tell her you are disappointed in her.
Dominance	Beginner	4	<i>Role play: Porn director.</i> This isn't a new role play- you've heard it before: You're a porn director, and you are directing your woman to act out a porn scene with you. This is a great role-play for the beginners/ intermediates- especially if you are initially guiding your woman out of her sexual cage- because it gives your woman <i>permission</i> to act like a total slut throughout the scene on the premise of it being a role-play. But here's the rub- what you really want is for her to act like your total slut every time. Well... this is a good starting point. This is a great opportunity to use your newly found leadership skills. You need to be assertive during this role play- with lots of direction about what you want her to do. “Baby, I need you to scream louder”, “Sorry, baby, I need you to spread your pussy lips wider for the camera.” “Okay, baby, get ready to squeeze your tits together for the cum shot/ facial”. The most important part: Lots and lots of praise after the scene. Tell her how much you loved seeing that side of her. “Fuck role playing, baby- I want this from you every time”.
Dominance	Grinding	5	<i>Another Role Play.</i> She's a high-end hooker arriving at your house. Have her wear a slutty outfit that you like- can't go wrong with black fishnets, thong and high heels. No Bra. Have cash on hand (Important: let her see it beside you whilst you fuck). Afterwards, keep the cash. Throw her some bullshit excuse: “sorry baby, but you didn't swallow/ cum in pussy/ fuck hard enough”. The excuse doesn't matter- it's about dominance. At the start of my journey, my wife actually jumped me when I did this and attempted to wrestle the cash out of my pocket. You can bench at least 2x your wife's bodyweight, right? Good- then she doesn't get the cash.
Dominance	Grinding	6	Purchase a new thong/ bikini for her- (which states: “washable by hand only”- (this is important). Have her to put them on during/ before sex. Slide her thong to one side whilst fucking and just before you cum- pull out and cum all over her new thong. Gaslight her. “Baby, you've made me cum and ruined my present...baby, I can't believe you made me cum all over this new thong I bought you...these are hand washable- you'll need to wash my cum out by hand”. I shouldn't have to write this: DO NOT WASH THEM YOURSELF.
Dominance	Grinding/ Hard	7	Start referring to her as baby. Start referring to yourself as daddy. Tell her you want her to start calling you daddy. We'll get a bit more into talking/ language/ dynamics further on.
Dominance	Hard	8	Buy a skin marker pen- you can get a bunch for \$15 on Amazon. At the start/ end of sex, write: “Suitable's little cum whore” on her belly or “free cum hole” with an arrow pointing towards her pussy/ asshole. She's not allowed to wipe it off/ wash it off until your next fuck session

DEVI	Frame	#	Item
Dominance	Hard	9	Similar to the above. During sex, have her panties at hand and just as you are about to cum, pull out and cum all over her panties instead. She wears them for the rest of the day.
Dominance	Hard	10	I love BDSM. To me, it unlocks a primal, instinctual, hunter-hunted relationship between my wife and me. One of my favourite role plays is closing all the curtains and turning off all the lights in the house whilst she tries to hide naked, and I hunt her down to eventually fuck her. I also want to recognise that BDSM is not every man's cup of tea. If you're into it, start purchasing some bondage gear and bringing it into the bedroom. Lovehoney has a whole bondage section, which is good for starters, but the items I purchased from their site I've found to be pretty poor quality- cuff/, ropes/ collars/ gags and can break after a while. Warning: If you want good quality, you will need to avoid the big brands and prepare to dish out money.

...

EMOTION CODES:

...

DEVI	Frame	#	Item
Emotion	Beginner	11	For some reason beyond me, when a woman holds balls, it unleashes something inside of them. Next time you fuck her doggy, ask her if she can feel your balls banging the back of her pussy. Then have her reach underneath herself to hold your balls and pull moderately. For one, this makes her stick her ass further up into the air, but more importantly, her pussy will feel like the gates of heaven. Thank me later.
Emotion	text	12	Start picking out outfits/ dresses you want her to wear and tell her you want her to wear. Praise her - "Wow, baby, you look sexy in this", "Baby, your tits/ass really look amazing in this." Not always necessary to escalate/ initiate here- you're simply flirting/ trying to evoke her feeling sexy.
Emotion	Beginner/Grinding (texting)	13	Note: I've always thought texting should be treated like spice- use its intensity on a dish only a few occasions every month. Send the below, sit back and leave her replies on read. Do not respond - a reply will ruin the tension you're trying to build. 1: "Let's practice making a baby tonight." (<i>an easy one for pussy's who don't have balls to try the others</i>) 2: "I've been thinking about burying myself deep inside you and making you scream." (<i>Escalation & Imagery</i>) 3: "I want you wearing no panties when you come home from work- I need to wreck your pussy as soon as it gets in the door." (<i>Dominance & Direction</i>) 4: "My cock needs your mouth around it right now." (<i>Imagery & Primal Desire</i>) 5: "You're frustrating to live with..." Wait and when she asks why, reply with: "Thoughts of your pussy has my cock throbbing all morning."
Emotion	Grinding	14	When showering together (you are showering together, right?). Wash her asshole/ pussy whilst telling her she's your dirty little slut. Following the above: Tell her your cock is dirty- but you don't want her rough hands near it- only her mouth will do.

DEVI	Frame	#	Item
Emotion	Grinding (<i>talking</i>)	15	Talk more during sex. (I could probably write an entire post on this topic alone). Sex is 90% psychological- and talking makes up a significant component of that 90%. Don't hold back on talking until she is literally putting her hand over your mouth whilst she is close to the point of orgasm. Yes, you can go with the usual: <i>"baby your pussy is so tight right now...baby my cock is throbbing blah blah blah"</i> . These can get boring. I like to try to make sex talk more personal : 1 : <i>"Baby, your pussy feels like it's been made just for my cock..."</i> 2 : <i>"When my cock is deep inside you, it makes me love you so much more."</i> 3 : <i>"Fuck me, babe- our bodies fit so well together."</i> Groaning/ moaning/ gasping- all are great- especially at times when you are enjoying what she is doing. Are animals silent when they fuck? If you really want to elicit her deepest and most primitive emotions? Praise her . Many women have a praise kink: 1 : <i>"I'm so proud of you- you're so good at sucking my cock."</i> 2 : <i>"Baby, seeing you smile with my cum all over your face/ tits/ pussy makes me so proud."</i> 3 : <i>"Make daddy proud- show me how good you are at bouncing on my cock."</i> 4 : <i>"Good girl- you're so good at taking my cock- you're doing so well- you can do it."</i> It was through talk that I was able to develop the daddy dynamic even more. But maybe the daddy dynamic is not what you want- it doesn't matter- talking is how you bring your sexual relationship to the place that you want it to go.
Emotion	Grinding	16	If she has a diary- read it in front of her. Do not respond to anything that is written in the diary/ or her questions, just nod and smile. Wait ... Wait some more...even more...let her hamster fall off the wheel...then, when you feel the tension and desperation inside her head trying to figure out what you're thinking, initiate hard. Stare into her eyes and tell her it's time to fuck. caveman time.
Emotion	Grinding	17	At a random point(s) during the day, approach her and place your arms around her waist. Look into her eyes and tell her that her asshole needs stretching. Grab and squeeze both of her ass cheeks with your hands and slowly separate them. Don't pull them apart too far. You will hear her breath intake /feel her body curve slightly at the point that her asshole has been stretched to its maximum. Hold her in this vulnerable state for several seconds. Stare into her eyes and don't kiss her - even if she tries to. Tell her <i>"good girl"</i> . Walk away. Repeat later- but do not escalate in the first 2/3 instances.
Emotion	Hard	18	When she's anxious/ distressed/ upset, gently pick her up, carry her upstairs and place her on the bed. As she's venting, guide her hand down to your cock and have her hold it whilst she plays with her pussy. Alternatively, guide her head down to suck your cock. Talk . <i>"Everything is going to be okay, baby... that bitch manager is just jealous of you...this will make you feel a lot better...I know you need this right now... good girl...everything is going to be okay... I'm here now."</i> The idea here is to provide the space for her to start using your powerful, unbreakable dominance and masculinity to self-soothe against- like an ocean against a cliff. Vaginal stimulation is not always necessary here, but it's fine if she does that (Women occasionally masturbate to self-sooth). But it's your cock that truly soothes her anxiety and distress.

...

Final Note:

...

Some of these might not work. As stated in the introduction- maybe it was your lack of frame- maybe it was a fuck up still following you from your past...it doesn't matter. Try, try again and try some more.

Your progression might not be so tidy and linear like the above- nothing is ever so straightforward. Sometimes, the more advanced, harder codes will work out when the *"beginner"* codes don't. Sometimes you simply need to jut grow some balls and try something hard so you can learn from your failure. Sometimes **you need to make the climb without the rope**.

I've given you the tools- I can't put them into practice. You alone must do this. You came into this world alone and will die alone. Only you determine what man you will be...

77

UPVOTES

Status Quo

red-sfpplus · 17 November 2018 · Archived copy · Reddit

Status quo:

noun: the existing state of affairs, especially regarding social or political issues.

Status quo is the greatest bias of the court.

Status quo is why your wife will not suck your dick, or swallow your come.

Status quo is why you work the same job, praying for a 3% pay raise to offset 6% inflation.

Status quo is why you get laid 2 times a month if you are lucky.

Status quo is why you are fat, cant lift heavy shit and why you cant close at least one woman within 7 days.

Status quo is what is keeping you from becoming a high value man.

If you want to get ahead, you have to tell status quo to fuck off. You have to be willing to change. You have to put in the work, and you have to grind it out. Rent is due every single day.

People are lazy. Status quo is the byproduct of people being lazy. Status quo is the worst fucking thing there is if you want to become a better person.

Breaking status quo will test your resolve. It will test your frame. Your confidence. Your backbone. It will point out every single area where you are weak, where you need to improve.

Status quo wants to steal your dreams. It wants to keep you, exactly where you are. In a sad, miserable life getting pity starfish sex from your fat harpy wife on birthdays, valentines day and anniversaries while you are working at an underpaid job that will replace you two weeks after you drop fucking dead from a heart attack.

Status quo will scare you into compliance. It will tell you things to manipulate you into not making the change you want to. It will give you doubt. It will tell you that you will fail. It will tell you that you shouldn't do something, because it is not what society demands from its subjects.

Status quo will fuck with your brain. It will tell you things like "not all change is positive." You know what? Fuck that and fuck you. Maybe it is, maybe it isn't, but anything is better than status quo. Even if the change is bad, you know what you fucker? I can learn and then change again! So fuck off status quo. I would rather change, fail and learn than hang out with you.

Your wife LOVES status quo. Why do you think she loves it so much? Because it is far easier for a woman to hang out with status quo, than a high value man who is always on the move, changing, growing and as a result - she has to keep up. Sure, there are high value women who hate status quo as much as I do, but lets face it - most of y'all are faggots who hang out with status quo.

If you are not willing to give status quo a big middle finger while you grab your balls and yell "fuck off," then you will never grow. You will never excel, and you will be just like every other plugged in faggot there is.

The will to act. It is the single biggest threat to status quo there is. All your training, all your reading, this sub, the MODS, loud mouth offensive fucks like me, legends like EAB, UCAD, Jack10. None of it matters to someone who loves to party with status quo.

I have put a name to your primary enemy you faggot. His name is Status Quo.

Tell him to fuck off and go build the man you want to be.

The will to act.

77

UPVOTES

A Happy Marriage Is Not Your Goal

ReddJive · 12 April 2018 · Archived copy · Reddit

When I was college I took up an art called iaido. It is an art of Japanese sword training. Without too much explanation and the fact most of you are Google challenged, think of iaido as the samurai version of the wild west "quick draw". Literally the "art of drawing the sword".

Iaido has a tradition called Tameshigiri, which is cutting of grass mats. These mats are said to represent the resistance the human body would present to a sword. Gruesome right? It's good training because if your focus is off even a little bit it won't cut. The katana is not a simple tool to learn to use. It takes years of focus, dedication and discipline. In a good dojo it will be a minimum 3 years to black belt, most likely 4 because few people have time to get it all done in 3, but 5 is not uncommon. My iaido training was 4.

So for years I trained and studied. Every day diligently. I have a couple scars to this day when I got my live blade. In many dojos students are not allowed to use a live blade for their first year. You use bokens. When time came for me to test for black I felt ready...well as much as you can. Only those that have gone before a yudansha board understand that once in that pipeline one begins to realize exactly how much they don't know. Yudansha in iaido testing is typically once year. Have a conflict that you couldn't resolve? Then come back the next year.

Iaido test in large batches. Senior members from whatever style you are learning come to sit on the board. There were 15 this time, and you test in full open view of other teachers and students. No pressure right?. My kata was beautiful. I was in the zone and the blade was singing....literally.

Soon it was time for Tameshigiri. This all happened in less than a second. I approached the mat, performed a cut and.... my sword slide off. No cut. I had failed. I went from hero to zero. I had let Sensei down, my dojo down, myself....the list kept growing. The whole day shot. Three years out the window. I had no idea what I did wrong. As I look back I should have.

I was too focused on the outcome and not what I was doing.

Sensei came up to me. He was an older Japanese gentleman. He had that stern samurai countenance you hear about. I stood at attention awaiting what he would say. Sensei just looked at me and shrugged. He said "Sometimes it doesn't cut. If it cut every time people would think it was a trick."

Then he walked away. Yeah. I thought the same thing you're thinking. Not helpful.

I didn't understand half the things he said and it wasn't because English was a second language. He was just plain cryptic most times. All these years later I think what he was telling me that that I was too focused on the wrong things.

WEALTHY, HAPPY FAMILY, GREAT MARRIAGE

This is what men become focused on. You could replace it with anything. In fact this is what the /r/realalpha crowd prided themselves about. They coined it under the phrase LEADERSHIP. Then **this guy** comes in and tries to convince us that the point is having a happy marriage. Hence the married in the name Married Red Pill.

These beliefs are, on the surface, fine and noble. Yet they are the reason we all came here, or close to. These ideals got warped as we sought to achieve them. Our Ego got in the way. Ego is insidious and it removes what matters and convinces you of things that don't matter.

Men want the things in their life to be great. To be right, and to be of value. That's fine. Men want to be the best at what they do. Nobody inherently starts out the day wanting to be lazy or accomplish nothing. We end up that way because the values we hold are wrong. Ego is self protective. It tries to keep you from feeling pain, misery, and sadness. So it will do nearly anything it can to prevent it. Even to damaging your life.

So this is what happens.

WEALTHY, HAPPY FAMILY, GREAT MARRIAGE

Become....

GREED, ARROGANCE, PRIDE

The problem is that these are outcomes. Not objectives. This is why one of the first questions is *WHAT DO YOU WANT?* It's not asked that much any more of newbies. You see it thrown around, but each man must ask this of himself. What do I want? What is my life's mission? Answering these questions then directs your purpose in life. If your mission is Your reputation, your desire for domestic tranquility.....then continue on enjoying the life of complacency. Enjoy fulfilling what other people want and expect out of you without understanding your true purpose. your being.

This is why men must have a mission. Something higher than themselves, something bigger to accomplish. Stop denying what and who you are. First and foremost being a man. This changes the act of caring about the outward appearance into an act of doing. Instead of caring about others and what they think you focus on what you need to do and what is important to you. /u/Rian_stone has said it twice and it's true. Daily life for men is a slog. Each day is an inch stone towards the milestones of your mission. One foot in front of the other. Some days you may not even make much progress, but progress there is. There are no quick wins, and odds are you will die without anyone knowing what you have accomplished. But fuck it. We are equal once that dirt is on top of us.

I read an article about how in Maryland public health issuing out Narcan on the streets. It disappears in minutes. One guy is quoted in how he has used Narcan on his friends 5 times last month and he had it used once last week. Is this the solution we should be looking for? Quick hits and wins? Not to get into the whole opioid discussion but we are watching the strong desire for quick validation play out in front us. With a catch all to allow people to go right back at it. Narcan just creates an easy solution here. It's not a long term fix nor a "cure". What's hard is the longer more permanent solution.

The validation. The emotional highs are like opioids to men. If you didn't know when an addict takes an opioid, particularly heroin they are chasing the first high. Each hit is less and less of a high then the one before. This is why overdoses are common. It's also analogous because men chasing that validation look for more and more. Getting less and less in return.

Redirect your life. Find a mission and work towards it. Replace your value seeking with real meaningful objectives.

By the by...I returned the following year and earned my back belt.

77

UPVOTES

Marriage 2.0, when is a marriage successful?

UEMcGill · 30 March 2017 · Archived copy · Reddit

Success and Coffins

I once heard the phrase, “The only successful marriage is someone standing next to a coffin” and couldn’t help but chuckle in side. The bluepill harpies love to laugh and wallow in the supposed failure when one of our brethren is about to end his marriage. The funny thing is, where’s the failure? In investing there’s the sunk cost fallacy and it applies to life too. It’s a value we discuss often here; we challenge the guys in shitty relationships to not get stuck in it. Yet there are the naysayers laughing at those guys, “Oh look another merp has sabotaged his marriage”

Several threads in the past week or so have discussed the states of marriage. This is a supposition on my part but in one of those threads I posited that probably 80% of marriages are just ok. If you were looking at a bell curve, maybe 10% on either end were extreme. 10% were disasters, and 10% were excellent. But that middle hump is likely just meh. Divorce now stands at 40-50% depending on your source. The supposed positive; Divorce numbers continue to decline, but those numbers are likely skewed. Men and women are living together and marrying less. Men are opting out of marriage, likely due to the penalty of divorce among other things. It’s possible that many of the divorces of the past are not happening simply because people cohabitate, the relationship ends, and they move on. So the question still remains, if you’re marriage (or LTR) ends in divorce was it a failure?

Of course not; that’s simply the attitude of someone who has no outcome independence or abundance mentality. Let me give you a simple analogy. You set up a great vacation, and take the trip of a lifetime. You go to some amazing tropical paradise or old world destination. You eat drink and be merry. One day before the trip is over, your wallet gets stolen. Would you call that trip a failure? Hardly. The end may have sucked, the fallout may have been a pain, but in the end you’ll look back at those pictures and say, “Ohh wow that was incredible. I can’t wait to do it again.”

Vacations and Wallets

I’ve been lucky enough to have three serious relationships in my life. One was in college; she was a fun, party girl who was down for anything. She was the first girl I thought I could see myself with in the long term. The second was a girl I met just out of college. She was finishing up her degree in grad school, I was a young budding engineer, and she really knew how challenge my intellect. To this day she was the wittiest girl I have ever dated, searing, dry and goofy would spill out of her mouth in a matter of seconds. She’d leave you gasping and wondering, ‘was that an insult or was she flirting?’ Currently I’m in my most recent. I met my wife through work and she had a proper resume for being my misses. She was funny, attractive, low n-count, wanted a traditional family; the package. Throw in dating in between, some short term flings and plenty of frogs instead of princesses and you have the sum of UE McGills love life. These were and are still all successful relationships, and to date none have ended with me standing next to a coffin.

I talk to my wife about aspirations for our kids; how to teach them when a relationship has met its natural end. My biggest fault was those early long term relationships probably went on too long because I didn’t know how to say, “yep this has run its course.” I was too invested in the memories of the past and the romanticized version I had in my head. I think especially guys with a nice guy tendency get so invested in trying to fix things that they forget to say “yep, not worth fixing time to move on and put energy into something else.” I hope that I can impart this on my kids that it’s ok to say “We’ve changed and the relationship is different now and not for the better. Maybe it is time to end it.”

People get caught up in the past; they romanticize it for what it was, and not for what it is. What it ‘is’, is in the past. It will have no ability to change the present from where you are now. It’s like that great vacation where you learned a lot about the world but had your wallet stolen. You may have learned about the Louvre or that Elephants are matriarchal but you also learned to keep your wallet in your front pocket and not advertise it.

My relationships were fundamental in changing me and allowing me to grow to a different point. The girl in college

taught me to never go back to a party, the girl early in my career taught me that sometimes someone is too insecure and demanding, no matter how much they make you laugh. My wife has taught me what it means to raise a family and give beyond just you. You know what? I wouldn't give any of those relationships up, or the experience they provided. So how could I call them failures? If my wife asked me tomorrow for a divorce would it be a failure? Three kids, and at least 15 years of good times would be hard evidence against it.

Backstory to you 2.0

Sometimes people sabotage their marriage. Maybe they sprinkle some alpha on it. Maybe they vetted wrong. Maybe even both partners woke up and went, 'meh'. Surely that's not a failure, just a change in the circumstances. I think many people sabotage marriages, jobs and friendships because they just don't have the courage to stand up and say "This aint working!"

So remember our mission isn't to save marriages, it's to save the man. You need to be able to step outside the situation and ask yourself, 'has this met its natural end or is the value worth me putting effort into it.' If you embrace abundance mentality you know you can replace the contents of your wallet. You know that you can always look back and remember the fond memories. And you know you can always look back and say, "this is where I learned to do..."

So if you're miserable and she's miserable be a leader and end it. There's no failure in that. Your mission should be and should always be focused on rule zero. If circumstances change, acknowledge and move on. Don't be afraid of failure, because if you can walk away from something and say "I learned to do xyz" it's not a failure.

77

UPVOTES

Before and After: Examples Illustrate Two Years of TRP Transformation. [xpost TRP]

TRPatriot · 3 January 2016 · Archived copy · Reddit

Summary: [xpost from TRP] Examples of personal and LTR transformation after two years of internalizing the truth and practicing the wisdom shared in the Manosphere.

Body: Background: I am early 40's, in an LTR with a woman close to my age, let's call her Woman. Three children. We divorced and separated for a few years somewhere in the middle, then reconciled. I was ready to leave again due to frustration from lack of sex, when I discovered TRP two years ago, read extensively, and went to work. Lifting and improving my SMV, practicing dread, identifying and passing shit tests, setting goals, kicking ass, building and maintaining a worthy frame.

And thanks to you brilliant bastards, everything is dramatically improved, and I feel enormous gratitude for those who have shown me the way (in the absence of a knowledgeable father). Some examples to illustrate the difference:

Before: I was like "Spreadsheet Husband," the guy who kept track of the (lack of) sexual contact with his wife. Once a month was routine, sometimes twice, sometimes skip a month...

After: I still keep track, using a period-tracker app (which I highly recommend to anyone in an LTR). Frequency increased slowly over many months of practice, then we had a breakthrough into a whole new frame, averaging 10-12x per month, which satisfies me at this stage of my busy life.

Before: Always wanting sex, always frustrated, always scheming to find a way to get her in a good mood (ha!), to make everything good and right so she would be willing to have sex. Always trying to negotiate desire, then being butthurt and cold to her when she resisted or I couldn't make it happen.

After: When I want sex, I go to Woman and grab her, I smack her ass and show her my uncontrollable desire for her. I put her body and her hands where I want them. I tune into what I want and I give/take it.

Before: When the rare sex did happen, I was always trying to make it amazing and give her lots of orgasms so she would want to have more sex in the future (ha!). Always a romantic, thinking about what she wants and trying to please.

After: I focus on what I want and don't overly concern myself with her pleasure – I tune into the dominant/submissive nature of sex and express myself. I tell her what to do. It is Very Clear that she enjoys sex a lot more this way, with a passionate masculine beast ravishing her. Sometimes, usually around her ovulation window, she signals that she wants more attention, and I take care of her until she begs me to stop.

Before: Trying to warm her up, be sweet and talkative, sharing, sad as she pulls away, covers up, isn't interested.

After: Close the door and lock it (keep the kids out), smile at her with a lion's hungry gaze, pull the pants away that she is trying to put on, push her on the bed, tease her, do what I want.

Before: I would show her my feelings and vulnerabilities, share my problems and challenges at work, share confusion and exasperation about the kids' issues. Try to be Human and get her to love me for my genuine communication and tenderness.

After: I am a rock. I am a man with a Mission. I set goals and persevere and celebrate my achievements. Woman only hears of the problems I have solved, maybe my plans to attack future challenges. I am the Father, confident, wise, disciplined, stoic. I do my research and look for help and answers from trusted sources. And while I enjoy discussing our children with Woman and gain from her insight (thankfully she is a good mother), I show only strength and my joy in being a man, husband, and father to her.

Before: "Sorry." I said the word all the time, explained myself, justified my actions and feelings.

After: It took months of watching like a hawk, and now I only apologize when I judge that I have caused harm to someone and wish to express sincere regret. Otherwise, I do not explain myself, I often simply tune into amused mastery and enjoy mysterious silence. I carefully watch to avoid justifying or rationalizing any actions I take – rather I choose actions and words deliberately and stand tall when Woman or other people shit test me. [I carefully policed my thoughts and words to break these habits. Every time I hear the word ‘sorry’ escape my lips, I stop and analyze if it was warranted. Usually it is not, and then I plan out a better course for the next time such a situation arises.]

[**Aside:** the importance of the words we use in our thoughts and speech cannot be overestimated. To provide examples, instead of ‘sorry’ I may say: “It’s too bad that happened...” “Hmmm...” “I regret that [describe what happened]” “Oops.” (Silence and a knowing look).

Before: Taking her moods seriously, trying to fix the disagreeable ones and encourage their opposite.

After: Focusing on myself and my mission. Her moods are the weather in the background. Not only am I not concerned about her moods, I actively welcome the emotional rollercoaster she may ride if we have conflict. I simply stay true to myself and what I believe is right (which may change if she shares information or insight), and I know that the passion in our relationship is recharging from the tension. I smile knowing we will be having great sex later, rather than feeling anxious and frustrated that her upset emotional state means no sex now.

Before: Being angry about the imbalance of sexual desire. Wishing she would initiate, or at least give signs that she is interested in sex with me. Frustrated that it wasn’t like before, when we were dating...

After: Embracing the role of the man and taking initiative whenever I feel like it, expecting her submission. Understanding that sexual tension/excitement is optimized when I am dominant and she submits to me.

[**Note:** My thorough bluepill, feminine-centric programming dictated that I see her as a perfectly-equal being, like myself in every way except genitalia. Following the “Golden” (Blue) Rule, I continuously judged my actions toward her in light of how I would want to be treated, dedicated to doing what was “right” and, God Forbid, never dominating her, shitlord. It is remarkable how much our sex improved through this transformation, how liberating it has been. And how clear it is to me that she loves the feeling of being submissive to a real man doing what he wants - she tells me she is happier than ever.]

Before: Always stressed about money and trying to get her to spend less. Expecting an equal partner and getting extremely upset about our struggling finances. Frequently went against my gut when trying to please her/negotiate desire.

After: Separated our money and took charge of my income. Earned a generous raise in 2015 and am generating income from work on the side. I accept and embrace that I am 100% responsible for my financial situation, and I no longer enable her spending. I am unconcerned about her emotional response to my financial decisions, and her behavior has shifted to fit the new container I have created.

Before: Taking her shit seriously, often judgmental or thoughtful and wanting to teach her or help her. Wanting her to be different.

After: Not saying much, no point. I have fun listening, watching how she works. AWALT. I am playful or stoic as appropriate, and she is much happier with a strong man who can listen without being emotionally thrown-off. From my perspective, this is a short and mysterious life, and I find her very fascinating and enjoyable now that I understand her nature and have no expectations of her to be something she’s not.

Before: Asking “if it’s cool” if I go do something at night or with friends, trying not to upset her, thanking her if I did go, probably apologizing after for the inconvenience. Never mentioning other women/girls.

After: I tell her when I plan to go out and leave the details as vague as possible. I express my enthusiasm for going out and doing things with other people, with no hint of concern that it may affect her. I prioritize the gym and the court. I will share stories of other girls/women in my life, building SMV and dread (the lifeblood of an LTR)._____

Before: Asking her questions about how I can help her in the kitchen or with some other task. Show her how supportive and helpful I am, negotiating my covert contract for sex.

After: I look with discerning eyes and take care of shit – empty the trash, carve the chicken, etc., then I spank her and go work on my mission. I am here when she needs help, her rock, not her girlfriend.

Before: “I love you” all the time. Mad inside when she didn’t say it often enough or when I thought she should. Believing she would want to hear my eternal love professed; giving her what I wanted. Negotiating attraction.

After: Hard Rule: I Never Say It First. I show her, a physical expression, a passionate intimacy and domination of her being. Now I often hear the words spoken in the breathless tone I longed for in my previous life. I smile knowingly and return the words. [Note: I respond, “I love you.” Rather than, “I love you, too” because it removes the implication that you are saying it as a polite response. My frame is to look into her eyes and say it with intensity and meaning, responding to her need for security by projecting the essence of masculine strength and protection. And sometimes I don’t say anything, just grab her clothes and pull her to me, or tease her if it is said light heartedly.]

Before: Believing in the karmic, soul-mate, “love me for who I am” Hollywood fantasy and thinking Woman had similar romantic feelings, along with valuing loyalty, sacrifice, integrity and honor.

After: Knowing my (perceived) SMV must be and stay higher than hers, that she is gone in a heartbeat, a moment of (perceived) weakness. Embracing my aloneness, knowing she can only love me for how I make her feel in this moment. Bittersweet and poetic, for Woman there is only the now, her satisfaction based on her perception of her man’s status and frame in each moment. While things are mostly awesome after the Transformation, AWALT and it’s only working because I am doing the work.

Before: Fear of losing her, of fucking it up, of her finding some other great guy, of not keeping my family together, wanting it to work with the mother of my kids. Not confronting her over disagreements in parenting. Oneitis.

After: Fuck that, I am awesome and getting awesomer. I know there are many women, younger and more attractive than her, swooning at the thought of a man like me (Dominant, Confident, and armed with the Truth). Abundance mentality - I’m happy to keep her around as long as she behaves and is submissive, charming, respectful. I tease her about other women and cultivate dread. I challenge and encourage her to be the best parent she can, rather than thinking she automatically knows best as the mother.

It is clear: living by the principles of true gender dynamics gives the best results for the man, woman and children in the family. The righteous path of the red-pill-aware, mission-focused, disciplined man can result in a healthy, satisfying relationship. Of course, AWALT, and mate selection is difficult and critical. I feel fortunate in this regard.

Lessons Learned:

1. Read the sidebar and the top posts/comments from all time. Study, practice, revisit the theory if you hope to stand a chance.
2. Lifting is essential for the right mindset.
3. AWALT. I had to actually become a masculine man, hold my frame, and be willing to walk away.
4. All 5 stages are real and valuable in their own ways.
5. TRP in action produces the best results for men, women, and children.

77

UPVOTES

Newbies: No, your wife doesn't "comfort test" you.

RPSigmaStigma · 22 October 2015 · Archived copy · Reddit

I've seen this quite a bit recently on here and askMRP. A guy thinks his wife "never shit tests" him, wonders if she's special or some kind of unicorn. Or asks how to handle this "comfort test".

Trust me, if you've been a beta bitch for the past 5 years, been reading TRP/MRP for a month or two, started lifting 2 weeks ago, and just finally got laid for the first time in weeks, your wife has no need for your "comfort". Comfort tests are the result of dread overload.

You're just misinterpreting shit tests as comfort tests. Does she seem anxious, fearful or clingy when she's testing you? Those are usually comfort tests. But if she's needy, whiny, complaintive, snarky, or demanding, even if it's not directly aimed at you, then it's probably a shit test.

To illustrate, here is one of my wife's favorite shit tests:

She texts me just before I get out of work asking me to grab something from the store on my way home that she forgot, tells me what it is, but when I get to the store I find there are 2 or 3 different kinds of that thing. Then when I text her I don't get an answer. I used to sit and wait, standing in the aisle looking like an idiot. I would even call several times with no answer. Then I would just pick one of them, and when I got home, she would get really upset, but not by getting angry at me, but she would act like dinner was ruined get all sad and mopey. On the surface it looks like a comfort test because I used to always try to comfort her and reassure her that dinner will be fine or that we can just order a pizza. But the shit test happened when I agreed to go to the store after a long day at work instead of telling her "tough shit, I'm ordering a pizza."

She hasn't done this in a while, mostly because it stopped "working". It's a basic manipulation where you set someone up to disappoint you so you can make them feel guilty and work harder to show "love".

Another example is that she used to poke her head in to my home-office while I was in the middle of something, and with a sweat, almost coy voice say "honey, you want to tuck me in and lay down with me for a minute?" It's one of those "ugh..." moments where you feel obligated and bothered that she would impose on you like that, but you feel guilty saying no because she's being so sweet and just wants you to cuddle with her to make her feel "loved". It's a shit test. She's testing to see if you'll drop whatever you're doing at her command. The sweat, coy voice is a cover and a manipulation.

Now I just respond in an overly-sarcastic, playful tone "nah, I'm good thanks, I decided I don't like cuddling with you anymore" and blow her a raspberry. She immediately brightens up with a grin she can barely hide and crosses her arms trying to pretend to be offended with an exaggerated and playful "humf! Why are you so mean to me? You know, you're supposed to be nice to me, that's what husbands are for!" To which I retort, "well, you know what wives are for?" in a wink-wink kind of way. Then she'll put on a cutesy, innocently seductive look, or she'll come over to grab my crotch or something.

You see the difference? Before I would comply, stop what I was doing, tuck her in like a fucking child, and cuddle with her for a few minutes before trying to sheepishly "make a move" only to get turned down with "I'm sorry babe, I'm just not in the mood, I just want to cuddle". Now I turn those shit tests in to dirty, sloppy, downright *whorish* blow jobs.

Comfort tests happen when you're so alpha that she's starting to get paranoid that you're cheating on her or thinking about leaving her for another woman. You'll know you're being comfort tested because she'll be blowing you and fucking you with great enthusiasm for a while only to collapse in frustration and anxiety, confessing that she feels like it's "never enough for you" or that she feels "inadequate". Those are comfort tests.

If that's not what's going on, you're probably just being manipulated in to failing shit tests that she's cleverly disguised as comfort tests. You should take some time to really think through some of the "comfort" tests you think

she's giving you and ask "what does she get out of it?"

77

UPVOTES

Happy New Year, Sons-o-Bitches

johnneyapocalypse · 31 December 2019 · Archived copy · Reddit

I think I can sneak this in 'cuz W&S is off eating chowmein and drinking saki and riding rickshaws and fondling cambodian girly-boys.

... Happy-fucking new year's, douches.

Remember this:

- If you're "planning to do this" or "planning to do that" or "waiting for the new year," then you're already fucked. You don't need a special day. You don't need a special month. You don't need a special year. And you most certainly don't need to "wait until monday."

Just start it up. Make a change. Even a small one.

Those 1% changes add up over time, even if you might struggle to remember that in the "here-and-now."

If, however, it's the end-of-year holidays and you're feeling down, remember this too:

- You can get through it, you can choose to get through it, you can put your mind toward getting through it... whatever it may be... even when all the odds are against you, the world is conspiring to fuck with you, and your own mind is saying you can't make it.

You can, fuckers, whether it's 2019, 2020, or beyond. You have much strength inside. Day-to-day you forget, but I assure you, it's there when you need it.

Hallelujah.

p.s. I failed you rpeed.

p.s.2. "I'm a bad mother-fucker."

77

UPVOTES

Starting, Developing, and Evolving Hobbies

Praexology · 5 May 2020 · Archived copy · Reddit

There is a scant little discussion on developing hobbies on both this sub, and on the [r/RPChristians](#) sub so I'm going to go over what's been helpful for me, and why it should matter to you:

Why Hobbies Matter

1. If you don't do what you want to do, you're always going to end up doing what someone else wants you to do. Having good hobbies is a way to maintain your own frame.
2. Hobbies are distinct from your mission, but they can certainly support it.
3. Attractive men stand out from the crowd. They don't blur in with it. Establishing hobbies that reflect who you are give you an outlet for bold expressions of passion that do for your character what peacocking does for your attire.
4. It's just fun. What's the point of being "red" or "blue", "Alpha" or "omega" or whatever if you're not enjoying life?

Identifying Hobbies that are Worthwhile

There is a difference between a hobby and a chore/work event if the activities are the same. If you use working out as a means of maintaining health and nothing more, consider it work. However if you are bodybuilding, getting bigger better and stronger, etc. This is a hobby. Part of being a man is to stay fit, but not necessarily to be a body builder.

Do not limit yourself to only one or two hobbies - especially if you are very very passionate about them. I generally prescribe 3 or more to people. These are not things you have to be constantly working on. You could take a break for a month then come back to it. (For example, if it only snows for 4 mos. a year but you love snowboarding/skiing.) Limiting yourself to a few high passion hobbies can lead to pedestalization of those hobbies, and just like doing it to women, it will But that they exist on the back-burner to be worked on when you have free time. Hobbies are major identity pieces, and just like women you can pedestalize a hobby.

The 5 primary categories of Hobbies.

- 1) **Physical Activity/Health ex. Weight lifting.**
- 2) **Financial Gain ex. Picking up scrap metals and selling them.**
- 3) **Artistic Expression ex. Cooking, art, music.**
- 4) **Social Exposure/Networking ex. Volunteering.**
- 5) **High Mental Stimulation ex. Reading, taking classes.**

While you can ultimately do what you want with your hobbies, I've found that maintaining balance in my life has been of great benefit. So, here's my model. Out of your 3+ hobbies, all 5 categories should be exhibited. Of those 3 each hobby needs to be a combination of at least 2 of these. If you have a hobby that is only 1 it either needs to be developed, or is a waste of time. For example, if you are an artist who never does anything with your art, either get involved in the art scene, sell commissions, or stop. Analyze your hobbies, can you confidently say they are all more than one?

Tips and Tricks:

Finding Forum

There are a number of places online and offline that can be resources for upping your 'hobby game'. Search for

Facebook communities or events and go to them. They are worth the extra \$20.00 to go to the event. Joining a club or organization. Finding peers is essential to steady progress.

Plan Your Schedule

Be deliberate about your time spent, everything needs a beginning point AND an end point. If you do not have a daily calendar yet, get one. Schedule time for working on your hobby. If you need to shop for supplies, or seek out some kind of inspiration. Give a time limit. Still not inspired? Oh well, start practicing anyway.

Seeking a Teacher

This last part is a no brainer, but seems to be misunderstood once people get out of their college age. Seek someone more experienced than you - actively seek them out. Of the three, my guess is most of you will grow quickest from this. How do you find a teacher? By joining those forums and watch for the men who are succeeding the most. Ask them if they can help you out. Altruism is related closely to ego, and there is no short supply of that. Take advantage of it!

Further Development

I have found that the more proficient I am at a hobby, the more I enjoy it. The nuances that I didn't notice before become alive and help me appreciate not only my own effort in what I'm doing, but also even observing other people who share the same hobby, making it easier to utilize hobbies for greater social development, intellectual stimulation, or any other one of those facets I described above. To that end, one way of developing a hobby is to expand the scope or depth of how you're utilizing it, preferably in a way that adds one of those new facets to your practice of it.

Take cooking, for example. It starts off as "artistic expression." You make some food fancy for yourself because you watched Brad from BA make a pantry sandwich. Good job. Now you're interested so you start learning about abstract food - molecular gastronomy, or traditional French cooking like cooking butter in butter or something. And Damn it tastes good. So you invite some friends over to try it. They loved it or hated it, so now you have to improve. You go to a class on cooking and learn knife skills, and wow you didn't cut yourself. Now you're going to the farmers market because rutabaga or some other disgusting vegetable is in season and the hot woman running the business is impressed because "Wow, you shop farm to table?" Yeah unlike all of your friends who still buy Green Giant frozen peas. You realize that all this food has made your waist grow by 2 inches, so how do I make healthy food taste good? Now it's contributing to your workouts. Seriously how do I get 150 grams of protein a day? Your coworker notices your food prep looks bomb AF. You offer to make twice as much and prep for them if they pay you. (Now you're making money for something you were spending money on.) Now you can move out of your mom's basement. Great job, killer.

Get the picture?

"But Praex, what does this have to do with RedPill?"

A man without hobbies is an aimless man, at much higher risk of pedestalizing his wife and kids. You have to know what YOU enjoy doing before it makes sense to ask anyone else to join you in doing them. More to the point: if you don't have things you enjoy doing apart from your family, you will end up becoming co-dependent on them for satisfaction and fulfillment in life, which will give them power over you. Find things to do apart from them to bolster in your own mind that you are independently stable, which will make you more attractive.

Hobbies are also an area where a man can find something to strive for. The male drive for improvement is extremely powerful and should be fostered whenever it can. A lack of hobbies forces men to be very narrow in those things which they can build up, which can increase the risk of becoming a workaholic who doesn't know how to have fun or the guy who becomes co-dependent on his wife. Too many hobbies can, of course, spread a man's efforts too thin so that he never becomes truly excellent and admirable at anything. Find a balance and live in that

balance.

Then there's dread. If your wife is the only person you go to when you want to have fun and relax, it means you're not out in the world away from her. She always has tabs on you and feels more complete in her knowledge of you. The mystery is gone. By learning how to leave your home for a hobby here and there, even if she knows what you're doing, she doesn't actually see it - and who knows if you're actually doing what you said you're doing? The goal here isn't to make her jealous. But there's value in her realizing that she doesn't have you all figured out - that there are parts of your life that extend beyond her. This also has great value in establishing a precedent that she isn't pedestalized in your life. While this can make her more drawn to you (because women love to know about "EVERYTHING" in their man's life), it's more significant for YOU that you know you can be fine independent of your family. This breaks the co-dependence, increases dread, and ultimately makes you more attractive and stable as a man ... not to mention that you learn to have more fun out of life!

Labeling your hobbies under a few of those 5 categories can help give you purpose and focus to a hobby. In regards to Redpill it will give you opportunities to test out the material you are suppose to be internalizing. (For my RPC brothers) it is essential to have focused hobbies, as this allows you to use them as a means for furthering your mission and growing your sphere of (Godly) influence. Passive hobbies like uninspired television watching doesn't add to those around you, nor does it paint you with the image of a purpose driven man. If you're going to engage in a passive, non-social hobby, like watching television, make sure you think long and hard about how you intend to redeem it - and then ACTUALLY do so. If you say you're going to watch a TV show to connect with other people who watch the same show, what effort are you actually going to take to find those people? Do you already know anyone? Are you going to use the show to build the relationship and ACTUALLY share the Gospel with them through that relationship, or are you just going to have another friend and move on? If you have to change a hobby to be more involved in it, to develop e it into something that challenges you more, there will be more opportunity to influence others and to lead them.

Now, share some of your hobbies here and why you do them. Let the guys without hobbies be inspired by the things that keep you amused so they can learn from you and be inspired to figure out who they are and what they enjoy as men.

76

UPVOTES

Books for Raising Masculine Sons

duskyMonk · 24 January 2019 · Archived copy · Reddit

Two of my cousins recently gave birth to sons. Their dads are unfortunately pretty blue-pilled. I've decided that I need to insert myself as a male role model within acceptable family limits. Although I'd love to be the cool uncle type that takes them paintballing &c, we live far apart so mostly I'll just send them books for Christmas and their birthdays. So I was wondering what books you've gotten for your sons/nephews to raise them red-pilled?

Here's my ideas so far, the list definitely lacks sports and religious themed books since I was never into those as a kid.

Edit: To be clear, not all of these books fit my own situation (too overt/preachy/not-my-kids), but they may fit yours. Also, added your suggestions. Thanks!

Ages 0-7: Mostly just try to keep books interesting I guess. Sports, trucks, pirates and other tough/cool guys. Mikey and the Dragons was suggested. Any time spent reading aloud to them A++.

Ages 7-9: Modern: Way of the Warrior Kid + Jocko Wilink's podcast. Hatchet. My Side of the Mountain. Ender's Game + shadow series. Eragon + series. Ranger's Apprentice + others by John Flanagan. Nonfiction about knights, Romans, pirates, astronauts, athletes.

Classic: The Hobbit. The Jungle Book (maybe next age category). The Arabian Nights (kids version). Chronicles of Narnia.

Ages 10-13: Modern: Starship Troopers + others by Heinlein. His Dark Materials Trilogy (The Golden Compass, etc.). Alex Rider/CHERUB series (teen spies). Do Androids Dream of Electric Sheep?. Sword/fantasy stuff.

Classic: The Lord of the Rings. Lord of the Flies. Captains Courageous. Harold, Last King of Saxons. Treasure Island. Stories of Heroic Deeds. Gulliver's Travels. King Arthur and Robin Hood - Roger L Greene versions. Beowulf.

Ages 14-18: Nonfiction: 48 Laws of Power + Mastery + others by Greene. Meditations - Marcus Aurelius. Gorgias, Crito, Republic - Plato. Starting Strength: Basic Barbell Training. A Mind for Numbers. Nietzsche, but not too much. Mate: Become the Man Women Want (one of the things I like most about it is questioning whether or not you need to go to college right away). How to Win Friends and Influence People. The Millionaire Next Door. Personal finance/style/sports/body language/healthy cooking books.

Fiction: Shakespeare. anything by James Fenimore Cooper. The Odyssey. A Scanner Darkly (probably makes a greater impression than any 'talk' about drugs). The Importance of Being Earnest. The Three Body Problem. Hemingway. Vince Flynn-type stuff. 10000 Leagues Under the Sea.

76

UPVOTES

Your wife really doesn't want your love...

psychosis2020 · 24 September 2018 · Archived copy · Reddit

Your wife really doesn't want your love, well not in the way that I think most men define love.

I had a realisation the other day at work, as I'm the boss, so part of the role have to show an interest in peoples personal lives and it is interesting discussing the dynamics of their relationships (both male and female), as they often come to me for insight.

One thing I noticed is that whenever they made statements about love with their partners or the use of the word in messages (SMS etc..), I spotted a trend.

Take this first statement told to me by a women (there has been some infidelity on the part of the man and he is acting extremely needy now trying to placate her and get relationship back to where it was, although I think she is losing attraction to him - I don't want to go into details but it wasn't a very alpha way of cheating);

"I can see now he loves me more than I love him".

What is interesting is that if you replace the word love with the word need it makes total sense to the loss of attraction i.e.

"I can see now he needs me more than I need him".

We all know this spells trouble, especially for a women's ability to be attracted to a man.

Another thing I saw in a message from a male to female (who has severely lost frame and experiencing massive issues from his women - I suspect she may be cheating on him) was;

"I will always love you" and "I love you with all my heart".

Let's translate these to;

"I will always need you" and "I need you with all my heart".

Clearly not a good position to be in with a women.

When you are thinking about or professing your love for you wife or partner I would ask you to firstly try the same substitute and evaluate the statement again. If the one with need makes as much or more sense then I would seriously evaluate your frame and definitely not be verbalising this.

From reading MRP and ASKMRP I think that some guys, even though they think are in frame, as they are handling shit tests and STFU, however until they can untangle the concept of love from need, they will never truly be.

This isn't an easy thing to do as our first experience of love was towards our parents and this was definitely formed out of need as obviously we couldn't survive without them.

The love for our children, is also interesting IMO as it is largely reciprocation of the need they have for us and the result of evolution to ensure the survival of our genetic material via our offspring.

A good discussion point (with the exception of the obvious; release of chemicals such as oxytocin and dopamine which serve an evolutionary purpose also) is it possible to have love for your wife without need and how would you define it?

We can talk about reciprocal needs being met but we know generally women aren't the best at this Briffault's law etc..

76

UPVOTES

Divorced RP after 50

Floaty_McBoatface · 1 March 2018 · Archived copy · Reddit

Since this forum seems to be mostly younger guys, I thought my perspective might be useful to some of the older MRPer. If the mods think it should go on askmrp or somewhere else, or just want to spike it, that's okay too, but I felt like I owed something to MRP after mostly lurking for a couple years. Hope it's useful to at least one man.

About me: Divorced six months, marriage was on the rocks long before that. I'm 54, average height, fit and muscular, handsome enough; highly literate professional, multilingual; reasonably well dressed; a veteran of my original nation's finest fighting force. I am an expat in a big European city where my language skills don't do me a huge amount of good. Joint custody (week-on/week-off) of my two kids, 8 and 10. Ex-wife lives nearby. I've been unemployed for a year, and prospects for a good job here are poor, because of my age and mediocre local language skills. I could easily improve my prospects simply by moving to one of several cities overseas. But my mission, to the extent that I have one, is my kids, and I can't bear the idea of being so far away from them.

I lift, and actually went back to squats and deadlifts after a few decades away after some encouragement from MRP. I play sports. That said, I have to take it easier than I used to because injury is always around the corner. As you age, your body doesn't respond the same way to exercise and injury; recovery time increases, a lifetime of accumulated strains and injuries haunts your days and nights with pain. Think about your future self just a little when you next feel like "working through" an injury that might cause permanent damage.

I've read the sidebar. If you haven't yet, do so, there's a lot of wisdom accumulated there, collective and otherwise. I would give anything to go back five years ago and learn the MRP basics. It might have saved my marriage, my family; maybe it will save yours.

The most helpful things for me were Robert Glover's "No More Mr. Nice Guy," Mark Manson's book "Models," and pretty much everything Rollo Tomassi has written. Indeed, Rollo and Chumplady were instrumental in me grasping that I had to end it with my ex-wife. Still I think because Rollo and a lot of manosphere writers have not reached late middle age, they don't yet understand the sexuality of the 50-plus woman. For example: A lot of these older gals have their hands full with shagging men in their 40s and younger (the guys who swipe "like" for every woman on Tinder). SMV calculations therefore look rather different than you might have expected.

An aside on the "truth" of Red Pill logic: One of my economics professors at university told me long ago that the value of a theory comes solely in its predictive power; if you can make accurate predictions using the theoretical guidelines, then it is "true" for practical purposes. TRP passed that test for me, unfortunately.

I discovered MRP a few years ago, after my ex-wife began having an affair and refused to talk about it, even though it was obvious to me – even without a smoking gun – that it was happening. Trust your gut, as they say. I was the proverbial drunk captain, once more or less RP, but worn down by years of going-along-to-get-along and accepting a lot of really stupid bluepill dogma. I'm getting back to myself, but it's been a rough and rocky road, and it's going to take a while yet.

Here are a few thoughts:

SAVE YOUR MARRIAGE, if you can. A middle-aged man can fall a long way and may never get back on his feet. As you are no doubt aware, the risk of all kinds of bad things – heart attacks, downward spiral into alcoholism, suicide, etc. – increases sharply for older divorced men. You probably love your wife, and I know you love your kids. Do everything within reason to save it; that means going all out to be the man your wife wants to be married to.

KNOW WHEN TO GIVE UP. I couldn't believe my ex-wife would actually destroy her kids' security for the schmuck she was seeing, and I hung on for two soul-destroying years, sacrificing my job, my self-respect and the respect of a lot of other people (including orbiting women who could have become lovers). You **MUST** set boundaries early and ruthlessly enforce them. Every time she crosses your red lines without consequences you

decline further in her eyes. Never, never, never, never trust what she says; only what she does. I often read here that you have to be “willing to walk away.” No, you have to walk away.

YOUR MISSION COMES FIRST. I sacrificed my career for her (my higher-paying career) four times. Yes, four times. I can see you shaking your heads. I now believe that the timer started ticking the second time I did it. That was absolutely a mistake. Don't be like me.

DOES SHE HAVE TO SPELL IT OUT FOR YOU? If you find yourself constantly saying things like, “I don't understand why she...,” and “I can't believe that she...” - It's already over bro. You are in a fog because her words and her actions don't match. You don't understand because you don't WANT to understand. In my case, it was her constantly saying “I'm committed to saving this marriage, this family,” while lying about what she was up to with other guys. Lawyer up and salvage your life – NOW! Count yourself lucky that you caught it before you lost all self-respect.

POST-DIVORCE LIFE, particularly for people with a strong support network, will almost certainly be better than the living hell of a scorpion-vs.-tarantula marriage with a pathological liar. But getting out is only the first step. Part two is rebuilding. I lost half of my friends, my retirement plans, my pets, 50% of my time with my kids; I'm far from home without a job and can't leave if I am to stand by my kids. Aching loneliness and self-doubt come with the territory. When you “zero out,” though, you're at rock bottom, meaning you've got a firm place to build your new foundation. Life is way too short to waste this time. Limit the computer games, the drugs, the drunkenness. Get out. Lift. Learn.

MY BIGGEST SHOCK: My ex-wife paid absolutely no social penalty. Not one of her “friends” took her aside and said, “Hey, what the fuck are you doing, destroying your kids security?” No, even people who'd been quite distant rallied to her side. Even women who knew the whole story were not bothered by any of the shit she did. Somehow I doubt that's how it would have worked if it had been me wrecking my family (and the other guy's).

ALCOHOL: JBP said in one of his talks that something like one-third of men end up ruined by alcohol. I see it every time I go out in the faces at the bar. I don't want to see it in the mirror. One of my friends for a New Year's 2017 resolution vowed to have more non-drinking days than drinking days; he did it, and I'm trying to emulate that example.

DATING: I've had mixed results so far. I'm a naturally flirtatious, sweetly teasing sort of person, but my confidence was in tatters and my bitter one-itis and indecision are blindingly apparent to everyone. I've had a few short relationships, but none that I wanted to continue. Maybe that's for the best; probably the last thing I need is to plunge into something heavy without working out how I fucked up my marriage.

DATING APPS have made it so that the woman you're hitting on at the bar might be simply killing time talking to you while she waits to see if her date with any of those chads she connected with on Tinder is going to happen. And it came as a shock that when I have matched on dating apps the woman showed up 100% DTF, like they don't have time or bandwidth for anything more. Just a quick screening to ensure that I'm not Jack the Ripper. Not at all emotionally satisfying, but trying to adapt.

Final thought: No little girl ever thought at six years old, “I want to be a crack ho when I grow up.” None of you, as a kid, dreamed of becoming a drunk loser on skid row. A ruined life results from either a glitch in your psychological software, about which you can do nothing except pray; or, more likely, from a series of bad decisions that piles up over the years and leads you to a place that you'd never imagined going. Use what you learn here to stop that process of disintegration.

76

UPVOTES

Preempting the DV charge.

Red-Curious · 14 November 2017 · Archived copy · Reddit

This question comes up a lot here and on TRP and I just got yet another PM about it, so I figured I'd put this out more generally: a dozen ways to nip a false DV charge in the bud before it becomes a problem. But two things to note in advance:

- This is designed for those in live-in LTRs/married people. The list would require significant adjustment for singles.
- This is all based on risk assessment. I'm assuming you're conscious enough of your relationship to know whether you're in a (1) high-risk situation, and therefore need to be doing most of these things, (2) a low-risk situation, so you probably only need to worry about the easy ones, or (3) if you're in an extremely low-risk situation, thus can ignore this altogether (which I hope is the case for most of you).

1. **Call the cops in advance.** Tell them your wife is mentally unstable and you're afraid she will file false allegations when she finds out you're seeking divorce. Actual DV perpetrators think they can get away with it. No one plans to commit a crime, then calls the cops to tell them, "Keep an eye out, I'm about to get accused of committing a crime." I had a case where a guy did this and with nothing more, this alone was enough to persuade the judge that she was making it up.
2. **Record one conversation a day where you're talking cordially.** An underlying question in DV and CPO cases is whether or not she's actually afraid of you. If you can show several days after the alleged abuse (noting that you don't know when she will allege it) that she's still talking to you normally, the same as before, it casts a lot of doubt on her and usually is enough on its own to beat the charges. The key is to have conversations both before and after the alleged charge date. Since there is no actual offense, it means you probably need to have a week's worth of recordings. If she doesn't make the accusation when you think she will and the risk seems to drop, just drop the frequency of your recordings to whatever you feel comfortable with - but as long as that risk is there don't let it go longer than 1 week.
3. **Maintain a log of where you are at all times.** Let Google track your location constantly. I was impressed when I wanted to go to a bakery that I hadn't been to in 3 years, so I googled it and Google said, "You last visited ____ on [date]." When I clicked on that date, it showed a map of everywhere I had driven that day and what time of day I was at each location. That's creepy as heck ... especially when I found out it had this information for literally every day I've had google maps on my phone. Nevertheless, this is great for proving an alibi. If you weren't at home when she said it happened, you win.
4. **Keep friends or witnesses around** whenever you're together, otherwise record any time you're alone around her.
5. **Keep yourself clean of all drugs and alcohol** and don't let any drugs/alcohol containers sit around your house. "He got drunk/high" is the easiest way to explain why your version of the facts don't line up with hers. Don't give her that fuel.
6. **Ask her to go to marriage counseling, then hand select a counselor who will give each of you the MMPI-2** to assess for mental health issues before the counseling actually begins. This is essentially a way to trick her into revealing her mental instability, while simultaneously getting a professional witness on your side about how crazy she is. ^FN1
7. If she won't go to counseling, **submit yourself to individual counseling and get an MMPI-2 done** as part of

the process, then feed the counselor your version of events and your preemptive concerns. This is extremely persuasive. When you have a relationship with a counselor who finds you generally sane (albeit under stress, justifying your meetings), trusts you, has data to back up that you're sane and trustworthy, and sees that you "called it" before it happened ... that's your best witness right there. ^FN1

8. **Keep a journal of her erratic behaviors, or just a journal in general.** Journals are admissible evidence if they are recorded immediately after an occurrence. Although much of the content might be hearsay, the "present sense impression" rule in most states' rules of evidence allows it as evidence of your mental state and perceptions at the time of or immediately after a situation occurred. Also, if you have log entries for every day and just happen to be lacking any appreciable information about having abused her, it might look self-serving, but if the journal shows other times when you've explained fights between the two of you, if you don't have any arguments recorded on that particular day, that's going to look fishy against her story. Also, she might make up crap on a day when you literally can't remember what you were doing, so journals are great for refreshing your recollection.
9. **Record conversions with your kids about weird stuff she does.** Make it sound natural, not like an interrogation. Although the kids can't testify, a GAL can, and if she manages to manipulate the kids after-the-fact (parental alienation behaviors, for example), you at least have them on recording saying the truth. It might not be admissible, but it's still persuasive to a GAL. Be sure to include 5-10 minutes on the recording before and after you talk to the kids to demonstrate you didn't coach them right before the recording started and there was no de-brief session afterward.
10. **Document any lies or inconsistent statements from her** to demonstrate her lack of credibility. Keep all of your text messages and e-mail exchanges. Keep your conversation log positive and even flirty. The more emojis she uses in response the better - this proves she's not really frightened of you and doesn't perceive you as a threat, or even that she responds well to aggressive flirtation, which could put a different spin on her version of events if the judge believes she might have been asking for it because she likes it when you get a little dominant and rough. I literally had a case where an unmarried couple (but living together) were having rough sex and managed to get the case thrown out on the grounds that we proved the woman had a history of liking rough sex and was texting her man about how she wanted him to rough her up.
11. **Snoop through her chrome or IE settings to get her passwords and install a key logger.** Many women actually admit this stuff either before or after the fact in writing with their lawyer or close friends, if you can get access. Even if your state won't allow this type of evidence to be admissible, the knowledge you can acquire is invaluable all the same.
12. **Have a close mutual friend ask her in private** and record the conversation: "I heard you two are having troubles. Has he been violent or abusive at all? Are you afraid he might get that way?" Mutual friends are usually willing to help establish a record to avoid false allegations because they don't want either party to be dealt with unfairly. Just don't expect them to lie for you; they're typically more interested in fighting against lies.

^FN1 A note about counseling: RP usually advises against it. Why? Because they give horrible marriage advice. But if you're that worried that your spouse is going to start throwing around false DV charges, I'd be less interested in being attractive to my wife and more interested in avoiding jail. Attending marriage counseling here is not about fixing your marriage; it's about covering your butt.

76

UPVOTES

Most men's masculine ideal is not alpha

Sepean · 9 March 2017 · Archived copy · Reddit

Time and again I see men come on here and post their manly qualities and wonder how their wives aren't fucking them. All their hard work, the stuff they pay for, the sacrifices they make, for nothing?

Or they worry how their wife will respond to something unmanly that he has to do, like have his income drop below hers or go back on his word.

Very often, these supposedly manly qualities are things that women obviously either don't give a shit about or are beta qualities.

I remember an example from months back where a poster needed an investment for his business to take off. His father-in-law was rich, had himself built his business on a loan from someone who believed in him in the early, and all our poster needed to do was ask for a loan. But he was afraid it would be seen as unmanly, and if he did take the loan he was sooo determined to work his ass off to repay it as soon as possible.

I get the feeling of not wanting to owe anyone anything, but this guy was worrying about how his *wife* would see it. The ironic thing is that his worry, his desire to pay back the money and whatever other sort of grovelling he'd do for the FIL to show his gratitude is exactly the sort of unalpha behavior that would make her lose attraction.

There's an alpha asshole archetype that would not give a fuck, take the loan and not have the slightest intention of paying it back, and as long as his alpha qualities were high his wife would enthusiastically bounce on his dick and hamster him hustling her father as savvy or some shit.

I'm not saying that this is the right way to go about it; personally I value honest and respectable relations. But I don't pretend it has anything to do with being alpha. It's a personal code that is simply irrelevant with regards to her attraction to me.

Many of us see the masculine as ideal as including things like:

- respectable
- making money
- true to his word
- loyal
- protective
- helps friends and family in need
- making sacrifices

But these qualities are not alpha. They're not negative alpha either - they're orthogonal to the alpha dimension. They're irrelevant when it comes to making women wet.

This idea that *our* masculine ideal is what *women* find attractive is flawed. Many aspects of our perception of masculinity are beta qualities - they're wired into us because women also have a sexual strategy to acquire partners with beta traits and because they help our children to survive, and we should understand them as such instead of assuming that everything we see as masculine or aspire to is alpha.

If you ever find yourself worrying about something "unmanly" you have to do, conjure up the image of jacked bad boys: Chad the poolboy, the tatted-up scumbag drug dealer, the hustling con artist. Men who lack status, prospects and honor but fuck lots of girls. If those guys could do what you're about to do without batting an eye, it isn't unattractive.

There are still many reasons to not be a scumbag. First and foremost, there's your personal sense of worth. Women also have a dual sexual strategy and for that reason the MRP ideal to have both strong alpha and beta qualities.

Many beta qualities also improve your relationship with other people.

But when it comes to attraction, love and respect from your woman, don't kid yourself that everything you see as manly will get that.

Your idea of masculinity is poorly calibrated with being alpha.

76

UPVOTES

FR: On the brink of divorce

mrpthrowa · 8 November 2016 · Archived copy · Reddit

This is a field report and me laying down my thoughts a few months on after finally turning my marriage around.

After weeks of really bad behaviour by the wife, I told her that she has a few days to fix herself up or I'm filing. She thought I was bluffing. She could not believe the beta she has for so many years has a spine.

This was after many months of solid RP. Slowly phasing out beta me until my wife could not take any more.

The crucial thing was that at this stage stage I was 100% mentally checked out. I was divorced mentally. I had plan Bs lined up. I told my dad and her dad that we're divorcing.

The following days shit really intensified, but I stayed completely aloof. Did not say a word more than necessary.

You've got to make your words count. Never repeat instructions or statements. Never argue. State what you want, AND NEVER BACK DOWN. Do not show an inch of hesitation.

I made her get used to beta argumentative me. It will take a while to fix that.

Roughly one month on I sat her on the table, and served her the papers. The first words she said was "huh, that's fine, good by then".

The following two weeks she spent countless hours talking to friends and lawyers and financial advisers and what not. She thought she was making a plan.

But it was predictable. Because I already researched everything and was 100% prepared for the divorce (remember?). Whenever she tried to catch me out I was completely cool.

Her: let's work out finances. We split the house and you go somewhere else. So why don't you go out now?

Me: (I know she can't pay for the mortgage as I make 3x her): I'm not moving anywhere for now, but sure, I'm not attached to it. Go ahead and get some mortgage in your name. Once done, I'm happy for you to buy me out. Here is how much you're going to need: X.

Her: You're despicable, you're bad, you want us to live in the street, and on and on.

Then she tried similar tactics on custody, alimony, moving elsewhere with the kids, you name it.

Everywhere she turns I showed that 1) I was completely cool (AND I WAS, I WASN'T PRETENDING) with the predicated court outcome 2) I was not going to let go of anything I have the right to. Absolutely nothing.

She huffed and puffed and shit tested and screamed. In 4 weeks time she went from this complete raging bitch to then one night, she suddenly completely reversed. She cuddled to me in bed and started telling me how it was going to be difficult without me. Then she spent an hour alternating between crying soft tears and recounting the beautiful moments we had in our life - mostly about the moments I was the oak for her (there were some).

I was so tempted to lecture her on redpill dynamics. But I STFU'ed. I let her hamster her way back to me. It was an exercise in self discipline and quite an eye opening experience that finally sealed that redpill theory for me. I just stfu'ed and watched the dark ceiling as she lay there vulnerable as a kitten opening up to me and confessing that "I have so much effect on her".

Then she said "I'm happy for us to stay together". She assumed I was - she was still hoping that she dictated the rules. I did not say anything there. Silence. Beta me would have tried to repeat what I said earlier and my intention and tried to DEER. But now my words count. And my instructions and intentions are clear the moment I say them. Silence for a few minutes where her hamster was spinning at the speed of light, she then blurts out, eyes filled with tears, "What do you want, I'll do anything".

Then came my verdict, "I'm going to pause the proceedings. I want a proper marriage. I want a prosperous family."

My life has a woman in it. You can be that woman. I'm going to judge you by your actions". She shook her head in agreement. This was her finally entering the acceptance phase of losing ultra beta me.

This was a few months ago. She has been almost 100% sweet since. I say almost because AWALT. She still shit tests and has the occasional flare up. I am still showing her what the new boundaries are. Boundaries that I ignored her crossing them for years. It's gonna take a while still. You can never let your guard down. Deep down she is still in test mode, I'm still judging her actions, the papers are paused, not torn. But I never bring this up any more. I don't need to.

Moral of the story is that things can be turned around, but it's going to take the iron will of stalin, the poker face of a poker championship finalist, and unshaken persistence and belief in yourself.

I discovered more about myself. I finally accepted that I deserve better. That I can get better. That the IOIs I get everywhere actually mean something. Then I can get way better than her. And my actions show that. My outcome independence, my confidence when talking to her or to others in front of her, all of this keeps her in check. I went from years of oneties for her, believing her to be the one, to suddenly fantasizing about boning every other chick that shows IOIs to me.

Was all of that grief worth it? I sometimes wonder. It would have been far easier to just divorce and start over. But it's the damn cute kids. I fixed things for them. And now I'm hopefully teaching them what it means to lead a family. I'm so goddamn proud that I fixed years of social conditioning. There is beauty and pride in sorting out a hell of a mess. As for the wife? she has to still come leaps and bounds for me to keep her long term because **I deserve the best**, and she knows it.

76

UPVOTES

What if TRP is wrong?

stonepimpletillists · 6 January 2016 · Archived copy · Reddit

^(credit to vampyresquids ~~wife~~ husband, and our newest contributor to TBP and it's hate circle, AAW.)

What if TRP is wrong?

The premise of this is flawed, and every time I hear someone say it, it just says the other person just isn't getting it. Do you want to know a secret? Do you really?

When I was first unplugging, /u/ultimatecad said something that perked my interest. That he never says *I love you*. Not unless he's getting sex on the regular. It was because **I want to train her to fuck for comfort**. Pretty crass huh? I liked that, told him I was stealing that one (and I find it is a rather good thing in my relationship too, it's a nice subtle signal that it's been a while babe, time to step up) And he basically summed up the entire RP manosphere with his response:

^Paraphrased: There. Right there, for all you fucking feminists who keep talking about this like a flawed ideology, that's all it is. Men talking to other men, swapping notes, and learning... thats it.

Thats all it is. I know Rollo talks about it like a praxeology (which it is), and when you read the description of that...

Praxeology (Gr. *πρᾶξις* (*praxis*) "action", *λόγος* (*logos*) "talk, speech") is the deductive study of human action based on the notion that humans engage in purposeful behavior, as opposed to reflexive behavior like sneezing and inanimate behavior.

You realize, this shit isn't any different than PUA. Hell, when you read 'manosphere' it kind of makes the same conclusion, though a hell of a lot more words to get there.

We are just guys. Some of us had absent dads, shitty blue pill dads, some of us had great dads, and didn't listen. A few had great dads and did listen, but didn't actually understand, and just happened into being a natural. A big nasty 'feminism' appeared and changed the game, but because we can't combine to talk about problems too well, took us a generation or two to figure out that we had better get together and start talking. (I argue it's the general civility of the modern life of abundance, and feminism just took credit for it, but thats another talk for another day)

Where do you think the professors 12 levels of dread came from? Where the Iron rules came from? Where do you think any of it came from?

Dudes, just like in the old mystery PUA days, wanted something, broke it down, came up with a theory, and told other guys. Other guys took it, implemented it, swapping notes, and eventually refining it to these wonderful axioms that we use today. Know why /u/gaylubeoil calls single moms whores and degenerates? It's because of the hundreds of guys before him that were/are dating and wifing up single moms, talking about their experiences. He takes all that, and comes to a very reasonable conclusion.

Does it work 100% of the time? Of course not. But generally, it's pretty on-point. That goes for just about everything. Should you 'never' say I love you unless you have had sex in the last 48 hours? the answer is yes/no/maybe.

And thats why TRP isn't wrong, it's not a thing that is right or wrong.

It's like calling the scientific method wrong, because we find out black holes aren't really black. Nothing wrong with the method, it's the conclusions were off, so we adjust, and carry on.

And this carries over to each one of your failures.

- Wife won't fuck?
- Hands too cold?

- Tattoo artist claimed you as his prize?
- Wanted to move the furniture around to teach her a lesson?
- Fessed up to 'making out' with a dude in a car?
- Wife is low quality, and only around because the law hangs over your head like a sickle?
- Wife decided to gain weight, because why look hot anymore?
- you decided to gain weight, because why bother?

None of this is TRP fault. None of it. Because TRP isn't a thing, it's just a word we use as shorthand, describing 30 some years of guys swapping notes. If something in here doesn't work for you, don't use it. You are responsible for yorusef, as a man. Yeah, it sucks that women get to blame the world for their problems, and a lot of the time, someone else fixes it too. Except it doesn't. Imagine a life where your only tool is to complain about something. Talk about drudgery. You were blessed with the ability to raise and fall, based on your actions. Its a double edged sword, but beats the hell out of mediocrity.

I argue that everything you are bitching about in life is largely your fault (exceptions aside, if you're a black guy in Baltimore with a broken taillight, might just be out of your hands). you could have either cut loose, acted to rectify, or changed your outlook to put up with it and stop complaining.

So yeah, TRP didn't fail you... you failed you

76

UPVOTES

[FR] It's Not What Is Said... It's Who Said It

CaptJohnLukeDiscard · 15 October 2019 · Archived copy · Reddit

Story time then two lessons.

I had a go-to setup for first dates as a young lad. There was a restaurant downtown... let's call it Joe's Pizza... near where I live and we would go there then go dancing or to a comedy club or something like that. I did it as a first date with every girl until I met my now-wife. I didn't do it with her. Our first date was somewhere else.

Here's the problem though. I'm an idiot. So... when we got married and spent our first night of our honeymoon downtown, I thought I'd be smooth and get her food from Joe's Pizza for us to munch on in the room. I told her it was a surprise and expected her to be swept off her feet when I walked back in the hotel room with the pizza. Needless to say, at first she didn't understand and then was slightly annoyed / hurt by my mistake (though she hid it well). I still smashed though.

Over the years, it's been mentioned a few times but never really a joke topic or anything like that. We've never actually eaten there either in our years of marriage.

Fast forward to today. We are moving to a new city and had to contact one of our service providers to get the location changed. They wanted both of us on the line for whatever reason. One of the service questions was "your favorite restaurant as a couple" and without really thinking about it, I answered "Joe's Pizza for sure" with the cockiest tone I could muster. My wife laughed suddenly and the lady went on about getting us set up.

A few min later I get a text. "Ass." I texted back a peach emoji and then the kissing heart. She texted back with a very interesting selfie. Is that extremely unusual in our marriage? Not anymore. Would that have happened a few years ago? Hell no.

What's the change? Frame. Game. Attractiveness. Frame. A MAP. Visible abs. A 500# squat. Shoulders and traps that pop in a t-shirt. Frame. More \$\$. Frequent kino. DEVI. Frame.

Here's lesson #1. Once you make some decent gains on attractiveness and frame, it's less about what you do or say and much more about how you do or say it. There are limits, of course. But... you get wayyyy more leeway to be whoever you want to be and say whatever you want to say if you have your shit together. An attractive guy can get a wildly different response saying the exact same thing as an unattractive guy. That is not a new or original thought but it's incredibly important.

Here's lesson #2. It doesn't **truly** matter that my wife responded well. I mean, we are all here for sexual strategies and self-improvement so it's easy to measure success in terms of her responses. However, that's bullshit. Measuring your progress solely against a woman's reactions is a validation trap and speaks to a lack of real frame. Had she been in a shitty mood or had the kids just spilled milk on the carpet, thus causing her to respond poorly to my joke, that doesn't mean that my improvements don't matter. Regardless of how she responded, I still put myself out there. I still made the move. I still made the joke because I wanted to. That's the real improvement.

That's also neither new nor original. However, it's even more important than #1. Do this shit for you. Not her. Don't hesitate to review her responses to gain a measure of how you are doing but don't let her be the only litmus test you use.

76

UPVOTES

60 DoD 2020: Week 3 Hygiene; or why it's about more than washing your ass.

RStonePT · 15 April 2020 · Archived copy · Reddit

Introduction

I wasn't looking forward to writing on hygiene. Luckily for me the Chinese Bat gods saw fit to give me a good pretence to talk hygiene. I'm going to assume everyone has already read the previous articles on hygiene on the sidebar. If not, please do so then come back. The guys did really good work and it's hard to write something worthwhile when the reader doesn't know how to wash his ass yet.

Why is hygiene a thing in a space with men and dead and dying relationships?

For starters, a lot of dead bedrooms are the guys own damned fault. If you're not fuck able, no one will fuck you, regardless on whether you bring home the bacon or put a ring on it. I used to think most people had the basics down, but after a few years reading every sob story, every victim puke, every hat in hand request for guidance pretending to be a field report I realize that yes, we do have to ensure you wash your ass before going further. In addition, hygiene is about giving a fuck. You'd not believe how many guess dress like shit because they want the world to know they don't worry about style like a fag. Message received asshole. Enjoy your complimentary Porn Hub subscription. Giving a shit about the little things means you give a shit about the big things. It's counter intuitive until you actually do it, then it's god damned instinct. Finally, and this is the part that I want the reader to take home from this, hygiene is leadership, for the above reasons and more. If you've not heard, we are in the middle of a definitely not overblown manufactured crisis. Since everyone is so afraid of liability that they will ensure they do every bit of security-theatre possible to show that

'we are doing everything we can to keep you safe.'

You know who eats messages like that up? Women. Women love that people are 'just doing something!' regardless of whether it helps, hurts, or does nothing. Why? Because women process the world through their feelings, and feeling safe equates to being safe.

The Slippery Slope

I'll bet if you look into all the chores around the house that you're nagged into doing that a lot of them never made sense to you. A quick wipe with a clean cloth and some soap and water is sufficient, but Karen nags and nags for you to disinfect the counters with bleach, right? Never mind that sandwich you just made tastes like bleach and you're probably killing everyone in the house, it just feels cleaner. I remember from my old blue pill days, my vegan girlfriend of the time was adamant that meat not share the same fridge space as anything else. That makes sense, except where she demanded that processed meat sit beside raw meat. Thats a cross contamination nightmare.

What does this have to do with hygiene? If you know how to be clean you know how to give a shit about a level of cleanliness you hold for yourself and whomever is in your house. Karen talks feelings and you know better. On my meat example I did the serving it right course, learned how to have proper food hygiene and when I got the demands, I ignored them. I know the place is hygienic, and all the whine mouth words in the world didn't change that. I could safely ignore the nagging and maintain frame. My fridge is clean and I know it's clean and thats the end of it. If you don't care and she does, her feelings will eventually trump your knowledge. This is why nagging works, it taps into the ambivalence of men.

My girl fought it, for a while. Most kids do that when their usual tricks don't work. They amplify them assuming they aren't trying enough, then eventually give up if you're consistent.

Hygiene

I've learned a lot from my military time. 12 years in the RCN. I've scrubbed more toilets than I can count. And we had a few simple rules for keeping a hygienic space. Since the ship was recycled air, everyone got sick if you didn't, and your chain of command lines up taking turns tearing you a new asshole.

Bathroom

Two buckets, one with clean water and an empty one. One cloth and one brush with a little abrasion to it. A disinfectant (I like pine sol, but you can use bleach if you hate your clothes) some soap and something like VIM. Start at the top of the room and work your way down. Start with the cleanest items and work your way down to the dirtiest, everything gets a once over. Grab water from the clean bucket and wring out the dirty water in the other bucket. For the tub, sink and toilet it's the same thing. Scrub them with the brush to get anything loose, then use the cloth to clean up the loose residue. Do the toilet last, I shouldn't have to tell you this, and instead of sticking your hand in there just use a toilet brush. Back of the seat, underneath the seat, under the bowl, and around those stupid bolts that always have loose caps to them. Our Coxn used to walk into our bathroom and take a deep breath to give us the hint. If it doesn't smell clean it's not clean. Chemical smell and potpourri is not clean by the way.

Kitchen.

Same principle, start at the top and work your way down. Two buckets. This includes cleaning around the trash can under the sink. Just because you can't see the top of the fridge doesn't mean there's nothing on top of the fridge. When you're done, take a paper towel with a dab of mineral oil and wipe your stainless steel sink and faucet. If you have an induction stove soap and water and a cloth are good enough, wipe it down well and the fucker will shine like a mirror.

Laundry

If you're with a girl, you've seen the standard scenario. A giant mountain of clean laundry while she roots through it every morning for something to wear. Eventually the pile mixes with the dirty stuff and it all gets washed again. There's tons of good videos on proper folding of towels and sheets and hanging clothes in the closet so I won't waste your time here. The point is it's your house and you give a shit, even if she doesn't. I wouldn't bother folding her clothes if she can't be bothered. Put em in a trash bag or a laundry hamper and throw them in her closet to deal with later. You will get grief on this but fuck it, if she folded her bras it wouldn't be there. You're not joking because you have a house you can be proud of and you take care of the shit.

Living room

Same as everything else, start at the top and work your way down. Less water is better because you want to pick up the dust, not turn it into a paste stuck to the wall. I love a damp dry mopping of the floors but I have wood floors, carpet people are on their own.

Finally, whats the point of all this and why do I care about Landry when my wife is a bitch and won't fuck me?

Notice how almost nothing in this so far is about your frigid wife, other than to get her lazy laundry out of your way? It's like a metaphor or something. Ideally if you're with a harpy who doesn't provide any value to you, with the exception of a 9 month uterus rental why in the hell are you putting your happiness on her, waiting to do something for you? She'll let you down, and on purpose. She doesn't care. Perhaps you should care, hence why you have a spotless house, folded towels and a clean living room. You've spent god knows how long on being resentful of her being so disengaged that you've allowed yourself to wallow in your own misery and filth.

So you're running Dread, you're washing your ass, dressing better, working out etc. So many guys still have their head up their wives ass in some stupid covert contract where they put themselves in the position for her to judge his self improvement and whether it's worth a little duty sex that month. Fuck that. Your keeping your house and

hygiene up to standard because you're living like she died last year and this is how you live if she wasn't there.

If you're doing this right, she may not be.

Ideally, after a year of looking hot and handling all your shit you'll look over at frumpalumpamus and think: *'Why the fuck is she even here?'* and you'll finally start to realize you're the fucking prize. A fully self actualized man who has his shit together and plenty of women would like to get to know better, and you're wasting your time watching someone take it for granted. It makes you mad and you do something about it.

And if you're one of the ones whose wife or girlfriend realizes that she will either step up or be pushed aside? Well the next time she mandates some stupid ritualistic cleaning hoops for you to jump through you won't be bleaching or cross contaminating your sandwiches with raw chicken anymore. I guarantee there are guys outside, right now who are looking **absolutely ridiculous with ineffective quarantine-ready feel good measures** filling their houses with panic.

Guess whose broke right now for spending 80 dollars on toilet paper? Guess who is so timid that their wives dried up like the Sahara? Guess who isn't the oak in their home and keeping their families actually safe instead of 'feeling' safe?

Be that guy if you want, but from what I see, guys who have their hygiene squared away and their heads on straight tend to have wives and girlfriends who are calming down their co workers who are filled with all kinds of panic. It turns out that by being the hygiene alpha male that the shit ripples to the social circles around you. I know my woman stopped watching the news, calmed down plenty of married beta-male co workers and no longer tries to bleach my food.

It's not about being clean, it's about belling deliberate and knowing your standards.

76

UPVOTES

60 DoD '21 - no quarter will be offered

SorcererKing · 4 February 2021 · Archived copy · Reddit

This is your first warning that 60 DoD 2021 is coming, starting March 31 and ending May 30. As always, this will deposit you maggots into your Summer better than you were in your Spring.

I've been away, and while you have been under the watchful eye of Gen 4 and 5 moderators, I smell weakness in here. You will be purged with fire, you will be purged with pain. We're going back to Basic Bitch Mode this year.

You have been warned.

76

UPVOTES

For whom do you fuck?

i-am-the-prize · 18 August 2021 · Archived copy · Reddit

By now, I trust you've read this: <https://archive.is/Xw6wy> by Man in the World and internalized it?

I'd like to add what I've found useful, as an addendum some homework to the Diagnostic Scenario portion. The last part here:

" Could you [overcome your need for Egalitarian validation and] fully embrace and fully enjoy her offer, by

- turning on the lights and uninhibitedly telling her every dirty thought, feeling, and desire [Overcome need for Respectful validation] as you stare at her naked tits, stroke her hair and skin, slowly insert yourself inside her, and focus on having the perfect orgasm? [Overcome need for Good or Giving Lover validation]
- eating her pussy entirely for your **own** pleasure without making her cum [Overcome need for Good or Giving Lover validation], while telling her how she tastes and feels? [Overcome need for Respectful validation]
- climbing right on and pounding away, if that's what you really desire at that moment? [Overcome need for Good or Giving Lover validation]

You're not fully comfortable with your own sexuality or with hers, or you're hung up by validation needs or covert contracts, if you couldn't."

Here's a challenge for you:

Until you see a change in yourself, by killing the last vestiges of neediness and good-guy validation, *you are not to include any dirty talk **which asks questions***. None. No more:

- "you like that, don't you?"
- "you love this cock, don't you?"
- "have you been a good girl/bad girl?"

None. Make your mindset fully about yourself, she is there by chance only; *this is your lay*.

Instead, state what YOU feel, what YOU want and what YOU sense:

- "play with your tits"
- "that pussy feels so good"
- "squeeze my cock with that pussy"

Try it for a while, make it about you and see how this shifts your mindset.

Like many (M)RP concepts, (1) I did it for me, but (2) the corollary benefits don't suck. What has emerged is like the 3:1 texting ratio, it gives her room to fill the shape of container you create (emotionally) while you mold her vaginal container with your junk. Own it. And you'll *own it*.

76

UPVOTES

About that wife who "lost her mind"

johnneyapocalypse · 26 September 2022 · Archived copy · Reddit

UEMcGill (go armed forces and global destruction) - lol, a great man - he closed things down, and I don't remember which mod button to press to open this up... but what's happened here is simply another dude who's oblivious to the realities around him.

"Suicide watch" - my specialty.

Background:

"Can somebody please tell me what's going on and how I, if possible, can get my wife back? I'm in love with her and absolutely confused and devastated by what's going on."

Sure, what's going on is that she no longer digs you. No big deal. Maybe she became interested in one of the other 4 billion - ~~million~~ (jesus) dudes who are competing with you - many of whom are better than you - more attractive than you, less sensitive than you. (*That's a lot of billions scaredy-cat.*)

It hurts, you say.

Other people equate "hurts" with firing squad, torture, jail, deathbed: but your hurts are unique to you.

That's the thing. You think you're so unique - as MRP has said forever - so special.

Each day a thousand other idiots are born to believe how special they are, yet each (for years - I've been watching) is always unique in the same way - because of a woman. My woman this, my woman that.

You stumble upon this hellhole because you define yourself through the lense by which a woman sees you.

That's called attachment disorder.

Appreciate why your behavior is not in your best behavior.

Learn from it. You're not the only one - even though you're so special - consider what others have done.

76

UPVOTES

I've figured something out..Just be the adult

SacredSyntax · 11 August 2024 · Archived copy · Reddit

I'm drunk, I'm high. I'm a mess. But I'm not that far off. 36 m. Married 3 kids for 14 years. Military firefighter Veteran, BS computer science after the service. Job hopped through Banking/Finance IT. Recently enrolled in a Masters in Mathematics with a goal of transitioning to be an actuary. I lift, been into bodybuilding and supplements since I was a teenager. bodybuilding fan who remembers battles of Jay cutler and Ronnie Coleman.

I had some awkward sexual expierence an early but not all the way. I married my first real girlfriend and actual fuck. Shes hot but a minority and im white and she's sassy. (You get the picture)

I read The Game at 19. I had a grasp early on but failed in a way. But I kept looking into the now called redpill ever since in order to better myself.

With all the books, strategies , lifting programs etc.

I think the simplest answer is always right.

Just

Be the adult

The best adult. The one you grew up hating in a way. Yea, don't be a douche and still have the capability of being cool.

But at the end of the day. Be the better adult, use all that knowledge from teachers, bosses, parents. All that shit you hated. Be that.

She needs an adult. And that's who the fuck you are. The best goddamn responsible mature adult on this planet who also lifts and fucks. That's the solution.

For anything in your life. Stop, and ask yourself "what is the adult decision in this situation?" And then, you do that.

Simple enough, just be the grown up in your family.

75

UPVOTES

Speaking of boundaries

Redpillbrigade17 · 24 October 2018 · Archived copy · Reddit

Been reading some of the askMRP posts lately and it's painful. Plus the OYS thread is a continuous head shaker.

GUYS:

1. Some of you spend way too much time online going through all the OYS details. Talk about victim puke and beating your head against the wall. Oh my I've been such a beta it hurts so bad. Tell you what: more than 15 min. a day on reddit & posting shit long posts on this sub is beta !!

You all know what you need to do.

1. She said this she said that. Who cares. If you write any post with "what do I say to this / she pinned me with this question." you have not yet understood the basics. You =the prize means your sole job is to build an amazing life for yourself. Be a strong, confident, accomplished masculine man. Then the woman comes with her feminine beauty and fun and distraction and energy, and she complements you. Boom. That's the mindset. If you can't see it that way you need distance. You've been living with her for years, decades and routines sucked you in? Slowly get a break. Detach. Achieve perspective. Go see an old friend in an old town for a few days. Go do a walking trek. Backpacking. Whatever. Then come back and you'll see her with new eyes. Anything she does or says is cute. You'll let her talk (you WANT her to talk - a quiet woman is a bad sign), and you'll tease her and you'll game her. That's your job, that's what she needs and wants. Make her do little things for you. Then maybe bigger things. If she has good ideas - great, adopt them. She must feel your strength of character and her hamster start working for you wondering "how do I serve him better? I want this man. How do I mess with his head ?" Eventually you'll want much of that to be of course through sex - the most enjoyable kind of distraction for a man when it comes to what a female human can bring.

Read 16 commandments of poon every morning or every day before coming home from work. It could be as simple as that.

1. Lift lift lift ? Of course - mental and physical benefits are fundamental. But don't get stuck in your head with "I need to get my 8-pack or bench press 300 lbs then she'll fuck me". She's way more interested in what you do with the gains & stamina from the gym, how you lead your life and how you dominate any of your social circles. Social game matters A LOT. Make a plan to take her out with another couple where you subtly or openly dominate the other guy (not like an asshole, but like a true leader worth following). Like one of the people who work for you or something. Have her see you in some leadership/ competent role. That will give her the tingles and subconsciously tell her you're the alpha dog way more than your muscular Rambo ass getting distracted by your own look in the mirror now that you have biceps guns. Women work on another dimension and they will smell that kind of weakness and "in your head"/ self consciousness a mile away. Of course the muscles will help you ONCE in the bedroom, and will certainly make you more fuckable to her, and sex way more fun, but it's nowhere near enough. You MUST get social.

and lastly boundaries:

1. Other posts/questions are "how do I punish her for this". Punishment doesn't work. Think in terms of rewards and when it comes to negative consequences the only ones that matter (ie boundaries)are ones you can 100% control. Like remove yourself from a situation. Or not spend money on X. You cannot act like a judge / law enforcement type if you're trying to game and attract her and get her to bed. That type of behavior is dry, unsexy and reeks of insecurity. Stop trying to control her. Quit that shit and focus on being an attractive, fun, good, tough man who rewards his lady with his time and affection- when she's fun and engaging to be around. Otherwise you have better things to do.

75

UPVOTES

Latin Dance Lessons AKA “Alpha Dog School”

suprathepeg · 18 September 2018 · Archived copy · Reddit

I stumbled into something that has been a great parallel to TRP for me as I develop and understand myself in an alpha role. It's a natural fit with TRP and something I'd recommend to a guy trying to pull out of a LTR's frame and build his own own or a bloke wanting to learn to stop being a beta faggot and learn TRP. Latin Dance.

Some background. I grew up in a conservative christian home. Our church taught that dancing was sin and so I never learned how to dance. I did dance shittily at both my weddings per tradition, but always had the thought it would be fun to actually learn to properly dance in the back of my mind. Fast forward I'm now 38, reading MRP books etc and I decide to try dancing. I text an old buddy who owned a dance company about what to try and he says, “Salsa”. In May I went to my first class, took the wife with.

My first class was in May and I did a few on and off till the end of June. July to now I've made it a regular thing every week. I currently do a salsa and bachata class every Sunday. I really think it should be a close second to lifting on a mans TRP journey. STFU, Lift and dance fuckers...

Some circumstances that I've experienced that I would recommend you seek out: 1. You want a class where partners are switched throughout, ie you don't want the old couples class. 2. You want the beginners class. 3. My wife has joined me about 4 times, I go weather she wants to or not. I have the same amount of fun if she's there or not. 4. Most importantly you have to be willing to learn and grow.

Here's why this has been so good for my journey (and probably useful for yours):

1. If like the most men you don't know how to formally dance with a partner (flailing like a retard on the dance floor does not count) this will be a solid challenge. Especially if like me you have the rhythm of a retard cave dweller, this is a solid starting from zero skill builder and an opportunity to challenge yourself to learn a new skill. For me it has been a full step out of my little box. Don't be afraid to start with a beginner class. You'll likely suck at first and that's part of the charm in the future.
2. You'll learn how to move your body in a light, fun and sexual way. Latin dance is a sexual interplay between the partners. It is built around concepts of tension, leadership, submission, display and fun. As a man who is by default the “lead” you have to display some confidence in your body as you move.
3. You'll learn how to “lead” a female partner in a light, fun and sexual way. So as your learning to move and be light, fun and sexual in your body you're going to be learning how to lead the female “follow” in how you want her to be light, fun and sexual. This is the most relevant to leading your family as it gets. You properly cue the follow and she spins, shakes her ass etc it's up to you.
4. You'll get comfortable with being close to multiple women, some are gonna be hotter than you think you can close. Yes there are a few HB2/3s that'll want to do this but ur also gonna get a lot of HB7+ that are there too. You're going to have to touch them, talk to them, make them laugh etc. They're essentially a captive audience for as long as you're dancing together. Unless you're being a giant douche creep, it's just you and her for a few minutes and you gotta do something. Also you don't have to close a single one one. Building DNGAF in this circumstance is pretty fuckin easy. I have been nervous around women my whole life, this has changed a lot.
5. The women there are l trying to learn how to follow a man's lead. I was clumsily dancing with one HB7.5 and she literally said “I'm trying to learn how to follow”. Every woman there is looking for a lead partner to follow. Think on this a bit.
6. Dread game 101. Basically it's all there. You're out doing something you choose, there is guaranteed to be women there, your gonna have fun etc.

75

UPVOTES

Lift, Faggot, Lift

SBIII · 11 September 2018 · Archived copy · Reddit

Listen up, Lazy Cunts

There's a reason why newbs are told to lift:

- a). It makes you look more attractive
- b). It makes you feel more attractive
- c). It focuses your mind
- d). Going to the gym gets you out of the house for a few hours a week and stops you lurking around behind your wife trying to Kino her, fog her or whatever the fuck else you're trying to do with her that she doesn't want you doing to her.
- d). Muscles
- e). Abs
- f). Testosterone
- g). Abs

There is no Excuse

"But the gym is too far away"

"I don't want to get too big"

"I'm too old to lift"

"I don't know anything about lifting"

"I like being skinny"

"I am too weak to get off the sofa"

These were just my excuses. You have your own. You can have as many as you like, but really, there is no excuse.

My expertise

I am not an expert. I am a newb to the gym. I have been lifting for 6 months. Prior to that, I had never stepped into a gym in my 45 years of life.

I lie – I went once in my twenties. Walked on a treadmill for 15 minutes, then walked straight out of the gym, never to return.

I also had a dead bedroom. That's what brought me to MRP. I believed that if I applied all the MRP "tricks" minus the weight lifting, I'd be fine and I'd "fix my marriage". That was the plan.

I'm not saying that lifting solved my problems – frame did. Physical frame and mental frame.

You need to build both.

I'm not going to tell you how to lift, what to eat or what programs to follow. There are people a lot more qualified and experienced than I am. Go to [r/fitness](#). Find a program. Stick with it for 6 months. Eat properly. Dial in your TDEEs, macros etc. Eat protein, hydrate, sleep well. All the information you need is out there.

But I will tell you that you NEED to lift.

Also STFU.

And the sidebar is over there (or at least it used to be).

Lift, Faggot, Lift

When I started MRP in January, I was told to lift. I ignored this advice. As far as I was concerned, I was in good shape – I was doing HIIT four times a week at home and had just started a Strength and Conditioning course doing all sorts of things like kettlebell swings, lunges, bear crawls, jumping jacks and some barbell work. Crossfit, basically.

I got ribbed by other members here for not lifting, so I posted a shirtless pic to prove how good I looked naked. “This’ll show these cunts”, I thought. The fuckers laid into me. I was told that I looked like member of a concentration camp. That was one of the nicer comments.

Shortly after that, my wife told me that I looked like I had spent the last year on hunger strike.

I took another hard look at myself and realised that I was fooling myself. Yes, I had low body fat, but my ribs were sticking out, my arms were like chicken wings, my legs were like toothpicks and the skin on my arse was starting to look flabby and saggy.

I was a skinny, unhealthy, unattractive looking motherfucker. I wouldn’t even fuck me, so why would someone else?

And the chances are, that if you are a newb to the forum, then you are equally unattractive – either a skinny boney, weak ass fucker, or a pudgy, soft, fat ass slob.. or some combination of both (read - fat skinny cunt). Either way, you aren’t getting fucked because - you not only act like shit - but you look like shit too.

Don’t believe me? Think you can get away without lifting weights? Think your cardio, bodyweight exercises and Crossfit is going to cut it?

OK – post a pic in the replies below and we’ll let you know how good you look.

Time for a change.

In March this year, I joined the gym and started out with SL 5x5.

I’m 6ft 1”, I weighed 163lbs, Body fat around 10%

My lifts were as follows

Bench – 35kg / 75lbs

Squat – 40kg / 85lbs

Deadlift – 60kg / 130lbs

Basically, I was so weak, that I found it difficult to lift the bar off the rack.

I switched to Candito’s Linear Progression in April and have been running that solidly for the last six months

I now weigh 182lbs, Body fat around 13-15%

My current lifts are as follows

Bench – 85kg / 185lbs

Squat – 120kg / 265lbs

Deadlift – 150kg / 330lbs

I've put on 19lb of muscle in 6 months. And I'm not even jacked. Yes, I have some muscle definition, some abs showing – I've added 3" to my legs and arms 2" to my chest, lost 2" from my hips.

I know I'm a way off from where I want to be / can be in terms of physique and strength. But I have gone from being an untrained novice with subpar strength to intermediate level in 6 months. And I'm looking pretty good too.

I'm not going to post progress pics and I'm not posting my story to get praise. I am posting to show that this shit can be done. And should be done.

How? Sheer dedication. Hit the gym 3-4 days a week at the gym, follow the program rigourously. Eat right, sleep right, lift right, lift a lot.

6 months ago, my wife wouldn't fuck me. I was a repulsive concentration camp victim with bones sticking out. Just yesterday, while I was at the kitchen sink, she grabbed my ass with both her hands and said "mmm, buns of steel". I lifted her up onto the sink and thanked her for her compliment by fucking her on the kitchen worktop.

So don't be a lazy cunt, stop making excuses, get off your fat / skinny arse and start lifting like your life depended on it, because in reality, it probably does.

75

UPVOTES

Everything is about sex. Except sex. Sex is about power.

saltcaptain · 2 May 2018 · Archived copy · Reddit

This is based on a previous comment I made on a [post](#) by u/makethemflaunt

Background

I'm in my second marriage. In the first one I was horridly bluepill, makes me gringe. Posthumously it is not surprising that AWALT happened, luckily before we got kids. But the divorce lead me to the manosphere and I didn't hesitate to swallow the pill. I entered the second marriage a few years later to start a family, but I decided to do it differently this time. It isn't easy, but after finding MRP, reading the sidebar and a bunch of other books I have the resources. Lifting, reading, leading and owning my shit with varying success.

So, sex is about power.

The title is a quote by Oscar Wilde and it resurfaced after used in the House of Cards. It lead me to rephrase the basics in a way that may complement our understanding.

What turns a woman on? The desire of a powerful man. Why?

In order to turn a woman on by dominating her, she has to first know that you are powerful (have high SMV). Then, feeling how her femininity attracts the full attention of your power is a huge turn-on. This way she can feel her own sexual attractiveness becoming power. You will induce her becoming attracted also to herself. At this point using your strength on her allows her sexuality to take over her completely - her rationality and feelings can be submerged under your power. She is free from these burdens for a moment.

What is this power that becomes sexual energy then? It is everything:

Physical power Powerful position in society and social circles Power to attract other women Mental power, frame and self-control Ability to command people and handle situations Skills to channel other people's thoughts and ideas by speech and arts Power to protect Financial power Power to make people adopt to your mood and to induce emotions around you Power to go through and show emotions without shame or getting lost under them Power to act and be decisive when nobody in the world can tell you what you should do Power to remain detached, aloof, not to worry or stress Power to disagree, to say no, to not please, to challenge

(The list is in no way perfect. We can obviously use power = strength = SMV as synonymes in many cases, with some semantic differences in the definitions.)

A feminine woman may have some of these powers in herself, but probably not that many. But if she can attract these powers - you - sexually, she will momentarily channel them, feel them. Her sexual arousal will be multiplied by your power.

In plain language, This is why nice guys need technique to make women cum, whereas powerful men can do whatever they want and she cums. The attention of a weak man is sexually worthless. Of course, a woman can be attracted to a good looking but weak man. In this case the dynamic is likely to be reversed: a powerful woman can command a pretty boy and get sexual pleasure out of her own power.

Masculinity is power, femininity is attracting this power. Men direct power to taste sex. Women direct sexuality to taste power. Therefore, everything is about sex. Except sex. Sex is about power.

75

UPVOTES

Dread-game may be the most important aspect of a Redpill LTR or marriage.

poet1968 · 29 August 2017 · Archived copy · Reddit

Your woman must know that you can pull other women and that sex is non-negotiable. I have been with my wife since I was 17 and she was 16. We married when I was 20 and she was 19. I turned 49 last week and my marriage has no resemblance to the blue-pill marriages of most of our friends. My wife maintains her appearance, fucks and sucks because my dread game has always been strong. I maintain control ... because women want to be controlled. I do and have done all the self-improvement and maintenance inherent in the redpill philosophy. You are responsible for the nature of your own relationships. A year after we began dating, she knew that other girls found me attractive and that she had competition. Example: we are both teachers at the same school and she saw a new teacher fawning over me at the football game Friday night. Without me asking, she sucked me off in the parking lot after the game. Establish dread game early.

75

UPVOTES

One year later

drty_pr · 17 August 2017 · Archived copy · Reddit

When I first found this place, I thought to myself: "man, you're going to be just like TFA! You'll start OYS, bitches will find you irresistible and your wife is going to fuck you like a pornstar constantly!". Well that never happened. Anyway, here is my take. (Apologies for the length)

HOW I GOT HERE

Growing up, I suffered from serious depression. This was the result of abuse I sustained at 9 years old, at the hands of a boy who was 5 years older. I mean, if people found out, I'd be labeled a homosexual and persecuted for the remainder of my life. This caused a paradigm that lasted until I realized it wasn't my fault.

I dealt with it in predictable fashion. Drugs, alcohol, masterbation and a crippling fear of women. Cause if they found out about my secret, life was over. The irony being all I wanted in life was a girlfriend.

Obviously, depression left untreated turns to suicidal tendencies. Actually came very close on Christmas night when I was 18 with a demerol patch and a 1/5 of vodka. A guy I went to school with killed himself over a bitch shortly after this and I realized you only give your pain to others. The suicidal thoughts left, but the depression remained. So did the drugs and alcohol.

Then my friends set me up with a girl. I finally got a girlfriend. Life was perfect! We fucked daily, my confidence soared and I was on top of the world....until that depression crept it's ugly head again. The results being jealousy, insecurity, her loss of respect for me and ultimately her loss of attraction for me. So began the next 10 years of my life.

Again I resorted to drugs and alcohol. I'm not an addictive person, but it helped me to forget about my shit.

I always wanted kids, so we had some. I became very complacent. I never rocked the boat, she always got what she wanted and berated me for no reason. I became the shell of a man. I developed a paradigm again. Only this time it was *I wish she would leave me to free me of this shit, but I'm scared if she leaves I'll never find another girl*. A real scarcity mentality.

She finally convinced me to buy a house 2 years back. This was the beginning of my new beginning. The first time I started to be responsible for my actions.

Shortly after we weighed the dog. Stepped on the scale at 270 and thought "fuckin dogs getting heavy". Put the dog down and stepped on again. 200lbs! Looked in the mirror and said "I'm a fat fuck!". This started a crash diet. Lost 36lbs in 4 months. Not the best way to do it, but it's done.

Shortly after I discover MRP and started to implement small changes. Nothing too crazy, simple leadership/shit test stuff. Then after a couple months I feel I'm ready to post. This was one year ago.

WHERE I AM NOW

Body

While I lost my weight preMRP, it wasn't until I started lifting and eating better that it came around full circle. I weigh 169 lbs with a 14% bf. My combined lifts are 640lbs. Not impressive, but it seems to be working. Muscle is growing steadily, due to a honed in diet. Not to mention how great I feel physically due to both.

I shower/shave daily, whiten my teeth, cut my nails weekly and always make sure I smell good. Upped my wardrobe completely. While I don't wear Chino khakis, Polo's and leather shoes, my clothes are very form fitting, well kept and my shoes are spotless. I present myself exactly how I want to all the time. If I don't like something, I stop wearing it.

- *Always put your best foot forward*

Frame

This was a tough area to overcome. My wife had a tendency of getting under my skin, smelling blood and going in for the kill. Since I've developed a near bullet proof frame, this no longer happens. She can't make me mad and she knows it. She actually loves it, but at the same time she misses her beta. The odd time she catches me with some shit and I slip up a bit, but I see it in real-time and squash it immediately.

- *She can only treat you like shit if you let her*

Sex

Not my most successful part of my MAP. Went from once a month duty to 3x a month; probably still duty. While it's not starfish as she rides, sucks and screams, it's not the quantity I'd like. I've come to terms that this is possibly the best it will get *with her* and threw away the covert contract.

I still like the idea of a side piece. Time will tell if I actually go through with it. Again, it's not a deciding factor of my happiness. I put a lot of thought and effort into trying to spin one. Came real close, could have blown up in my face and in the end, I only wanted it cause I was thirsty. She wasn't worth it. Regardless, if I choose to, I'll own it and have the frame to do so.

A couple weeks back I approached a girl at the grocery store. Hot solid 8. PreMRP, I wouldn't have dreamed of talking to her, nor her me. This time I started to tease her on some of the choices in her shopping cart. She got all giddy and weak in the knees. Couldn't stop laughing or keep eye contact. Not saying she was looking to fuck me, but clearly she loved the attention from a *hot guy*.

If my relationship tanks, I'll do just fine

- *Don't make sex the mission*

Leadership

This is one of my most successful parts of my improvements. My wife defers to my lead constantly. From plans for day trips to ideas about home reno to parenting decisions, she looks to my guidance. Thus absolving her of the responsibility if it goes sour. Sometimes she tries real hard to make a plan on a free day before I can, as if to try to keep some power. I still end up taking charge in the end.

Even the kids have come a long way. They crave that structure. Rooms are getting cleaned more, chores are now a thing and responsibility is becoming a part of their fabric. I struggled to get them to put a toy away a year ago.

This all makes my life easier, having people follow my lead instead of fight me tooth and nail for simple shit.

- *It's not easy driving the ship day in/day out, but knowing that everything is your fault makes life a lot easier*

Social Life

Still needs work, but it's come around a lot. Something I now realize is I hate going to a bar on my own. My town is full of the same bar flies at every bar and everyone is looking to cut lines. Not my type of people. I don't mind going with a friend, but not solo.

I've always had a good group of friends to hang with when I need to get out, but it's not exactly being social when you're not meeting new people. I've joined a group that does charitable work. This provides great social opportunities. It gets you out in the community and known as a good person. Plus it's a good way to make contacts and friends.

- *You don't need to bar hop to meet new people*

Depression

Funny thing is that after I got healthy and went through a rigorous procedure of self improvement, I'm never depressed. I'm actually happy all the time. Never felt better in my whole life.

- *The power of positive thinking is a real thing*

A lot of guys on here have given me really good advice. A few stand out in particular and I wanna give a shout out to them.

u/persaeus - The man who always makes you feel good when you deserve it and likewise makes you feel like shit when it's due

u/weakandsensitive - While you gave me a lot of real solid in depth breakdowns, the real advice you gave me is being unapologetic for the asshole that I am.

u/firetempered - Kinda like the old uncle that gives out golden nuggets of wisdom.

u/stonepimpletilist. The man who always asks the question you don't want to answer, but the answer is always the answer you need.

Lastly, the mods. Thank you for not only allowing, but actually encouraging a no pity, no bullshit, man the fuck up faggot mentality within this community. That's the corner stone and always should be.

Not really a success story in terms of sexual strategy, but I've come a long way towards becoming the man I want to be. Part of my MAP was to give a full year to bettering myself before I make any decisions on where I go with my life. I now know though, that whatever I do, I have the ability to do it from a position of power.

To those who are regulars, keep on keeping on. To those who are new, *Stop being a fuckin pussy. What's the worst she is going to do? Get mad?*

75

UPVOTES

Part 1 - Signs your wife might have a personality disorder

Red-Curious · 12 July 2017 · Archived copy · Reddit

In my experience practicing divorce law in a firm that specializes in psychological issues, I have found that personality disorders have the most significant impact on marriages. There are certainly worse disorders to have (ex. MPD, schizophrenia, etc.), but personality disorders often go unrecognized or thought of as "that's just how she is." As much as you may have gotten used to her antics, sometimes it's good to face the music: she might actually be crazy (and you might be too!).

In this first part I will explain the basic personality disorders and general characteristics for discerning when one is present. As much as we might like to throw around "AWALT," certain PDs do require unique and special attention that general RP advice might not otherwise hone in on in a manner helpful to your unique situation. So, Part 2 will address how to interact with people who have PDs in order to maximize your chance of getting through to them. If you're all interested, I could possibly do a Part 3 on how to negotiate with someone who has a PD, such as in my area of expertise: divorce negotiations.

But first, a quote from the guy who taught me divorce law, particularly to all you who are thinking of divorcing someone who you think has a mental health problem: **"All women are crazy. Every judge knows that - even the women ones. It's not enough to prove she's crazy. Your job at trial is to prove that her craziness goes beyond 'normal woman crazy.'"**

ONE - Borderline - BPD is most commonly found in women, particularly those who have a history of physical or sexual abuse. Borderlines often have a mental detachment from reality. If the ordinary hamster is like driving a car, a BPD's is like the Millennium Falcon on the Kessel Run. They are often very explosive with no rational basis. They are driven almost entirely by emotion with scant ability to comprehend logic in the midst of an emotional episode, although they may appear perfectly normal when not otherwise triggered. **RP men are at high risk** because BPDs are typically very sexual. Their emotional explosiveness causes them to be extremely passionate and have very large libidos. They are also the most likely to cheat on you. BPDs are often very insecure, impulsive, antagonistic, and prone to depression. As a coping mechanism to deal with past abuse or trauma (existent in most people with BPD), their detached sense of reality causes them to experience their explosive fits not as their own life, but as if they are a third person in the room sitting in some out-of-body experience bleachers with a bucket of popcorn enjoying all the drama and entertainment. BPD is often accompanied by a histrionic personality disorder too.

For more information on BPD, check my comments [here](#) and [here](#).

- BPD women are extremely likely to respond to RP men, but for longevity and peace, the strategy requires a few limitations in how to handle explosive outbursts (see my posts above), given that some advice (ex. STFU) will simply not work and will likely make the situation worse.

TWO - Histrionic - HPD is the second most common personality disorder I see in women. It's rare to find men with BPD or HPD. Histrionics are addicted to drama. They will start crap with you not as a fitness test, but just because bad drama is better than no drama at all. They are easily bored. They are prone to excessive emotionality and attention seeking. They are incredibly flirty and seductive so, once again, **RP men are at high risk**. What's so bad? They cry a lot, usually for no reason at all. They are the type of people who are going to embarrass you in public with flamboyancy. They are easily suggestible to being put "on edge." They can't handle being alone, making them very clingy, needy, and very likely to stalk you if they get suspicious. If you take them out on a date, you're a great boyfriend and she can't stop posting on social media about it. If you take them out on another date the following weekend, you're being too nice to her, so you must be cheating. Your car is probably gonna get keyed

when she finds the flowers you bought for her because that must mean you're hiding something and trying to distract her with gifts. Seriously, they make stuff up just to increase the drama levels to feed into their compulsion for exaggerated emotional expression. Interestingly, although they seem highly emotional, it is just that: an exaggeration. In reality, they are often very vague and shallow, not lacking any substance to their emotions. Unlike BPD, HPDs can comprehend and articulate some degree of logic in the midst of their flamboyant emotional expressiveness.

- HPD women are likely to respond extremely well to RP men.

THREE - Paranoid - PPD is the third most common I see in women and is almost always paired up with another PD, although I don't see any overarching trends as to which ones. They think everyone is out to get them. They make sweeping generalizations about their susceptibility for abuse or risk of being used (ex. "Guys don't actually want *me*, they just want sex"). They're quick to make assumptions based on very small indicators. If you do anything to reinforce their paranoia, they will not stop fixating on you. PPDs have trouble letting go of past wounds. Although they usually just want to "get away from the jerk," they can't stop talking about how much they want to get away. They assume he is stalking them all the time because they see him everywhere. As a result, in a relationship they are emotionally distant, constantly waiting for when you're going to show your true colors like she knows you will. This creates self-fulfilling prophecies that can quickly destroy relationships. As a defense mechanism, they sometimes even strike the first blow, hoping that a good offense will be their best protection from the expected imminent onslaught you'll give them. No matter how nice you are, they believe you have some manipulative intention for doing it. High functioning PPDs will believe you are a manipulative jerk, but they will accept the manipulation and look at it as a game that they have to serve back in order to maintain a safe balance in a relationship, rather than letting you be the only one with special manipulative powers. PPDs rarely have close same-gender friends, as they don't trust anyone enough to be deeply honest. When they go out, it's usually superficial.

- PPD women are likely to respond reasonably well to RP men.

FOUR - Narcissistic - NPD is most commonly found in men, but is not infrequent in women as well. **RP men are at an extremely high risk of developing NPD.** NPD is characterized by a disproportionate sense of self-worth and self-entitlement as compared with reality. They believe they deserve special treatment. If their girl does something nice for them, it's not because she's a great girl; it's because you deserve it. NPDs assume they are far more brilliant, attractive, or skilled than they actually are. For the true NPD, this is not a game to set a social presence, but an undeniable fact of their identity. They often live in fantasy worlds about how far their awesomeness might take them in life. NPDs are easily angered and extremely aggressive, especially when confronted with the fact that they share common human limitations with everyone else. They lack the ability to empathize with others because they see themselves as superior and don't understand what it's like to be normal. As a result, they have great difficulty developing emotional or intimate connections. To cope with this difficulty, most NPDs become extremely manipulative, and often consider their manipulative prowess as one of their super powers. Interestingly, most NPDs suffer from other mental-health disorders associated with subconscious emotional insecurity. They have told themselves for so long that they are better than everyone else that they begin to believe their inflated sense of self. Unable to cope with the potential shatter of this self-image, they have a subconscious compulsion to seek approval of others in order to validate their perceptions. When others do not validate this, they see them as (1) "lesser" and incapable of comprehending their true value, or (2) insecure people who have to attack others to hide their own insecurities. These perceptions are often incredibly irrational, and it's absolutely hysterical to watch two NPDs trying to argue, as they both are trying to seek validation from the other on a subconscious level by asserting their superiority (dominance and authority), while consciously trying to come off as if they don't care. NPDs try to present a DNGAF attitude and believe that they actually have this attitude, but are often unhappy

nonetheless and they do not understand why.

- NPD women are likely to express significant resistance to RP men. Although AWALT re: desiring a man to dominate them, these women are going to put up a huge fight. From doing divorce law, I note that the man usually has to have mental disorders of his own in order to get the job done, and then cope with the damage she made him go through on the way. If an RP man does manage to tame her, he's set for a long time because he can then feed into her sense of self-worth by helping her win "The Comparison Game."

With the big-4 done, here's a shorter description of the less common ones.

FIVE - Antisocial - ASPD is very similar to NPD in expression, but the reasons behind it are very different. Although they both come off as extremely aggressive, hostile, arrogant, and manipulative, where NPDs do so out of an inflated sense of self, ASPDs express these things because they have no care or concern with the rights of other people. They lack a core sense of morality common in most other individuals. They often come off as bullies. They are reckless, impulsive, and prone to danger - sometimes because they don't even have a healthy regard for their own rights and safety. Being manipulators, they know how to feign remorse and regret without actually experiencing it. In relationships, they are unlikely to take responsibility for their actions. They don't bother with hamsters because they see no need to rationalize anything in the first place. They are likely to be physically, emotionally, and verbally abusive.

- RP strategy is not likely to work on women with ASPD because they will insist on chewing up your frame, crapping it out, then making you eat it every meal of every day for the rest of your life ... or just leave without a second thought.

SIX - Avoidant - In contrast with ASPD, AVPD is characterized by a hypersensitivity to others thoughts and feelings. They constantly feel like they're being judged, and always feel inadequate. They avoid social situations for fear that people will think less of them for how they interact, creating a negative loop where they can never build confidence. Even when incredibly attractive, they can only focus on their own flaws. In a relationship, women may only want to have sex in the dark so their partner can't see their flaws, or may avoid sex altogether for fear of not being good enough at it. They also have trouble finding relationships in the first place and are quick to latch on to the first thing that comes along, building long-term commitments where they shouldn't.

- RP strategy is likely to work extremely well with AVPD women.

SEVEN - Dependent - DPDs experience a subconscious compulsion to have someone else manage their life for them. They require significant support structures and constantly seek second opinions for everything they do. They are terrified of conflict because friction in a relationship may cause them to lose their ability to depend on that person in the future. At their core, they are people-pleasers. In a relational context, they cannot handle being alone, often trying to live vicariously through their SO. As a result, they are very clingy. When the relationship ends they give themselves no time before immediately hopping into a new one without being able to assess clearly whether or not this is a good idea.

- RP strategy is likely to work reasonably well with DPD women.

EIGHT - Obsessive-Compulsive - Because of public perception of extreme examples, ordinary cases of OCPD often go undetected because they don't seem as bad as what you see on TV. In reality, ordinary OCPD is characterized by someone whose fixation on rules and structure dominates their thought processes. They are often perfectionists who cannot easily settle for "good enough." They are more concerned with doing "the right thing" than what needs to be done. The details are more important than the bigger picture. They are inflexible, and therefore are usually incapable of delegating because the other person might not do it as well. In relationships, OCPDs are extremely controlling and stubborn and come off as "holier than thou" or having a sense of moral

superiority.

- RP strategy likely can be effective with OCPD women insofar as it may actually improve their condition; if the condition is too heavily rooted, RP men will burn out their hamsters because OCPDs won't stop obsessing about everything the RP man is doing "the wrong way."

NINE - Schizoid - Despite public perceptions, when most people say "antisocial" they really mean "schizoid." Schizoids have a limited capacity for emotional expression and cannot for interpersonal bonds. As a result, they withdraw from society, preferring to be alone. These are your extreme introverts, who prefer anonymity in their relationships through online gaming or internet forums without having to build actual relationships in real life. They come off as very awkward and superficial. They often don't express a wide array of facial expressions or body language, making them seem disengaged from conversation. Both because this disorder is fairly rare and because they isolate themselves, it is highly unlikely you will find yourself in a relationship with such a person.

- I have only ever once observed a marriage/divorce with a schizoid, so although I could make something up, I really don't have any evidence on the efficacy of RP strategy on schizoids.

TEN - Schizotypal - Unlike schizoids, schizotypals actually do desire human interaction, but they're so quirky and weird that they can't sustain them. They often have very extreme and unconventional beliefs that are almost certainly untrue, despite the sincerity of their belief. They are also flagrant liars - so much so that they begin to believe their own lies. They lack the ability to retain mental response standards to social situations. As a result, they do not recall appropriate reactions to social situations and often do bizarre or unusual things, like laughing at inappropriate times or moving their body in ways and at times that don't make sense in the course of conversation.

- Similarly, this is rare enough that I don't have any observable experience upon which to opine on the efficacy of RP theory on schizotypals.

SPECTRUM, NOT STATIC - It is extremely important to note that all of these PDs function on a spectrum. It's not an on/off switch. For example, in the DSM-IV days there was a subjective scale known as "GAF" (Global Assessment of Functioning). Someone might be diagnosed with a PD, but have a GAF score of 75, in which case they are moderately functioning with minimal expressive symptoms. However, if the GAF score was a 45 they would show serious symptoms with impairment in social environments. A GAF score of 50 or less is typically enough to qualify for most disability benefits on mental health grounds (SSDI/BWC). So, if you think your spouse might have a mental health problem, try not to lump her into a category - figure out how far into that zone she is first.

75

UPVOTES

Men of March: Day #1

TheFamilyAlpha · 1 March 2017 · Archived copy · Reddit

"From dust we came and from dust we shall return."

I am not a religious man and even I can see that it is no coincidence that we are beginning this journey on Ash Wednesday and living the message of reclaimed masculinity through lent, a period of fasting, or in our case, personal sacrifices.

The topic of ash is a perfect way to start the introduction to the **Men of March**. We have all risen or are going to rise from the ashes of our former 'repressed' selves. Some of you are still burning free, setting all of your weakness, regrets, and desires to avoid reality ablaze. Throughout this month we will burn that repressed self to the ground and from it the true raw you shall rise.

All men will find purpose throughout the posts for the entire month, but the focus is on those men who are balancing reclamation with *self* along with leading, guiding, listening, and sacrificing for the lives they are responsible for.

Single & divorced men have an entirely different reality than that of their committed brethren. I am the voice for those who aren't pulling different women or don't have the luxury to create and follow their own schedule without limitation from those around them.

I have a seven year old son and a four year old daughter, I understand the delicate balance needed to ensure they are given the necessary time required for their personal development as well as making time to keep the woman in our life our lover and not our friend. *I'm with you*

I understand how full your plates are, I see that you're suffering in silence and are frustrated that everyone is just telling you to 'man up', swallow the pill, and stop being a pussy.

For the next month, I need you to recognize that there are zero excuses for inability to perform the tasks. I'm not a single man providing perspective and guidance, I am a fellow **Family Alpha**.

For those who are aware of who I am and what it is I write about, this project is going to follow a different format than my normal format.

I'm not writing about my perspective on marriage, sex, masculinity, or the interpersonal dynamics in a marriage. In this series, I'm writing solely for the **Men of March**, that's *you*. Take a second to look away from the screen and let that *truly* sink in. You're a Man, more than that you're *the Man* and you're worthy of a life that is more than simply existing.

I won't be doing this **for** you; to be honest, I won't even be giving you a very structured program. I will be facilitating you through the path of reclamation of self.

You see, finding who you are as a man, is as unique to you as your finger print.

This isn't about creating any type of caricatures, it's about men being comfortable being men again. It's about tapping back into that genuine *I do not give a fuck* confidence that radiates from men who own their shit and pursue their mission.

Your mission is yours and you alone know what it is.

I could never write a series for each man, so I'm writing a series for *every* man.

These are going to be 'Choose Your Own Adventure' type posts and it's up to you to not only push yourself past your comfort zone but to do so with objective honesty.

I don't know if you gave something your all or followed my challenge for that day, only **you** do. So invest in you and don't let yourself down.

For the next 31 days I'm going to ask you some hard fucking questions and you're going to want to provide the immediate answers you've been trained to give. We're going past the walls you've confined yourself to for years. I'm going to force you into the wild where masculine men run.

I am going to take you, possibly as soft as sheep's fur and I'm going to introduce you to the lions and force you to run with them.

You will make it *if you truly want to*.

If you're a man who is looking to reclaim his masculine nature, then you will and you will forever look back to this moment and smile, thanking yourself for taking the necessary action to own your life and not let life own you. There will be a few challenges and a few rules throughout the month which will be covered below.

Before I get into Day #1, I'd like to preface it with this little piece of advice.

You're reading this for a reason.

Something happened in your life which led you to a place where you recognized the need to create a masculine self or reclaim that masculine man who once was.

*You've probably tried a few challenges like these before, at the least you've tried to make some changes and for whatever reason, **they've never worked.***

The reason you've yet to achieve the level of satisfaction you desire is because you've looked everywhere but inside your heart and mind for the answer to your woes.

*The failure was **yours.***

You are the problem.

*The beauty in accepting this is that **you** are also **the solution...***

Don't quit on yourself this time.

*Don't give in to the incessant pleading from the voice in your head which says, "It's OK to break this little rule, or cheat on this rep because it's just a stupid internet challenge, this doesn't **really** matter."*

Because brother, everything I advise throughout the next month matters.

*It isn't the pushups I will have you doing which will really make a difference, it's **choosing to do the pushups** which is what you require.*

*You **say** you're a man who deserves respect, submission, & inspires fear in his enemies.*

*The motto of **The Family Alpha** is Act, Non Verba which translates to Deeds, Not Words.*

*Stop telling yourself and the world how great you are and **be great.***

I don't want to read a single fucking comment from a man saying, "Hey Hunter, I made it to day 10 then I watched porn because x, y, z."

I don't care; you failed and you know it, you don't deserve the life you see other masculine men living. They worked for what they have and obviously **it's too hard for you.**

*Choose to commit to you; prove to yourself you're worth the life you desire. Brothers, **choose to be better.***

Choose to place your masculine 'self' first.

You've tried all of the other programs and strategies, this one is different. This program is written by the Family Alpha, one of the most genuine blogs there is for masculine men (married or not).

I truly want you to succeed, but in order to do that, you must commit to yourself. Don't give up on you; you're worth it

and you're capable of so much more than you've currently revealed to the world.

*Give me this **one** *month.*

*You can do **anything** for one month if you truly put your mind to it. Show yourself that you are as strong as you think you are.*

Show yourself that you deserve the life you want.

Believe in you and that life will suddenly start to appear.

It starts with you.

Don't quit.

Day #1 Marching into Masculinity

I served in the Navy for 8 years; marching is something I am all too familiar with. While most military men would agree, marching sucks; but, marching is also kind of badass, because you're tight, those around you are crisp and mirroring your every move and you them, there's something in the precision of movement built from hours of dedication which, when forced to display is something you take pride in.

This is exactly what we're doing today gentlemen. We are marching into the month of March with one thing in mind, reclamation and dedication to expressing the masculine 'self' which has been repressed in most, never cultivated in some.

There are a few rules which are **zero tolerance**. This means if you break them, then you, sir, are incapable of committing to yourself.

I have zero fucks to give if you agree with my rhyme or reason, this is my program, my challenge, and all you have to do is read, commit to yourself, and fucking follow the simple rules. The rules of **Men of March**:

1. You will **not** masturbate, edge, or touch your dick for pleasure during the entire month. You can have sex, but not with yourself.
2. You will not watch porn, sexy gifs, look at provocative photos or anything of the sort as this will lead to you breaking rule one.
3. You will do 100 pushups **every day**. Don't give the 'time' excuse, or any excuse as I don't give a fuck, just do them. Break it up however you have to, but before you sleep at night, 100 must be done; chest day or not.
4. You must start reading a book. Even if it's just a few pages a day at first you must be reading a book. I will be reading *New World Ronin* by Victor Pride this month. You don't have to finish the book in the month, just actively read a few pages every day to build the habit. With that said, my goal is to finish the book this month.
5. You have to start giving genuine answers to people. If someone asks if you're busy, don't say "No" when you are. You have to stop avoiding conflict at the expense of your true self. If your wife asks a question, give an answer, "*I don't know/care*" Is **not** an answer a leader gives to his crew. Start knowing, start caring, and start telling the world your true opinion.
6. If you have a vice, remove it. You have to be honest with yourself; if you're overweight and drinking to numb or are smoking pot and being unproductive, **that shit has to go**. This isn't a 'dry' challenge, if alcohol or pot isn't a problem good to go. If it's more than that, leave it be for the month.
7. Every day there will be a challenge, you *must* complete it.

Challenge #1

1. Do 100 pushups.
2. Write down 3 goals you are going to achieve by the end of March. Write down three ways, under each goal, that you are going to achieve that goal. Now do the same thing except lengthen to deadline to the end of June.

You should have six goals & eighteen ways you're going to achieve them.

- 3 Short Term (End of March) with 3 roadmap actions to achieving each.
- 3 Long Term (End of June) with 3 roadmap actions to achieving each

Wrapping up Day #1

Day #1 included the introduction, some explanation, and the rules as well as first challenge. Understand, *you* set the tempo for this challenge. You decide what your goals are and you decide whether they are legitimate or not. I'm not here to judge or discuss what *you* should be doing.

Tomorrow will get a little more personal and will look more like the rest of the posts. This one was to give everyone a tour of the battle field. Now it's time for you to complete your March 1st challenges and start living a more masculine life.

Day#1 Post on Blog: <https://thefamilyalpha.com/2017/03/01/day-1-creating-the-men-of-march/>

I'm much more active on Twitter: <https://twitter.com/TheFamilyAlpha>

75

UPVOTES

The Role of Inspector Faggot: Open Casting is Today!

PillUpAss · 18 April 2020 · Archived copy · Reddit

Introducing our protagonist, Inspector Faggot.

Who is he?

He's Inspector Faggot. No, not **this guy**, just make sure he doesn't look like you. What does our protagonist look like in this tragedy? He is desperately worried his wife/LTR is lying to him, cheating on him, deceiving him, etc. Whatever the fear may be, it consumes him. The thought of his relationship being in jeopardy and losing his oneitis is like a sack of bricks our man must carry around with him everywhere he goes.

What does he do?

Any of the following:

- Monitors and tracks his wife's computer, cell phone and car location
- Drives by places she is supposed to be to ensure she's there
- Calls her way too much, not because he wants to talk to her but because he's looking to investigate her story and police her actions
- Tries to use her friends to unearth her actions when he is not around
- Gets nervous when she goes out, especially on a GNO
- Secretly or not so secretly hates when she wears something sexy out, especially when he won't be around
- Hates that she has guy friends and is threatened by them
- Seeks for ways to prove his value to her and show her his love through his investigations - "it's because he cares"
- Stays home when she goes out and basically sulks and cries - he has limited to no options of things to do without her
- Checks to see if she has used her vibrator - how often, what's the last position she put it in in the drawer, what does it smell like? Is it one of **u/red-spfplus's** models?
- Interrogates her as to her location and activities, looks for holes in her stories, follows up on all loose ends like a good inspector would

The list goes on, but essentially our protagonist friend just gives way too many fucks.

The casting is always open

This character can actually be played by any man weak enough to audition. He comes in all shapes and sizes. The best actors for this role don't lift, don't have their own lives, don't have game and cannot stand on their own. They are the doormats that are grateful to have a spot on the floor. The role pays nothing except false hopes and dreams. It's the shittiest job you'll ever take, but it's always open for the taking.

Why he exists

As previously alluded to, Inspector Faggot plays a starring roll in a greater tragedy that inevitably plays out. He is in a powerless position in his relationship and is a slave to her frame. Her frame is weak, bending and moves at her will, such is the nature of the feminine.

He can never find his purpose and actualize his potential as a man in such a role. Yet he plays the role because he is lost. He is desperate. He has true scarcity in his options. For all these reasons, she rightfully despises him and most likely this motivates her to play out the very scenarios he is so terrified of - she cheats, betrays him, or whatever the swirling art of her mind compels her to do.

Don't be this guy

Catch yourself when you are starting to audition to be Inspector Faggot. Or come to OYS and we'll do it for you. Either way, become aware of your faggotry. As with all problems in life, you are assigning the wrong number of fucks to your relationship. If you truly have the power to walk away, then what does it matter if she fucks up? So she fucks up. Life goes on. You either wish her the best and move on to the terrible fate of fucking a rotation of 20 year olds or you decide to forgive whatever her indiscretion was. There are no hard fast rules on what action you take, but it isn't a big deal either way. Always be clear on what your relationship is - it's an exchange of value. If it ever goes out of balance, you correct it or move on. If you have trouble with this, try giving fewer fucks.

The cameo role: trust but verify

Even guys with decent frame get pulled into the trap of "trust but verify" (TBV) sometimes. Be careful with this role, because it diminishes your ability to trust the relationship and can have you on the slippery slope of auditioning for the full Inspector Faggot role before you know it.

This doesn't necessarily mean you are being Inspector Faggot, but lets face it, it usually does. Security issue? TBV. Kid's safety is in jeopardy? TBV. Some other matter that has heavy consequences (beyond losing your precious oneitis unicorn), then by all means TBV. In all other cases, if you don't trust, don't bother verifying. Again, too many fucks are being given. The only time for TBV is when **outcome trumps relationship**. Otherwise, realize all women (from HB2 trolls and up) will get attention from men, will do shit that doesn't make sense, will hide things from you and from themselves. AWALT. Don't waste your time and attention on this.

Play a role worth playing

Life is too short to constantly be opening investigations and working cases. Don't be Inspector Faggot. Call out yourself and others when they are being Inspector Faggot. No MRP member should be playing this role, ever. If anything, play the role of **this guy** instead.

75

UPVOTES

A how to guide to owning your shit

threekindsoflucky · 28 June 2020 · Archived copy · Reddit

A how to guide to owning your shit

So you've come across MRP and have decided that you want to be involved.

There are two parts to MRP that matter:

- The sidebar; and
- Weekly OYS thread

The order is no accident. Read the sidebar before you think about posting on the OYS thread. There's a better than even chance that you'll get banned on your first post if you've not spent at least a month or two reading. Imagine sucking so much that you can't even properly tell people how much you suck without getting banned.

I'm not going to give you a formula, mostly because I don't care for them. This is about how not to make shit posts. There are a ton of people writing about stuff that doesn't matter, and very few people writing about what does matter.

Why post?

[/u/weakandsensitive](#) said it best:

This forum exists because we want all men to succeed.

This forum also exists to make sure effort is focused towards men who are actually going to succeed - not those who are going to waste people's time with whiny bullshit. If you don't think is appropriate, feel free to go to any of the ask*, relationship advice, or dead bedroom forums that exist throughout Reddit.

The purpose of the OYS thread is for you to... you guessed it, own your shit. Determine where you want to go, determine how you want to get there, and then do it.

Your OYS post should be about you, for you, and about shit that matters.

It's not your counselling service. It's not your life coach. It's not your guide, your best friend, or your wife. You write shit, and if you're lucky, people may decide to point out how you're lying to yourself or whatever. But write about you. Don't ask us to tell you where you should be aiming, what you should do, or how to live. It's your fucking life, figure out what you want to do.

The whole point is to find where you may be going wrong, come up with ways to correct those mistakes and improve. Figure out what you want out of life, and detail how you're faring. Judge yourself, expose your weaknesses and blind spots. Hold yourself up to your own standard and compare yourself against it. It's all of those things. You are responsible for your own change. No-one is going to give you a step by step guide on how to do it. No-one is going to give you an attaboy. It's on you.

It can be useful to you if you actually stick to it, remain accountable to yourself, and tell the fucking truth. Or you could waste your time. It's on you. If you're going to do it, do it properly.

Reasons to post an OYS:

- To process your thoughts on your own progress, areas that may be blind spots, and what you're doing to overcome them.
- To talk about shit that matters

Reasons not to post an OYS:

- Because you want feedback from others
- To outsource decision making
- So that you'll be 'kicked' back into line
- For validation of a decision you made
- You want to be accountable to MRP
- To share your story with everyone
- To talk about shit that doesn't matter

What to post

Post about shit that matters if this isn't already abundantly clear. In terms of formatting, its up to you. You want a shitload of subheadings, dot points and other shit? Good for you. Want to have a consistent formula that covers the main aspects of your life every week? Great. Want to just write whatever you care about right now? No worries.

In terms of content, its up to you. You want to focus on how you landed a big sale this week? Groovy. You're focusing on lifting this week? Cool. Want to talk about what you got out of reading one of the sidebar books? Go ahead. Just make sure it actually fucking matters.

It has to be about you. Your post should be filled with I statements. I did this, then I did that, and I felt like this, and I decided that I wasn't happy about that so I did this in response. That's your frame.

What not to post

Anything that breaks Rule 9 and 10.

If you can't get her to write her about her mindset, focus on the shit that you can control, which are your mindset, thoughts, and actions. Because honestly, I don't give a fuck about her -- and I especially don't give a fuck about your mental representation of her. OYS is for you, by you -- but don't waste your own time and the reader's time focusing on 1) shit you can't control, and 2) shit that ultimately doesn't matter.

Common theme 2 is how you guys write about your sex life with your wife. And the way you guys are approaching this is from a scarcity mindset. Many guys as writing as if your wife is the gatekeeper to sex. In a world with 8+ billion people, this is patently not true. Your wife is only the gatekeeper of sex with her.

If you've made the choice that you're only going to have sex with your wife. That's on you. That's your personal decision. You need to very much own it. And as a result, when she doesn't fuck you -- you don't get to complain, because you've put yourself in that position. You don't get to lock yourself in a cage, and complain about being locked in a cage.

If you think that because you're doing all this self improvement, your wife should WANT to fuck you. Again, you're wrong. We've stated repeatedly that MRP has nothing to do with your wife -- and that doing this for your wife to fuck you is the worst covert contract you'll have. You have NO say in what she does or how she reacts. None. She is free to make whatever choice she wants. Just because you do the work, doesn't mean she's going to want to fuck you. All it means that someone will probably fuck you, maybe, but if you're locking yourself in a cage by your own choice, you don't get to bitch.

Most people who start posting are generally after one thing: More sex with your wife. Rather than me telling you why that is dumb, refer to the [Dancing Monkey Attraction Program](#). Hopefully this saves you the hassle, but you'll probably still fuck it up anyway.

Things you shouldn't post about:

- Your wife.
- Your wife's responses to what you're doing.
- Your wife's thoughts and problems.
- Shit that is outside of your control. If you can't control it, why talk about it.
- Woe is me. No-one cares that your life sucks if you're not doing anything to improve it.
- How much of a victim you are. Life keeps happening to you, but you don't happen to life. Sounds tough.
- She focused narratives
- Shit that doesn't matter
- MRP lingo bingo - stop trying so hard to use 'MRP' terms to make it sound like you get it.

A good tip is to do a ctrl-f search for 'she' and 'her' before you put it up. If it's glowing in yellow, then you've fucked it.

Feedback

You are not owed feedback on your post. If you don't get feedback, it's probably because:

- It's not really that interesting
- Your post is shit because you didn't actually do anything
- There's not much to say
- Because it's Reddit and people have better things to do.

If you do get feedback, spend some time thinking about it before you mash the reply button. Keep your ego under control. If a reply makes you angry, there's a good chance it's right on the fucking money, so maybe think about that before you throw back some ego-riddled bullshit. You may find upon reflection that there was a blind spot that you hadn't considered. Good. That means you might actually make progress.

It's also possible that you don't agree with what someone has said. Cool. Shut up about it. What a great opportunity to practice frame control and STFU by, you know, shutting the fuck up. Wow, now you're implementing techniques at the same time!

Take what is useful to you in the replies and leave the rest.

In fact, that's good advice for life. Take what is useful to you, leave the rest.

Don't forget, you're giving a brief summary of events, the nuances are unlikely to come through. Nor do they need to, because again, nobody cares. Feel free to expand upon things in your replies if you think it's necessary. But mostly, nobody cares.

And for fucks sake, don't be a little bitch. Don't gush when you get kicked down. Shit like 'thank you for owning me' is just embarrassing to read. Don't thank people for exposing that you're a faggot. Think about it, digest it and find out where you're going wrong.

If you want to provide feedback, make sure you actually know what the fuck you're talking about and have some experience in the exact thing you're replying to.

First posts

Ah yes, the first OYS post. You're nervous. Who knows what those big mean men are going to say about you (Hot tip, it doesn't matter, we're just retards on the internet). Before you make your first post, spend some time looking through the weekly threads over the past few weeks. My only advice is again the same: Write for you. Write about shit that matters. Own your problems, don't try to blame your life on someone or something else. Your first post is

mostly going to be shit because you've just started. That's ok, as long as the focus is you.

Here is an example of a good first post

Why is it a good post? Because despite the fact he's a mess, he owns that fact. Look at the 'I' statements. Look at the 'she' statements. He realises where he is in life is his fault, not his wife, or his dog or whatever.

Here is an example of a shit first post

This is shit because he sees himself as a victim. Life happens to him.

There are plenty more examples of shit first posts - however, most people slink away and delete them straight after. Look at the weekly OYS thread and you'll see it time and time again.

Regular posts

Once you get into a rhythm, you should have consistent areas that you're working on. Usually this revolves around reading, fitness, mental models, career and finance. It can be whatever you want it to be, but these are a reasonable place to start. Don't turn these into a checklist of things that you tick every week, or some **dumb grading system**. Again, post about shit that actually matters. Don't fill your post with a load of things you say you're 'going to do'. You aren't 'going to do' shit, so don't bother writing it.

If you want an idea on the mindset you should have, here's a few examples of good posts from people who are putting in the work weekly:

- **DirtyNuke**
- **RedBackedBadger**
- **Ancient_resistance**

There are plenty others putting in the work as well, take a look through the weekly threads and observe.

You must be pretty good at OYS then Lucky

I'm alright. I've had my fair share of shitty posts. In fact, here are some of my worst:

- **Tea and chicken**
- **Blow by blow accounts on meaningless shit**
- **Dancing Monkey**

So I know how to fuck it up.

Couple of closing tips

Don't delete your posts, even if you get shredded or banned for it. Learn from it. Don't reply to people's comments straight away, have a think about it first and take it in. If someone takes the time to give you a detailed breakdown, think long and hard about what they said. TL;dr summaries - just fucking don't. Write about shit that matters. Don't write shit that isn't true. Don't distort your own narrative to put you in a better light. And don't care too much about anything anyone says, it's the internet. None of this actually matters.

75

UPVOTES

How To Get Jacked - A Beginner To Advanced Guide

BecomingABetterMan1 · 10 January 2024 · Archived copy · Reddit

I'm a Reddit noob so you'll have to deal with my shitty formatting.

Everyone at one point has asked the question "How do I get jacked" or "What's the best program".

I recently got this question and went into more detail than I should have for a comment - so I decided to go full bore and make an actual thread for it.

Answer: It depends where you are in development honestly, which is why this is a long answer; it's nuanced.

To preface this: I am speaking from my own experience and the experiences of clients I've trained. I will give my suggestions and explain why. There are many ways to get jacked, but this is the way I recommend to get there with the least amount of fuckery possible.

Step 1: I would have a trainee run **Phraks Greyskull LP** until his lifts stop progressing consistently. This should take a while, anywhere from 6 to 18 months, and his big 3 lifts should be at or above 1,000lbs total. This is an arbitrary number, but I put it here to emphasize how long one can and should run such a program for.

*Feel free to add an exercise of Biceps Curls at the end of each training session (3x8-12).

Why Phraks?

I recommend this because it will give the trainee the fastest strength progression possible as it is a Linear Periodization (LP) program, without leaving any weak points (it addresses all primary movement patterns of the human body... Vertical Push/Pull | Horizontal Push/Pull | Squat | Hinge (Deadlift)).

I prefer Phraks Greyskull over other templates like Starting Strength, StrongLifts, etc because it addresses all these planes of movement.

Additionally there is data to support that beginners will gain muscle at the same rate whether training with strength or hypertrophy methods.

- If both strength and hypertrophy training methods produce the same physique changes, the trainee should be maximizing strength. The alternative is to have the same end-of-beginner-physique, but be weaker than if he had been following a strength template like Phraks.

Lastly, it puts the trainee in a position to do very well in either hypertrophy or powerlifting training methods, while giving him a taste of both if he weren't sure which direction to take.

Step 2: IF (and only if) the trainee is no longer progressing with Phraks Greyskull LP, I would then recommend he start **DoggCrapp Training** with the 2 or 3 day split. During this time, the trainee will learn what it means to really be training to failure, and he will be SORE. A trainee should also be learning how they recover and respond to different exercises (both are rather individual, moreso recovery than exercise response), as well as learning good exercise selection.

Why DoggCrapp?

I recommend this program because nothing teaches muscular failure like Dante Trudel's Rest Pause method. Learning this point is essential for the trainee to continue getting effective reps and avoiding junk volume. People have been successful running DoggCrapp for literally years on end without taking a break; some as much as a decade or more. This program can be the trainee's "forever program" if he wishes.

Step 3a: If a trainee wanted some variety while training with the same DC Intensity principles, I would then recommend moving to **Trained By JP**. While this program corrects a few of the things I may disagree with regarding DC training, I do not think this can effectively be run without first learning to really juice a single set for everything it has to offer. Hence why I start with DC training before this. It isn't necessarily "better" than

DoggCrapp, it's simply got nothing I can criticize.

NOTE: I have VERY few criticisms of DC training and most everyone would be better off taking Dante Trudel's words as gospel until they are at a VERY advanced state of training (by "very advanced" I sincerely mean that you are capable of placing in bodybuilding competitions if you lost 10lbs of fat).

Why TBJP?

I find this program to be extremely effective and allows for significant changes to suit the trainee based on recovery. This is personally my favorite program.

Step 3b: Similarly to 3a, a trainee could do very well by starting **Fortitude Training** (I recommend starting with Virgin Voyage as the system is complicated to set up without this). Paying for the program will grant you access to Scott Stevenson's forums, where he is very helpful.

Why Fortitude?

Some older gentlemen may want to consider this in lieu of TBJP as it tends to be a little more joint friendly. That being said, it is still wildly effective regardless of the age of said trainee. This program is equally as effective as TBJP or DoggCrapp, it just isn't my personal preference.

Step 4: If you are at a point where DC, Fortitude, TBJP and proper dieting/nutrition/gear are getting you progress, you are beyond the stage where I can advise you. Moreover, you are probably getting so jacked that you're starting to turn women off. *(There's a PUA, maybe it was Roosh or Roissy, that posted his experiences with this, if someone wants to link this, it would be greatly appreciated - I cannot find it/haven't read it myself).*

Such an individual is unquestionably jacked, in or out of clothes (if you have to tell someone you lift, you are not here yet); I expect this to take anywhere from 7-10 years of no bullshit training to achieve. 15 years if you're a retard like I was when I first started lifting (15 years ago).

*Note: Where I add one exercise of Biceps Curls at the end of every session – if your wife is training with you, I would not have her do Biceps curls; instead I would have her alternate Glute Bridges on Deadlift Day and “Bad Girls” (adductor machine) on Squat Day. You're welcome.

Note: Any **John Meadows training programs would be a great pit stop in between 1-2 or 2-3, or anytime afterwards. They are higher in volume but absolutely brutal, and I've never known anyone to get smaller as the result of running one.

***Note: If your diet is shit, do not expect anything but shitty results from these programs.

****Note: Your **Deadlift**, **Squat** and **Bench** form probably suck, so watch these videos to save yourself some time, then put up some better numbers.

TL;DR:

- 1) Phraks until you stop progressing for 2 or more weeks. You should be able to follow this to have a big 3 into the 1,000lb club, and then some. Expected 6-18 months, but many could follow this program as written for years or a lifetime if only seeking to maintain with minimal effort.
- 2) DoggCrapp for 3-6 months, but can be run for the rest of your life.
- 3a) TBJP for minimum 3 months, but can be run for the rest of your life.
- 3b) Fortitude Training. Can be run for the rest of your life.
- 4) Get a coach or maintain what you have and find some different hobbies, fuck. Intrasexual competition should not be taken to extremes unless you are a fucking weirdo like me - even then, it is not advisable.

74

UPVOTES

Counterproductive Desire and the Fallacy of Unconditional Love

Red-Curious · 14 January 2019 · Archived copy · Reddit

The Problem

Women are generally more interested in sex when they feel sexy. Blue pill men seem to understand this, but make the irrational next step: "Let's just make them feel sexy all the time and hope this makes them want sex all the time." It doesn't work. At some point, a husband's expression of desire for his wife can work against him.

Someone on RPC recently noted: "I now see the respect of my wife (and her sexual attraction to me) as something to be earned." Shouldn't the reverse be true too? Just as a man wants respect and attraction, women want to be loved and desired.

Rollo does a lot of writing on the way society artificially feeds into these areas for women - online dating, social media, movies, music, etc. are all sources of positive reinforcement for women. But men do the same thing in their own homes. She's wearing normal clothes or business attire and asks how she looks: "Fantastic!" Right? The chick flick trope is when the girl rolls out of bed in ugly pajamas, her hair a mess, and no make-up on and her man is making breakfast without a shirt on, showing off his rippling abs, telling her how beautiful she looks, even on her worst days. It's so magical.

How many men here would have the gall to tell their wives - not as a joke or in a goofy way, but being serious: "I'm not attracted to you." I remember years ago when my wife had no remorse in saying that to me. Now, I know, I know ... we're on an RP forum and everyone here has to pretend his wife is a 9, right? My wife can be in the right circumstances ... but most days she's probably a 6-7. Why? Because for a long time she didn't feel the imperative to doll herself up for me or maintain her physique (thin, but not fit was her MO). There are a couple reasons for this that come to mind:

1. The standard RP answer is: *Because you weren't leading her. If you don't take care of yourself, she'll follow in your example and not take care of herself either.* That was true for a time, but even after I got fit it took a long while for things to catch on. While the "1,000 foot rope" analogy might explain this, there's another explanation that you can actually do something about ...
2. The lesser discussed answer: *Because you keep telling her how beautiful she is and she knows you want to have sex with her.* While Rollo may bring up this point on a societal level, the implications within a single household are still powerful and relevant.

Think about it for a second. Even ugly girls could walk into a bar and say, "I want sex. Who's coming home with me?" and she'll likely find *someone*. Societally, there's no imperative for women to improve themselves, except to find a better guy. Now take that to your own bedroom: your wife calls you into the bedroom. That's her way of saying: "I want sex. Are you coming?" She has no lingerie, no makeup, she's just lying in bed with social media on her phone waiting for you to get her aroused. Are you giving her the same reinforcement that society gives to the single girl at the bar?

Now, the single girl at the bar may have some base desire to improve herself to get a better man if she realizes that the quality she ends up with is fairly low. While all women will have that innate desire, within marriage many women are willing to balance that with a competing desire to make their marriage work. For some, those desires are balanced in completely lop-sided ways, so you get women who are ready to leave at the drop of the hat, and women who for any number of reasons (kids, vanity, money, etc.) will stick it out through 30 years of hell before divorcing her husband.

The point is that if she feels like she's "off the market" for whatever reason, she won't be competing for the better guy - she's only competing for the love and desire of her husband. When the husband gives this freely, she no

longer feels any need or compulsion to put in the work to earn these things (gravitational cores aside, which may be the subject of a future post). If she's gorgeous in his eyes even when she's in sweats with unkempt hair and no makeup, there's really no imperative to doll herself up. "I am gorgeous!" she thinks, rather than, "I can be gorgeous!" That's a big difference.

The Solution

Until about a year ago, my wife wasn't actively trying to earn my love and desire. She assumed from the history of our marriage that she just always had it for free. Then I started doing things to re-shape that dynamic and she has since improved her attractiveness to conform to some of my desires. There's still room for improvement, but here are some things I've found to have worked.

Positive Reinforcement

This should go without saying. When she behaves well, reward her. I have found it most helpful to tailor the rewards to things that encourage similar behavior. If she wears lingerie to bed, buying her flowers the next day doesn't quite cut it. Buying her another pair of lingerie is both rewarding and behaviorally reinforcing. If she does a great job cleaning the house, go for the flowers - it reinforces the decor of the home. If she cleaned the house when you really just wanted a crazy night in bed, buy her the lingerie anyway and not the flowers.

Negative Reinforcement

Calling out her negative behaviors as they happen can be helpful. Employing active/intentional dread can also be effective, communicating: "If you don't live up to my expectations, I can find someone else who will." Withdrawing your time and attention fall into this category as well.

Non-Reinforcement

Communicate your expectations up-front. Put her in a position where she must make an active choice to respect or reject what you tell her. Most women prefer plausible deniability, and thus skirt around overt conversations, sometimes even overtly saying, "I don't want to talk about this." As long as you never tell them something explicitly, they can find a reasonable excuse for not doing what you never told them.

To be clear, if she knows you always want to have sex with her, she may not care about whatever expectations you set around sex because she knows she can always get sex from you when she wants. It's often suggested that a man should never turn down his wife's sexual initiation, no matter how poor - reinforce that good behavior. But what if she's in that unkempt, social-media scrolling mode when she lazily says, "Do you feel like coming in here?" Is that behavior we want to reinforce? No. Solution: Rather than turning her down, say, "Sounds great. You get on some stockings while I grab the whipped cream." You're now communicating a clear expectation that she must either respect or reject, setting a higher standard for what sex will be like rather than the laziness she was anticipating.

Another option is simply not to provide any positive or negative reinforcement to neutral behaviors. If you give positive reinforcement to neutral behaviors, she assumes it's a positive for you. For example: my wife shows me a new outfit to wear to a work conference. I'm not into work clothes on women, but I recognize the appropriateness of the outfit given the occasion. Instead of telling her she looks fantastic, I say, "It looks like you're going to a work conference," pat her on the back, and carry on.

RESULT? - Instead of a 6-7 her default has upped to a 7-8 in less than a year. Progress.

For any Christians, there's additional biblical information on the [r/RPChristians](#) version of this post.

74

UPVOTES

Remove the Man 2019

Rollo-Tomassi · 9 January 2019 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2019/01/08/remove-the-man-2019/>

Excerpt:

Today the **American Psychological Association** issued its first-ever guidelines for practice with boys/men's. In it the concept of conventional (traditional) masculinity is outlined as 'harmful'.

The main thrust of the subsequent research is that traditional masculinity—marked by stoicism, competitiveness, dominance and aggression—is, on the whole, harmful. Men socialized in this way are less likely to engage in healthy behaviors.

It would be easy to refute this basic presumption with countless examples of how all of these traits, most of which are innate parts of men's evolved mental firmware, have been key in developing a civil society as well as healthy masculine identity. But what we're seeing in this is a corruption of language that is leading to the standardization of the corruption of thought.

Stoicism, competitiveness, dominance and aggression are evolved aspects of the male psyche that have served men for millennia. To the Red Pill aware man this is self-evident. What is less evident is the new context in which these 'educated' men apply meaning to these terms. Academia has been so thoroughly assimilated by the Feminine Imperative that the men making official decrees about psychological principle no longer have the insight to understand that their perspective is informed by *'female-correct'* thought.

74

UPVOTES

Wife Going Out To Socialize With Men

coachdad8 · 13 December 2018 · Archived copy · Reddit

Last week's post about a **wife going to drinks with coworkers** struck a cord with me because I noticed 99 comments and 2 distinct camps. **I added my 2 cents but later realized the logic of the other side.** To summarize, a wife has been going out with male ex-coworkers to get drinks. Husband wants to know if he needs to draw a hard line or let it go and play aloof.

I was staunchly in the draw a hard line and don't back down camp. I see it as a sign of disrespect, and once a man loses that respect, it's difficult to recover. Now, after following the thread I see the strategy of playing aloof so the underlying problem can be addressed first, which is the lack of feelz from her husband and the desire to get it from a group of fun-loving, partying male co-workers. Of course she could just want attention from every guy she meets, but let's just go with the more probable scenario that her husband isn't providing enough stimulus and she's bored.

What struck me in the comments was the tendency for both camps to criticize the other side instead of realizing they both could be valid depending on the circumstance.

Play out a couple scenarios because the wife/husband dynamic determines which course is more effective.

Scenario One: I tell my wife if she continues disrespecting me with these guys then it will jeopardize my monogamy which is already hanging on by a thread. Tell her if she wants to open the pandora's box of drinking with the opposite sex, then let's do it but don't get hurt feelings. Result: Either she calls my bluff and we now have a semi-open relationship, she stops seeing the dudes, feels guilty and has loyalty to her husband, or she still sees them but behind my back.

Scenario Two: I play aloof and crack a few jokes but make an effort to add some feelz back in the relationship. Plan some trips, have a few date nights, and generally be more fun to be around so she gets that validation from me. Either she stops boozing it with dudes because I'm once again Mr. Goodtimes until she gets bored again, or she now double-dips and gets entertained by both groups and I really have to work on DNGAF.

Wrapping up, my conclusion was that you know which approach is best for your relationship. I could also see using both at different times - acting aloof until she crosses some line like being out past midnight then going ultimatum.

The point is that I didn't see anyone in the comments mention that we're all on the same team working for the same results and sometimes it's just two different but equally effective strategies. The discourse can turn into the Democrat v Republican or Christian v Atheist debates where one takes a stand and anyone who disagrees is a moron. Most of the topics of MRP are black and white and listed clearly on the sidebar. But the gray area does exist and it would be beneficial to identify those early and keep it constructive. I'm here to improve. I can't learn and change if I think my opinion is always and only correct.

Also, coming up on my 1 year MRP anniversary and wanted to say thanks for the help.

74

UPVOTES

The Three Dysfunctional Captains and First Officers of Married TRP

jacktenofhearts · 12 March 2015 · Archived copy · Reddit

My first attempt to post something to /r/marriedredpill and not just comment. Hope y'all enjoy it.

I've noticed with men having problems with their marriage, their wife's behavior seems to fit three archetypes. I'd like to outline them here and I'm curious if you gents will agree with me.

1. The Drunk Captain With A Pissed First Officer Who's Had to Take Command:

Your wife asks you to pick up something from the grocery store for dinner. You pick up a slightly different brand, size, etc of whatever she wanted. This results in her yelling at you and criticizing you for a lot of unrelated issues. She works all day, she's waking up all night, breastfeeding your infant child, and you're apparently so worthless you can't even pick up the right kind of ground beef. The warmth is draining from your marriage, and you feel you're try your best to make her happy, but she seems to find fault in even your most minor mistakes. In the morning, she hinted at having sex that night, which you were really looking for to since it's been a whole month. But then you had to go and buy 90% lean ground beef instead of 93% lean ground beef, didn't you? That 3% more fat might as well be the 0% fat chance you have of having sex that night.

The Problem: If your story starts with saying, "I was alpha, met my wife, and turned beta," this is probably you. But your wife didn't turn you beta, you did. In other words, you're the Drunk Captain.

It's not about the groceries. She's berating and henpecking you because she's pissed off that you haven't stepped up as leader of the household. She's reluctantly had to take the reigns, because she feels the ship will crash otherwise. She's no longer telling you what structural improvements she wants -- she's given up completely on your ability to execute anything meaningful. So all your attempts to "help" are looked at almost with contempt. No amount of running errands or doing chores will make up for the major deficiencies you've allowed in your life.

The Solution: Get your shit together. Read MMSL, and start working on your MAP. Make those structural improvements she wants. Hit the gym. Focus on work. Make real improvements in your life and in your children's lives, if you have them. This will almost definitely piss her off at first. Like I've said, she's written you off. When she sees you doing things like going to the gym, her gut reaction will be, *"Oh, the Captain thinks he can just sober up and take command overnight? I don't trust him for a minute."*

There will be a period where she doesn't trust your leadership, and on top of that, now sees you declining the pathetic ways you used to "help" her before. This will be tough and you can expect a lot of Shit Tests, but your road is actually is the easiest to navigate of these three scenarios. This is because your wife fundamentally wanted to be a First Officer, not a First Officer Who Had to Take Over For a Drunk Captain, which is why she was attracted to the Younger Alpha You to begin with. Follow your MAP, maintain your frame, and become that guy again. You'll know you've turned the corner when those Shit Tests have given way to Comfort Tests, and you'll eventually be able to regain her trust, respect, and eventually admiration.

Degree of Difficulty: Depends on how long you've been figuratively drunk, but this is the easiest of the three dysfunctional Captain and First Officer scenarios. The failure mode here is the husband's decline into betadom, the woman's nagging/henpecking as she's resentful she's had to take command, and the husband lets himself be beatdown by said nagging/henpecking. Then they go to "marriage counseling," which only encourages a deeper rift. The husband is told, "you need to appreciate your wife," but no amount of appreciation will make her happy -- she doesn't want to be appreciated for being in command, she doesn't want to command the ship at all! And the wife is told, "you need to stop busting your husband's balls," but the easiest solution to that is to stop making them such a big target!

2. The Captain and the Constantly Complaining Passenger:

You've made plans to meet up with some friends for happy hour after work, and you're excited; you haven't seen them in months and you feel lucky they're even still talking to you. You're wrapping up your day at work, when your phone starts vibrating; it's your wife. Just seeing her name pop up on your phone causes your gut to tighten and make you feel slightly anxious, even if you'd never consciously admit that to yourself, let alone her. You pick up the phone, and she immediately launches into how annoying her job was that day. Normally you'd entertain the hours of verbal diarrhea that inevitably will come out of her mouth, but you're going to be late to meet with your friends. You try and gently interrupt her story, which immediately causes her to direct her wrath at you. "So it's more important for you to get drunk with your friends then listen to your wife's problems. I see how it is." You try and backpedal, offer to keep listening to her, but now she's entrenched in her anger at you. You defend yourself, saying you're hardly going to "get drunk," and will be home well before 7pm. Some how this leads her to start crying, saying how stressed she's been lately and how she feels so unsupported by everyone, including her own husband. You sigh, tell her you'll be right home. Looks like happy hour isn't going to be so happy for you after all.

The Problem: You're the Captain, but somehow this means you're responsible for everything that goes wrong, and don't get any credit for anything going right -- pretty much as discussed in Rollo's post "[Mutiny](#)." Your wife isn't a First Officer, she's just a passenger -- and a very critical one at that. If your wife feels negatively for any reason, it's automatically your fault. If anything negative happens to the family; again, your fault. It's impossible to reason with her, because so much of her responses to anything are based on her "feelings," and she has a way to twist anything she doesn't like as your lack of consideration for said feelings.

Pick your analogy: eggshells, a tightrope, or a bed of nails, either way, you're walking on them constantly and it sucks. Any suggestions from her are basically just negative criticism, and work much like George Steinbrenner's old rationale for insulting players in the media. If you fuck up, she was right. If you succeed in spite of her criticism, then she "lit a fire under you" or "is glad you proved her wrong by finally stepping up." Your sex life isn't barren, which is nice, but only seems to happen after an epic fight, which isn't so nice.

The Solution: Your story probably doesn't start with "I was alpha, then became beta." Sadly, you were probably "beta" for most of your life, likely stemming from codependency issues developed during your youth. Your parents divorced and you found yourself having to console and comfort your mom or younger siblings, and this what you equated with "love" -- protecting people from bad feelings, even if you have to take responsibility for all of them. Or attributing love to dealing with some sort of conflict, even if it's self-imposed.

So Mr. White Knight, this doesn't get any better until you stop that. The good news is, you're probably already a pretty good Captain. Anyone viewing your marriage from the outside would probably see a nice house, happy kids, bills paid, and food on the table. You can't turn your wife into a good First Officer overnight, but you can stop caring about her criticism about your failures. It's going to be terrifying for your wife to not have you taking responsibility for all her emotions, and you're going to see that right away. She'll alternate between Shit Tests and Comfort Tests, sometimes within the same conversation. She'll criticize you, get hysterical when you brush it off, and then end up in tears because, "it just seems like you don't love me anymore." This likely won't end until you manage to hold frame through a level DEFCON1 Nuclear Shit Test, but then there's nowhere to go but up from there.

Your bible is WISNIFG. For too long, you've attributed your value to how pleased others were by you. That needs to stop, especially because chances are your wife isn't the only codependent relationship you're in. But while your game is *boundaries*, this is going to instill a radioactive level of Dread in your wife without you even trying all that hard. Focus on techniques like Fogging and Negative Inquiry and Negative Assertion, because this gives you the best chance to navigate setting boundaries without your wife freaking out that "you hate her and she can't live like this anymore," and torching your house.

Degree of Difficulty: Generally this marriage is what happens when you mix a codependent man with a "Cluster B" (narcissistic, histrionic, or borderline) personality disorder. If these traits are acute in you and/or her, get ready for a lot of intense drama that your marriage may not survive. Your wife may decide that taking responsibility for her emotions was her condition to being married to you. Or you may feel her hysterics are just too emotionally trying for you to keep maintaining frame.

Otherwise, if you'd describe your wife as just "emotionally needy" but not necessarily to a pathological level, you should be able to come out of this just fine. The only other pitfall is when you inevitable instill that Dread, you'll be tempted to enjoy and relish it. The opposite of Dread is taking you for granted, which is what she's essentially done for most of your marriage. You've probably built up some resentment about that, and it'll tempting to watch that Dread and even intentionally fail Comfort Tests. But you do you want to save your marriage, you're going to need to learn to resist this.

For what it's worth, this is only scenario that I consider talking to a professional -- separately -- to be helpful. Individual therapy can help you overcome your codependent ways of thinking, and if your wife truly is truly a full-blown Cluster B, a professional will be able to help her deal with (or medicate) her moods in ways that you can't.

74

UPVOTES

Can you be humorously stoic?

BobbyPeru · 3 September 2020 · Archived copy · Reddit

I haven't posted anything a while. See, that's what happens when you read the sidebar, lift, OYS, and have a mission... you get too busy to always be able to comment in the first hour or 2 of a post, which are *usually* where the top comments will come from (not always).

Anyway, I've been thinking about **genuine frame**

In order to make progress, a big prerequisite is downsizing your ego and getting honest with yourself. I observe a lot of new guys talking out of both sides of their mouth. It's ok - it's how most of us arrived here - **confused**

Confused on so many things.... like when they say STFU, do they mean it literally. At one point, I actually took STFU literally (spoiler alert / I don't now). STFU means speak more deliberately and stoically ****while also maintaining a sense of humor.**

Is that even possible? - to be stoic and humorous simultaneously? Yes, it is... in fact, it is preferable.

Don't take your women so damn seriously

This is where humor and stoicism intercept.

However, first, you need to concentrate on the basics and become the best man you can be in all areas. **The basics: lifting, eat clean/get lean, sidebar, stfu.** Too many men come on her looking for an instant fix or they want to reinvent the wheel.

Once you invest in the basics over an extended period of time, you will stumble upon a resource that you couldn't previously access:

Frame..

The reason you couldn't access frame before is because it is an inside job, and faking frame won't get you far. As a matter of fact, faking frame is likely to backfire on you and set you back even farther than your newbie faggot ass is.... because people (particularly your woman) will see right through it, and she will throw creative shit tests at you that you never knew even existed.

See here's the thing... women own social and verbal battlefield due to hundreds (perhaps thousands) of years of evolution. Why would you want to fight on that battlefield?

This is why you do the work for YOU. Building the frame will come as a natural result of doing the work. But, I don't go out with the idea thinking "ok Bobby, I'm going to build some frame now" and then start trying little tricks and gimmicks to prove my frame.

Tricks and gimmicks are for PUA, and even in PUA, their effectiveness is limited because if that's all you have, you will be unable to successfully spin plates, and the first time you try, one of them will lock you down, and then most likely dump you after you drop all your other "plates" and lose all passive dread power.

But, I digress.

Back to frame - you build it for yourself by trusting the process, and then it just happens.

One day your wife throws a shit test at you that would have made you lose your temper, yell, get butthurt, and run out of the room like a little child... **but this time something different happens**

- You don't GAF
- You find it humorous (amused mastery)
- Maybe you agree and augment it, and you genuinely laugh at your own response... **and she does too**

- Your mind is quiet and you don't feel stressed about the test
- Or perhaps you feel agitated, but you STFU (**stoicism**)
- You have genuine frame and **you possess humor and stoicism simultaneously**

Yes, it is possible. But, you have to put in the work -

- Do the readings (not just a few books / all of them).
- You have to get lean and add muscle.
- You have to do weekly OYS posts
- You have to STFU and not engage in petty arguments. Make it simple... learn the art of not arguing, but pick your battles if a serious line of disrespect is crossed.
- If you don't pick your battles wisely, you will get caught up in endless petty arguments-

if you find yourself having endless petty arguments, That is a reflection of your lack of leadership and lack of attractiveness.

That is on you, and you need to fix **you**

So,

- Learn amused mastery,
- practice A&A,
- practice fogging and flipping the script...
- but learn the subtle art of not giving a fuck (there might even be a sidebar book about that).

Learn how to STFU and not engage

Learn how to do all these things.

How?

By doing the work and trusting the process

The result - The ability to Be naturally humorous and stoic. Learn to feel pain without being a faggot and escalating it into something 10 times worse.

Learn to make the stay plan the same as the go plan.

Learn how to become a real man.

But, be patient - It takes time and effort, and it will be harder for some than others Depending on how deep your blue pill conditioning runs.

Get up when you fall. Get right back up on the fucking horse no matter how badly you slip backwards... just STFU and get back on the horse. It is better get badly wounded on the horse than to fall off and bitch about it.

Become humorously stoic by doing the work And trusting the process

74

UPVOTES

From purple pill married to fully red pill: My Journey

Ceerum-Tr · 24 July 2019 · Archived copy · Reddit

In the last 4 years, I went from purple pill to red pill. It was quite a journey, because the red pill is fucking tough to swallow even though you know what to expect from married life you still have to go through the motions.

I never wanted to become one of those depressed married guys that walk around with his head bowed down, so I knew before I got married, I need a different path. I'm coming close to finding it.

However, it didn't stop me from becoming a fat married fuck in the first 2 years, who became comfortable because he married a 9.

After 2 years I woke up and started lifting.

TL:DR --->>> <https://imgur.com/a/bjd9hGS> (2 years of lifting). Just to confirm no incel is writing here.

These are the tactics and tools I used, that helped me tremendously. I will skip frame and all the other obvious steps.

Lift

Raise your SMV. Regardless if your wife is hot or average stay home mom. Your life is not circled around her. Get a decent workout plan and execute it without excuses. I managed a six-pack in those 2 years with just 3 times lifting a week and following macros. Including all the day to day stress with kids and work.

Books

We all heard the top 10 list of books a red piller should read. For me personally, the one I was like "FUCK I wish I read that when I was 16" was "**The Way of the Superior man**". Must read!

Other recommendations

Meditations - Mark Aurel

The one Thing - Gary Keller (productivity bible)

King, Warrior, Magician, Lover - Rober Moore (incredible insight in the male psyche)

Do the Work - Steven Pressfield (no bullshit, straight in your face advice for being productive)

Sex at Dawn: The Prehistoric Origins of Modern Sexuality - Christopher Ryan

Bonus: Bhagavad Gita

Its a book on the more spiritual side, which counters the hyper rational red pill theory. However, I found a lot of

truth in this book and it helps if you have some narcissist tendencies. Jordan Peterson once said, if you are rather on the selfish side, you need to do some selfless deeds and vice versa this book helps a lot.

(If you are a blue pill guy, "No more Mr. Nice Guy" is your pick)

RDG - (Random Dread Game)

This is a theory that made my life a lot easier and keeps my wife on top of things. Now I assume we all heard of the step by step guide of dread game. If you have a very jealous wife, this might fire backwards, so readers discretion is advised.

I realized whenever I played good old husband, sooner or later my wife gets bored. She went out drinking with the girls, which from a biology perspective means, looking if better mating partners are out there. Of course she will not admit it, but it is what it is. Since I went from fat boy to hot guy, those days are gone. She wants to stay at home. All those depressed married female friends that want to go out with her, gave up because she keeps saying no.

Possible Reason?

One thing I keep doing is use a Random Dread game tactic, which most of the time means meeting women who are preferably hotter than my wife. I got a few female friends, with no responsibilities who are in their early 20s. Of course none of them would admit that they want to fuck me. It required a lot of self-discipline to not fuck the shit out of them, but it makes my life so much easier to have them around.

My wife knows any minute, any day, any week, I can have a woman which is into me, younger and some better looking. There have been quiet a few main events leading up to this, but it worked out. She's never happy when I'm out with a "friend" to smoke hookah or grab a few drinks. Some of them she likes and she knows them from the gym I work out at.

Kids

One of the things I always do, take care of the children. I drive them to schools, kindergarten. Spend time at the playground with tight shirts, while all the other moms have to act like they are not keep staring at me. I support them in sport activities and keep on doing it, whether my wife is with me or I'm alone. Doesn't make a difference.

I'm always prepared for divorce, so one thing someone will not say, is that I don't take care of my kids.

Reminder: No Love

I'm sorry, if there is still any doubt in you, but there is NO LOVE in a male/female relationship. It's the second BIG TRUTH in our society, right after there is no Santa Clause. I once had the purple pill thinking "I keep frame and do most of the red pill things, but I think I found me a good one". Later on, I came to find out I simply reached **deep conversion**.

Room Competition

I have a rule, if I enter the room and I'm not the fittest, best looking man in the room, I leave quick. I make sure, in the Nr. 1 next time we barbecue, have dinner or do some of those other mostly boring married life meet ups.

This led to the richest guy I know wanted to be me. Wanting to spend time with me, but I refuse. I gave up on dropping any red pill knowledge. He even keeps telling my wife "Look at your husband" "This is the man" I don't respond to those non-sense praise (I just smile a little to not be completely anti-social), because I'm immune against criticism and I'm immune against praise. Can't have one without the other, so fuck both.

Sex

Sex is still underestimated. I make sure, that in a 50-mile radius, there is no one who's better in bed than me, other than maybe some porn star on drugs. In the past few years the wife went from being into me a decent amount into getting wet just by being close to me. (no I don't exaggerate)

From my own experience, this is the most effective way to not come too quick and have your wife get to at least one and most of the time multiple orgasms.

Start with Missionary (Count to ~30-60 seconds) > Doggy Style (count to ~30-60 seconds) > The Captain as long as you like.

This is the base. At the end, I do whatever the fuck I want as a finisher.

Important:

- Keep your Jaw TIGHT! You cannot jizz with a tight jaw, so don't relax it.
- Breathe in for 4 seconds and breathe out for 6 seconds. This will activate your parasympathetic nervous system. ([research here](#)). If your body is in a relaxed state, you can't jizz.

There have been times in my early 20s where I jizzed so fast, I never got a call back from a potential plate back then. Now, I choose when I come.

Daily Routine

My perfect daily routine in no particular order. (I read in the book *Time Warrior*, that you shouldn't have a set time, since time is not linear. It helps me getting shit done when I stay on top of things.)

I try to keep it as simple as possible because whenever I had too much stuff on my to do list and set times, I end up being frustrated for never hitting close to 100%.

So this is the perfect day for me

Wake up 4 AM.

short Yoga Session & Meditation

Read

Prep Breakfast for Kids (I got a license as nutritionist, I prefer taking care of highly micronutrient food and not leave it to my wife feeding cereals, toast or whatever the fuck mums feed)

Work out

Work

Spend time with kids

Learn with the pomodoro technique(will be a life-long student of some sort, always some education or in the future language I will learn, as you probably already figured, english is not my first language)

Spend time with the wife in the evening

Go to sleep

Struggles

I went from depressed semi suicidal fuck to calm balanced and shredded Übermensch.

However, I keep having struggles. Every now and then, I fall back into old habits. Even after almost 1 year no fap, I went back to porn for a short while, fucked up my diet, reinstalled old computer games, smoke weed and went on a dopamine binge. Too lazy to go out with the kids, like all the other fathers in the neighborhood. It's insane how disciplined you can live and fuck it up in no time.

My estimate is I fuck up 2-3 times a year for 2-3 weeks and then get it back together. I fight on decreasing the fuck up times and at some point get them to zero. I'm sharing this so you know however good you think you are, old habits root deep, I fight them as well.

Hope this helped some of the warriors out there fighting reality.

Like Rodriguez said in my favorite documentary "Searching for sugar man"

"Nothing hits as hard as reality"

74

UPVOTES

Execution focus and self evaluation

Sepean · 25 September 2020 · Archived copy · Reddit

A lot of otherwise smart people who understand the importance of improvement place a huge emphasis on learning. They read and read, apparently expecting something to magically click inside of their heads and then they'll become awesome.

I've seen it in guys struggling with the red pill, they read the sidebar and devour content but don't get anywhere with their romantic life. I've seen it in managers, always reading books about leadership and saying the right buzzwords but applying so little of it in their actual work.

What they lack is execution focus. *Understanding* a concept is by far the smallest part of *doing* something well. Nobody gives a fuck about book smarts. You can know every single relevant thing about making a perfect golf swing and still suck at making shots. That's obvious to everyone, but as soon as we leave the realm of physical skills many people forget that.

To learn how to do stuff well, you have to practice. And that takes time and effort. You do it, again and again, until you get good. That's how you build skill, and building skill is absolutely essential for being able to execute.

This sounds like a no-brainer, but the reality is that a lot of people will read and read, but never take the time to practice and build skill.

If you read a book or watched a youtube video on something you'd like to be able to do, and you can't do it well yet, then ffs don't move on to the next book or video. Make a plan for how you'll practice, and go practice. Again and again. Stop focusing on learning and instead focus on execution and building the necessary skill.

There's been many studies done on how to develop skill. Some basics I won't touch on further is being motivated, finding joy in what you do and take a break before you begin hating it, and visualizing.

What I'm going to focus on here is having a solid self evaluation loop.

Studies in sports have shown that for most people, their skill development is slow and after just 50 hours it drops to almost zero. The people who not just learn things quickly, but more importantly who continue to progress after they got the basics, all have a strong focus on self evaluation.

First, you break it down into smaller parts. There might be 5, 10, 100 different aspects to a skill, and if you try to just "learn to golf" there are way too many aspects for you to consciously comprehend and evaluate. The solution is to identify one aspect you want to improve on, ideally the one that will have the largest impact for the time and effort put into it, and work on it. Focus consciously on improving it when you're practicing, and evaluate on how well you did afterwards, and do that as often as possible.

Self evaluation is essential to building skill.

Let's take an example: you want to signal stronger frame. Part of that is to appear more confident, but that's still too broad. You identify that your body language is tense and fidgety. Presenting a relaxing and calm body language, that's something you can work. So you consciously check your posture to ensure that you have a wide and tall stance, that your hands are open and apart, etc. That's a self evaluation and improvement loop you can have running many times a day, and over a few days you'll be able to eliminate some bad habits and work in some good ones. Then you switch to another aspect and repeat the process, run the loop again.

The key parts are actually practicing, ie. doing it, and the self evaluation. A lot of the time, neither of them are fun initially, but find the motivation to do it. Often it does take long before you turn a corner where you begin feeling competent and seeing some progress, and then it becomes fun and easy to do. Take something like talking to strangers to learn approaching and dread game, most guys find it horrible initially, but then it works one time and then another and then they get hooked on it.

How good is this process of execution focus and improvement loops? Imagine a guy who read a book, then went back to the chapter on approaching and every few days picks a new aspect of it, puts in effort to practice it by actually doing it, self evaluating each time and working in improvements. He does that for a few weeks, then picks another chapter on something else and goes out and practices that, self evaluating on one aspect at a time.

How well can that guy execute in 6 months? Pretty damn well. He'll have built real skill, he'll have seen real success, and that'll built real confidence and frame.

Compare that to a guy who instead read 4 books, and along the way he tried to half-ass a few things, found it didn't work too well and instead of practicing he went back to read about something else.

Bottom line is, it's not about what you *know*. It's about what you can *do*. There are way too many red pill aware guys who never went out and did the work needed to become awesome.

Stop the content consumption, stop thinking that if only you knew more you'd get that insight that would make you get it. It's bullshit and doesn't do shit for becoming red, learning to play golf or anything else in life.

Focus on execution. Build skill. Self evaluate. Run the improvement loop, over and over.

74

UPVOTES

STFU Ground Zero for Dummies'n'Faggots

AlohaMaui808 · 26 October 2019 · Archived copy · Reddit

So you're new to MRP. you're Lifting, Reading, and you think you're STFU - kind of, sometimes. *Maybe?*

The concept of STFU isn't that hard to understand, but some (most) beginners have difficulty with the *execution* of STFU because their mind is racing as whatever is happening causes them to panic, and they quickly crack open their pie-holes to start DEERing away. I'd like to suggest an activity for you to be doing as you STFU, to help keep you calm and focused, and as a bonus it should also help you ID some internal shit you can work on after your panic moment is over. It's especially effective for those who have a weak frame or no frame. However for more advanced MRPer's this may be a good way to more deeply reflect and self-diagnose during introspective periods, or after a slip in frame.

Take it if it works for you, leave it if it doesn't. It's just another tool in your toolbox.

“Anyone can get angry—that is easy—but to get angry with the right person, to the right extent, at the right time, for the right reason, and in the right way is no longer something easy that anyone can do.”

—Aristotle

The ATC Model

Gentlemen, introducing ATC - a key foundational module of the Army's "Mastering Resiliency" Training Program, adapted for MRP by yours truly, a Master Instructor for the MRT Program.

ATC stands for [A]ctivating Event -> Heat-of-the-Moment [T]houghts -> [C]onsequences - Emotions and Reactions

Ex: [Activating event] You try to initiate sex, and wife says "I don't want to, you're a loser." [Thoughts] You have Heat-of-the-Moment Thoughts like *"I'm NOT a loser, she's just a mouthy bitch!"* and/or *"I deserve sex! I (insert shit you do here) don't I?"* (keep in mind you are STFU - so this is a Heat-of-the-Moment THOUGHT, not something you say out loud like you used to faggot, the point of STFU is to stop DEERing) Then after these instant initial thoughts, [Consequence] you feel an Emotion and/or have a physical Reaction such as you feel anger and an adrenaline rush gives you a rapid pulse for fight or flight, maybe you even get sweaty. Or maybe your Emotion is shame and your Reaction might be that you leave the room and start drinking. Probably both of those at once.

Ex: [Activating event] Your son scores the match-winning goal at the homecoming game. [Thoughts] You have Heat-of-the-Moment Thoughts like *"All that practice we did sure paid off!"* and *"I'm so proud!"* Then after these instant initial thoughts, [Consequence] you feel an Emotion and/or have a physical Reaction such as you feel happiness and you stand up and start yelling and cheering, and telling anyone who will listen, "that's MY SON!"

So as you can see this framework is usable in both positive and negative situations. It can be used to help you find validation seeking behavior as well as your faulty mental models.

Why ATC?

ATC helps to build Self-Awareness.

The point is to identify your Heat-of-the-Moment Thoughts about an Activating Event and the Consequences of those Thoughts so you can have greater control over your Emotions and Reactions. Don't just think and feel them, be aware of them. Step One in regulating your Emotions and Reactions is to *be aware of what causes them as they are happening* because knowing is half the battle.

Once you get good at doing this, at accurately *being aware* of what is happening in your head, THEN you can start working on modifying your Thoughts, and then on modifying your Behaviors. Too many guys get frustrated because they are putting the cart before the horse - they are trying to modify behaviors without understanding why

they were doing them in the first place. That's the definition of a Dancing Monkey, and it's a recipe for failure or at the least for eventual recidivism back into old behaviors.

So build your Self-Awareness first. Practice ATC.

Methodology

We all have situations in our lives that we handle effectively and other situations that we don't handle as effectively as we need to.

Emotions are feelings and are usually accompanied by behaviors and physiological changes in the body. (Reactions)

Examples include anger, happiness, fear, loneliness, sadness, love, pride, etc.

It is important to have a variety of words for different emotions. Anger - "irritated" vs "enraged" Happiness - "pleased" vs "ecstatic" This helps us more accurately pinpoint the severity of our emotions.

Thought Themes

Some people find that there is a pattern in most of their Thoughts - that they relate to a certain theme. The most common Thought Themes are: Loss, Danger (something bad might happen), Negative Comparison (to others or to standards), Positive Contribution (you made), Inflicted Harm (you to others), Trespass (others against you), Gratitude, Hope For Future

Noticing patterns in your Thoughts can help you understand why you react in the same way across a range of events. It can help you see cycles you may be going through.

So what is the goal of ATC?

To separate the Activating Event, our Thoughts about it, and the Consequences

Breaking things up like this allows us better understanding and more control.

This in turn allows us to identify patterns in our thinking that make us weaker or decrease performance.

After ATC Mastery - modify the patterns in our thinking that make us weaker or decrease performance.

In Practice

So let's separate ATC: Separate the A from the T from the C.

[A]: Just the *OBJECTIVE* facts—who, what, when, where

[T]: Your interpretation, what you say to yourself in the heat of the moment

[C]: Your Consequences (Emotions you felt/how did you React)

Then, Detect Patterns: Identify any patterns in your [T]'s that undercut your performance and mental toughness.

The goal is to be doing this *in real time* as you STFU. But I suggest you start doing it first as a stand alone introspective exercise by yourself to get used to using the technique. Think of previous [A]'s, ID your [T]'s, and separate your [C]'s

So do an exercise:

Identify your effectiveness in a variety of situations by generating recent, meaningful, and specific examples of situations you did not handle as effectively as you needed to. Could be family, social, professional. Also generate other situations that you already handled well.

In which of the above situations do you need the most work? <- ATC can have the highest impact here, especially if this is a pattern of behavior. But it can also help strengthen situations you already handle well by bringing into

clear focus what you are thinking, feeling, doing, and WHY you are thinking, feeling, doing.

When you work the ATC model for each of these situations you generated, what did you find? What did you learn about yourself? What patterns, if any, did you notice in your Thoughts and/or Consequences across multiple examples? In what ways are your Emotions and Reactions helping or harming you?

Stage One of ATC Self Awareness means you can ACCURATELY see and separate your thoughts, emotions, and reactions to an activating event. *Mastery* of ATC Self-Awareness means you dig deeper, and understand the WHY behind those thoughts, emotions, and reactions.

Here's an example of ATC being used properly at the Mastery level. Go back and reread our first example.

[Activating event] you would probably think it would be ID'ed as "wife refuses sex." This is not accurate. The activating event is "Wife expressed that I have Low Value." Our [Thought]s were to be defensive and discredit/attack her (*I'm not __, you are just __*), and to invoke a covert contract (*I do x y z so she should want to fuck me!*) Our [Consequence]s were to get angry that our covert contract wasn't honored (like a typical Nice Guy), be ashamed because deep down we know its true that we are Low Value, and leave to go drink because that's how we have learned to cope instead of facing reality head on and doing something about it (OYS). If you dig deeper you realize your drinking behavior was learned in childhood by watching your father go drink after fighting with your mother. Keep digging until you find all the Why's.

In our second example, while the thoughts are positive, we see a negative Reaction occur: telling anyone who will listen, "that's MY SON!" is a validation seeking behavior.

Now go back and redo ATC for all the situations you thought of, but this time do it with honesty like above, not like at the beginning. Look deeper for the WHY behind your [Thoughts] and [Consequences]

What did you find? What did you learn about yourself?

What patterns, if any, did you notice in your Thoughts and/or Consequences across multiple examples? What Theme are they falling into?

In what ways are your Emotions and Reactions helping or harming you?

If possible, I suggest doing this with a Morpheus or Mentor or straight talking trusted friend who can keep you honest if you are the self-deluding type. The type with a lot of ego hamstering away at all times to keep you in fantasy land.

What's Next

AFTER Mastery, AFTER completely understanding WHY you are having the thoughts, emotions, and reactions you are, you would then want to start replacing poor performing thoughts like *"I'm not a loser, she's a bitch"* with more productive ones, like *"I have x y z areas where I can improve. I'll work on y area next."* as you STFU. Notice that your emotions and reactions follow that higher performing thought. You would also want to plan and shift your negative Thought Themes to more positive ones - for example, a daily mantra of *"From now on I'm going to focus my thoughts on Hope For The Future. When my wife rejects me I will immediately think of ways I can improve myself instead of being negative."* adjust this as needed as you start seeing change internally.

It should also be noted that similar to what is described in Athol's MAP book, momentum comes into play in these situations. Your Emotions and Reactions to one Activating event (ESPECIALLY when they are negative) can cause a chain reaction and spiral into another, worse Activating Event. Then your Emotions and Reactions to that cause another, and another, and now... well shit, everything is a complete fucking mess isn't it. So STFU and practice ATC.

In Summary

ATC is a method to identify your Thoughts about an Activating Event and the Consequences of

those Thoughts. Our Thoughts are under our control.

Describe the Activating Event objectively, identify your Thoughts, and identify your Consequences (ER: Emotions, Reactions).

Use ATC anytime you're curious about your Emotions or Reactions, when you don't like your Emotions or Reactions, or when you're stuck in a pattern and keep repeating one Thought Theme in response to the same scenarios.

74

UPVOTES

FR: Weddings Are Fun

2wo2wo3hree · 20 October 2023 · Archived copy · Reddit

This wedding was highly anticipated, with about 125 guests in a nice suburban outdoor venue. My wife, who is part of the bridal party bought two green dresses and expressed her desire match colors with me by asking if I had anything green and “wedding casual” to wear, since it’s outdoors. I STFU about it for weeks.

Wedding day eventually came around. Bridal party was scheduled to arrive at 12:30 for photos; however, guests were not scheduled to arrive until 4:30, for a 5:30 wedding. My wife wanted me to be there around 3 pm... in something green.

Like any desirable husband, I arrived a little bit after 4:30, in something that is not green. I also dressed one level higher than what most men wore because I’m a cave man. I don’t know what “Wedding Casual” means. I entered the venue and navigated through a couple of, “Oh! You look nice...” from some female acquaintances, which were followed by, “your wife is over there.” The only response I gave was a smile and a “Thank you.”

I eventually found my wife chatting with a girlfriend while holding a glass of Prosecco.

Me: What’s up girl?!

Wife: Where have you been? Blah Blah Blah... (Shit Test)

Me: Damn girl! I love it when you talk to me like that. Bully me some more so I can cum. *As I take her drink from her hand, grab her ass, and pull her in for a kiss.* (Shit Test Dissolved)

As the evening progressed, the “You look nice” compliments from women didn’t stop. I alternated between “Thank you” and “I figured I’d shower for a wedding.” There were also two single girls who kept doing a fly-by and making small talk with me about a joke that they heard me say to someone else. I was having quite the fun. Everything was happening in front of my wife.

I eventually isolated myself to light a cigar I brought with me. I didn’t want the smoke to bother people. While doing so, an older woman gravitated and sparked up a conversation after smelling the cigar. Another woman followed to say how much she loves the smell of cigars. Soon after, I found myself in the middle of a huddle of guys and girls, while telling a wild fucking story. My little audience was hooked, but I saw my wife had drifted away.

I cut the story short and approached my wife again with some flirty funny shit I say. Not long after, she grabbed me by my wrist and told me “I wanna suck your dick. Come!” **I laughed** as she went door to door, looking for a place to do it until she found a bathroom. I just stood and pulled me penis out through the zipper but she said, “Undo your belt. This is gonna be messy.” She didn’t lie. She quite literally blew my brains out. Therefore, I complimented her by telling her I appreciate her wearing bright red lipstick that didn’t transfer on my dick. “Good girl.”

I know I said **I laughed**. I didn’t laugh because I was about to get a blowjob. I laughed because I knew it was going to happen at the first, “You look nice.” I also knew her shit test at the sight of me was for her security. I was laughing at the matrix.

After the BJ, we went back outside to socialize. I found it quite amusing to see two drops of dried jizz on my wife’s cleavage. We didn’t stay long after. We left and fucked again after we got home.

I hope you saw that this is not a wedding story or a blowjob story. This story is about frame. It’s about dread. It’s about passing shit tests. It’s about social status. It’s about preselection. It’s about game. It’s about being attractive.

I’ll close with this... I had a somber moment after I saw how happy the groom was. It was somber because I knew that on the very next day, there will be no DJ, no cake, no party, balloons, friends, etc. He’s going to be alone, asking himself what the fuck happened and how his life turned to shit.

73

UPVOTES

FR Motivation in the mirror

ChokingDownRP · 28 July 2018 · Archived copy · Reddit

TL;DR: this shit works, it started for me by looking in the mirror (how cliché, but true). Meant for guys looking for proof that MRP works.

I'll spare you my full victim puke, my back story has been lived by a hundred other MRPers. We met when I was 22, now 40 & 39. There was something about her, we hit it off out of the gate, in a few months I was sure I would spend the rest of my life with this one and she'd have my babies one day. And so it happened (dated 5 years before marriage, another 5 before kid #1). College degrees, good jobs, House, cars, 3 beautiful kids we could easily provide for. We never fought, maybe a little bickering, but happy wife, happy life, right fellas....YUCK, I nearly always conceded to make her "happy." You know the rest... no sex, no happiness for either of us, silent resentment both ways.

I was RP aware for about a year, but hadn't fully believed it, or I thought it only applied to the hookup culture (younger people) and PUAs. I found MRP searching for some variation of a dead bedroom search and immediately accepted this variation of TRP as true and applicable to me. I devoured the forums and sidebar.

I WAS PISSED OFF – at her, for not telling me she isn't attracted to me, just fucking me enough to keep me around for my commitment, resources, etc. At society (my parents, uncles, teachers, friends, past girlfriends) for not telling me all of this! I did EVERYTHING I was told would lead to happiness. I was furious & it wasn't until I took a long, hard, intense look in the mirror that I got pissed off at the right person- that fat, beta piece of shit that let my once athletic body turn to mush, let my hot ass wife who was crazy for me at 22, turn into a chunky, harpy bitch who was indifferent to my existence (aside from my paycheck and choreplay). I looked intensely into the empty eyes of that fat loser. I can't remember a time when I felt such clarity and knew my way forward. "This changes now!" I started reading (NMMNG has been my greatest source of improvement), lifting, owning my shit. I talked too much, I got too cocky too fast (fine line between confident and cocky), I let my anger get to me, I failed shit tests, I lost frame... but I've kept pushing, kept trying.

Despite many setbacks along the way (read my other couple of FRs for a couple of them), I've made substantial improvements in short order. My wife fucks and sucks me frequently, enthusiastically & very well. She's texted me nudes, I've cum in her mouth, I get blown, there's dirty talk, I'm fucking her roughly, pulling hair, finger in her ass, pushing her head down on my cock and thrusting into her mouth. This stuff was either off limits or had simply stopped years ago. She's loving it. After sex she'll say things like "we're living the good life."

Is she happy now? I don't fucking know, not my problem, but she seems to be. Am I happy now - not entirely - I've still got work to do on myself, but I'm significantly happier today than the guy in the mirror 6 months ago was.

Now, most of my mirror time is at the gym or flexing after a good workout - but seeing results is just as motivating as staring down the fat loser was.

My kids, co-workers, strangers on the street or elevators all seem to treat me differently. It's all very difficult to explain, or believe the drastic difference. I've gotten enough IOIs from other women now that I know I could spin plates that are on her SMV level (at least in terms of looks, she is a quality woman) or above within days of a split up with my wife. I'm considering the morality of doing so while married, but I will wait and see how it all progresses and how I feel after serious consideration of the issue. I also don't want to blow up my marriage and potentially damage my children (I'm from a broken home) over a 6 or 7 knowing in a bit more time, I will be able to pull an 8.

I don't write any of this to brag, I hardly have anything to brag about, I've merely discovered and used many of the tools necessary to un-fuck oneself. I have a VERY LONG way to go to live the life I want to live, and look like I want to look, but the difference this has made in my life, in such a short amount of time is simply astounding. I hope that a new guy reads this and takes a good fucking look in the mirror and finds the fire that I've found to do something about it!!

This. Shit. Works.

73

UPVOTES

Stop initiating at bed time

Alphaphux · 10 December 2017 · Archived copy · Reddit

We're told that you should initiate all the time and only accept hard no's. When you get the hard no you don't act butthurt but you remove attention (go and do something else).

This is great unless it's 9:30pm, you both jump into bed, it's a school night and you roll over with the "how bout it moves". You my Beta friend are in a no win situation if you get a hard NO now. If you get rejected you have 2 choices, lie there with a hard on brooding (which she will pick up) or "go and do something else" which she will perceive as a butthurt move unless you are really good at faking the "I just can't sleep now sweetheart routine" - and believe me you aren't.

You are your own enemy doing this shit, you are painting yourself into a corner you cannot possibly get out of.

As you run the MAP sidebar and lift your woman will become more attracted to you so kino her and show affection constantly during the day, initiate only when you can legitimately go and do something else when/if you get the hard no. Every time you show butthurt at being rejected you take 1 step back for the 2 steps forward you have been working so hard to get, and there is only a small chance you can get out unscathed if you're rejected when you're cornered in the standard bedtime show.

If she initiates at bedtime beauty take it and show her how much you appreciate it but save the sexy eyes and kino for other times. If you truly are retarded and only know how to initiate in bed try first thing in the morning - at least you can say "Ahh well if he's up I'm up" and you can go have a cold shower.

The takeaway - Early in the MAP don't initiate at bedtime, you're only going to hurt your progress...

EDIT: This is advice for guys early on in MRP

73

UPVOTES

FR – Qualities of a Good Husband

Alpha_Engineer99 · 5 July 2017 · Archived copy · Reddit

Just had a great reminder to never listen to what she says & to only watch her actions. Great example of how MRP makes her happy DESPITE what she says she really wants.

Received a text from my wife with a link to some beta bullshit “news” article with the title “Top 10 Qualities of a Good Husband”. I consult my (her) monthly cycle calendar – where I track her cycle with great accuracy- and confirm that I still have a week from her potentially acting like a bitch (my wife gets pissy around days 22-25).. so I know this text isn’t her attempt at some bullshit behavior. I’m curious now, so I click on the link. It’s the most over-the-top BETA qualities.... The kind of shit I used to do when I was in a dead bedroom with her for 10 years = pussy on a pedestal.

Examples: He treats you like a princess, he is sensitive/loyal/kind, he is a good listener, he is romantic, he is honest, he compromises, he takes care of you, he considers you when making decisions, both big and small, He views you as his partner., He is willing to put effort into the relationship.

After reading this, I don’t text her back. Only winning move is not to play. Don't have time for this bullshit while at work.

About 10 minutes later, she texts me again and says that her friends were talking (complaining) about their husbands in the break room at work today and that she “loves me so much” because I “do ALL of these things!”... Apparently, they were talking about whether or not their husbands did any of these things on the list.

At first, I thought she was just joking, because I don’t do any of the things on that list??? Just two nights ago, after purposely starting a fight with her over something stupid (this is an advanced move for senior MRPers...newbies don’t attempt) and making her cry and then apologize to me, I was fucking her on the edge of our bathtub and yanking on the back of her hair- pulling her head back to the right.. while telling her that I was going to fill up her tight little cunt and for her to cream all over my cock... Basically, acting like a ASSHOLE. I was extreme Mr. Nice Guy before, so incorporating ASSHOLE game has been UNBELIEVABLE and a complete eye opening for me!. God, she loves it. Always makes me breakfast in bed the next morning after acting like a big time asshole.

How could she possibly say I do anything on this list? Took me a second to realize that she was serious about her text! While I don’t literally do any of these, she honestly FEELZ like I do all of these things. By me having my head on straight, shit together, Leading the family, taking care of shit, fucking her good, lifting, teaching and guiding our kids, being social with the soccer moms, applying a little dread here and there, making her feelz, etc.. it makes her FEELZ great and she actually BELIEVES that I’m doing all these beta things on that list.

However, if I were to act like a beta bitch -like I used to prior to MRP- and LITERALLY do all of the things on this list, she would be a harpy, bossy, pissy, drama filled cunt to me and tell me that I don’t “do enough” to help her around the house. Trust me, I know. But I axed that guy 3 years ago.

Lessons Learned:

- Never listen to what they say they want. They don’t know.
- They say one thing, but really mean something else.
- Be fucking man
- Play the lead role in your own life.

73

UPVOTES

If you put her on a pedestal then she has no choice but to look down on you

88Will88 · 3 May 2017 · Archived copy · Reddit

This topic has been well and truly covered before but it is a reminder of a fundamental red pill truth, and some instruction on what to do if you still have this tendency. **This post is for newbies and those who are yet to fully swallow the pill.** Search yourself for these behaviours, and be honest.

I would not even post this in here except for the recent field report dealing with going back to an ex. That post was upvoted so it is a sign that there are many in here who have forgotten fundamentals.

Pedestalising women is one of the most beta, repulsive, vagina drying things that a man can do. Seriously if you are more into a girl than she is into you, then just walk away, or alternately grow a fucking pair. If you are looking up to a woman then mentally, physically and metaphorically, she has no choice but to look DOWN on you. It is entirely your fault, do not blame the woman for treating you like a lap dog bitch, you put yourself into that position 100%. I will break this down into three categories:

1. You like a girl you are not having sex with. This is the worst case scenario. You think about her before sleep and as soon as you wake up. Your balls tingle while you visualise her. You get butterflies in the stomach when you think about her. You dream of a life together. If the above Disney movie description of your fee fees is accurate, do not feel too bad, we have all been there (except Chad). However we at the red pill are here to wake you up. Seriously if this is you then I wish I was in the room with you right now so I could slap you upside the head and tell you to fucking grow a pair. Women are repulsed by this behaviour and rightfully so. Your options are either: A - sidebar, man up and initiate kino the next time you see her or B - just forget about her. You repulse her and she is busy getting railed by Chad while you are at home crying into your pillow.
2. You are in a sexual relationship with a woman and you think she is great and you are in love. If you love her more than she loves you do not ask me how you can tell this, if you are unsure, then you definitely love her more than she loves you. You do shit like text her then worry when she doesn't text back, you accept her bullshit excuses as to why she is late or cancels a date (do you think she is slow to text Chris Hemsworth or she cancels dates with him?), you miss her a lot when you have not seen her for a while. You have two choices here, A - walk away or B - flip that shit. The second option will not be easy, I give you at best a 25% chance, after all she already knows you are pissweak. So if you are foolish enough to try option B then head to the sidebar and read it again because if you are in this position, you have not swallowed the pill. Cancel the next date you have with her, go to the gym, go out with your boys, visit your family, fuck another girl who likes you more than you like her. Just know that you need to be ready to lose her. She already thinks that you are a weak little bitch, so changing her mind is going to be hard work.
3. You are either married, in an LTR of several years or more, and maybe have kids. Now as pathetic as category 1 is, your situation is almost as bad. Either you started alpha and went beta, or you were always beta. The signs and symptoms in this case: you are scared to lose her (not scared of losing your kids and money - that is a different and reasonable fear), you buy her expensive gifts and she does not reciprocate, her SMV is higher than yours, she speaks to you or treats you disrespectfully. If this is the case you need to do one of two things, A - GTFO of the relationship (especially if there are no kids, seriously just run, you cannot fix that shit and even if you make it better it is not worth it). or B - Read Rollo's "The Reconstruction" ten times, then start the long, difficult, painful but ultimately rewarding path laid out on the MRP sidebar.

This stuff is so basic it should not need to be written down. Search your feelings, are you more into her than she is into you? If yes or you are unsure then you are pedestalising her, fucking stop it. If you put her up there, then no wonder she is pissing on you from a great height.

73

UPVOTES

[FR] The Power of STFUing

AustralianArm · 18 April 2017 · Archived copy · Reddit

I'm still early in my journey but you don't realise how powerful the MRP mindset is until you experience learning moments.

I've been improving my frame lately and this past weekend I tested my mental gains. The in-laws were coming for dinner.

In-law background: They're quite critical people and do not hesitate to voice their opinion on anything that bothers them (rightly or wrongly). Consequently, they don't have many friends and businesses refuse to do business with them. LTR gets very uptight when they come over because she wants to make sure no criticism comes her way. She had a pretty shit childhood, everything that wasn't perfect was dealt with very harshly.

I volunteered to cook one of my specialty dishes (paella) because I wanted to primarily and I DGAF on what they think of my cooking. A series of angry LTR moments occurred from her parental-hamster going nuts:

- LTR questioned my choices on the number of prawns and mussels I got from the fishmonger (she knows her parents complain loudly at restaurants when they don't get enough seafood). I only said "It will be enough" and didn't indulge her hamstering further.
- During entree, LTR dropped a bottle of sauce on the floor breaking it and sending it all over the place. She tried to blame me for not doing up the lid tightly enough. I just said "Let's just clean it up" and started sorting it. She ranted for a bit and then realised it wasn't getting her anywhere so got to cleaning.
- When cooking the paella, she questioned the amount of rice I was using, concerned there wouldn't be enough. "There will be enough. Don't worry, I got this." STFU

Dinner went well, no complaints, more than enough for everyone.

After the in-laws went home, LTR just walked up to me, hugged me tightly and said "Sorry for being nuts. I really should trust your decisions more. I don't know how you stay so calm. You are the best". My reply "I know". It got a laugh and then she kissed me for a good 30 seconds :)

In the old days, I would have DEERed all night and it would have been tense and horrible for hours afterward. This shit works.

I'm still a noob at this but I've learnt the more you hold frame, the easier it gets. I still have a long way to go though. She won't even have to hamster further down the track.

TL;DR: Anxious LTR goes nuts multiple times, STFU to let her hamster wind itself out, get apology and loving embrace later.

73

UPVOTES

STFU and you

weakandsensitive · 7 December 2016 · Archived copy · Reddit

I tend to post when I see common themes here at MRP. The most recent theme that I see popping up is the inability to STFU appropriately.

What does 'STFU appropriately' mean? Lets start with what it doesn't mean. It doesn't mean not talking and trying to silent treatment your wife like a retarded 5 year old. It doesn't mean, stop talking completely and retreating back to the notion that it's "better to remain silent and be thought a fool than to speak and remove all doubt". Neither of these two methods meet the aim of STFU.

The aim of STFU is to say exactly what you mean, no more, no less, embracing the uncomfortable silence, and demonstrating comfort in this discomfort.

My first real exposure to the power of STFU was when I read about and tried out the '[Apocalypse Opener](#)'. Effectively, it goes like this ..

You rock up to a chick and, in a confident, level voice you say

“Hey, how’s it going.”

She will say

“Fine.”

You then say

“Cool. What are you doing later?”

She will say

“I’m not sure.”

You then say

“Do you want to come home with me?”

Then you hold.

Hold.

HOLD.....

HOLD IT MY SON.....

HOLD THE FUCKING LINE.....

Boom. Makeout.

When you say "Do you want to come home with me?" - there is always a total and complete dead silence for anywhere between 5 to 30 seconds while she processes what just happened. That dead silence is a killer. It's awkward, it's tense, and every urge in your body is on edge waiting for a response.

The urge to look away, the urge to laugh "haha", or to fill in that void with some other bullshit is high. But that reaction is going to betray you - the moment you fill that void with appeasement, backing down from the clear, pointed, message is the moment you lose.

By breaking that awkwardness, by not STFUing, what you're showing is that you didn't have complete ownership over what you said and that you don't stand by it completely - you lack the congruence with which you just asked the question. If a little bit of awkward silence can get you to back down from your extremely confident stated position, what kind of spine do you really have? And I'm not just talking words here - I'm talking the entire body language projected during that awkward silence.

The responses can range from shock, laughter, ridicule, disbelief, flattery, outright rejection. Doesn't matter. It's not about her response - it's about the fact that you don't crumble.

This is where I see the common refrain at MRP. Where STFU is used as a way to stop talking and avoiding conflict, instead of stating exactly the message you wanted to state, owning it to it's fullest, and embracing the turbulent conflict that's bound to happen - where your body language says "Here is exactly what I want. I make no apologies for what I want. Ball's now in your court." and then you wait for the response to meet your satisfaction or figure out your next steps.

When I say STFU, what I really mean is "don't crumble". Don't back down, don't break away, don't back peddle, don't look for appeasement. When you decide to say something - mean it to your fullest. And if you don't mean something, don't fill voids with unnecessary fluff because you feel slightly uncomfortable with silence.

If you've never tried anything like that opener before - give it a go. Give it a go with your wife if you really want to. For most of you guys, you'll probably surprise her.

73

UPVOTES

Fuck... the body...

johneyapocalypse · 26 June 2019 · Archived copy · Reddit

This post is trite by my standards, but legit by the standards of the universe.

My mother lies dying, my father sleeps, defeated, perhaps worse than death...

Know this: Your body is your temple. Your temple is where you pray. Your prayer helps you endure. Your endurance makes you stronger. Your strength helps you overcome.

Overcoming adversity brings it all full circle.

While it may seem trite, it is real.

I always write what is real - trite or not.

I have the body of a Greek God. Seriously. I've worked so, so hard for it.

So, so hard for it.

Nothing gives me more satisfaction, as long as I recognize that there's more to life than a body.

When I was told "you will not live" I said "I will live and reach the peak of life."

I did.

When I was told "you cannot beat this" I said "I will beat this and prevail."

And I did.

When I was told "you will not recover" I said "I will recover and reach even higher levels."

And I did.

When I learned, through MRP - through Stoney and Steele, and Bogey, and BPP, and SK, and others - that I was winning only one war and losing another - I fortified my defenses - and moreso, I fortified my offenses - and I went on the attack.

When I was a "businessman" who'd reached lofty heights, I became a "laborer" who would round out my life.

When I was a "thinker" who thought high and mighty I reinforced that same "laborer" because I'd forgotten how important his contribution was.

I posted last week that my mother is dying - hardcore like the revenant - my father is succumbing.

I am here. I am making choices. I am enduring hell... after a special kind of hell I'd already endured... Jesus, don't I get a break (?)...

No, fucker, I don't... and nor do you.. and you better get your weak-ass used to it.

They all turn to me. Why? Because they can.

Because I am strong.

Because I am solid.

Because I will not waiver.

Because life goes on... cruel and uncaring, sometimes, yes... but it's true...

... and I stand sturdy.

... and so should you.

...

...

... You can be me. And be strong. Even if you don't know it. You can.

Nothing in weeks has given me more personal satisfaction than coming home from the ICU, consoling my father, and flexing in the mirror. Gay, sure, I can see how'd you'd think that.

... But adjust your point of reference... and see what that means... and understand... and believe...

... What I see in the mirror is a facsimile of what I give back...

... They count on me to be the rock...

... I see the rock....

... I am the rock.

73

UPVOTES

Going to the Moon and MRP

LongRoad_518 · 25 July 2019 · Archived copy · Reddit

Last Saturday was the 50th anniversary of Apollo 11 landing on the moon. Good shit – as I watched/read/listened to documentaries and podcasts about it the parallels with MRP became apparent. Men went to the moon, men built the rockets, men were in mission control, men died on the launchpad, men willingly plunged into the unknown and achieved greatness.

Choose Motherfucker

“We choose to go to the moon in this decade and do the other things, not because they are easy but because it is hard...”
– JFK

Look at this statement. Read it and read it again. The first step is to *CHOOSE*. Do you want to live in a sub-par life? Or do you want to live life to the fullest? Your options are to 1) live sub-par (easy) or 2) work your ass off and become a high value man (hard). But YOU need to choose – there’s no middle ground. MRP is hard, it’s very hard, likely the hardest shit you’ll do. But you CAN do it. So, make your choice.

Once the choice was made to go to the moon the rest was simply technology, engineering, and a shitload of hard work. MRP path is straightforward, but it’s a shitload of hard work.

The biggest waste of time is sat deciding the path forward. What lifting program should I start? What book should I read next? What diet should I try?... I am of the strong mindset to pick a path and then reassess frequently and adjust as necessary. Otherwise you have non-value added time sitting there just theorizing on what you *should* do versus actually *doing* it.

Why Choose the Hard Way?

There’s more to this quote...

“... because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win.” - JFK

THIS is what MRP offers – this is what we do here. This is not a “Top 10 tricks to make your wife have sex”. We work to give the BEST of ourselves – our masculine energy; we hone our unique skills as men – leadership, strength, emotional stability. We are doing this NOW. To the lurkers and those who is still looking at the RP or licking it – be unwilling to POSTPONE any longer.

Incremental Improvement

We didn’t go from sub-orbital unmanned flight to landing on the moon. We went from sub-orbital unmanned flight -> sub-orbital manned flight -> orbital flight -> extended orbital flight -> space walks -> docking with another spacecraft -> lunar orbit -> dress-rehearsal to land on the moon -> landing on the moon.

This is the area I struggle with and see it in a lot of posts lately. It’s the thought of: “How do I accelerate my lifts/diet/frame to be the best in the shortest possible time?”. Rephased: “What cheat codes are there to get the quickest improvement with the least amount of work?” The answer is: **there are no cheat codes**. You build a realistic plan, execute, and make small incremental improvements.

If you look at the steps going to the moon, each one really wasn’t much difficult than the previous one. The key is to continually have small successes. You don’t go from never lifting to [/u/red-sfspplus](#) level. You go from being able to bench the bar -> benching the bar +5 -> bar +10 -> etc. Do you still suck in comparison to others? Sure... but do you suck AS MUCH as you did before? Hell no. So... stop comparing yourself to others.

The only question you should be asking yourself every week is “Am I better than I was compared to last week?”.

Failure

In reaching the moon - men died. Equipment failed. Shit happened. No one threw up their hands and said “this is too hard we quit”. They figured out what went wrong, why it went wrong, corrected it, and moved on.

You will fail. You will have a bad week. You will fail across the board – shit tests, lifts, diet, comfort tests, maintaining frame. You’ll be butthurt, go Rambo, get angry, create covert contracts (and not even realize it). You’ll take two steps forward and one back. Sometimes it will be two steps forward and three back. **This is why the OYS thread is so critical** – you have the opportunity every fucking week to reassess yourself, look at what you failed on and elicit feedback to tweak your plan as needed. Shut down your ego and listen to the advice. Objectively look at what’s being suggested and really consider it.

If you want to know what the secret is to success? It’s moving forward after failure and not fucking dwelling on the failure. That’s it, that’s the secret.

When you screw up:

1. What went wrong
2. Why did it go wrong
3. How do I fix what went wrong
4. Then you fix it/tweak it/take a different approach and move on

You screwed up – it’s in the past, you learned something from it and now you’re better.

Don’t Stop Improving

If you look back at sci-fi movies from the ‘60s and 70’s, the thought was we’d be much much further along in terms of space exploration than today. Colonies on the moon, colonies on mars, travelling to the outer solar system, space hotels, space tourism. So, what happened? What the fuck happened? The pace we went from effectively nothing to the moon was less than 10 years.

We said “it’s good enough”. Why would we want to improve more? Hell, America doesn’t even have a viable spacecraft right now. This is not the place to argue the merits or money in the space program, but what happened was we grew complacent.

Don’t grow complacent. Always be striving to improve. Keep setting new goals and work to achieve them. The moment you stop improving is the moment you start deteriorating. Always choose to improve yourself.

73

UPVOTES

Craft a vision and lay your balls on the table

HornsOfApathy · 29 October 2020 · Archived copy · Reddit

This week I traveled for work and was set to present to the rest of the executive leadership a plan for all of 2021. In this plan I've proposed that they shift my responsibilities from 25% of the revenue and associated people to integrating 50% of the company into my business unit.

This is a huge disruptor to the business but here's the thing: why do I care? Is the plan solid? Yes. Does it make sense? Yes. Will it work? *Maybe*. Is there risk? Of course. Do I have the confidence that we can mitigate the risk if my idea is wrong? Of course. I always bet on myself.

So I walked in to my 3 hour meeting with the CEO and rest of the partnership on Tuesday and laid my plan out. The look on their faces when we got to the slide that laid out this plan was interesting. I watched them smile. All of them.

My three hour meeting turned into 6 hours because of ego retards wanting to maintain their span of control over the business and I let the other people do the work for me. I answered questions. I provided my experience. I lead them to deciding that this was a viable option and they were welcome to come along.

I was having a drink with the CEO later that night. He came up to me and said, "Horns, this is exactly why we brought you in here. You're a disruptor. It's exciting. I know what you did today took some balls. I can respect that. It might just work. Keep laying these options out on the table."

Do I know if we will execute on the plan? It's a toss up. I can only control what my vision and my narrative is. But my balls are out on the table with what I *know* is a good vision and would be successful. If they don't come along, that's fine. I can make another decision on what to do next.

I am only talking about business, right?

Go take a look at your MAP. You should always have one. Have you taken the time to write down your plan? Have you formed a narrative around that plan? **Do you believe in your plan and your ability to execute like I believe in mine?**

Are you willing to put your fucking balls on the table with that plan and narrative with conviction... and tell your woman with 100% authenticity and truth that you believe in it?

Or are you just going to STFU and let the world happen to you? What does that deep core part of you want?

Will your woman buy into that plan and vision? Are you willing to make a different decision if that plan does not include her? Does it even matter?

How the fuck does she have a place in that vision? Have you made room for her in it? What value could she bring to helping you execute? Why her?

Gents - she gets first shot at going along for the ride as you sail into the sunset. But if she doesn't want to get on board - you have to be OK with that too. Your vision and mission must *always* take priority. Otherwise you're a eunuch.

Get that plan together and put together a narrative around it. Lead. Lay your balls out on the table. Worst case you respect yourself and perhaps she will too. Best case you have a valuable ally on your journey who not only respects this authenticity and truth - but wants nothing more than to take those gigantic pair of balls and taste the sweet victory of them.

As I crafted my pitch, I thought about all these questions here and lead them to the answers of how *everyone* had a place in this vision. And then I laid my balls out, ready to be smashed, knowing that if they were - it wouldn't be

because I went at it half-assed. They can't hurt the core inside of me and that's the only thing I *really* give a fuck about.

Lead with strength, motherfuckers.

Sidenote: I met up with [/u/red-sfpplus](#) while here and he recommends carrying around a **fanny pack purse** for big balls and butt plugs.

73

UPVOTES

Have you swallowed the Red Chewable Tablet?

Red-Curious · 3 April 2020 · Archived copy · Reddit

These are stressful times. And nobody experiences stress more than wives. I wrote 80% of this post before my computer crashed, so I'm going to skip my original introduction and hop right in.

A lot of guys right now are struggling with wives who are going crazy having the kids home all the time now. There's no school, no daycare - the daily routine and ability to keep up with housework is changed for the foreseeable future. One of our users recently commented: "The more I help the more I enable her, however the less I help the more distraught she becomes and the house becomes a place of strife instead of peace." Heck, I felt that way at one point even before all of this - and my situation is exacerbated by the fact that my wife also balances a part-time job.

The **SHORT ANSWER** is obvious: *Do what you want to do; and (1) if that means more strife, part of being a man is learning how to deal with that while maintaining frame - not just the outward appearance of frame, but the internal sense of peace about it.* This is why stoicism is so important. A man **MUST** learn to deal with difficulty in life without being emotionally phased by it. I don't always succeed, but I'm certainly always working to excel at this. (2) *Alternatively, if you want to be a more active dad to your kids, go do that too. Don't get hung up on whether or not she'll feel enabled.* The goal isn't to train her (I tried that route early in my RP days and it doesn't work). It's to be your own man and let her figure out how she's going to respond to that.

Apart from that, here are some additional insights my own experiences and observations have given me that may be of value in the conversation.

KIDS

The Nature of Women

I mentioned in a [previous post](#) that women suffer from a disease I call "Next-Thing-itis." Because the "next thing" will always require work and effort to accomplish, another way to word this is that women are always seeking out things that increase stress. That's right: **women chase stress**. Personally, I believe this to be a subconsciously desire-driven positive feedback loop for them:

- Women chase after men to help them feel better about the stressors in their lives.
- Women chase after stressors to make them feel better about the man in their lives.

This is why single women are always so boy-crazy. For them, the "Next Thing" is always related to their man: first date, first kiss, getting engaged, getting married. They believe that with increasing measure these things will add security that they'll have a man to help them get through all of life's greatest challenges - whether by physical provision, emotional support, companionship, etc.

On the flip, wives are more interested in things outside their man - buying a house, improving the yard, building a playground for the kids, building up that 401K. These things take work to accomplish and it seriously stresses a wife out when she wants them done, but they're not getting done. Often-times she'll let the stress build until she lashes out at her man just to see if he can weather the storm. And suddenly she feels good again, if he does.

And what is the easiest, most common focal point of a mother's stress? Kids. They're always on her mind, provide easy and obvious examples, and it's culturally acceptable to talk about.

The Nature of Children

An [r/RPChristians](#) user recently commented:

I can handle a tremendous amount of risk and stress while she becomes overwhelmed within a few minutes of waking when the kids argue. In the past I have tried to give her tips on how to better manage the kids but they run all over her and I believe she doesn't want the advice. When I am home their demeanor changes drastically. They are much better behaved kids because I am a stern disciplinarian while my wife is a negotiator. "Please go wash your hands and come eat lunch. Please, stop hitting your brother and go wash your hands! GO WASH YOUR HANDS! UGHH, WHY DONT YOU EVER LISTEN TO ME!" My children aren't bad kids, they are simply little sinners who manipulate, backtalk and rebel against mom who gets emotionally drained disciplining her kids. They can smell mom's weakness and exploit it.

Sound familiar? It certainly reminds me of the way things used to be in my own household years ago (and yes, it can still creep back periodically). While he puts the primary focus on the discipline issue, he only alludes to what I believe is the more significant issue: **She does not understand the true nature of children (or at least she forgets it in the moment, replacing it with her own expectations)**. Don't blame her for doing this with the kids because **you've probably done it with your wife many times through your RP journey**. This causes her to have great difficulty understanding how to interact with them. Consider:

- **Just as a man needs to understand the true nature of women to interact properly with them, so also do parents need to understand the true nature of children to interact properly with them.**

A friend of mine once commented: *Women go into relationships hoping to change their man; men go in hoping she'll always stay the same; in the end, neither gets what they want.* That's always stuck with me. It illustrates that women are always focused on what **SHOULD** be (at least to them), not what **ACTUALLY IS**. This is part of why they contract "Next-Thing-itis" in the first place. They cannot be satisfied with the present - they're always pushing for some ideal in their mind. This is true of their view of kids as well.

Now, every wife will say, "This is absurd. I don't expect my kids to be *perfect*," usually with an obviously exaggerated understanding of that word. "I really just need them to change these few small things. I don't think I'm being unreasonable here." But as soon as those few small changes are made, they'll move on to the "Next Thing" that needs changed, and so on - and they will never be satisfied until their kids actually are as close to perfect as kids ever were.

But the reality is that those kids will never be even half of what her mind would take her to if we let the "Next-Thing-itis" play out on this. **The true nature of children is that they are children, not adults. They are chaotic, mischievous, loud, manipulative, etc.** We cannot expect children to behave like adults. Sound familiar? Oh yeah: **Just as you can't expect your wife to behave like a man; don't expect your kids to behave like anything other than kids.**

You married a woman because you wanted a woman at your side. You had kids because you wanted to raise kids, not because you wanted your wife to squeeze out a 180lb athletic Harvard PhD grad from her vagina. Part of the fun of parenting is *actually parenting*.

- **Just as you had to come to your "red pill awakening" about the true nature of women, parents need to have their "red chewable tablet awakening" about the true nature of children.**

Let me be clear: embracing this true nature doesn't mean you stop expecting them to improve. After all, as a parent it's your responsibility to raise your children into responsible adults. But this doesn't happen overnight. You have to accept them *where they are right now* and not place unrealistic expectations over their behavior.

Loving Your Child

Entertain me down this rabbit trail, as I think it's relevant here. The feminist agenda strongly pushes this notion that women love their children more than men do. Consider one of my recent cases and the impact that this mind-frame had on my client's life: The parents have a baby together, they split up, Mom hates Dad (my client) and wants sole

custody. She argues:

- "Dad won't use the right nipple size on the bottle, which proves that I love my child more than him, because I pay attention to these things." The reality is: he was using the pediatrician-recommended size (which we proved) and she was using a smaller size. She explained that it was because the child had acid reflux problems and that he was being unloving to his child by not accounting for this detail in his nipple size selection. The reality is: the child only ever had one week of documented acid reflux problems 7 months before and it never showed up in any monthly checkup notes again. Mom sent literally dozens of e-mails to the Guardian (GAL) and forensic psychologist about this issue, ultimately costing my client nearly \$7,000 (not just to me) to research the medical notes, pediatrician and bottle manufacturer recommendation pages, conduct discovery on the issue, reply to numerous phone calls and e-mails, pay the GAL's and psychologist's fees to investigate the issue also, etc. ... all because Mom and the GAL wanted to condemn him for not loving his child enough to pay attention to these details (the forensic psychologist was a man and less concerned). Yes, we won the point. But how absurd is it that a guy has to pay \$7,000 just on that one issue alone in order to prove he does actually love his child!?
- "Dad doesn't buckle my child in the car tight enough, which proves that he doesn't love her enough to care about her safety in the car, but I do love her enough to pay attention to these things." I kid you not: the GAL actually conducted a surprise visit to one of the parenting exchanges, hid in the bushes to watch the child get buckled, then popped out to inspect how tight it was. It was perfectly fine. But doggone it, if mom was right and Dad didn't pay attention to pulling that strap 3.5 inches instead of 3, that could have hurt his case. How petty. He was paying 80% of the GAL's fees to investigate this complaint (because Mom was unemployed when the case started).

My original draft had more examples from the same case, but you get the point. What is it? **Women think that because they are more obsessed about details involving their children, they ultimately are better parents than men and love their kids more than men.** Personally, I think this couldn't be farther from the truth. In fact, I take the exact opposite position: **A mama bear's "protective" and obsessive attitudes toward her children unnecessarily interferes with their ability to learn, adapt, and grow from life's challenges - and this sacrifice is made only to satisfy the woman's insecurities about her kids.** Men and women alike have been raising children for millennia without nipples gradated in size for age and milk flow, without car seat straps (including after cars were invented), without foam pads to put on the corners of tables, and without hand sanitizer. I'm not saying mothers don't love their children. I'm suggesting that when they become overly detail-oriented, their love becomes tainted by their own insecurities - a trait that doesn't hinder most men from authentically appreciating their child.

Back to the True Nature of Children

Similarly, when a woman gets stressed out because her kids won't behave as she believes they *ought to* behave, she diminishes the authenticity of her relationship with them. This stress often causes her to yell at them, overly discipline them, or otherwise temporarily abandon them (the "I can't handle them anymore; you deal with them" approach).

In [u/OsmiumZulu's](#) latest post ([Most Christians Do Not Love Women](#)), he gives an appropriate example:

Imagine two men who each claim to love sports cars. One says, "I love sports cars because they can tow my boat, haul a load of wood, and fit all my dogs in the bed." The other says, "I love sports cars because of how fast they go, how quick they accelerate, and they were built to handle a windy road." Which man actually loves sports cars?

I submit that the same concept is true: that a person cannot truly love their child if their operative focus is on what they wish their child was than who their child actually is. This doesn't mean you can't want better for your kids. It does mean that you must set your expectations on their capacity to implement what you teach them at realistic

levels in light of their present maturity and the incredible amount of time it takes for a child to understand the world the way an adult does, even on singular points. **You cannot focus on one concept with a child, help them completely master that concept to an adult level, then move on to the next item.**

Yet this is what the "Next-Thing" approach with kids tries to implement. The reality is that kids will work on 90% of things in their life simultaneously and make maybe 1% improvements every month or two until after 120+ months they're finally reasonably able to apply these concepts at an adult level ... just in time for puberty and hormones to throw it all out of whack again. The "reasonable" improvements most mothers want to see in their kids immediately are really things that will likely take several months - possibly even years - for the kids to learn and implement.

This is also why I've never been a fan of the "let's work on <this> with our kids this season" approach. Having a particular emphasis on a focal point isn't a bad thing, but it's also not an effective strategy if it (even unintentionally) results in the exclusion of other things they need to be working on simultaneously.

HOUSEWORK

The other aspect of a wife's stress is often associated with housework. I don't feel like re-writing what I had on this section, so let me summarize.

Most women are stressed about housework because they overstep their bounds seeing the house as primarily theirs. Their husband just lives there. She might let him lead "the relationship," but she gets to run the house. In her mind, that's a woman's prerogative.

Contrary to popular opinion even among traditional-valued conservatives, I believe the house is still the man's domain. The fact that he may delegate to his wife certain aspects of its care and then choose not to oversee or micromanage how she does it doesn't in any way diminish the man's authority over the home. But it does give the woman the psychological excuse to usurp his authority in areas where he hasn't actually given it to her.

More to the point: this is the core of a woman's stress when it comes to managing the housework. She places more responsibility on herself than is actually on her. In reality, she fell in love with a bachelor who had his own place and managed his own home and dreamed of helping him when she got to move in to **his house/apartment**; not the guy who punts all the responsibility for its upkeep to her - with cognitive dissonance, usually because she makes every subliminal effort to usurp the responsibility she will eventually despise him for letting her take. For more reading on this, I stand by and reaffirm my first two substantive posts on MRP from nearly 3 years ago now:

- **The Biological Stepmother** - delving a bit further into the concept of women being attracted to bachelors, not a husbands
 - **Dealing with the Stressed Wife** - providing a pragmatic short-term solution to the problem
-

NOTE: In all of this, PLEASE do not walk away thinking that it's now your job to teach your wife the true nature of kids so she can have her "red chewable tablet awakening" and stop stressing so much. Don't worry so much about her. If she's interested, let her have it. But this post is more about YOU understanding what YOU're working with so YOU can make an informed decision about what YOU want to do with YOUR life in the midst of the present chaos and stresses it brings. To that end, I defer to my "short answer" at the very beginning of this post.

73

UPVOTES

Depressed and Anxious Wives: A Slower Approach: Field Report

Asthmatic · 13 November 2021 · Archived copy · Reddit

I got home from taking my girl out last night and hopped on the MRP subreddit for a bit. I read [u/The_Red_Letters](#) report on Depressed and Anxious wives and this immediately resonated with me. However, my approach was closer to a tow rope approach. Maybe not 1000 feet, but there was quite a bit of slack. This is not meant as a rebuttal, companion piece, or even related to [u/The_Red_Letters](#). In fact, it sounds like my approach took much longer than his and that my issue was less severe. I won't get any fake internet points for originality, but I will say that writing all of the below out is helping me from slipping back to where I was.

This field report is written for a very specific person: a guy that was and is working on getting his shit together with an aimless stay-at-home wife, with multiple children. If this applies to you, great. Either way, I'll be looking back at this in a few months during my reviews. **My aim with this field report is to get into the weeds of what I did to improve this situation, specifically in the area of stay-at-home-wives; furthermore, I'm sharing this as another potential option for someone else that might be in a similar position, and to show what it looks like in the process.** Looking back, previous posts and comments from MRP certainly helped me identify the problems, but there wasn't a script to follow for this situation. Horn's post was helpful at identifying it, but I was on my own for this one.

Catalyst

Several months ago I notice that she's boring, aimless, and drinking. Not a lot, but either a glass of wine or two white claws a night. The majority of her day was aimless; the house was a disaster, and she spent most of her day playing on her phone. She was angry when I came home. On our anniversary, I forced her into a shitty comfort test (which I was too stupid to realize at the time). She told me that she didn't know where she fit in, that she thought she was depressed, she thought about separating, and that she was thinking about seeing a therapist. I think about leaving because I receive no validation from her whatsoever. I make a retarded post on AskMRP.

Before the Catalyst

Prior to this event, I was fucking up quite a bit, especially on STFU, but things were moving forward. I lifted six days a week, started making more money, had more and better sex, and was genuinely proud of myself. I had a shitload of covert contracts I was still working on, but my trajectory was moving up. I started lifting almost exactly a year ago. at the start of this, I noticed she was not happy.

In those first six months, she got happier as I got happier. Most leads were followed. And then right at the six-month mark, she got depressed and aimless.

Problem number one: I went all out. I'm naturally competitive and a little retarded, so I did what the internet told me. "Owned my shit." Fixed everything around the house, remodeled the family room, installed a new water heater, handled more family logistics, chores around the house, etc. And there was little left for her to do of value. My girl doesn't like doing housework. You know what she hates even more? Feeling useless. I racked up so many points on that scoreboard that it wasn't even funny. Invited to a family get-together? I made the best dish anyone's ever eaten at a potluck. People automatically assumed she made it and complimented her. She sheepishly had to tell them that I made it. I wouldn't even let her sprinkle the homemade bread crumbs on. I showed her.

Problem number two: I compartmentalized my successes and failures. In my head, I only associated others with my failures, not my successes. I thought I had a few options. I could work to internalize this and think about how others were actually involved in my successes, or I could entirely blame myself for everything. I chose to blame myself.

I then realized that this was a complete fucking waste of time, so I flushed it from my head, went to bed, and reset the next day to take action. I wouldn't forget how shitty I was, but I was going to focus on the present and future.

What I Wasn't Going To Do

I wasn't going to be my wife's therapist. I'm not qualified, and I didn't want to do it. I was prepared to help her find a therapist, but at the suggestion of responses to my retarded AskMRP post, I stayed away from this area. I told her that I would help her find a therapist if she liked, but that if she really wanted to do this, she'd take the lead. She did a few Google searches, but never booked any appointments.

I also wasn't going to stop my MAP. Every day since this point, I've been in the best shape of my life, and I'm more equipped than before to be proactive and to handle situations.

But what I really needed to do was stop competing. If you have half a brain cell, like I didn't, you've noticed what the center of my work was. Pussy was no longer the mission. Rather, I was on a revenge mission, pummeling someone beyond submission. I realized I was wrong and that I was focusing my energy in the wrong direction. The mental process I went through on this is probably its own field report. For now, I'll move on to the practical approach I took.

Decision Time

1. Not only was I not giving her a chance to add value, I had fostered an environment that was overwhelming at times and boring at other times. I actually had to give a fuck, but change the direction in where my fuck went. I thought I had the answers for her, but she sure as hell wasn't listening to her loser husband at that point. I would have to walk the walk first if I had any business trying to lead someone else. That is, if I wanted to. The second issue was that I had to decide...
2. Did I give a shit about her? I wasn't sure of the answer to this question. This was at the time of my biggest anger stage and where I was only taking some responsibility for my actions. At the time, I thought that I didn't give a shit. I blamed her for hanging on to my past self. She couldn't see how great I was. First issue, yes, she was hanging on to that, and two, I wasn't that great.

But, I accepted that this was my responsibility. And someone reading this may say, "it's not your responsibility to fix someone else," but you know what? Fuck you. I didn't have an end goal of "fixing her," but I knew that I had failed by either dragging her here, not leading her correctly, or both. Whether I liked her or not, whether I stayed or left, she would always be the mother of my kids and they deserved to have two competent parents. I was at least going to make an effort to right my wrongs, regardless of whether or not that meant that the marriage continued.

Providing Opportunities for Value: "Choreplay" With a Plan

Some time passes. Nothing changes, but I calm down. One day, I had a thought. "What if she became my assistant?" I deemed this thought extremely retarded. I didn't know why at the time, but I'm sure it had something to do with prize mentality, and I knew there was a covert contract in there. But this thought kept coming back to me. I had a few projects that I was starting yet not enough time in the day to focus on them. I would certainly complete these projects, but it was going to take some time, and I might have to hire some freelancers to help with some of the grunt tasks. I upgraded this thought to "kind of retarded," and kept it in the back of my pocket. I then decided to start with...housework.

The house was never truly clean unless I cleaned it. Some of it was that she just didn't know how to manage so much, while a lot of was just silent shit tests. At five children, I probably have more kids than most guys in this subreddit. Managing the household requires quite a bit of proactive approaches and management of logistics. I actually enjoyed doing this; partly because I could listen to some audiobooks and podcasts while doing mindless tasks, and the other part because of all of that validation that came with being a superman. Kill it at work, and kill it at home.

My first step was removing myself as the oldest child in the house. The MAP/script was helping me to accomplish this. The second step in this was to literally treat her like the kids when it came to chores and responsibility. I went overt here and told her that I didn't expect her to pick up after me and that I won't be picking up after her. The first night, I load the dishwasher. She left her shit out on the table. I didn't pick it up, it didn't get washed. I survived the dirty look and excuses. She started picking more of her shit up. There are a hundred other examples of this that I

don't need to list.

Lots of improvement here, which led me to my next action. Start refocusing where my energy is used best, stop doing so much shit at home, and start leading. My leadership approach was to: A. competently complete the tasks for a few weeks, B. invite her and the kids to help me with the task, C. hand off some or all of the task to her or the kids while I focused my energy where I am best utilized and D. review/evaluate the situation. This always worked great at work; I was just too retarded to transfer it at home until this point.

Example: my wife talked for years about doing meal planning because this would make things easier. I absolutely love cooking and trying new dishes, but was often flying by the seat of my pants each day in terms of what we should do for dinner. Followed the leadership approach above, and cut my work in half. I didn't want to give up all of the cooking because I enjoyed it so much, so I went from cooking four times a week to two times a week. I said "thank you" or "I appreciate what you do" for every task she took on. A lot of eye-rolling at first, but also less aimless wandering and finger-fucking her phone every day. I then used this method or small variations of it for all of the common household tasks with success. I started to notice that things were a little better. A little more talking on her end, and I wasn't dreading walking into the house as much. This went on for a couple of months.

Praise

When I finally got to a point where my validation mattered to her, I had to understand the weight of my words. Sometimes, she cooked, and it was great. A few times, it sucked. For those few times, she was upset and asked "do you like it? I messed up a part of it and overcooked some of it." And you know what? That was an understatement. It was awful. So I told *a* truth. Me: "I appreciate how hard you worked on this. Thanks for taking care of this." Her: "But it's so overcooked." Me: "It's not like those recipe sites make it easy on anyone. I get the entire life story of the cow that the meat came from, and just a few directions on how to actually make it. You and I should make a recipe site that requires no backstories and no guessing." We both know that it sucks, and we both know that each other knows, but my focus was on encouraging her to continue cooking and trying new things. It was also a little accidental team-building/us against the world on my part.

Now, cooking and cleaning only got so far. This is a girl that was told by her dad since she was younger that she "didn't need no man," but that didn't really grow up having to do many "traditional female" chores. I noticed a small amount of resentment starting to sneak up. My idea of having her as an assistant came back to me again. But I didn't want to put someone in a role that I wasn't sure if they were ready for. So, I decided to push a little.

Introduction to a System/Increasing Opportunities for Value

I have a total hard-on for my to-do list system. It's got labels, actions, projects, and all sorts of organizational aspects that allow me to do and not think so much. It also has the ability to share with other users or teams. I've told my wife before in the past that she might like to use this system. Immediate shut down, and went back to her shitty system that didn't work. This time, I tried a different approach. One Monday morning, I emailed her. Me: "I have a few tasks that I need to get done. I'll get them done this week, but if they're done earlier, I'm not going to complain. No pressure, but I'm going to share the list with you. Let me know if you need any help deciphering any of the labels." The list included small to medium tasks. Nothing crazy that would make anyone feel bad if they failed. I never got a response to the email, but in two days, everything was cleared on the list, and I was asked to check on a few items. I heaped on the praise. Everything was done well and on time. I used the free time to run some other errands and then take her out to dinner as a thank you.

I followed this pattern for a few more months. I noticed that she started to abandon her post-its, use the system I showed her, and develop a clearer direction for what she wanted to do each day.

Things were slowly getting better. She started talking more, drinking less, and seemed calmer most of the time. Some silent shit tests were popping up. I gave her more important tasks, but failed to notice that she was skirting responsibility on some of her share of the housework. Once I noticed, I just had to speak up. Some shitty looks and a little banging of pots and pans as she put them away, but I'm sure the excitement was better than the boredom.

Transitioning to a Team

If I were to be less wordy about all of this, I could sum it up as saying that I provided a path for my wife to go from competitor to follower to teammate, and that I ended up liking her. But that's not me, so here's more.

A huge opportunity fell into my lap one day. One of my side projects directly involved in my mission gained some ground and I got called out of the blue to speak on this project. I started doing what I normally did; scheduled time, set goals, set action items to get to the goals, etc. And then I thought again, "what if she became my assistant?" So, I went home, set up some logistics so the kids wouldn't bother us. I told her about the opportunity. I then told her that I really wanted to focus on the content and delivery, and that I needed some help with the logistics. Now maybe it was the money involved, or maybe she was particularly bored that day; doesn't matter. This was the happiest I had seen this woman in months. I focused on my strengths. She booked flights, hotels, meals, schedules, and handled all correspondence with the event organizers. I just had to plan my content and pick out her clothes. The day of the event, she was nervous. I told her that I knew how hard she worked on this, and that I wouldn't have asked someone to do this that I didn't trust. I had the easiest time with my first event in this area, and she had an opportunity to add value to both of our lives.

One month later, I mentioned casually that I wanted a website. "I could help you." This woman stayed up and learned website design and some simple coding, and knocked out a website for me. I've noticed that she is now starting to have more agency and even working on some projects of her own.

I invited her into my mission. It's still my mission, and I can do it without her; she just happens to help me get there quicker.

Present

Last night: we're sitting at dinner, enjoying ourselves, making fun of other people together, and talking over some future plans. At one point, a family sits down near us, but then requests to get their table changed. My wife makes the joke that "they were intimidated because we were just too hot to sit by." I'm in an epic shit test; if I wanted the validation from her, this is as good as it gets. We're laughing like never before, and I'm genuinely enjoying my time. Is this an arrival point? Definitely not; rather, it's just another day.

Short Version

- I'm not claiming to cure depression.
- I stopped punishing my wife for my faults.
- I chose to guide her to actions that added value to both of our lives.
- I developed a mission that wasn't her and later included her in this mission.
- Aimless men create aimless women.
- Things are better.
- It took about a year with the way that I did it, with six months of focused work.

73

UPVOTES

The Second Anger Phase

sea-tease · 2 December 2022 · Archived copy · Reddit

Precursor to The Current Dude:

There's a common pattern for some men who've made their way here in their various levels of sucking, but actually stayed at it: They find MRP after living on porn, jacking off in the corner and scrolling around looking for some answers as to why his woman, who at one point in time, was all over him like there was no tomorrow, now barely looks at or touches him and only participates in an obligatory session once every week or two. Somehow he finds this little corner on the web and reads Steel's intro. He reads a couple weeks worth of OYS's and he's reading things that are only in his fantasy world of masturbation. Women actually putting in sexual effort for their men. Women actually thanking their men after sex. 'These men must be lucky to not get a broken one like I did' he thinks. Then he reads MITW's Validation Needs, then he finds Horns Depressive and Anxious Wives. He wonders, is this really a me issue? He starts using his eyes for the first time and gets angry. Very angry. But, he sees a path, puts down his lube and decides to do this because his sex life sucks and maybe there's something to this. You know the story, he gets a gym membership, shuts his mouth, shores up his mental models, rids his life of covert contracts (mostly) and is generally becoming a little more awesome...and confident...and usually social...and then goes out playing catch and release...

The current dude:

He's generally about 3 to 6 months in depending on his level of previous suck. He has ten or more years behind him of failing himself and his woman. He used to be socially anxious, afraid of his wife and women in general. He used to be nice so the world would be nice to him. But now, he's owning his shit. He's going out, he's more confident, having fun, playing catch and release and even with some rejections, he starts to see how easy this is. The IOI's show up from other women and it strokes that ego that hasn't been fully shed yet. His woman is back at home somewhere in limbo. Confused maybe, pissed maybe, not trusting his change maybe, who knows but the years of him sucking and failing haven't made their way out of her yet. Call it what you want, 1000 ft rope or whatever. Either way, she hasn't caught up... or cares. So, from his (reactive) perspective what does this look like to him?

A woman who still isn't pulling out the sexual arsenal like he thinks she should and how he wants.

The second Anger Phase:

Now, that blinding ego that used to tell him how awesome he was when he sucked is in overdrive on the other side telling him just how awesome he actually is now and that his woman should be pulling out the arsenal and worshipping his cock like the other guys wives he reads about. Hey, after all this work, he deserves it. Enter a new infusion of shortcut thinking. He starts to wonder what life would be like without his wife, how easily he could mold a new woman from scratch, how easy it would be to sleep with other women because he has learned OI and IDGAF and now sex is no longer about validation (right?). He could easily sleep with a woman that would crawl across the floor and over broken glass...He is getting impatient, frustrated, reacting and entertaining the short 'n easy game...

The Future Dude:

He is an option. Remember the Previous Dude? He's nothing like the Current Dude. The Future Dude will be different than the Current Dude. Your new mental models have not caught up to you if you can't recognize this covert contract. I'm moralizing, right? Nope. Do as you wish because you'll ultimately be OK, and it's actually entertaining for us when you play the short 'n easy game. If you think this is about not cheating, you're missing the point. It's about recognizing your ego, not reacting, persistence, patience, forward thinking and figuring out what you want during this second anger phase. You know, becoming a man. This is probably the final large covert contract you're going to face.

I remember that space, it was real. It was hard to think straight sometimes. I easily could've blown the whole thing

up because "I deserved better after all this work!" I could've and I would've been fine. This is a great time to drive, with action, the sex life you want. In the spirit of trading notes, for those of you that find yourself deep in the second anger phase **and you are really unsure of what you want**, that future dude is an option. You can put that call on him until you, your new mental models and vision are at least more clear and congruent. Shed your fear and create the sex life you want and have fun. Internalize 'Good sex is your responsibility.' Be a man who fucks. See if time allows your awesomeness and her response to you catch up with each other. Maybe it won't, who knows? How long do you give it? Your call - time does have it's limits. But you may be surprised at what you find after this phase. I was - still am.

That current dude is either here now, will be here soon, or you remember him. This second anger phase will probably be the last large covert contract that dude will kill.

72

UPVOTES

Xpost From TRP: What my mother blessed me with.

DoubleOsiete · 11 July 2018 · Archived copy · Reddit

What my mother blessed me with.

I grew up dirt poor without a Father. I had terrible examples of men inserted in my life time and time again by my branch swinging mother. One thing I was blessed with was the ability to understand humans and their behavior.

I watched my mom swing branches for over a decade until she found a man to take care of her who was well off and owned multiple properties had a pension and was generally well off.

From a very early age I knew that women were hypergamous and would always take a better opportunity if it were presented to them.

Enough backstory.

I was blessed with struggle:

Being abandoned by my mother from an early age for weeks at a time and being raised by my siblings and their friends taught me that I had to become one with loneliness and thankful to those who gave me their precious time, lessons, and resources for my benefit.

Being hungry. I mean actually hungry. My mom abandoned us to live with her boyfriend(s) and would check on us every five days, six days, two weeks... She would leave my older sister with a book of food stamps and sometimes pay the electricity and water bill. Being hungry taught me that I had to get it for myself.

At the ripe age of 11 we were killing our pet rabbit and using the shake and bake in the cupboard to season him. The shake and bake and flower and a couple spices were the only things in our cupboard for two weeks. After days of trying to mix flour sugar and water together and make "bread" and begging strangers for money we decided to kill the rabbit and eat it.

A couple days later we walked the couple miles to where my mother was staying with her boyfriend and his family. She was drunk from the night before. Her boyfriend wanted to know what we were doing at his house. We told him we just wanted the food stamps and we would leave. We got in her purse and there was only the "ones" left. She was still drunk and we could not talk to her. My older sister asked my mom's boyfriend why all of our food stamps were gone. We didn't have any food in our house and she just got these food stamps. He said that they had been barbecuing and spent most the money on steaks and that she had got him some groceries. This guy's fridge was full, like overflowing full, his cupboards had more food than I had ever seen in one house. We called our Father and his mother to ask for help. They called CPS, we only wanted groceries.

This taught me a very valuable lesson. My mother could give a fuck less about me. The woman who taught me what I should think about women showed me that no matter what, **they would always choose what was best for them.**

We sent my little sister to Taco Bell to beg people for food and we would split five ways whatever she came back with. We also stole and begged a lot.

Some lessons I learned from some of the branches that my mom swung to.

****The Cop-***This man was around when I was quite young. Some of my earliest memories are of this man beating my brother and I relentlessly in the middle of the night. Literally coming in and yanking us out of our beds and beating the shit out of us. Often with a belt. This man taught me that you should never trust anyone and that those in power are often the most cruel. I can wake up at the drop of a dime, a dog sleeping at the foot of my bed is the only thing that allows me to sleep heavily through the night.

The kickboxing instructor- Taught me how to fight, to mercilessly destroy your opponent at all costs, groin shots, eye gouging, whatever it takes. Knives, guns, whatever it takes, the only thing that matters is that you win and never

let another man best you especially when your life depends on it.

Cruelty. This man taught me that humans are inherently evil and that there are no limits to the evil that men can do. This man molested my sisters and beat my brother and I relentlessly for years. **I learned to never trust anyone.** I have only lost one fight in my life, out of the hundreds of altercations that I have been in growing up I have never been severely injured. I have quickly and effectively dealt with violent and dangerous situations more often through fighting but through intelligent retreat as well (usually when guns are involved).

The Mason- This man was in my life for a short period of time. In and out for about a year. He was a bodybuilder. He taught me that if you want to fuck women you have to be in great shape. At twelve years old he bought me an olympic ez-bar and weights. He also bought me dinner (a hundred dollar lobster dinner) for quitting smoking. He taught me to pass on what little you know to the next generation, regardless of whether they are yours or not. **The weights helped me fight, a lot. In high school I was able to get so many girls to blow me that my older brother and his friends were often jealous at how many girls I could pull.** This guys name was Joe, and although he was a piece of shit he blessed me with lifting which I have never stopped since that day.

The superintendent- This was the highest branch she could ever swing to. Actually the father of her previous boyfriend. This man taught me work ethic. He worked harder than anyone I have ever met. I learned that you could own anything you want as long as you are willing to pay the price. **This man taught me that my mother was worthless, I knew it, but when he kicked me out and I had to sleep on a park bench in a dangerous area full of drug addicts it really set in. I begged her to help me, that I was scared and I needed her. She told me "There is nothing I can do for you." I was 14.** This blessed me with an inner strength and a drive to never fail. I have never from that day been in a position where I could not pay my own way. I told myself that I would never sleep in a place where I was unsafe again.

There are many others that I have derived many lessons from but it would be an exhaustive list to go through them all.

What I took away:

I have created a life for myself and my sons that is like nothing that I have experienced. They know nothing but security and the only examples of "men" allowed in their lives are ones that I have thoroughly vetted. I have invested heavily in my education and am starting a new job soon that pays \$100,000+ a year without traveling. (I made more than that before but I was never home.)

I dropped out of school by 7th grade (I continued through to 9th grade which I repeated 3 times before I ultimately quit). I taught myself from books to get a GED. I then went onto go to college. I am one math class away from my AAS. Which I have studied while working and raising my sons, not for my career, solely for my need to be a better more intelligent man.

I have learned to lead by example. I make mistakes all the time. I reflect, problem solve and keep pushing forward(upward). I try to become a better version of myself everyday and I pass that knowledge onto my sons and those around me.

All my friends are either in prison or degenerate filthy drug addicts. I do not do drugs and never have. I control my drinking like a man and never lose control anymore, my twenties were another story. I have stopped associating myself with any negative people.

Some of the negatives and maybe some positives:

I treat women the same as I do men. Only for what they are truly worth. I can and have slain so many vaginas that women are truly of zero value unless they have actually built value in their lives and themselves. My wife knows this, and is constantly trying to improve my life through her positive behaviors that affect me. **I am happily married, but my eyes are wide open.** I am truly ready to drop her like a rock if the need arises, she is eerily aware of this, and acts accordingly.

I have finally become a man that I am proud of. I feel like I am still at the bottom of the mountain, but I am always climbing.

My "Fathers" entire line is dead now other than my sons and I. It has released me from an obsession to have a positive male mentor in my life and truly allowed me to get over my past.

I have forgiven all of those who have wronged me and written them into my history, none are allowed in my future.

TLDR: Search exhaustively for lessons from positive male role models and examples of positive behaviors and insert them into your being to become the best version of yourself.

There is lessons to be learned from everyone. Sometimes how to act, sometime how not to act.

Struggle is the chisel that you craft your coliseum with.

"So many women, so little time." Gramps.

Edit: Thanks for all of the love.

I explained this to a guy I went to college with, when he asked why I was always so positive about other mens work and never had anything but good things to say even when some peoples speeches were garbage or their skills were lacking. Always lift you brothers up never put them down. It's amazing what a man can turn into with the right words of encouragement. None of us were born with inherent value, we have to build it, and in turn build each other.

I tried to reach all of you that messaged me. I am not really keen to give you my personal info, start a chat maybe we can get to know each other first lol....

And to you haters-Suck it(())-----))))

72

UPVOTES

The Lion and the Lion Tamer

redpillrobert · 10 April 2018 · Archived copy · Reddit

Long before I learned about TRP and MRP I used this metaphor to help me manage my relationships and to help friends of mine who were struggling to gain control of theirs.

Some of you may be at least somewhat familiar with it by now, as I've repeated some core parts of it many times in my replies, but if you haven't it goes like this:

By nature, men are lions, and women are lion tamers. Women LOVE wild, unpredictable, independent, self sufficient, powerful, unruly, dangerous lions. They're obsessed with catching them and taming them.

So they offer them juicy red meat (pussy) to lure them into a cage (LTR/marriage), and then feed them a steady diet of it until they become loyal and dependent. It's so easy to get red meat inside that cage--why would the lion ever leave?

Over time a lion's loyalty begins to overcome his rationality. He loves the lion tamer. Even if sometimes she forgets to feed him. I mean, she always feeds him eventually. Even though it's only one kind of meat, and frankly, he's getting kind of bored with it. He really misses the variety that the wild provides, but the lion tamer told him that if he leaves the cage and eats anything else, she'll get mad and his gravy train will stop. So he fights his natural urges and repeats to himself over and over that this meat is all he needs. It's safe, it's fairly reliable. No reason to risk that.

Sometimes he has to perform tasks for the lion tamer in order to get fed. But they're not very big tasks. Not like leaving the cage and trying to hunt again. And it's been so long since he last hunted, does he even remember how? In fact, he's gotten pretty out of shape since being in there, even if he knew how would he even be fast enough to catch any food? But he knows he can do those tasks though. So no problem. He'll just keep doing that.

But as time goes on, he notices that doing them doesn't always result in being fed. Sometimes it does and sometimes it doesn't. And frankly, the quality of the meals has really dropped. Not only are they infrequent and unreliable but they're bland and dry. It doesn't even taste that good. Sure some of that is because he's used to it but he can tell when a meal takes effort and when it doesn't. She's not even tenderizing it anymore.

So the lion starts to get angry and starts to roar at the tamer. But that only seems to make things worse. So in desperation the lion starts searching for ways to please her--tries to crack the code. He does everything she asks, and even things she doesn't. But his meals remain so sporadic and unpredictable he can never get his bearings and develop a rational plan for securing his food. So he just tries everything every day all the time and hopes for the best. She's become like a volcano goddess and all he can do is grovel and pray.

Until one day the lion wakes up and he sees that while he slept, another cage has been constructed during the night right next to his and his tamer is with another lion inside, giving him all the juicy, tender, deep-red meat he wants (she even lets the lion fuck her in the ass).

He roars at the other lion, he roars at the lion tamer, but she merely glances at him in contempt and tells him to get lost. So he leaves. Stunned, hurt, humiliated, angry, and hungry, he's forced to hunt again but his muscles are weak, his senses are dull, and his memory of how to survive in the wild is faint.

And so off he goes to rebuild himself again, if he can.

So what did the lion do wrong?

Should he not have taken her juicy red meat in the first place?

We all know what the MGTOW incels would say.

Should he have taken the meat but refused to ever enter her cage?

We all know what the 19 year old sages and jaded divorcees on the main sub would say.

But you and I know that hunting gets exhausting. We all remember what it was like. Sure it felt great to make a kill,

and sometimes you make a big kill and it feeds you for several days in a row, or you get on a roll and make several kills in a week and so you're flyin high for a while.

But waking up day after day, week after week, month after month, goin out, drinking, partyin, textin, tinderin, over and over and over and over and over and over...

It's fucking exhausting.

Plus you wanted to live forever and thus you wanted to have kids.

And you knew that being married was the best way to raise those kids.

And you may even have been prescient enough to know that there are quite a few other social and economic benefits to being married that you wanted to obtain.

And yet, because of the red pill we know the risks that LTRs and marriages present.

So are we just fucked?

I have learned for myself that the answer to that is no.

Women invest a lot of time and effort to get a wild lion into a cage with them. And the more we invest in something, the more we value it and the more forgiving of it we will be.

We love things that are difficult to obtain. Women love men because they are unruly and disobedient and confident and horny and independent and it takes a lot of work to capture their attention and to keep it.

Likewise they despise that which comes easy to them. If a man is attentive and available and helpful and obedient and well-mannered and faithful, where the fuck is the fun in that? What happened to their wild lion?

You know, when you swing from one branch to another, you first have to feel you've got a good enough grip with one hand to let go with the other in order to make the leap. Pretty hard to do that if you can barely hang on with two, right?

And yet you're surprised when she branch swings, Mr. yes ma'am-goodie-two-shoes-faithful-husband-good-christian-daddy-man?

You never go out with the boys. Never work out. Never cheat. Never flirt. Never even look. And apologize or DEER when you do. Eat whatever she puts in front of you, however much she puts in front of you. No interests. No hobbies. No talents. No muscles. No friends. No confidence. No backbone. Come straight home after work. Never take more than 3 seconds to text back. Ask her permission to do things. Never lead. Ask her where she wants to eat. Where she wants to sit. What movie she wants to see. If she feels like hanging out with friends that weekend or not. Ask her what YOUR calendar looks like that week, and every week.

I can practically hear your wife fucking your neighbor right now.

She wants a wild lion. No matter what she SAYS after you get married, that's what she wants. AWALT.

And believe it or not, you probably used to be one. Get back to that, and you'll be just fine.

72

UPVOTES

[FR] Implementing WISNIFG for MRP; The Gift of Your Time:

JDRoedell · 29 July 2017 · Archived copy · Reddit

This post is sort of a fusion of important RP ideas (training wheels; per /u/88Will88). It's also an FR about just one way to put WISNIFG into practice in your marriage. I recently reread it and some things became clearer in how it applies to a marriage for a Redpill man.

1. **Your time is a gift, value it as such.** /u/ReddJive had a good [post](#) on this concept recently.
2. **Don't be afraid of upsetting her**, especially if you're laying out a boundary that preserves your precious resource of time.
3. Remind her you are the **prize** by being unapologetic for your decisions. You don't "owe" her anything.

This was also sort of inspired by a recent [blog post](#) of Stoney's I read. It details a nice Saturday where his girl tries to derail and grab the frame with her emotions and an undeclared expectation he didn't agree to. Stoney sets a boundary, lets the waves crash around him and all is well after it's done. You really should link your posts here, man. It's great stuff. Anyway, I digress.

We live about four hours from the in-laws. They live in a small, country town on a lake. FIL owns boats so it's a fun time when we go. Every summer we usually go there anywhere between 2-4 weekends and once during the holidays or for the random wedding. Over the past year for whatever reason, I've noticed she becomes sort of cold, moody and sometimes downright cunty to me when we are there. Not sure why, but it's been noticeably consistent to me the last handful of times we've gone there. Could be that her family stresses her. Could be that I'm enjoying myself too much (fucked up isn't it?), or she thinks I'm imposing on time with her family or whatever fucking reason females justify being bitchy about. I honestly have no idea. The reason doesn't really matter. Her sexual availability also goes down when we are there, which is not the main issue here but a compounding factor.

When we talk about men control commitment and women control sex, remember that your commitment is most easily measured by your time.

Realize your time is valuable and your best asset:

Sometime during our last visit in May I decided that this isn't how I wish to spend MY free weekends at her folk's house. I don't mind her family and can easily have a good time while ignoring the cold, bitchy behavior ... but why should I when many of these weekends are purely recreational/optional. I usually have to burn a vacation day at work (which I don't always have a lot of) to do this and I lose my weekend at home to hobby or accomplish other things so while it's not a huge sacrifice, there is some flesh given up on my part for what is ostensibly a non-essential commitment of my time.

So what is a man to do? Years ago I would have just taken it and my resentment for her would have built. I don't like resenting my wife. Initially, I thought about overtly telling her I was tired of the "out of the blue" disrespect. That would have created a shitstorm and put me in her frame. Not the way to go. Or, I could just go for the weekend and reflect her poor behavior back? Nah, also puts me in her frame and is childish/womanly.

Reward those who value your time, remove it from those who don't:

Here's what I did do; this past weekend was the third time in a row this summer I haven't gone with to her parent's house for the weekend. Two of the weekends I had other obligations and told her I just couldn't make it and wasn't going to change my plans... but I would have if I wanted. This past weekend though? ... I just didn't go. No reason. Just told her I'm not going. She was going for a high school reunion, and I took the kids camping.

About a week ago I get a text from Mrs J while at work; *"Well my sister is disappointed that you aren't coming at all this summer and to be honest, so am I. I'm going 5 weekends and you're going zero."*

Mrs. J; *"I just wish you would try harder. For one."* I ALMOST fell for this one by replying with my grievance. I held my tongue, or fingers.

Then another; *"Not even half."* - I don't even know what this last one meant. Ha! My response... *"we can talk about it later."* No DEERING, no arguing, no over-texting.

Don't fear her anger:

I sure as shit wasn't going to bring it up at home that night and surprisingly, she didn't either but if she had, I was ready to talk about it because I'm a good husband. Fast-forward a few weeks (last week) and the wife and I are taking a walk and the topic comes up again when she made a veiled, passive comment about my lack of attendance. This was the night before she was going to leave for the second trip to her parents that I wasn't going on. This time my parents were coming in town and I don't see them often so I had already told her I was staying home to hang out with them and my brothers. In a calm and frank tone I took this opportunity to clarify the matter by saying, *"I enjoy visiting your folks but if I'm being honest, your attitude has sucked the past year when we go there, and if you want me to go on these extra jaunts you should start **acting** (my tonal emphasis) like someone who wants me to be there."* Plain and simple.

She was mad. *"Wow! ok!?!?"*, she said.

Her mouth hung open in an expression of disbelief and indignation. A verbal shitstorm of angry words and guilt manipulation ensued all the way home. I broken recorded and fogged; *"I understand that upsets you but it's what I think and is part of the reason I'm not giving up my weekends and vacation time to go with you every trip. Make it worth my while by not being unpleasant."* **Period... your position should end here and you are ready to fog and broken record.** More angry manipulation attempts followed only to be met with more fog and repeating of my stance on the matter.

The rest of the night she stomped around the house and slammed drawers and other such womanly behavior that expresses a failure to get her own way. She furiously texted her best girlfriend (BGF) to tell her what a dick I was. I can only imagine the hamstering and half truth that diatribe was. She knew that I knew that she was texting this and at one point with a smirk I said, *"what does BGF have to say about your asshole husband? Probably none of her business, right?..."* This was an explicit stating by me of an action of hers I didn't appreciate (airing dirty laundry with friend). She just sneered at me.

After the kids were in bed I grabbed my phone and earbuds to go for a walk (yep, another walk) and listen to some podcasts. As I'm doing this she says from the other room, *"ok, I think I've cooled off enough. I was planning on 'doing stuff' tonight so let's go upstairs. Where are you going?"* Her tone said, *"I'm mad but will still fuck you, but consider yourself lucky."* "Doing stuff" is one of her code phrases for fucking. I simply said, *"I'm going for a walk."* In a confused tone she said, *"Ok???"* I needed to get out before I accidentally engaged in her emotional storm and I considered it a short term removal of time and attention to reinforce that I wasn't messing around with my previous declaration, nor was I going to drop everything for what she considered "me getting lucky" sex.

Came back in a good mood, acted like nothing was wrong, we "did stuff" in three different positions and went to bed. She took the kids to her parent's the next morning and I had a fun weekend by myself.

Note that what I did not do is "quit and take the football home." I did not stop owning my shit around the house as retribution. I did not "cancel Christmas." I did not treat her with malice or butthurt. I did not give her a "repercussions/or else" ultimatum (the "repercussions" were already in play.) I simply made it clear, by action, that **I will no longer sacrifice my precious free time for what amounts to a non-mandatory family outing if she won't value my time and presence by simply being pleasant.** Would you let anyone else disrespect your time like that? No, your time is a gift. Then don't extend your wife that extra and unwarranted free pass to your commitments if she doesn't deem it important enough to give you her pleasant and feminine company. **She doesn't owe you shit and you don't owe her shit.** If you gave someone a present and they were rude, mocking or unappreciative you wouldn't bother to give them anything else. Your time is no different.

She hasn't brought it up again. I am planning on going with her and the kids for a weekend in August. Besides, the FIL got a new wave runner and those things are fucking fun.

Value your time and realize you don't owe her shit. your time is a gift. As ReddJive mentioned, it's not infinite, and the older I get, the more valuable to me my time gets. Don't DEER, don't get emotional. Stick to the boundary you enforce for your own time. LET HER BE ANGRY.

72

UPVOTES

Captain Rambo

Triadis3 · 19 June 2017 · Archived copy · Reddit

First post.

I've been reading, lurking and commenting here for about two years now. Typical drunk captain after a motorcycle wreck, eating, drinking too much, pain, no gym. Fat on the couch, no motivation. Weird thing... the sex dried up! Found this place. Devoured the site. And, like most went all RAMBO and tried to fix 4 years of being a miserable fuck in a week. She moved out. I became a man on a mission to return to the great guy I was.

If you're here, I hope you know of the Captain/first mate relationship dynamic. To adequately pilot a ship, someone has to be Captain. As a man, that's YOUR job. You can listen to suggestions if you have a proven first mate, but the ultimate decision is up to you. You can't co-captain a relationship any more than a ship.

So, your boat is chugging along nicely, why not go down to the cabin for a few drinks?. The first mate is capable at the wheel for a few hours. Damn it's nice down here. Big screen, lots of snacks. Can't even hear the kids. You start getting more and more comfortable, letting the responsibilities of life slip away and not really caring where the ship is headed.

The first mate never wanted to be captain. That's why she chose you all those years ago. She resents how she has to pick up your slack, resents how you felt somehow ok just being a couch potato all day, resents how your mutual hopes and plans have somehow faded away without a whimper.

You've become a fat, lazy, whiny drunk. She sees you as one of her children, just another need she needs to fulfill. No respect, no sex. You're just not an attractive person. So she gives up. Finally stops the boat and jumps ship into her own little life raft. You're still tied together by this long line, 1000 feet of rope coiled between you, but you're essentially on separate vessels.

As you awaken from your stupor, hangover pounding, you realize the engines are silent. You are alone. But nobody delivered breakfast! You come up on deck. Dead in the water. First mate nowhere to be found. You're drifting towards the rocks.

You have to do something. Where are the damn keys? Ok, started. Choose a direction leading away from the rocks, apply a little gas.

If you freak out and push the throttles to their stops, the propwash will rock the life raft, and the first mate will get up and grab the keys away. Rightly so, you've been a fuckup for years, why should she suddenly start trusting you, Captain Rambo? Your balls haven't grown back yet, so you'll let her retain control. Back to your rum.

You have to ease it away, slowly, gradually picking up speed. Be gentle. Don't tell the fucking first mate anything. She won't believe you anyway.

As you continue to get up on plane, speed rising, you start to realize how cool it is to be captain of your own vessel again. You're enjoying life again. Holy shit! I don't need a first mate at all!

The first mate has been left behind, still slowly drifting towards the shore. The 1000 feet of rope is paying out, faster and faster. She hasn't noticed any difference from her perspective.

Eventually the rope gets taut, starts to tug. By this point you're so far ahead, jumping wakes, enjoying your cruise, that whether she comes along for a fun ride or not is up to her. You've rediscovered your passion, your drive. You are outcome independent.

She may accept you as her new captain and decide to come along, or not believe you and simply cut the line. Either way you'll keep on doing what you choose to do as captain of your own ship. You can even cut the line yourself if the drag gets too bad.

But be very aware of the 1000 foot distance between you. It takes a long time for something on the end of such a long lead to respond to changes at the front.

72

UPVOTES

Curing yourself of Butthurt-itis

addictedtoyourface · 23 May 2017 · Archived copy · Reddit

If you are pained by external things, it is not they that disturb you, but your own judgment of them, and it is in your power to wipe out that judgment now.

Marcus Aurelius

Butthurt-itis can be boiled down to a very simple formula:

$$\text{Ego} + \text{Expectation} - \text{Fulfillment of Expectation} = \text{Butthurt-itis}.$$

Let's look at Ego first. Ego is your enemy. You should be working on killing that little shoulder devil lying to you that you're special. **This** is one of my favorite TRP articles to re-visit. It is a great ego killer to remember that you are 1 of billions and in a 100 years, most, if not all the things you're accomplished will be forgotten. Sounds demoralizing, but I love it. It frees me from the shackles of judgment and helps me formulate a healthy perspective.

Ego you should be working on killing; Expectations you should be working on managing. It's ok to have expectations. It's good to have them if fact, but it's important to manage them properly. If your 200lbs overweight, you should not have the expectation of winning a gold medal in the 100m dash.....

If you manage your expectations properly you're less likely to have them go unfulfilled.

The real key is to separate Ego and Expectation. I expect my wife to fuck me on the regular, but if she doesn't I don't get butthurt. Why? Because my ego is not tied to whether or not she fucks me. It's hard to separate the two if you're still a fagot, but that's where managing your expectations come in. If you're obese, you should probably lower your expectations. Own the fact that you did this to yourself and make changes. She still may not come around once you're Chad, and that's ok. Again, your ego is not tied to her.

I'll give one quick anecdote, but realize this same principal applies to most situations: Money, Sex, Shit Tests, etc.

This was the last "argument" we had and it was on shark week. I don't even remember what all the fuss was about, but I know she got upset because I called her out on some BS she was spouting. Many times I let things like that go by keeping my mouth shut, but I was in the mood so I called her out. She got mad and started fussing at me. I kept pushing and eventually she call me a piece of shit. I could have gotten butthurt and listed all the reasons why I wasn't a piece of shit. Instead I laughed and said she was dumb for marrying a piece of shit. From her point of view I'm a POS because I called her on the carpet and made her feel bad. From my point of view I'm a great dad, and a good husband. For her to call me a POS is ridiculous and I responded as such. No butthurt-itis in site.

A situation is just that. A situation. Your estimation of it is what determines if you get butthurt or not. That is not to say we don't all fail sometimes or lose frame. If you do, let it go and get back on the horse. Like everything, it gets easier with practice.

72

UPVOTES

Two Year Progress Report

TurdDoctor · 3 May 2019 · Archived copy · Reddit

It's been more than 2 years since I first found the Married RedPill subreddit and began to unfuck myself. This post is about my journey, the good, bad and ugly. Really the purpose is for my own self-awareness, I don't really care about you assholes, but maybe you will get something of value.

I grew up in a good family with a father who told me that I could do anything if I put my mind to it and a mother who was a cold sex denying harpy. My father did what a lot of guys do and stocked up on porn and of course I found it as a teen during the time when my growing body had more testosterone than I could handle. I experimented with drugs and alcohol and got on the wagon with a deeply religious experience and involvement. Instead of getting high I would read the Bible and completed it cover to cover four times. I focused on academics and was able to graduate high school a year early and went to college with an academic scholarship. All of this with no date in high school and awkward interaction with girls at best. So this was the formation of my mental model of sex and male/female interactions.

Fast forward to graduate school, I left my girlfriend 400 miles away to pursue a professional career that promised high pay and stability. I was in the big city knowing nobody and missed fucking her but she found someone else (my first life lesson in AF/BB). My game and frame were awful, I was a shy nice guy who wanted girls to like me for "the good guy I was on the inside" and my career potential (beta provider). I had descent looks but was not hawt. Eventually my beta game had some success and some girlfriends came and went. At one point I was spinning plates without even knowing (a Japanese girl, an Indian girl, and an Irish girl. I always go for the exotics)

Then one day I met a girl who was giggly, innocent, cute and seemed to follow me around and show interest. We met up a few times and she mentioned her long distance boyfriend who eventually was given the boot. We would make out in her apartment but no clothes ever came off and I found out that she was never with a man before. She was about 25 years old. I dropped my plates and spent more time with her. She went to Catholic church every week and I thought that she made me a better person for being with her.

At one point while making out one night she put my dick in her. Unfortunately, I fagged out and didn't train her over time to be what I really wanted sexually. Instead, I was a nice guy, I let her drive the bus, not wanting to hurt her, and continued jerking off to fill in the gaps for my needs. We had sex maybe 1-2/month with just missionary position and she got oral.

Meanwhile she had family problems with her grandparents dying, her father becoming terminally ill, and her mother having a chronic illness. There were no men left in her family. She leaned on me emotionally, I was her rock, and her support during the whole time. Eventually we got married. I think she bought a beta plowhorse on purpose because that's what she wanted.

Fast forward to about 2 years ago. I was frustrated and at my wits end. Why won't my wife fuck me? I'm horny and love her but she doesn't want sex, why, how can I fix this? I found Athol Kay's book which brought me to Married RedPill. It was an awakening unlike anything else in my life and I engaged myself like never before on a path of improvement. I read the sidebar, joined a gym, and began to change internally. I'm not going to rehash all the stuff I did, it's pretty much the same as everyone else who's unfucked themselves and the path is well known to those who put in the effort.

I posted a 1 year report last year and felt like I was making real progress but never felt like I had reached the top of the mountain. So many guys humblebrag here about sex on demand, squirting anal orgasms, getting nude texts, or their wife sucking their sweaty balls after a workout.... I had none of that. I did go from a baseline of sex once every 6-8 weeks to about once every 2-4 weeks. Still vanilla sex but improved frequency.

Other areas in my life improved dramatically as I became more unfucked, mostly just by asserting my frame. I was less affected by her actions or moodz, and generally she became more of an accessory to my life rather than the

center of it. She was happier and so was I.

I have been called out by some for suggesting that my wife is a special unicorn. I don't think she's special, just that she is not typical. I know AWALT, but not every woman is exactly like that. Her deeply religious upbringing and remaining a virgin for so long created mental models that guide her thinking about sex and consequently her actions. She has a sex drive but its muted and the default thinking is one of restraint or repression. That's why most sex with us happens after alcohol or on first waking up when inhibitions are down. I believe that she has attraction, but ultimately it conflicts with a mental model of chastity and being a proper lady. In short, yes she is a woman, but not like every woman.

As I improved over the second year there was a slight uptick in frequency to once every 1-2 weeks. She still wears old granny underwear and says that my protein shakes have made me into a pervert (she thinks there's testosterone in them). I own it with a shit eating grin. About a month ago I turned her over and fucked doggy style, she said that it was degrading. I told her it was fun. I can't help but think back on a comment from someone a year ago saying that I might be successful but the juice may not be worth the squeeze.

Slowly I have become more indifferent as to whether or not I have sex with her, and to our relationship in general. The topic has come up more than once where I said "why would I need to have an affair?" or "don't give me a reason to have an affair" Her reply was always "don't threaten me" I made my point but nothing really changed.

A couple months ago I came closer to the conclusion that I'm not going to get what I need in my current situation and there were only 2 choices: divorce or affair. After much thought I decided against divorce, at least for now. We don't have kids. A big reason is financial, she makes a lot of money and I get richer the longer we stay married. Selfish, but I'm okay with that.

For me, it's would be hard to game women without it getting back to her in some way or without it affecting my business, so I went to an online dating site. Wow, it's been enlightening to say the least. First off, I just posted a pic of me in a t-shirt with my arms showing. There's messages sent every day from interested women. I guess women really do like muscles. It's fun looking at profiles and flirting back and forth. I spend way too much time on that shit but I'm having fun. I've met a handful of girls and took one to a hotel room and fucked her silly.

That was a huge step. How do I reconcile my self image of being a good guy with what I did? How can I look at my wife in the eye and say I love her after that? How can I put my dick in her after that? It's been a journey in self reflection and aligning my thoughts and actions, but essentially, it's like I told her more than once, don't give me a reason to have an affair and I won't. That pretty much sums it up.

I feel like a part of me died when I was with the other girl, I realized that it was just the last vestiges of oneitis and the pussy on the pedestal. Sex is sex, no more, no less. It's cheap and available for a high value man. If I'm denied and sent out into the world with a full tank, don't be surprised that I come back empty.

I continue to pursue plates because it's fun and I have a full tank. The hardest thing is finding enough time to meet these girls and the time sink of chasing them on the computer and texting. I'm trying to avoid the pitfall of making pussy my mission or seeking validation in the pursuit. I think I'm doing well so far and I'll have to see where this ultimately goes.

I fully understand the risk posed by seeking plates and that it will eventually be discovered if I continue long enough. That will certainly end in divorce, but so be it. I don't mean that in a butt hurt way, its just the facts. She had first dibs on my sex but passed, so I eventually moved on. I will be fine regardless, more than fine, I'll kick life in the ass. I'm a man, that's enough.

Edit: I really don't care what some assholes on the internet think about this post. I'm living my life on my own terms how I want to and I'm happy. If you don't like it, fuck off. I should have thanked those that gave their time to help me along the way during these past 2 years. You and I know who you are.

72

UPVOTES

Red Pill observations at a coaching seminar

surfsusa · 10 October 2019 · Archived copy · Reddit

Yesterday I was at breakfast business seminar. It was a small intimate affair about 16 people plus the speaker. 13 women 3 men. 1 guest speaker (Male). The speaker was early 30's very fit, dressed business casual but impeccable. Very well groomed. I could see all the women were completely focused on this guy and their panties were wet.

He was pitching his coaching businesses. He was explaining how he had become so successful. As he was explaining this, I realized he was Red Pill. 1. Gets up at 3 A.M. 2. Eats a healthy Breakfast 3. Hits the Gym 4. Dresses impeccably 5. Gets his hair cut regularly 6. Keeps his beard groomed. 7. Focuses on his goals and meets them. He was explaining what had motivated him to get there. He was describing a Blue Pilled person but not using the words "Blue Pill" or "Beta". His marriage had broken up and he started reading a lot of books on relationships and business success. He figured out what he needed to do and explained how he got to his present self.

I went up to him later and started asking questions. He has remarried and has been for a while but I got that he was not familiar with the term Red Pill as we use it. I was thinking that here is a guy who is Red Pilled and he doesn't know it.

72

UPVOTES

Cuddles ain't free

HornsOfApathy · 17 July 2023 · Archived copy · Reddit

There was an OYS comment that sparked some discussion with some vets in a secret smart dudes server, which was:

"Cuddles ain't free."

[/u/red-sfpplus](#) was quick to point out that his post, **Cuddles are Required** (which is a fantastic 100% true post) was OG, but warned that this statement could be a giant covert contract. I agree. So, with that in mind - know that none of this is covert in nature and requires a certain mentality that you are the prize. But, if you still practice this it's helped some men overcome the root problem which is physical neediness from their women.

If you're struggling with your woman not giving you enough cuddles, then this post is for you.

I dug up my old comments on why **cuddles ain't free**.

Cuddles are not for men. They are for women. Women do not want empathy. They want strength. Strength comes from men. Therefore, that makes cuddles a gift from you.

You don't give gifts to bitches, brats, or harpy sexless wives, do you? So, you withdraw your time and attention until they behave, or exit.

It's not the best way to figure it out, but each time you withdrawal time and attention for misbehavior and later she comes running back for comfort - (aka - cuddles) that is when you fuck her and learn more that you are the prize. The anxiety you feel between the withdrawal and her seeking you out again for that time and attention will subside over time.

I failed at this so many times in my journey. I must have had over a dozen mini-main-events, until I finally saw the pattern. My wife would go bonkers and I'd feel guilty in these situations. I'd provide comfort because I loved her - and I liked her - and I cared about her. But somewhere along the time I learned that bad behavior doesn't get cuddles. Cuddles ain't free. So I let it just play out. I'm the oak. Storms come and go. The oak remains.

So recalibrate your affection and when you give it.

The worst situation possible, which likley a lot of dudes here are in without knowing, is to be putting the cuddles on a dripfeed of neediness. It ruins sexual polarity and you won't get laid. If you're doing this, stop it. Recalibrate, and see what happens.

Yeah, your woman if she was like mine will go apeshit. But here's the secret sauce bro....

Cuddles are required. Just be open and loving. **I would never deny my woman something that she needs.** In fact, memorize that. When your wife breaks and acts like a bitch because you're running this game for yourself to expose your weaknesses, she will **not** say "you're not even touching me!". Not at first anyways. But everything she does will be because of that.

Your woman should be the needy one. Not you. And personally, I *love* my woman like that. It will be your job to guide and lead her into transforming that anxiety into femininity by polarizing a woman with your non-needy abundant mentality.

"Aww sweetheart, if you need a little cuddle just come sit on Daddy's lap, *come on over anytime...*"

This should be your mentality. You must kill your current model or it will drive you absolutely insane trying to do the same shit and expecting different results. **Here are a plethora of notes from me on cuddles**, (link must be read on new Reddit) often pointing out to OYS posters where they are falling down if you want more material.

Cuddles are needy, required, and still in your frame. Strength, motherfuckers.

71

UPVOTES

Bitchy wife? Tell her to knock it off

stacysmomlovesme · 28 April 2018 · Archived copy · Reddit

It's been a long time since I lurked and posted here and I really dont have my pulse on the state of the community. Still, today I employed an important LTR tactic that is soooooo misogynistic yet critical if you intend on staying in a somewhat satisfying relationship with any woman.

The Wife bitching about this and that for about 12 hours and at first I ignored but once it gets started it needs to be quickly dealt with unless you enjoy walking on eggshells and scrambling to please her highness in futile hopes of making her happy.

The thing is, most women use complaining and expressed dissatisfaction as tool of manipulation. Society runs like worried butlers to fix their problems when they bark so its a go-to strategy for women.

What I do, and this seems to be required on a 2 to 3 x per year basis is just tell her to knockoff the bullshit because its nothing I'm going to live with. She knows what I mean, I'll leave.

You have to do it the first time. Just walk out for 3 hours and come back and dont discuss it. If that doesn't work, try an overnight or 2. If you are worth a shit, she will get it and likely will be sweet as pie for a month and will howl with delight when fucking because she isnt with a lapdog. She has an actual man who wont put up with bullshit.

TLDR...dont discuss the fact that she is being a bitch. Just shut it down with a stern warning and follow up til she gets it. It's the height of betatude to get into the nuts and bolts of *why* she is making everyone miserable. In fact, its a reward for her if you do converse about the source of it all and you can expect it nightly forever more.

That doesn't mean not talking things over that are brought to you calmly with respect. It means break the habit of her using *unhappy wife*, *YOUR unhappy life* to get what she wants

71

UPVOTES

Why Perfection Will Kill You

TheFamilyAlpha · 18 August 2017 · Archived copy · Reddit

I often write about the positives of my life.

I write about how well my son and daughter are doing, how great my wife and I are doing, and that my life, as a whole, is awesome.

Today, I want to talk about the deep valleys I've walked to reach these peaks. I want to do this not so I can feel that fresh stab of past pains in my heart, but rather, because I want men to see, there is a light at the end of the tunnel and you just need to keep walking through hell to get there.

I've been there. I get it.

I've been in the car, unable to hear the sound of music or wind because I'm so lost in my head. Heart pounding, pulse in my teeth, with the loudest voice in my head saying, "*What would happen if you just pulled the steering wheel into that tree, pole, or median...?*"

I've been in the shower, the only place I could truly be alone and just sat on the floor, staring at the drain, letting the hot water scald me while I regressed into the abyss of my mind wondering, "*Where did it go so wrong...?*"

- I've punched through the walls.
- I've had the drunken nights.
- I've screamed into the pillows.
- I've cried my eyes out until there wasn't a drop left to shed.

I've told myself, "*It wasn't supposed to be like this, I did everything right, there's no point to this fucking life...*"

I've reached the point *where I didn't care if I was alive or dead.*

The point where my only relief was sleeping because that was my only escape from reality. All I wanted to do was retreat to the realm of unconscious and even there I was at risk of attack from the self-hate and loathing which I felt in my day to day existence.

Retreat only prolongs the pain; it kicks the solution to the suffering down the road.

I decided to stand up and choose risking death on my feet than to continue 'living' another day on my knees.

I did this alone.

I should have had my brethren there to help me.

Society has recognized this and in an attempt to deconstruct and eradicate the masculine man, they've made it so men cannot find one another.

This is why I'm writing.

This is a rope being thrown to you, hoping you find it and climb out of the hole before you choose to end it all, or worse, quit and remain 'living' in your grave.

Living in a constant state of anxiety, fear, and self-repression isn't living at all, it's barely existing and it is this state which I'm hoping this piece helps pull men from.

You don't have to be Perfect, you have to be you.

The anxiety, suicidal thoughts, depression, and self-hate stem from the thoughts of how things '*should be*':

- You look at who you are and you compare it to how the perfect self would be.
- You think of your life as it is and how you feel your life *should* be.
- You've said the nice things and walked the righteous path, yet the 'asshole' is winning and here you are, chopped liver.

Listen to me now brothers, your life is exactly how it should be and **you are who you've decided to be.**

At *any point* you could make the decision to **flip the switch** and start living a genuine life. It isn't easy and it isn't quick, but it beats living another minute hating the fact that you're still awake.

We can destroy that voice inside telling you how terrible you are, how inadequate you are, how stupid you are...

We can silence it through action.

Read the entire Piece on the blog: <https://thefamilyalpha.com/2017/08/08/why-perfection-will-kill-you/>

I'm much more active & available on Twitter: <https://twitter.com/TheFamilyAlpha>

Final Note

I've joined the ranks of men who will be speaking at this year's 21 Convention. It's the 10th Anniversary, if you haven't already seen the post on TRP here it is:

https://www.reddit.com/r/TheRedPill/comments/6trt2z/attention_cisgendered_maggots_the_worlds_ultimate/

If you want to get tickets, you can do so through this link: <https://the21convention.org/tfa>

71

UPVOTES

Incoming wall of text...on using dominance inside and outside the bedroom

RPJMRP · 2 May 2017 · Archived copy · Reddit

There is no big reveal here guys. No huge lesson to think on, just a sort of report on a trend I started with the wife awhile back that pays dividends in keeping things light and always working towards a sexual conclusion. I felt like we needed some more content, thought I'd throw out what works in my home.

We all know the power of dominance in the bedroom. I've never been one to shy from this arena with the missus. Whether it be a slap in the face, making her crawl to me in bed, or a spanking, ropes, all that cliché bull shit, I employ it all in the bedroom and she is all about it. Lately, I have begun carrying the theme outside the bedroom and into our everyday lives. I have been impressed with the results in the bedroom, but also in helping keep a less intense atmosphere around the house. The "too intense" theme is an area I continually work on for my family. I can easily go from a fun captain to a brooding captain (and the topic most likely has nothing to do with my wife or family, but a problem at work, etc.) So being aware of this habit of mine, I am always watching to insure I'm creating an atmosphere of fun on top of "excellence" in the home.

A couple things that need to be considered before you would engage in this type of behavior. You know your wife, if you have not created a mood where you can discuss anything sexually with each other confidently and without judgment, work on that before implementing these kinds of practices. (TFA has a couple blog posts dedicated to this idea. Someone can drop a link in the comments I'm sure.) Anyway, the point being is I can do these things and inherently know it will not negatively affect my marriage or wife. If you can't, but would like to, then start laying the groundwork.

So many spankings...

- So we all slap our wife's ass on the regular. It is one of the great parts about being a man. The spankings in my home have gotten intense and sudden in their application. Now, suffice is to say, my wife ENJOYS this process. However, it is also a form of legit punishment. Of course, I would never do it out of anger, but the spankings are based around the concept of "disappointment." I'm not a leather whip guy, I use my hand. She counts them out. They are HARD. Her ass is usually red after. Sometimes I snap a picture and make her put it as her background on her phone. This is usually only until about 8 a.m. the next morning when I text her to take it off. I don't want her paranoid at work. She would probably enjoy it at the end of the day, a little secret she is keeping to herself, but I feel it would ultimately stress her out too much. She really likes to present a "wholesome" appearance in her everyday life. Think lady in the streets, freak in the sheets.

This started as something light-hearted when she would forget something at the grocery. I'd be unpacking the groceries and ask after something, she'd curse, and I'd say "at least we know you won't be able to sit tomorrow." She'd grin and the tone was set. However, what I didn't intend was a form of "purification."

- So my wife would carry this guilt for mistakes. Maybe not over something trivial like forgetting something at the grocery, but other mistakes. Say she paid something out of the wrong banking account or forgot an event we had to attend, whatever. She'd feel awful about it for a couple of days, even when I'd try to move her on mentally, there would be a residual feeling of "regret" on her part. The spankings have become a way for her to feel the scales are balanced and she can move on improving her marriage, business, whatever. She has expressed a feeling of "renewal" after a spanking. I never intended this effect, but in the end, it has been a great boon to something that started out as just a fun way to tease her on getting manhandled later that night.
- This culminated recently when she had a death on her side of the family. It was about a week past and I noticed she had really busted ass with me around the house. We were settling down for the night and I thanked her for being such a bad ass "this weekend." She nodded, so I continued, "that's why you only have to count to 20 tonight." She looked at me cross and said, "I don't know if I'm in the mood." I told her I understood and to get

across my knees, I told her, "She had been too busy to take care of my needs sexually that weekend, and I wasn't going to stand for it." This is not me trying to negotiate attraction. I did not initiate that weekend because frankly, I wanted her to have her space. What's a weekend for me? Nothing. However, there was just a feeling in my gut that she needed it, needed to not feel numb. I know her, I've been with her for almost half of her life. I don't want to share the experience other than to say in this case, I was right. She was bouncing around the next morning like her normal self. This was following about 10 days of not quite being herself. She thanked me for pushing through her protests, "I didn't know how badly I needed you, thank you." That feeling of renewal she experiences played a role.

On the bratty wife...

- So we talk of shit tests and general negativity from our wives. While she has never been one to shit test, she does go through these "bratty" phases. It manifests itself in different forms. It could be whining about not getting her way or bitching about life being too hard, anything like that. Whenever I recognize this mood, I try to seize on it. It usually means she's got some built up frustration from somewhere in her life. I may be the source, having failed a comfort test. It could be work, the kids, whatever. I have found the best way to handle this is aggression/strength. And I mean the physical kind.
- She passes some comment along those listed above, then I'm going to overpower her physically. I'll pin her arms down and tease her, usually along the line of "what's wrong princess, you not getting the attention you need?" Her protests are usually a half laugh and struggle and I let her get half way up before pinning her again. I talk shit during it... "Haven't you learned yet I got this shit?" or "Stop snowflake, you tickle me when you struggle." I use this to get the day back on track. It usually leads to a rough, quick session of sex and she seems to have the kinks worked out from then on. People say to be the rock her emotions break upon. I fully support that statement, but this is a little more active than that approach. This is using my masculinity to allow her to feel feminine. It is a reassurance that "I've got this" but with an active tie-in of sex and physicality.

On ownership...

- Is this pussy mine?.....No one else gets to touch it....I own you....you were made for me.....

A common theme of dirty talk in our bedroom. This is another practice that I have tried to bring from the bedroom into a more everyday occurrence. I like to incorporate it into a long kiss before she leaves for the day. It is rare that I don't get a followup text at lunch along the lines of "she's missing you." or "I feel lucky to be possessed by you." The point being the concept of ownership is powerful for my wife. There is a sense of security that inherently flows from the concept. I take care of what is mine. Therefore- she is cared for...

I further the ownership concept in the bedroom. Telling her when she can cum and when she can't. If she is on the brink of cumming, I'll tell her not to cum. As she gets closer and closer, my voice gets deeper and more urgent. But I don't stop what I'm doing. If I feel she is getting to a tipping point, I stop altogether and chastise her for almost allowing "my" pussy to cum. I'll straddle her chest and make her give me aggressive head. Then go back to the stimulation. The orgasms she has from this are almost hilarious from their intensity.

You can also tie back in the punishment side. If you want, keep going with the stimulation, but when she cums against your wishes, then administer a punishment for disappointing you. This leads to a whole second session and again, you and her are now spending that much longer together, in an intimate session. I can tell you, she will amaze you at her ability to please you and the pride she will take in her growth, attractiveness, etc. Set the standard, then push her to shatter it.

I further use these concepts in public. Sometimes on the sly, sometimes I am brazen in my application. I am looking for a blush from her. Anything to add a sense of excitement or tingles to her day or the event.

Some examples:

For Christmas with the family:

- I told her to go in the bathroom and take a picture of my pussy. I want to make sure it is prepared for me. She tried to argue. I didn't say a word. I did raise my eyebrows at her. She later said she was proud she did it. A note on pics and shit, I delete them almost immediately. My phone is tied to 3 different cloud services, it is a tool I use for work, and the like, not to mention your phone getting hacked, you lose it whatever. It is a form of respect my wife enjoys. I know people don't consider nude selfies a big deal anymore, but that sense of security goes a long way in lowering her inhibitions.

Recent Date night with another couple:

- I swatted her ass in the kitchen while we were preparing dinner. The other woman went "ow, i bet that hurt." I replied, "it's my ass, I do with it as I please, anything I please." (Wife blushed bc of the anal innuendo.) Later in the night, the two wives were teasing the other husband and I about whatever, I honestly don't remember. I stared at my wife and told her she was feeling spicy. I continued, "I wasn't aware that you needed MORE attention." She blushed from head to toe. (Be careful here, her and her buddy busting balls wasn't disrespectful. It was fun. Don't be a weirdo.) But, it did allow me to plug in a sexual innuendo in conjunction with a faux chastisement. Everyone had a blast that night, but no one had the fun I did both during and after the event.

As an aside, the other husband asked me for sex tips the next time we hung out because his wife mentioned "You guys are so free and she is jealous at how you move your wife's body around and she seems so comfortable with it all..." I asked him when the last time he threw his wife up against the wall and passionately kissed her? His reply: She's not like that. My reply: Lol, ok dude, well I can't help you.

At a recent BBQ-

- rounded the corner to an empty room with her in tow and through her up against the wall hard. It was a passionate kiss, followed by heavy groping/fingering and walked out with a cocky smile and without a word. It was a "fuck you" to her. In essence, "I can do this at will, I control the sex (false) and you want me more than I want you." She broke the bed that night. (not really, but she was an aggressive woman.) She wanted to reclaim the sexual ownership in the relationship. The point being is negative emotions can be just as possible as positive emotions. Just make sure she feels SOMETHING.

Anyway, hopefully you can gain inspiration from somewhere in this text. Plenty of these ideas are represented in SGM. I try to use them in ways that mesh well with our unique life.

71

UPVOTES

Moderating self deceptive bullshit by disputing : "Your kids will be fine or even better in a divorce"

sadomasochrist · 28 April 2017 · Archived copy · Reddit

It's great to read the trials and tribulations of guys here that have gone through the gauntlet and to remind ourselves that marriages go through semi predictable failure routines and they are mendable, to a certain degree.

There is great debate to whether or not one should "stay for the kids." That is up to the individual. But one thing that I think should be clear and nipped in the bud is the assertion the kids "will be fine" or that they would be "better with two happy parents."

Now in a recent thread, there was a link to a study that mentioned that there was only a smaller percentage of kids that ended up being *directly* damaged by the divorce.

These studies you have to remember first and foremost are almost always leaning left, blue pill you could say. But suffice to say, finding evidence against this study is **NOT** difficult. Essentially the entirety of research in this segment are in agreement, kids from families of divorce are the most likely to end up in dysfunctional relationships themselves, have a host of behavior issues, do worse academically, have worse career outcomes. **Hey, it turns out, having a family is a super important part of human development, maybe it's even hard wired into us.**

That's aside from the well understood point that many of the guys that land in TRP or MRP come from families of divorce, or one where the father was weak or the mother was overbearing. This point is not counterintuitive. This point is not to be understated.

The impact on children in this situation is **significant**. Children need role models *all the way until they become adults*.

"Separately, we are doing the job we should have been doing together."

KNOCK KNOCK *Who's there?* **HAMSTER HAMSTER HAMSTER**

I've heard it, I've seen it, **I've LIVED IT**

If you are really honest with yourself and you keep your eyes peeled, and you watch the impact on the families involved, and the kids, they will not be "alright." They will be drastically impacted, and the level of mitigation to that will be the dedication you guys give to them and their own innate ability to overcome this.

Listen, I came from the family that did this. It was as amicable as it could have been, despite it being a divorce rape scenario. My mom did a 180. It didn't help ultimately. It took decades to understand the toll it took, and didn't become readily apparent until I was deep in my own marital issues. It got traced alllll the way back for *both* of us, even though her family never split up.

I can't spend two or three days writing this all out, but if this post has ANY significant amount of support from the guys with kids that REALLY GET IT, I will continue to add to this post as it gets referenced.

Suffice to say, once you get out of the "lead and the kids follow" mindset and understand that there are huge milestones that they need to hit, you should understand just how complex getting a kid to college is. And not in the "they got into XYZ Uni!" type of way. But in the, they're ready, well adjusted and prepared to find a long term mate, and make it work, type of way.

Enormous amount of effort and work to get to that point.

Listen, everyone has a limit of what they'll put up with. I've been fighting the battle against a woman with BPD for over a decade. That'll sharpen up your shit boy.

Just don't delude yourself into thinking that you're going to be the exception to nearly every study ever done on this. Your kids are going to be fucked up and you'll be doing your best to pick up the pieces and put it back together into

something that resembles what they were before you broke them.

Do you even remember what it was like to understand the concept of mom and dad?

"They'll be happier with two happy parents" is literally the stuff I digested and lied to myself about when I was 12. This is shit a twelve year old believes and a blue pill therapist tells you.

It is NOT reality and it is NOT red pill. It runs against what this forum is all about, which is dispensing away with the bullshit and living in a pragmatic reality, allowing you to fix what you broke by adopting blue pill dogma.

If you *can not take it anymore* or you *want to be happier, and are willing to understand that involves damage to your children's lives* then so be it.

That's red pill, no moralizing here. You want to fuck up your kids lives because your wife is a mess, I get it. Trust me, I get it. The idea that no woman is ever at fault here is bullshit, there are women that are lost causes. There are women that are truly, without question, fucking nuts. But that means you're a headcase too! If your wife is BPD, that mean's you're likely NPD.

You can bullshit yourself, but don't come on here and bullshit us and then posit that I am moralizing. I'm not.

Here is my a priori argument

- If you think there will be a net positive for your kids, you better justify it.
- If you truly truly can justify it, you probably can get full custody.
- If you don't think you can get full custody, then she isn't that bad.
- And if she isn't that bad, your kids will be better off.

which means

- If she is that bad, you should be trying to protect them by staying in the house and working on tail on the side or negotiating it.
- If any of this is true, but you still want to leave, you want to leave because you'd rather be happier than your kids be healthier.

YOU DO YOU. But don't come on here bullshitting users giving them justification to destroy their families under the notion it will help or won't hurt. That's what women do.

"Oh Tom? Yeah, you need to leave that guy, you'll be waaaayyy happier without him."

Some reading for the TIP of the iceberg, I will continue adding to this ad nauseum if the post reaches any popularity, because there is NO shortage of the huge and detrimental effects of this

Hetherington EM, Stanley-Hagan M. The adjustment of children with divorced parents: a risk and resiliency perspective. J Child Psychol Psychiatry 1999;40:129 -40.

Wallerstein JS, Blakeslee S. Second chances: men, women and children a decade after divorce. New York: Ticknor & Fields, 1989. Kimball G. How to survive your parents' divorce: kids' advice to kids. Chico, Calif: Equality Press, 1994.

Hartnup T. Divorce and marital strife and their effects on children. Arch Dis Child 1996;75:1- 8.

Krementz J. How it feels when parents divorce. New York: Alfred A. Knopf, 1984.

Thompson P. Adolescents from families of divorce: vulnerability to physiological and psychological disturbances. J Psychosoc Nurs Ment Health Serv 1998;36(3):34 -9.

Emery RE, Coiro MJ. Divorce: consequences for children. Pediatr Rev 1995;16:306 -10.

Pruett MK, Pruett KD. Fathers, divorce, and their children. Child Adolesc Psychiatr Clin N Am 1998; 7:389 -407.

Kelly JB. Marital conflict, divorce, and children's adjustment. *Child Adolesc Psychiatr Clin N Am* 1998;7:259 -71.

Roseby V, Johnston JR. Children of Armageddon. Common developmental threats in high-conflict divorcing families. *Child Adolesc Psychiatr Clin N Am* 1998;7:295-309.

Wolf AE. Why did you have to get a divorce? And why can't I get a hamster? A guide to parenting through divorce. New York: Farrar Straus & Giroux, 1998.

Lansky V. Divorce book for parents helping your child cope with divorce and its aftermath. Minnetonka, MN: Book Peddlers, 1996.

Furstenberg FF Jr, Cherlin AJ. Divided families: what happens to children when parents part. Cambridge: Harvard University Press, 1991.

Ricci I. Mom's house, dad's house: making shared custody work. New York: Collier Books, 1980.

71

UPVOTES

The Dangers of Information Addiction and Why to Avoid News!

FailingBillionaire · 12 April 2017 · Archived copy · Reddit

Hi Lads,

this sub has given me a lot of insight and it's my turn to give something back.

Today I'll tell you about how I overcame my "Information Addiction" a.k.a. Reddit Addiction. **All credit goes to Rolf Dobelli (www.dobelli.com)**

This post is going to be long and you won't be able to skim it. Thanks to heavy news consumption, many people lost the reading habit and struggle to absorb more than a couple of paragraphs straight. This post will show you how to get out of this trap - if you are not already too deeply in it.

Intro - News is to the mind, what sugar is to the body

We are so well informed and yet we know so little.

Why? Because 200 years ago we invented a toxic form of knowledge called "news".

At core, human beings are cavemen in suits and dresses. Our brains are optimized for our original hunter-gatherer environment where we lived in small groups with **limited sources of food and information**. Our brains and bodies now live in a world that is the opposite of what we are designed to handle. And this leads to great risk and to inappropriate, outright dangerous behavior.

Unlike reading books which requires thinking, we can swallow limitless quantities of news flashes, like bright-colored candles for the mind. Today we reached the same point in relation to information overload that we faced 20 years ago in regard to food intake. We are seeing how toxic news can be.

What follows is a list of the toxic dangers of news. I have gone without news for a couple of weeks and though it is hard at first the upsides are, less disruption, more time, less anxiety, deeper thinking, more insights. It's not easy, but it's worth it.

No. 1 - News misleads us systematically

News reports do not represent the real world.

Our brains are wired to pay attention to visible, large, scandalous, sensational, shocking, fast changing, loud graphic onslaughts of stimuli. Our brains have limited attention to spend on more subtle pieces of intelligence that are small, abstract, complex, slow to develop and quite. News organizations systematically exploit this bias.

News media outlets focus on the highly visible. They display whatever information they can convey with gripping stories and lurid pictures. News grabs our attention; that's how its business model works. Even if the advertising model didn't exist, we would still soak up news pieces because they are easy to digest and superficially quite tasty.

The highly visible misleads us.

As a result of news, we walk around with the **completely wrong risk map** in our heads:

- Terrorism is overrated. Chronic stress is underrated.
- The collapse of Lehman Brothers is overrated. Fiscal irresponsibility is underrated
- Astronauts are overrated. Nurses are underrated.
- Britney Spears is overrated. IPCC reports are underrated

- Airplane crashes are overrated. Resistance to antibiotics is underrated.

The probabilistic mapping we get from consuming news is entirely different from the actual risks we face. And if you think you can compensate for this bias with the strength of your own inner contemplation, you are wrong. Bankers and economists - who have powerful incentives to compensate for news-borne hazards - have shown that they cannot.

The only solution: cut yourself off from news consumption entirely.

No. 2 - News is irrelevant

Out of 10,000 news stories you have read in the last 12 months, name one that - because you consumed it - allowed you to make a better decision about a serious matter affecting your life, your career, your business - compared to what you would have known if you hadn't swallowed that morsel of news.

The point is: the consumption of news is irrelevant to the forces that really matter in your life. At its best, it is entertaining, but it is still irrelevant.

Even if against all odds you found one piece of news that substantially increased the quality of your life - compared to how your life would have unfolded if you hadn't read or seen it. How much trivia did your brain have to digest to get to that one relevant nugget? Even that question is a hindisght analysis. Looking forward, we can't possibly identify the value of a piece of news before we see it, so we are forced to digest everything on the news buffet line. Is that worthwhile? Probably not!

The first Internet browser debuted in 1995. The public birth of this hugely relevant piece of software barely made it into the press despite its vast future impact. People find it very difficult to recognize what's relevant. It's much easier to recognize what's new. We are not equipped with sensory organs for relevance. Relevance doesn't come naturally. News does. That's why the media plays on the news.

The relevant versus the new is the fundamental battle of the modern man. News floods you with a worldview that is not relevant to your life. What does relevance mean? It means: what is important to you personally. Relevance is a personal choice. To the media, any tale that sells lots of copies is relevant - Paris Hilton, a train crash in China, some idiotic world record. So don't take the media's view for it.

No. 3 - News limits understanding

News has no explanatory power. News items are little bubbles pooping on the surface of a deeper world. What we really want is to *understand the underlying processes*, how things happen. The important stories are non-stories: slow, powerful movement that develop below the journalists' radar.

Will accumulating facts help you understand the world? Sadly, no. The more "news factoids" you digest, the less of the big picture you will understand. No evidence exists to indicate that information junkies are better decision makers. They are certainly not more successful than the average Joe, otherwise we would expect journalists to be at the top of the pyramid. That's not the case.

Reading news to understand the world is worse than not reading anything. What's best: cut yourself off from daily news consumption entirely. Read books and thoughtful journals.

No. 4 - News is toxic to your body

News constantly triggers the limbic system. Panicky stories spur the release of cascades of glucocorticoid (cortisol). In other words, your body finds itself in a state of chronic stress. High glucocorticoid levels cause impaired digestion, lack of growth (cell, hair, bone), nervousness and susceptibility to infections. The other potential side effects of news include fear, aggression, tunnel-vision and desensitization.

No. 5 - News massively increases cognitive errors

News feeds the mother of all cognitive errors: **Confirmation Bias**. We automatically filter out evidence that contradicts our preconceptions.

News not only feeds the confirmation bias, it exacerbates another cognitive error: the **story bias**. Our brains create stories that "make sense". And news organizations are happy to deliver those fake stories. Instead of just reporting that the stock market declined by 2%, the anchors proclaim, "The market declined by 2% because of X." This X could be a bank profit forecast, fear about the EURO, a handshake between two presidents. The fact is, we don't know why the stock market moves as it moves. Too many factors go into such shifts. To a large degree, news reports consist of nothing but stories and anecdotes that end up substituting for coherent analysis. It's irrational and we should stop it from contaminating our thinking.

No. 6 - News inhibits thinking

Thinking requires concentration. Concentration requires uninterrupted time. News pieces are specifically engineered to interrupt you. They are like viruses that steal attention for their own purposes. This is not about stealing time (see reason 8). This is about the inability to think clearly because you have opened yourself up to the disruptive factoid stream.

News makes us *shallow thinkers*. But it's worse than that. News severely *affects memory*. There are two types of memory. Long-range memory's capacity is nearly infinite, but working memory is limited to a minimum amount of slippery data (try repeating a 10-digit phone number after you hear it for the first time). **The path from short-term to long-term memory is a chokepoint** in the brain, but anything you want to understand must pass through it. If this passageway is disrupted, nothing passes through.

News consumers are suckers for irrelevance and online news consumers are the biggest suckers. News is an interruption system.

No. 7 - News changes the structure of the brain

News works like a drug. As stories develop, we naturally want to know how they continue. Why is news addictive? Once you get into the habit of checking the news, you are driven to check it even more often.

Science used to think that our brain, the dense connections formed among the 100 billion neurons inside our skulls, was largely fixed by the time we reached adulthood. Today we know that this is not the case. The human brain is highly plastic. Nerve cells routinely break old connections and form new ones. When we adapt to a new cultural phenomenon, including the consumption of news, we end up with a different brain. Adaptation to news occurs at a biological level. News reprograms us.

No. 8 - News is costly

News wastes time. It exacts exorbitant cost.

News taxes productivity three ways. First, count the consumption-time that news demands. Second, tally up the refocusing time - or switching cost. Third, news distracts us even hours after we've digested today's hot items. News stories and images may pop into your mind hours, sometimes days later, constantly interrupting your train of thought. Why would you want to do that to yourself?

No. 9 - News is produced by journalists

Good professional journalists take time with their stories, authenticate their facts and try to think things through. But like any profession, journalism has some incompetent, unfair practitioners who don't have the time - or the capacity - for deep analysis. And you might not be able to tell the difference between a polished professional report

and a rushed, glib, paid-by-the-piece article by a writer with an ax to grind. It all looks like news.

No. 10 - Reported facts are sometimes wrong, forecasts always

Sometimes, reported facts are simply mistaken. With reduced editorial budgets at major publications, fact checking may be an endangered step in the news process. Many news stories include predictions, but accurately predicting anything in a complex world is impossible.

Did the newspapers predict World War I, the Great Depression, the sexual revolution, the fall of the Soviet empires, the rise of the Internet, resistance to antibiotics, the fall of Europe's birth rate or the explosion in depression cases? Maybe you'd find one or two correct predictions in a sea of millions of mistaken ones.

No. 11 - News is manipulative

Our evolutionary past has equipped us with a good bullshit detector for face-to-face interactions. We automatically use many clues to detect manipulation. Today, even conscientious readers find that distinguishing even-handed news stories from ones that have a private agenda is difficult and energy consuming. Why go through that?

The public relations (PR) industry is as large as the news reporting industry - the best proof that journalists and news organizations can be manipulated, or at least influence or swayed.

No. 12 - News makes us passive

News stories are overwhelmingly about things you cannot influence. This sets readers up to have a fatalistic outlook on the world. Compare this with our ancestral past, where you could act upon practically every bit of news. Our evolutionary past prepared us to act on information, but the daily repetition of news about things we can't act upon makes us passive. It saps our energy. It grinds us down until we adopt a worldview that is pessimistic, desensitized, sarcastic and fatalistic. The scientific term is *learned helplessness*.

No. 13 - News gives us the illusion of caring

We may want to believe that we are still concerned, as our eyes drift from a news anchor announcing the latest atrocity to the NBA scores and stock market quotes streaming across the bottom of the screen. But the ceaseless bombardment of image and verbiage makes us impervious to caring.

Action Step: What to do instead

Go without news. Cut it out completely. Go cold turkey.

Make news as inaccessible as possible. Delete the news apps from your phone. Sell your TV. Cancel your newspaper subscriptions. Do not pick up newspapers and magazines that lie around in airports and train stations. Do not set your browser default to a news site.

I personally bought a subscription in freedom.io. And got the "Off time" app. And I haven't visited a sub on Reddit except for TRP related subs the last 10 days.

The first week will be the hardest. Deciding not to check the news while you are thinking, writing or reading takes discipline. You are fighting your brain's built-in tendency. Stick to the cold-turkey plan.

71

UPVOTES

Signs she might be a former carousel rider looking for a provider.

kevin32 · 25 November 2016 · Archived copy · Reddit

Having been married to a former carousel rider in my Blue Pill beta days, I thought I'd share some insight on how to identify former carousellers looking for a provider for those wanting an LTR. Considerations will also be made for men already in relationships with such women. This is a complementary essay to Rollo's [Saving the Best](#).

A common scenario the Blue Pill beta male faces (assuming he's at least average-looking and has a stable career), is he meets a 30-something beauty who gives him more attention than other women. She's very open to him, initiates often, and she's so easy to date he doesn't have to put forth much effort for her to respond positively. Because he lacks a sex life and social interaction with women in general, meeting her is like finding an oasis in the desert.

But he's unaware that the most common **sexual strategy** of the attractive woman is to **ride a carousel of cocks** in the prime of her youth, and then **secure a beta provider** such as himself when she's post-wall.

Signs that a woman might be a former carousel rider looking for a provider:

- She's a 7 or higher in looks.
- She's around 30 years of age or older.
- She shows **signs of slutty behavior**. The major ones are she has visible tattoos, dyed hair and unusual piercings; she's on birth control; she likes talking about sex and reacts positively to sexual innuendos; she has **daddy issues**; she has the **"thousand cock stare"**.
- She attended **college**.
- She's a single mom with some of the other traits listed here.
- She asks **"Where have all the good men gone?"**. She says she's "tired of the games", or she's "tired of jerks and players trying to get into her pants", and that she wants a "mature man" for a serious relationship.
- She's a try-hard. She *actively* pursues you, calling you often, wanting to be with you, laughing at your jokes that aren't that funny. If she knows where you live, she comes by unannounced if she hasn't seen or heard from you in a few days. And keenly aware as a prostitute that men love sex, she makes herself *easy* to get into bed. The key here is that she puts forth *most* of the effort, with you doing little in return. Be sure to verify other carousel signs to distinguish between a woman who's genuinely attracted to you, and a woman who just wants provision.
- She feels the need to confess her sexual history to you. Sometimes the confession is out of the blue, sort of like **"I need to get something off my chest"** to give her plausible deniability in case you hold it against her in the future (She confessed her slutty behavior and you stayed anyway). Other times it's her need to reminisce the good old days. But a good way to get her to open up about her past is to talk about *your* sexual past as if it was no big deal (public places you've had sex, kinky things you've done, how fun it was, etc.). If she feels you won't judge her, former carousel riders light up at the opportunity to talk about who and what they've done. Now, she generally won't reveal her sexual history while you're dating and she's attempting to marry you, but she'll be more open about it *after* marriage when she has legal access to your resources. Just don't fall for the **"I've only known one man who was my boyfriend"** line.
- She will guilt-trip you into marriage within months of the relationship. When you first start dating and tell her *upfront* that you're not interested in marriage, she will be okay with the idea initially. But after some time she'll

say things like "My parents don't like the idea of us being together for so long unmarried," or "It's against my religion/personal beliefs for us to have sex unmarried," or "I feel like I'm being used and I don't want to play games, I want someone who's serious", or "My biological clock is ticking", or "Don't you love me?"

- She doesn't enjoy the role of housekeeper. She doesn't like to cook or clean, and isn't very good at it. She lived such a **hedonistic lifestyle** in her prime with friendzoned betas at her beck and call, that **being of service** to someone other than herself is unappealing. She'd rather lay around watching TV all day.
- She's **closed off in the bedroom**. When you first start dating she's easy to have sex with and many times she'll initiate (to get you hooked), but *after* marriage she **shuts down**. She's sexually prudish and not as enthusiastic in bed as she once was, and sex feels more like a chore and stress-reliever than something fun.

Signs that a man is being used *mostly* for his resources by a former carouseller (I've been guilty of many of these):

- His behavior is **beta**. He's always showering her with attention, doing whatever she wants on a whim, being servile and supplicating, but she thinks it's "romantic" and appears appreciative, at least prior to marriage. To my bias, beta behavior is the #1 cause for ending up with a selfish, uncooperative, unsubmitive woman, and what helps makes her manipulation of him easier.
- He's physically unattractive, but she knows he has resources. He's short, skinny, fat, unmuscular, etc. but he makes a good living, especially in the STEM fields. Her asking "So what do you do for a living?" is her way of determining if he's someone capable of providing for her. Of course, having good looks and a good job only raises his value, but if he's not all that good-looking and she's *still* interested, it's for his **resources**.
- He's early to mid-20s. Though he prefers younger women (who aren't interested in dating him), he rationalizes dating an older woman by assuming she's mature and experienced and therefore should play her role in the relationship much more efficiently than someone younger. But I also think older, desperate women target younger men because they're generally more naive about **how women operate** and therefore easier to seduce and manipulate than older men (though older men aren't exempt of course).
- He's **Captain Save-A-Ho**. He's with her primarily because of some "problem" he thinks she needs rescuing from. He wants to see himself as the hero who "saves" her from loneliness, or poor living conditions, or her fatherless child. He thinks his noble act will make her more appreciative and committed to him, forgetting the corollaries in **Briffault's Law**.
- He only has vanilla sex. In keeping with his Nice Guy personality, when the beta male has sex with a woman, he doesn't *fuck* her with any sense of dominance, he "makes love" to her. *Maybe* such a strategy is appropriate if she recently had a traumatic experience such as losing a loved one. But if the porn industry and 50 Shades of Grey hysteria is any indication, women much prefer **dominance** and **rough sex** to love-making. This is why the Red Pill emphasizes lifting and **alpha behavior**. Because once a woman has been fucked by enough cocks, especially *good* ones, her ability to stay with one man long term is **diminished** because she judges her current partner by her carousel years. Good cock is like an **addictive drug** to women, and if her current partner is not giving her the feels that Chad did, she will cheat or leave.
- There's no *genuine* emotional connection between the two, and she *doesn't care*. She's not genuinely happy to see him when he comes home from work, and she's not particularly upbeat (not that she's necessarily moody, just *indifferent* towards him). They don't have shared interests or social interplay such as cracking witty jokes with each other on the fly, or some light-hearted horseplay. The relationship feels so effortful that they need a lot of *outside* influences (dining out, going to a movie, and other 'outings') to compensate for a boring relationship as opposed to using those things to *compliment* an already good thing. But she *doesn't care* about bonding with him

because she never wanted anything more from him than his resources. Whereas the beta male is stimulated by being **subservient to her**, *her* stimulation comes from eating, sleeping, shopping, and **cheating**.

- He's good **father-figure/emotional support**. "Resources" is not limited to money, food or shelter. Many single-moms want a father-figure for their children. For post-wall women, the provision they look for in a beta male is the same provision they enjoyed from the men they friendzoned: attention and validation; from a male servant around the house who flatters her like a princess and serves as her emotional tampon. Being post-wall and no longer attractive to Chad, she wants someone to tell her she's still desirable. The servile nature of the beta-male makes him qualified to fulfill these roles.
- He's desperate for a woman. Loneliness and a lack of women willing to date him has been so prevalent in his life, that when a pretty women shows him some attention, he's willing to forego the carousel signs just so he can have some companionship. This makes her efforts to exploit him that much easier.

The takeaway from this is that being a beta-provider is like being friendzoned with benefits. He provides her with resources/emotional support and she occasionally gives him duty-sex in return. But the sex isn't fulfilling for her as it was on the carousel because unless he's decent looking *and* dominant in the bedroom, she's not *sexually* attracted to him. Her settling for a beta male means she sees him as a **servant** rather than a lover or partner.

Denial:

I realize this is a sensitive topic for men already in LTRs because it puts a spotlight on their current partner, and if perchance several of the carousel signs checks out for her, they may go through some measure of denial. I want to address this denial now. Keep in mind this is coming from someone who *married* and *provided* for a former carousel rider:

There is a segment of men in the manosphere who give carousel riders the **benefit of the doubt** by believing that even though she rode the carousel, she simply made a mistake in her sexual behavior that she wasn't aware of until she approached the Wall. That at some point she "**came to her senses**" and realized the jerks and players she was fucking weren't good relationship material, that she was never empowered by giving herself away for free, and now her seeking a "good man" is evidence of her remorse and repentance.

But assuming she started riding the carousel at say, 18, isn't it odd that it took her roughly *10 years* to come to this realization, which just so happened to coincide *after* all the jerks and players **no longer wanted her**? But let us recall the young carouseller's remark in **Michael's story** when he confronted her about her slutty behavior:

"Michael let me tell you something: not only am I going to have my cake eat it and eat it too. I'm going to have it with ice cream and sprinkles"

A woman's carousel years has *nothing* to do with finding a "good man" for long-term commitment and *everything* to do with hedonism, which feminists have been **pushing for decades**. And the most telling evidence of this behavior is her lamenting "Where have all the good men gone?". To ask about these men *after* she's post-wall suggests they were available in her prime, but she wasn't interested in them at the time. She was far more interested in **riding the carousel**.

The man who holds the "good girl who made a mistake" perspective is usually in an LTR and wants to believe that the woman *he's* with is a Good Girl Gina who has a low N-count and loves him for his personality. In the face of Red Pill awareness of the cock carousel (examples **here** and **here**), he doesn't want to consider that *his* partner might have been a deliberate carousel rider who *planned* her sexual and provider strategy from the start, because it would make him the recipient of **used-up goods**. YaReally offers a **similar perspective**.

The fact they've been rejecting decent men who **gave a damn** about them for jerks and players since high school shows these women know **exactly what they're doing**, and they're even **encouraged by feminists**.

Anger:

Once the beta-male realizes the woman he's providing for had a slutty past, he usually goes through some measure of anger. He's disillusioned that she isn't the "good girl" he expected. And considering his friendzoned days with her former desirability, he realizes that he's married to the very woman who would have friendzoned or rejected him in her prime, making him a living example that "Nice Guys finish last."

And for many men there's the additional element of jealousy: It's not so much that she was promiscuous that frustrates him, but that *he* couldn't enjoy that sort of sex life for himself. For years he's tried to unlock the secret to getting laid like a playboy to no avail. But then comes along his LTR who tells him tales of her wonderful adventures at DisneyCocks Theme Park, the park to which he was denied employment. From his perspective, her reminiscing about her abundant sex life is like saying "Ha ha, look at all the fun I had that *you* never could!". And then for her hold back in the bedroom is a slap to the face; she was slutty for the men she hooked up with, but *not* for the man who provides for her.

If for much of your adult life you could barely get women to look in your direction, and all of a sudden this attractive 30-something is giving you lots of attention, putting forth the effort to be with you, and giving up the pussy without you doing much for her in return, it's a sign she wants you to be her *provider*, not because she thinks you're hot or loves your personality.

The purpose of the carousel signs is to be aware that women who rode the carousel generally don't make good long-term partners because they're self-serving, disrespectful, unappreciative, they aren't good housekeepers, and they aren't **committed**. Just like her relationships with friendzoned men, she will come in wanting the LTR to be all about her like a pampered baby.

For men *already* in LTRs with older attractive women, one of the greatest tests of Red Pill maturity is honestly *acknowledging* that one's wife or girlfriend was likely a **slut** in her prime. I understand many men new to this information have children and financial constraints preventing them from making an easy exit from the relationship if her sexual history is a deal breaker. But I suggest at least assessing her *current* behavior to ensure she at least contributes to the relationship in ways that serve you, while also resolving any counter-productive behaviors in yourself that makes her uncooperative in the relationship, and unenthusiastic in the bedroom (see [here](#) and [here](#)).

Because the benefit of acknowledging her slutty past is it minimizes attachment and dependency on your perceived "goodness" of her for your happiness. This detachment makes it easier spot deception and manipulation, it reduces beta behavior, and it's easier to not put up with her bullshit and ultimately work towards getting what *you* want from the relationship because you no longer think the world of her.

BluepillProfessor · 24 August 2016 · Archived copy · Reddit

957 / 2139

71

UPVOTES

Introducing BPP's book: Saving A Low Sex Marriage: A Man's Guide to Dread, Seduction and the Long Game

BluepillProfessor · 5 February 2016 · Archived copy · Reddit

Here Ye, Here Ye all Captains present and accounted for along with any and all interested assortments of lurkers, bluepills, manginas, or women:

The big event that all of you have been waiting for with bated breath is finally upon us. The cunning linguist and master debater Blue Pill Professor has finally completed his book and it is available for purchase on Kindle for the low-low-low price of \$5.99.

Follow this link:

<https://bluepillprofessor.wordpress.com/2015/05/22/hello-world/>

to buy the book.

I poured my heart and soul into this thing for quite a few months and the final product came to a staggering 100,000 words and 310 pages with more than 240 foot notes.

I want to thank /u/ianironwood for inspiring me to write this and for reviewing it and encouraging me to keep working. I also want to thank a host of reviewers for this piece including: /u/jacktenofhearts and /u/FearDearg2015 and /u/Trainingthebrain along with the legendary "Deti" for their extensive reviews and input into this book.

The book follows [my post on the 12 Levels of Dread](#) and introduces them in a bit more detail. For example, the section on Level 4 Dread- which SO MANY guys have royally screwed up- ended up at more than 5,000 words as I explain when and how to withhold Time, Attention, Affection, and "Presence" from a sexually withdrawing wife and how to solve [The Husband's Dilemma](#).

This is the Summary of all 12 Levels:

THE 12 STEP PLAN OF DREAD: RECOVERING FROM A LOW SEX MARRIAGE, RESTORING SEX, RESTORING RESPECT

Dread Level 1: This is Your Life You are A Man, descended from 10,000 generations of warriors, poets, and kings. Start acting like it! Begin to responding to your wife confidently and appropriately. *Readings: Married Man's Sex Life Primer & No More Mr. Nice Guy*

Dread Level 2: This is Your Plan You Are a Man With a Plan so get one and get working on it. Put together your "Man Action Plan" and start to build. Start by building muscle at the gym and by reading books and blog entries. Take notes and understand them. Write out your complete MAP and start your new life today. *Readings: The Book of Pook & The Mindful Attraction Plan*

Dread Level 3: Your Great Mission You are an In-Charge Man with a busy, fun, active life. Get a hobby, some solid friends, some goals and a mission in life. Get busy. *Readings: When I Say No I Feel Guilty*

Dread Level 4: Your Options and Your Consequences You are a busy man with options, and you don't have time for negative influences, such as wives who are not attracted to you. *Readings: The Rational Male & How To Win Friends and Influence People*

Dread Level 5: You are a HOT guy You Are Important: Look the Part. Upgrade your wardrobe. Start dressing a little bit nicer, even at home and especially when you go out in public. *Readings: The Way of the Superior Male & The Art of Seduction*

Dread Level 6: You Are a Mighty Hunter, Study Your Prey Begin to study pickup artistry, leave books on PUA around the house and practice actively "gaming" and seducing your wife. *Readings: The Natural & Bang: The Pickup Bible*

Dread Level 7: The Pickup Artist Begin to practice PUA on random women who draw your attention, practice Makes Perfect but be aware this is a very dangerous step. Don't fail the test and cheat! *Readings: Day Bang: How to Pick Up Girls during the day & Real Secrets of PUA: A strategy that works*

Dread Level 8: Demonstrations You are getting good at flirting and in matters of love, so SHOW your wife that you are capable of talking to pretty girls in public. Ideally this is a natural extension of your PUA practice. Of course, that girl was hitting on me—do you blame her? Don't be afraid to leave some PUA books sitting around the house. *Readings: The Sex God Method & The Ironwood Collection of Alpha Moves*

Dread Level 9: The Soft Ultimatum You have had enough. You have improved yourself for a year or more and are in the best shape of your life. You have read not 1-2-3 books but 10 or more. All of your skills are improved, but your wife still doesn't respond to you. It is time to tell her exactly what you need to stay married. *Readings: The 48 Laws of Power and The Art of War*

Dread Level 10: The Hard Ultimatum This Level is covered in detail in Athol Kay's book, the Mindful Attraction Plan as "Option A or Option B" and can be as basic as telling her "fuck me or fuck you." You must have the divorce papers already drafted before you have this discussion and, NO, I am not kidding. If you are not absolutely prepared to follow through, don't even bother going to Level 9. *Readings: The Meditations of Marcus Aralias*

Dread Level 11: The Hail Mary Pass If you can't get what you need in marriage, and you have done what you can do to get it over a year or more, and you can't leave the marriage, the solution is to get what you need outside the marriage. *Readings: The Bible*

Dread Level 12: Thermonuclear Tell your wife that you have a (other) girlfriend(s). Honesty from a cheater? It is controversial but what do you have to lose? Yes, I have actually seen it work several times to hold a marriage together. While I wouldn't take the bet, there is hardly a downside by this point.

Let me post the Table of Contents with the subheadings for you: I am happy to answer any questions or respond to any comments. Thanks guys!

TABLE OF CONTENTS

The 12 Step Plan of Dread: Saving a Low Sex Marriage

Preface: Saving a Low Sex Marriage

Preface For Women

Preface For Men

Preface For Those of Uncertain Gender Identity or Marital Status

Preface for those who are planning to continue with this book no matter what I say

Who am I?

Introduction:

Chapter 1: On The Nature of Female Tests, and How to Recognize Them

Dread Level 1: Your Life

CHAPTER 2: How To Pass Shit Tests and Start Building Attraction

Shit Test Responses in Marriage

Dread Level 2: Your Plan

Chapter 3: Dread and Secondary Selection

Dread Level 3: Your Great Mission

Chapter 4: Female Attraction Triggers

Dread Level 4: Options and Consequences

Chapter 5: Alphas, Betas, and Omegas and Oaks

Dread Level 5: The Hot Guy

Chapter 6: Game or Imitating the Alpha Dog—Fake it till you make it.

Kino1(Introduction to Touching)

Dread Level 6: Practice

Chapter 7: Displays of Value

Dread Level 7 “The Pickup Artist:”

CHAPTER 8: Frame

Dread Level 8: Demonstrations:

Chapter 9: Framing Marriage- The Captain/First Officer Model

Dread Level 9: The Soft Ultimatum

Chapter 10: Covert Contracts, Nice Guys, Seduction, and Commanding Desire in Women

Kino2 (Touching and Physical Escalation).

Dread Level 10: The Hard Ultimatum: a/k/a “Option A or Option B”

Chapter 11: On Emotion

Dread Level 11: The Hail Mary Pass

Chapter 12: What if I am a believing Christian?

Dread Level 12: The Nuclear Option:

Conclusion: Defining Victory

Appendix A: The Steps of Dread

Appendix B: The Married Red Pill Sidebar

Appendix C: The Titanium Rules of the Manosphere

Appendix D: The Rules of Poon

EndNotes

71

UPVOTES

1 year later, the Pill has side effects

Texan69 · 27 January 2016 · Archived copy · Reddit

All,

The Red Pill became a part of my life one year ago, and I've found this space incredibly helpful. I'm in my early 50s and in a post- divorce-rape LTR. My situation isn't yours, of course. But I wanted to post on my one-year RP "rebirth day" in an effort to give back. These are some of the side effects you may experience.

If you're just getting started, you're likely to find that:

1. The anger and sense of despair fade. There is real truth to the cliché that "it doesn't get easier, but you get better." Lifting and accomplishing goals help in a big way even if the goals you achieve are small.
2. TV shows and movies will become unwatchable. Your awareness will inevitably make you recoil in anger at nearly every movie and nearly every time you turn on the TV: The fem-centric brain beating never stops. Even my enjoyment of the NFL has been ruined by anti-male commercials, forced pink uniforms during "women's health month," and nauseating "public service announcements." There is an upside to all of this: Less entertainment = more time for self-improvement.
3. You will be tempted to drop RP wisdom on your beta co-workers, friends, relatives, and even women. Don't. It will help nobody and lead nowhere. Let your actions do the talking. As you develop frame and strengthen it, the people in your life WILL react. The subtle long-term changes probably will have more impact than trying to become an alpha jerk-boy overnight.
4. You will start to notice and resent the feminine imperative in your workplace unless you're lucky enough to have chosen a male-oriented line of work. Conniving female managers, cubicle drama queens, and HR political officers probably irritated you in even your most beta days. But now, you despise their behavior on a whole new level. You may just find yourself considering a career change.

Above all, you will experience struggle-- and hopefully come out better on the other side. I'm still climbing and it usually isn't easy. But it really is better to live an ugly truth than a pretty lie. Stay frosty, gents!

71

UPVOTES

An open letter to the wives whose husbands "bother" them for sex

RPAIternate42 · 1 June 2015 · Archived copy · Reddit

To the wives whose husbands "bother" them for sex:

Many of us find your sense of entitlement to all of the other things a marriage has to offer truly frightening... all he wants is sex. Your pussy is not a unicorn pussy; there are thousands out there that feel basically the same, but there is something about you your husband likes. There is something about you your husband suffers through in the hopes of maybe-trickle sex in the future. In return for this, you spit on him, and demonize his libido.

Congratulations, you are the jailer in a Stockholm syndrome scenario.

The fact is that you got married with the understanding that your husband would provide financial security, social stability, and children for you; that your future husband would stay with you and only you during the duration of that marriage (which typically is regarded as "forever") and that he would be with you and you alone, in all things, emotional AND physical. (faithful.)

If he were to step out of the marriage (without your "consent") you'd divorce him in an instant. I mean how can he possibly want to be with anyone else when he has you -a sexless shell of the woman he married?

No, the divorce comes not because of the sex with someone else (you don't like sex, after all... otherwise you'd be having it), the divorce comes so you can cut your losses and get your share of the marriage without the marriage. The divorce comes because he may be sharing resources and financial security and social stability with some other woman. This is amplified if you have kids.

However, if you stepped out of the marriage on him, on some level you'd expect him to divorce you as well, even though you'd attempt to rationalize it in some way, you'd still expect him to stay with you and you'd be horrified if he tried to leave you following that dalliance because he supplies that financial security and that social stability you married him for.

But he's done nothing wrong but want to fuck his wife.

If he stepped out, he'd simply say, "my wife doesn't fuck me enough, so I fucked another woman." That's it. It's that simple. But we all know, wives who don't fuck their husbands don't respect their husbands, they don't actively listen to their husbands, they loathe their husbands touches, caresses, kisses, and hugs.

The problem, and you know it doesn't end there, is that his heart, as it were, will follow his dick. And this scares the shit out of you. But why should he sacrifice his energy, time, effort, and resources on a woman who does not respect his side of the relationship. Here's a woman he's with, now, who fucks his brains out, sucks his dick, and makes him feel like a man... he's in bed with her now... why the fuck would he leave that paradise to return to a sexless harpy who literally sucks the energy and resources out of him?

Marriage is an exchange, at it's core. He chooses a life-mate, sacrifices his ability to fuck whomever and whenever so that he could fuck only you. Something about you, made him want to fuck you and ONLY you. That was the deal on marriage day. That was the person he wanted to marry. That was the package you advertised. Now you decided that we don't support that model any longer and all he gets is what you offer.

You changed the deal, and you wonder why he resents you for it. He makes the sacrifices, and you can't even get his dick wet a little bit.

And I'm not 1-sided: Your husband probably changed on some level:

He probably doesn't lead He probably doesn't make decisions He probably just lets you run things instead of being the captain of your ship (the household/family) He probably let his body go a bit (and you probably did too) He probably isn't active any more He probably lacks hobbies He probably doesn't spend time on his own, and instead...

He probably clings to you, expecting the extra attention to lead to sex... He probably acts needy and validates his emotions through you (you're sad, he's sad, you're happy, he's happy....) He probably has lost most of the things you recognize as the man you married...

In effect, he has become yet another child, you have to raise. I understand that.

But the fact remains, he can only be pushed so far before he does one of two things (and you have no way to direct this course:)

He will either:

A. Simply call it a day and divorce you. Simple as that. He will decide that no amount of divorce pay-rape forced by the state is worth being in a sexless marriage when he knows he can get better elsewhere. You don't want this, but probably can't stop it.

OR

B. Decide that he no longer needs sex with you. He won't look elsewhere (if he is a man of value and honor) but he will stop trying. He will stop paying you affections and attention as well; no more hugs, cuddles, kisses, "how's your day?", etc. He will detach and basically become a monk moving through the house around you. In this, he will find peace and fulfillment in doing things for himself and only himself.

He will start working out and getting in shape. He will start looking better and feeling better about himself. He will start dressing better and you will be simultaneously aroused and alarmed by it; his body is looking good and he grooms well and you know you fucking like it. But now you begin see that he is way more attractive than you and he can pull younger women... and you're just a post-partum shrew who has replaced your attachment to your husband with your children. You realize he's in shape and you're not. You realize that in his mid-thirties, he is at his sexual attractive peak... and your sexual attractiveness is fading quickly. You'll panic, you'll harp at him, you'll try to make him stop... because ultimately you need him more than he needs you.

He will start ignoring your shrill requests and harping and complaints. He will spend more time away from you, doing his hobbies, hanging out with his friends, and noticing that younger women pay him attention in public. He will begin flirting with those younger, more attractive women (who he knows will drain his balls) and sometimes he will do it in front of you. He won't care what you think; in his head, you lost that ability to control that when you locked the pussy up. He is basically training himself to be single again. Your panic and internal dread is so high now: he is literally pulling younger women, doesn't try to have sex with you any more, and ignores your arguing and bantering.

"Is he cheating?" "Has he cheated?" "Why is he such an asshole?" You will ask these things to yourself, but when you look in the mirror, you'll realize he's not the asshole. He got pushed too far, didn't get the wife he married any more and is probably going to leave you.

This nightmare of emotions may last for a year... a year of a man who is looking better, acting better, and being better and you now have no sexual or emotional access to him. He won't allow it until you allow him the access he wants.

In the first option above, he just leaves, cuts you off, and probably leaves you more relieved in the short term, but lonely in the long term; dating is hard at your age, especially with kids. Most men who you'd like to be in relationships with are taken or are never going to be interested in a mid-thirties single mother. Instead you end up snatching up a guy who is largely ignored by younger women. You'll fuck him early and often, get married, and then realize that you married a guy far worse than your ex-husband. There's many reasons why he wasn't acting like other guys his age and pulling younger women. He can't, and you are discovering those reasons day in and day out. You stop fucking your new husband, and the cycle continues.

But the second option horrifies you; you see his positive changes and what he is capable of and that he may send that energy towards a younger, hotter, girl who regularly sucks his dick, fucks him silly, and occasionally gives him

anal. You may get a temporary respite when you tell yourself that he still stays married to you, but you know, that thread is running out fast.

So he's basically a married bachelor at this point. No sex from you, but still married. And your marriage feels like it's on a balance where you have a choice:

On one side you can realize that you like what you see in the new husband, remember that he is your husband, suck his dick and fuck his brains out... reminding him that he is married and if he wants to have mind blowing sex you are there for him. Suddenly your sexual menu opens up and he is thrilled... and for good reason: he is fucking the woman he married like the girlfriend he knew! The upshot: he stays happy, which makes you happy, and he will literally do anything for you. But know this: he will be forever be changed. He will recognize trickle sex, he will recognize when he is being gamed by you to simply retain him, he will never settle for "fine." He will always want more. But he will always want more from you.

The other side sees you continuing to take him for granted and he takes his new alpha body and his new alpha attitude and leaves you, divorces you, and showers any number of younger, hotter, and sexually-adventurous women with his money, time, energy, and happiness. Meanwhile you resent him but he doesn't care... and you know you missed the fucking boat.

And maybe none of this is true and doesn't apply to you... but why take the chance of all that? Why not remember that your husband gives to you and you don't return the one thing he really wants?

Your pussy can literally save a marriage. Remember that.

71

UPVOTES

Go Out, Test, and See Who You Are

Blarg_Risen · 28 July 2020 · Archived copy · Reddit

I was having an argument with a friend the other day about raising kids. It was an interesting argument to have because of course I have two small girls 6 and 8, and he hasn't had any kids yet.

Regardless, the argument was about the specific problem of what the best response would be from me as a parent if my kid asked me "What is heaven?". But that was just the specific case and we both knew we were arguing about the more general case of 'What do you tell a child that doesn't know the answer to something?'

Some have heard me preach before in OYS that as a soccer coach, I firmly believe in telling my kids much more than they are able to handle at the time in the belief that even though most of the information will not stick, some remnant of knowledge, or a vague shadowy path in their head will seem a bit more familiar down the road when they actually try to access it. But also, before filling their head with all the possibilities that could be, I like to preface by asking them in return: "What do you think heaven is?"

And my friend couldn't really wrap his head around this. His thoughts were that in response to a direct question, we should give a direct answer. Other examples include "How did World War II start? How was the US found? and Were dinosaurs real?"

And this argument expanded on the notion of whether to tell kids the answer directly or not, to include whether we ourselves knew with absolute certainty all the facts of history, or whether the accounts of those events told to us were simply the stories and narratives that history eventually passed down, and we simply took blind faith in.

And that we have a propensity to put what we were told up on a pedestal of truth just because we were told it because...no one would tell us something that couldn't be entirely true, or that maybe had other explanations and interpretations that would benefit us right?

We both argued that there could have absolutely been a shooter on the grassy knoll...but he for some reason couldn't understand why we would tell an inquiring mind that, rather than simply telling them about Lee Harvey Oswald. He couldn't understand why a growing mind would benefit most from the **doubt** about what seemed like empirical fact, rather than simply being told the rigid facts themselves. And further to understand that humans are capable of doubt, and can find that doubt empowering enough to make a decision or guess about what the right answer might be to "what is heaven" ourselves.

Going along with this thought process then, I've also said that as a father nothing makes me prouder than watching my child face a problem, and sitting back and saying nothing and watching them tackle it.

Specific case in point: I was on the beach one vacation not too long ago, and my older daughter and I were playing together in the sand. She became more and more distracted, looking over at a family next to us playing in the surf. At one point she stopped altogether and stared and I, as I'm sure we all have coming from that all too anxious situation involving social approach, knew what was going through her head at that moment.

But I said nothing, as my kid asked me nothing. She contemplated to herself for a minute, likely sorting through those emotions in her head, feeling the feelings in her body, thinking about past experiences, successes, and failures. I in that instance felt butterflies in my stomach knowing what significance this moment held. Then she

started walking in the direction of the kids of this family, walked up to a girl a few years older than her, and said "Hi, my name is ____". And needless to say my heart exploded with pride as they began to play together.

What is all this saying? I'm saying that everyone came here to this sub because they were asking a question. "Why won't my wife have sex with me?" And here they can find a variety of answers from a sidebar full of texts, recommended videos, and notes we all leave around. And from this we can develop and grow our mind in the possibilities of the dynamics that marriages, relationships, and even our own selves work off of.

However it is important not to forget about that aspect of **doubt**, the possibility that there could be a twist either we as a group or us as a person need in order to form *our own* mission and reach *our own* vision. To remember not to pedestalize what we're being told just because we're being told it.

I'm saying when you are ready, and you're staring at that something you want...when your vision of your future takes hold, and you sort through those emotions, and feel those feelings, and think about past experiences, successes, and failures; that instead of turning and asking your father "How do I go say hi to that girl?", you simply begin to walk in the direction of what you want.

When you are ready, take the mental models you've formed in MRP out into life. See how they fare when it's you and your models alone. Moreso, when you are ready, I recommend everyone take leave of MRP for an extended period of time. Experience the challenges of life without having a mass of men, knowledge, and *validation* of your mental models through their notes.

It wasn't long ago before the age of the internet when most men *were* on their own to figure their own life out for themselves. And though shared knowledge has its advantages, it's main disadvantage is trying to take the amalgamation of all knowledge and force a single "right" way out of it.

Tribal societies used to do this as a right of passage for growing boys. Sending them into the forest without the support given to them from the village throughout their childhood. Alone, on their own, they would be forced out into nature to come face to face with a reality made entirely of themselves, and the world. Some would even give psychedelic substances to those kids so that they would become one with that nature around them, to distort or throw into doubt the engrained models *their own* society gave them, and to find a spirit animal, a force unique to them, to guide them.

They knew that even their teachings could be corrupt, that the individual not only had their own vision within them, but that these visions were capable of coming back to teach the developed hive mind of the village something new.

I commented recently that we've spent most of our lives in a state of social reinforcement, rarely ever going it alone ourselves long enough to forge an identity based on validation derived from within. No wonder everyone is so lost nowadays. No wonder shame and morality are created and thrust upon us socially and seem to be the driving force behind everything from politics to gender dynamics to marriage and relationships. It's those that have now seen the power that social pressure has, and they're using it as a tool against individuals devoid of frame.

A society based on social pressure by those in power will inevitably divide and conquer until utterly destroying itself from within. And you can even see this with factions of Red Pill segregating and demonizing each other for not having the correct socially accepted belief.

At some point though you have to realize that society is a construct made to help support individual lives. But those lives and the internal locus that drives them are developed from within. Without that, society becomes a hollow simulation of itself.

There are a lot of guys who post in OYS week after week voicing the same doubt about where to find the answer to their individual sense of guidance. It isn't in here. It's with *you*, in *your* life. But you have to go into that path alone, with the knowledge of what you've gained here, to find the true path yourselves.

And I cant believe I have to say it but I know I have to, because some people cant even take 10 minutes out of their lives without LARPing something as simple as meditation. But the point when doing this isn't simply to check the box and say "I didn't go on MRP for 6 months! I'm enlightened!" But it's to gather the pieces of who you are and what you've learned, and wholeheartedly go into the world as a test to yourself about how that holds up.

It's not only seeing how life really plays out and how you're impacted when you put what you've learned here to the test in real life, but also to carry a healthy amount of **doubt** about whether those results you see are taking you in the direction you want to go. Because the sweet sweet taste of validation from this locker room is an enticing siren that can continually push you to act in a certain way day to day, and week to week. But only those who dont completely lack frame, introspection, and a vision could take a journey on the order of multiple months or a year without drinking from that fountain.

As a father, I will die one day. When that happens, I want my daughter to be able to forge her own path guided by a force within her, and a healthy amount of doubt, which I helped her to grow and realize. If MRP died tomorrow, would you be able to do the same?

71

UPVOTES

The Bright Triad - a starting point for your list for qualifying an LTR

i-am-the-prize · 3 September 2021 · Archived copy · Reddit

Everyone knows about the Dark Triad (machievellianism, narcissism, psychopathy) but until I came across a book by Mark Smith (*The tactical Guide to Women, How men can manage risk in Dating and Marriage*) I hadn't heard of the Bright Triad.

The latter is not a common bundling of traits unlike the former, and takes some explaining. I read this book through the lens as someone already in an LTR on how to figure *what I could mold/lead* vs. what I could not (*and what she had to fix herself****). I've since sent a copy as a Kindle gift to a recently divorced male friend, both as a post-mortem and a guide for him in creating a better list than he did 20 yrs ago.

This book would be hugely helpful for younger men before they decide to pick an LTR from amongst their Plates.

*** which is also done through leading and boundaries. You have to be HV enough to get her to adhere, and the carrot/stick is your attention (or lack thereof) as a high value male. If she doesn't follow, she made her choice.

Although I do believe that tactically "**Boundaries outweigh Vetting**" some of the psych level conditions identified in the Bright Triad (or lack thereof) would be appropriate things to vet for, along with her father/daughter dynamic, at the strategic level of filtering and qualification. You must set and enforce boundaries as a way of living, but starting with/picking a woman deficient in the Bright Triad traits is a losing recipe.

Smith, a clinical psychologist, describes the Bright Triad as the traits of:

1. clarity,
2. maturity, and
3. emotional stability.

Example of behaviors that signal **Clarity**:

- she can maintain solid communication skills under any circumstance and doesn't resort to passive aggressive or childish behavior.
- she must also have an inquisitive mind that is open to hearing other opinions and possibly changing her own.
- she must be able to self-advocate and be assertive in her thoughts and opinions.

Maturity can be noted in five emotional skills:

- insight;
- intellectual nuance;
- resilience;
- internalization; and
- self-maintenance.

Emotional Stability (men should avoid women who have mental health problems; 2x odds of divorce double when this is the case)

"Mental health problems include behaviors like substance abuse, depression and anxiety, and unresolved emotional injuries. Unless the partner is taking active and aggressive treatment for their problems, they must not be tolerated. It is not your job to rescue someone with these problems; it is their job. The problems go so deep that they will exhaust anybody who gets involved and rob much joy out of life."

I'm sure, even reading the short list above, has you spitting your bourbon at the screen "*she needs to be able to view other viewpoints, while communicating and be resilient and insightful while not being crazy?... Where do you find such a unicorn?*" .

Exactly. This is why actually promoting someone should be a process of being selective. Have your list of requirements. So many men don't have a list and their LTR is simply someone they kept "dating longer", a girl who was good enough to fuck and maybe take to brunch somehow through inertia became a poor life partner..... So develop a list, use the experience of a shrink who found these common traits - **missing in the women in relationships doomed to fail, and common in those women who were worth keeping/able to be kept.**

Smith is also

- anti-cohabitation pre-marriage,
- pro 2+ yr dating, and
- warns of legal / financial ramifications of cohabitating-

So he's no pusher of marriage, simply an observer of the traits of women who are not just bad matches, but bad candidates for LTR'ing at all.

Worth the read.

71

UPVOTES

Straight from the Horse's Mouth

Dunlop60_2 · 23 October 2025 · Archived copy · Reddit

Reddit banned my original [u/Dunlop60](#) account for some fucking reason. Gay. It's still me.

Anyways, hey nerds. I saw this on Twitter just now and it's rare that we get the perspective of a woman who understands herself and her sexuality enough to verbalize it in a way that makes sense. I think it's valuable to see some direct confirmation from the horse's mouth.

<https://x.com/Vestarium/status/1981163387276185823>

Notice any similarities between what she said and literally everything you're trying to figure out here? AWALT. This is basically the cliffnotes for Way of the Superior Man. This doesn't just show you the need from Alpha and Beta, but also IN THAT ORDER. It doesn't get any clearer than

I want to feel taken. Not violated, but claimed like a war bride slung over a shoulder by someone who could kill a bear with his hands and then remember to bring me flowers later.

and

We crave gentleness and destruction in the same breath...Both feel like love.

This is what a self-actualized man with frame and game who knows how to fuck looks like to a woman. This is what your poor, miserable, underfucked fatass harpy wives crave. Doesn't matter if they necessarily deserve it or not, the point is that you do the work for you.

Now go fuck your wives and stop being pussies

71

UPVOTES

2 Year Plus FR – Urgency Is Ego

WhizCallipygianPanda · 24 July 2026 · Archived copy · Reddit

I see myself as somewhat in the middle of my journey, which will probably always be the case, as I learn more I see how much more I've got to learn. I've solved most of what I set out to solve 2 years ago and I've discovered the real problems are usually somewhere I wasn't looking at. Which is a story for another time.

I'm writing this for the guy I was two years ago reading this sort of posts looking for shortcuts and ultimately realizing there aren't any. If you get something out of it good.

I remember expecting a main event by month 6-8. I even had some nuclear shit tests, I so badly wanted to convert into a main event, but it never came. I just had this urgency and need to read it all and get it all over with it record time. It never happened, I never had a main event. Maybe its coming maybe it won't, but events don't matter to me anymore, what matters is what I want and what do I need to do to get it.

Body. Best shape of my life. 14% bf, down from 20% when I started. If you aren't at 15% or under with good lifts you haven't even started yet. I started getting compliments at about 17%, but you can tell the difference especially with the opposite sex at 15% and under.

Mind. Leaps ahead. I know what I want, at least on a one year horizon. I try new things constantly. I don't ask permission for what I want to do. The important part is most of this is automatic now. I'm not performing it. It's just how I am. Whereas before I was walking on eggshells and running every decisions through my wife's algorithm which was leaving rent-free in my mind.

Work. Record sales and profits this year.

Social. This is the single biggest win of the whole two years and I don't see it talked about enough here. I had outsourced my entire social life to my wife. Every plan, every dinner, every weekend, every trip, filtered through her. The worst part is I didn't even notice, I thought I was set up the way I liked it ffs. I had a small group of good friends I'd let go for years. I have since rebuilt those bonds and added a couple new important ones. I was deeply unhappy before because of this and I didn't even know that was the reason. If you are reading this and your social life runs through your wife, or don't have some deep connections, that's a huge problem and you probably can't even see it.

One thing I'd let go without noticing for example was going out to concerts and raves. I have never been a big party guy, not in college, not since. But I have always loved a genuinely good rave or concert, a couple hours of letting go every once in a while is a great recharge and I truly enjoy the experiences. For most of my life when I was traveling I would "sneak" one here and there, but only when I was traveling and never intentionally.

I used to think that was just my personality, it wasn't. My wife doesn't like going out that much and likes to sleep early, so it fell off the priority list and stayed off, for years. Now I do it with purpose. Once every couple of months... a concert, a party, an event I actually care about. I even travel for it. Some of the best nights of my life have happened in the last year and I'm in my forties. I've taken some of my kids to a few concerts, that along with hiking/climbing trips have been among the best experiences I've had with them over the last year. This is the same failure as the friends, in a different costume.

Anything you outsource to somebody who doesn't want it will simply cease to exist and you'll rewrite your own preferences afterwards to explain why that was ok. I've genuinely had some of the best months of my life by just taking charge and leading in a way that's congruent with who I am and what I like.

Relationship. I was at rock bottom when I found this place. Supplicating, suffocating, practically begging my wife for shreds of respect and love. I've learned to build real emotional depth and to lead my house the way I want it led. The sexual side went from something I'd written off as "she's just not interested in sex" to the complete opposite, with more enthusiasm than I thought was possible. I was confusing the effect I was having on her and on my home

with the capacity. Its not perfect and I'm still undecided about what I want here. I now know what a great relationship can look like and how to get it and who should I build it with.

Tried a bunch of new hobbies and experiences and fell in love with a few, and discarded the ones that weren't for me.

When I found this place I read **horns what a year of owning your shit looks like** and thought shit I want that. I think we probably all do that, outsource what success looks like, and for a while its the best you can do. But until you find your own path, real progress doesn't start.

I didn't have some clear epiphany, but eventually I stopped lying to myself and started really building the life I wanted. What helped was reading and re-reading the material until it stopped being advice and became how I saw things. That and going out and trying and retrying every piece of advice. Plus a bunch of internet strangers calling me a fat fag, a couple of bans, and the tests against reality which my wife provided a plenty.

The things I stopped lying about were the basics: how I looked, what I weighed, what kind of woman I could realistically attract or even hold a conversation with. No insight required. Just admit it, then do the work. I still chase validation sometimes. The difference is I catch it and let it be or don't and work on it.

Here's the cleanest diagnostic I have. Any urgency you feel is ego. If you feel a need to respond, land the comeback, have sex tonight specifically, mention the deal, the lift, the trip, the thing you know about, correct someone, to be understood. If there's a rush behind it, a sense that it has to happen now... that's not preference. That's something in you that needs the outcome to keep believing its own story. Wanting things is fine, wanting them urgently is your ego needing some validation hit.

The turning point. Probably around 18 months in. There was no event, no confrontation, no insight. What happened is that I became willing to let my marriage die. Not as a threat, not as leverage, if it's a play or our of anger it doesn't work. I sat with the actual outcome and found I was willing to accept it. Would it hurt? Probably. But once decided, I wouldn't give it a second thought. That's when everything else started moving.

Everything before it was negotiation. Every frame I thought I'd built was really trying to save the relationship, and you can't lead a house you're afraid to lose. The counterintuitive but not so strange part is that this is the point where the relationship got better. I stopped needing it and it improved. The real nuance is this came up subtly, not as bravado whereas before I was willing to nuke it out of ego and anger and had timelines in my OYS and in my mind. It just became an afterthought... if it has to end thats ok, I'll be ok. If this doesn't meet my expectations I'll do it elsewhere.

Ego is the mindkiller. Just protecting our fantasies from reality. The truth is specific and it hurts because we run unfalsifiable fantasies in our minds all the time. I'm good looking, I'm a good catch, strong, financially independent, marriage is good, I fucked after applying mrp so I'm a HVM. This is the ego. I started thinking about my position specifically enough to be wrong. "I'm in decent shape" can't be killed, "15% bodyfat" can. "My marriage is fine" can't, "she wants me" and I had sex can.

And this is where I think most get it wrong, including me for a long time. We think the job is to execute the mrp prescriptions correctly. Lift, STFU, sidebar, dread, dace monkey dance, whatever. Do them sure, but realize those are only training wheels. The end product is internalizing who you actually want to be. What it means to be a man in your own terms.

Which brings you to the question everybody here gets asked and almost nobody has an answer to.

What do you want?

Two years ago I had no answer at all, I could make lists that I inherited from the internet. Today I can tell you six months and a year and sketch five, but I've stopped expecting a final answer. Extending the horizon and enjoying the process is the work.

Which is why **what do you want?** ultimately doesn't fully resolve. At least not for me and I suspect not for many either. As I grow, so do my options and possibilities.

Rules. I've distilled that worked for me.

S-tier: STFU, AM, AA, never DEER, DARE. First year here these are the important ones. And they work in all areas of life, not just the marriage.

1. When it hurts, move. Early on, when I got butthurt, when I got rejected, when I got called out, I went to the gym or just out for a ride. It didn't feel congruent at first, but by the 1yr mark it felt natural. Why would I stay in places that aren't positive for me. Just baffles me at this point.

2. Try a lot of shit. I tried hobbies I was sure I'd love and found out I didn't. I tried others I now can't imagine my life without. There is no way to know from the armchair. You have to run the experiment, and you have to run it long enough to get past the part where you're bad at it. Two weeks of trying it isn't enough. Two, three months of real effort is.

3. Get out of the house. If I were starting over tomorrow, this is the first thing I'd do and the thing I'd do hardest. I mean out doing things. Finding things to do. Being in motion in the world instead of in my own home managing my wife or my own mood. It was also the hardest thing to push through, because it generated real shitstorms. When I started going out once a week with my friends, there were big complaints. Its now the default and my wife doesn't think she controls me anymore. She even mentioned a year ago to someone close "its like I lost control of him". Yes, I was so far deep in her butt frame she knew it consciously.

What I'd tell myself two years ago: Go slow, the urgency is ego. Newbie gains are actively harmful if you aren't honest with what stage your at. Early wins are evidence for a story we were already telling ourselves and that got me months of stagnation.

It's the internal work. Some things you try will stick and some won't, and which ones stick matters less than you think. I don't think about STFU or AM anymore or at least not in a way that matters. It becomes who you are, and sometimes you revert a bit but not enough to matter. The real goal and mechanism is you changing, if you are that's progress if your not your just lying to yourself. This takes more time than I imagined.

I think two years is roughly the floor. Some guys do it in one. For most of us it's a year of genuinely hard work and a second year of consolidating and internalizing it into something automatic. Then you start building from solid foundations. If you're at month six and frustrated that you're not making real progress, you've misunderstood the timeline. I know I did.

Stay in as much action as you can tolerate. Everything I got, I got from volume of action and reps, not quality of thinking. The thinking is all in the sidebar's years of experience.

Thanks to all the chads here who are always willing to help. Especial thanks to horns and wmp (miss his outright bans and cutthroat comments)

70

UPVOTES

PSA A Shit Test Is Not Her Being Bitchy

Blarg_Risen · 3 September 2020 · Archived copy · Reddit

Said this a few times recently but a shit test is not the same as her being a bitch. Go back and review BPP's [early videos on RP](#).

A great noob resouce by the way. Hit me hard early on. Though he was a little shall we say, amature in them his base message is on point. A shit test is simply her testing your shit. It will *appear* like she's being a bitch. But if you set your fragile ego aside for half a second you'll see it's a sarcastic tease and she's lobbing you a pitch hoping you'll knock it out of the park.

Corollary: A reduction in shit tests is not an accomplishment. It could mean she isn't teasing you. It could mean she is tired of you responding like a little bitch so she's reduced them. The only time it's good is when you mistakenly believe she no longer shit tests you because you enjoy playing ball with her and don't even recognize them as shitty anymore.

That is all.

70

UPVOTES

[FR] - Wedding Ring

red-sfpplus · 8 November 2018 · Archived copy · Reddit

Shelly has spent the last two days hanging out with my at my house. Her husband is out of town for 10 days, so she dumped her kid with her parents and my STBX wife had mine. We planned this out a few weeks ago. 48 hour fuck fest.

She showed up Tuesday morning around 8:00am looking great, decked the 9's in all her fancy clothes that her cuck husband buys her.

At some point in the day we are in the bedroom and we are getting ready to rock and roll. She takes off her jewelry and puts it on the nightstand, sans her wedding ring.

Standing there I say: "Funny you take everything off but your wedding band. I like that."

She then says something to the effect of:

"I never wear this ring. This is the one with my diamond, and I fucking hate wearing it. I hate looking at it as it reminds me of the shitty man I am married to. I wore it over to fantasize that it is our ring, one you gave me, that I am yours and that makes me fucking hot."

I just kind of shook my head with an evil grin and said something like: "I love that you are such a freak" as I pick her up and toss her on the bed.

Yesterday morning I was on conference calls working in my office and she was being naughty and trying to distract me. I put the phone on mute and told her to "stop it before I tie her up." That made it worse.

The next conference call I had, I did exactly what I said. I used my cuffs and tied her to the chair across from my desk. It was crazy hot. I was working on my call, and there she was - tied up naked across from my desk. She sat there for 30 mins while I was on a WebEx. She was a good little girl. That seat was soaking wet when the call was over.

I could go on an on about the shenanigans, but those were the two things.

For two days she made me breakfast, lunch and dinner. Tidied up my house and even folded a load of laundry for me. In between work, and other things we fucked like rabbits, slept in the same bed and even cuddled.

She would take calls from her husband, lie to his face and tell her she is at home, shopping, etc.

A few times she went off on tangents about her husband, typically right after he checked on her. She never called him. Some famous lines we hear around here that she told me:

I love him, but I am not in love with him.

I hate having sex with him.

I do not suck his dick.

He never makes me come.

When he forces me to have sex, I just want it to be over.

I have to take a shower right after sex to get the feeling of him off me.

I am only with him for the kids and his money.

Some things she tells me:

I love your come, I want it all over my body and in my mouth.

I want to have your babies. (She is 41)

I love how you dominate me in bed.

I love how you toss me around, and how you can pick me up.

You know what you want and take it.

You get me wet just being around me.

When my I get a text, I get butterflies hoping it is you.

Everyday when I see you at school, I just want you to come over and rub against me.

She left this morning. But not before morning sex, breakfast and her telling me "Thank you" 100 times.

Lessons:

Meh, same old shit different day. Bottom line again is a woman who wants to fuck you, will find a way to do it. She will schedule it weeks in advance with you when her husband is going to be out of town. Dump her kids with her parents and will be your 48 hour wife or girlfriend for the chance to live.

She will suck your dick, swallow your come, let you fuck her ass, tie her up and anything else you want - if you are a high value man.

She will then go home to the faggot ass husband that supports her, look at him and treat him with disgust and contempt while she fantasizes about a life with you.

Don't be the faggot ass husband.

And don't be a Rockstar that sticks around for the kids with a low value woman.

That was my mistake.

70

UPVOTES

Financial Freedom - First Steps

ObliviousAsshole · 5 November 2018 · Archived copy · Reddit

Financial Freedom - First Steps

Owning your shit at home covers many things and one of the most important areas for long term success are finances. Having a financial vision, understanding the trade-offs, having the frame to bring it to existence, and becoming successful has many benefits to anyone, married or not. To a degree, it is simply Adulting 101 but I see many posts all the time that betray a complete lack of understanding of how to run household finances. What follows is a summary of the path I took over the last 2 years, generalized so it is applicable to anyone.

Many concepts borrow heavily from [/r/personalfinance/](#) (PF). In fact, it is crucial that you become familiar with the concepts that are explained on this subreddit and in their [wiki](#). I try not to duplicate content but some concepts here will have a specifically MRP-oriented slant. MRP brings a unique set of options and skills to the table that can make you much more effective than the general population.

Financial Freedom

What is Financial Freedom and why should you care? To me it is the freedom to quit my current or future job if I choose to, and to walk away from it all if that's what my path leads to. That freedom will happen when my investment income surpasses either my expenses or my current job income - depending on what metric I want to use at that time. My plan is to reach this goal in 9 to 11 years.

The key to this plan is the magic combination of saving, investing, and compound interest. I will not explain how this works here - there are many resources available for these concepts. Most people understand this as a really long term avenue to riches but it is actually much faster in its effects than one might expect. If we use the very attainable numbers of saving 30% of your income and getting a 10% return/interest, you can accomplish the following:

- In 3 years you will have saved up one annual salary and it will generate an extra 10% income.
- In 5 years you will have saved up almost 2 annual salaries for extra 19% income.
- In 10 years you will have saved up 5 annual salaries for extra 50% income.

If you can improve your rate of return to 15% (not easy):

- In 10 years you will have extra 100% income.

Are these numbers attainable and is this something you want? Only you can decide. It is, however, important to understand that this possibility exists and if you decide you don't want to take these steps, it should be a conscious decision. Assuming your regular income improves, and/or you can get your wife to work more, you can reach these goals even faster.

The Steps

The steps are very simple in principle.

1. Study [/r/personalfinance/](#). Learn from other people's mistakes and get to the point where you can predict the answers to most posters' questions.
2. Increase your saving rate to 30% by cutting down expenses. This is the bulk of this post and how I did it with an MRP lense. It is, however, not enough to just save. You must also invest but you have a year of work before this becomes critical.
3. Study investing and how you can generate 10% or higher returns. Not covered here except with a side note - many options exist that are not obvious but count: eliminating high interest rate debt, using employer or government subsidized savings plans, reducing your tax burden by using tax advantaged plans.

The Vision

The rest of the write-up is how you create a financial system for your household. You will be in complete control. You are the one who is ultimately responsible for it succeeding or failing without blaming anyone. With that in mind, you design it in such a way that you could do it all yourself if your spouse will not/cannot contribute but you make individual portions of it possible to delegate. The more responsible your spouse is the better and you can reward her contributions by giving her more control over individual items. It is, however, always your responsibility to track and enforce that the system is followed.

As a general rule, you will be moving to a save first, then spend model. In each budget category (see below) you will not spend more than allocated for each month until you saved up some money to buy it - by under spending in that category in the previous months. The only exception is existing loans and obligations until you find a way to eliminate them. This also creates a very simple method to determine when you should be spending on items like new cars, house upgrades etc. You create a category with a budget, and when you save enough - you can use it. In some cases this will guide you to do more if needed: E.g. if you are accumulating a lot of saved up money in the household repair/update category, you need to fix more stuff around the house.

How quickly you implement and enforce these changes is related to the strength of your frame and your ability to run this system. Do not go Rambo if you suck at this but do implement quickly if you are capable. There are a ton of areas to gradually improve so it will take time to do all of it - no need to stress everyone out with a complete overhaul instantly.

This system has had a huge positive financial impact with minimum or no negative impact on what we consume or spend on. It has had some unexpected benefits to our quality of life outside of the financials.

The Details

This is the order that I used. As you progress through the steps, the order becomes less important. The individual items are a list of options available.

Track your spending

Devise a system to track all of your spending and start tracking it for a month. A month is good enough to get a good idea of where your money goes and how to set up your budget categories. Estimate the rest. No need to tell your wife that you're doing this as this is just for your information. I use Excel because I like to make my own spreadsheets but there are many better **options** available.

You will likely find that your wife spends way more than you do and you will be spending a lot of energy in curbing that spending initially. How you do the next step takes that into account.

Make an initial budget

Follow the PF guidelines but I suggest adding the following features that I found incredibly useful for MRP purposes. This assumes you are the more responsible spender and you also make more money than your spouse. The guiding principle is not fairness but accountability. If in doubt, make it harder on your spouse than needed and later you can be more benevolent. You want to track accurately who actually spends what without making any judgments about it.

- Budget for saving early - more than you save now. Force the spending cuts immediately. Start with 5% more than you save now.
- Make common categories for joint spending like mortgage/rent, utilities, groceries, household repairs etc. You will control all joint spending going forward but no need to force that issue yet. (PF) has good suggestions for categories.
- Make a discretionary spending category for yourself and a separate one for your spouse. I suggest to make them equal and way less than the sum of your current discretionary spending now. That most likely will mean that

your wife will have less to spend unless you are the big spender right now. The goal is to have each adult spend this money how they wish. No need to enforce this yet.

- Make a spending category for each kid you have. This is mostly for your info. You don't let the kids control this money unlike the adults' discretionary spending.
- Put everything attributable to individuals in their categories, including the kids. You might find that you spend way more on one kid than the other. I did, unsurprisingly, on my daughter.
- Put joint loans as a separate spending category where it belongs. E.g. mortgage under house. I suggest using as few loans as possible joint, in fact, I only have mortgage under joint. Rest is individual loans.
- Put individual loans in your or her category as you see appropriate and subtract the monthly payments immediately from the discretionary budget of that person at the beginning of each month. The point is to make current loan payments a direct hit to each person's discretionary budget. It also means that if one person pays off their loans faster, they will have more money to spend without gifting that money to the other person. Do not play nice here and take over her student, car, or other loans as joint spending. Think carefully who should own each loan.
- Big expenses paid with a smaller frequency, such as car insurance should be subtracted at the beginning of each month. E.g. if you pay your car insurance once every 6 months: Figure out the proportion - if your car is the cheaper one, and your insurance is lower, go through the policy and calculate how much your car costs and how much hers costs. Then divide each individual amount by 6 and subtract that from each person's discretionary spending monthly.

Inform your wife that you made the budget to align with your saving goals. Tell her how much she has in her discretionary category. She might not care in which case you leave it at that. If she doesn't care, it probably means she does not intend to follow it which is fine for now. If she does care and asks about more details, show her the budget. If she disputes that something is in her category that she doesn't agree with, just broken record that this is how you intend to track the spending.

Grocery Store

Figure out the cheapest grocery store option available that is acceptable in quality. If Aldi/Lidl are available in your area, those are amazing for quality and price. Do this immediately, while you're still doing your initial tracking period. If you have no idea what you should be shopping for, you will be educating yourself on this over the next few weeks. Make an initial shopping trip by yourself and buy one week's worth of supplies. Focus on items that you will eat/prepare yourself, relatively cheap and aligned with your diet or the diet your feel your family should follow. Don't bother buying stuff that are solely for your wife/kids, expensive, or unhealthy. If you get asked why, just say you're exploring cheaper food options and broken record/STFU the rest. Over the next few weeks make your goal is to figure out how to buy 90% of the groceries needed by your whole family in one week increments.

Grocery System

You are eventually moving towards a system with the following features:

- You buy groceries once a week only on a specific day.
- You buy the bulk of your groceries at the cheapest store only.
- There is always enough to eat without wasting. See more on wasting below.
- Everybody needs to get their items on the shopping list before the shopping day or it doesn't get bought until next week.
- The items you buy are skewed towards cost effective items and aligned with your diet.
- Items bought at more expensive stores are only bought because they are not available at the cheap option. No last minute emergency shopping trips for expensive items.
- When stuff is on sale, stock up. But only stock up on stuff you actually use, no impulse buying.

It should only take you a few weeks to transition to this as you get more comfortable what should or should not be bought. The benefit to everyone is that it's simple and works like magic. You will initially spend some energy implementing this but eventually it becomes second nature to you and your spouse and you can stop grocery shopping if she can handle it. Should you encounter challenges to this, this is when you start using your frame to communicate your vision of saving and investing for the future. The smoother the transition, the less challenges you get and the more obvious it is that you are leading the way in something good.

Household items

Some household items like detergent, soap, shampoo, toothpaste etc. vary vastly in quality and price. Spend some time figuring out the most cost effective item of sufficient quality and figure out where you buy them. It might be at the cheap grocery store but it might be online. Only buy those items at those locations so make sure you have enough on hand so you avoid emergency (expensive) trips. E.g. make sure you always have at least one more extra detergent bottle in store. Once you figure that out, the time and energy spent on it is zero as you always buy from the same place.

Grocery deliveries

If you have grocery deliveries from the cheap grocery store available, use it. It cuts down on impulse buying, saves time and gas, and makes it trivial to maintain your grocery list throughout the week. Any time you remember you need something, add it to the online list, then order everything once a week and have it delivered.

Food Prep

Figure out how to prepare food in bulk in minimum time. Bake a bunch of chicken while you are frying up some other protein option. Prepare several simple protein options on the weekend and make sure they get eaten during the week. You or your wife can spend a small amount of time during the week to make a side item to go along with the protein. You will lead the way here but your wife can take over in a few weeks if she's willing/capable. Avoid lengthy daily cooking rituals that cause frustration and waste time. Figure out what you eat (all of it - breakfast, lunch, dinner) and make that yourself if needed, or delegate to your wife if possible.

This is another area where you are likely to encounter challenges. Communicate that you want to save time and money on food prep and that you like having food available at all times during the week without having to think about it. Ask her to help you with the food prep and/or with the side dish preparation during the week.

Waste

You can waste a ton of food if you just buy it but don't track that it is consumed. Use the following system to avoid waste:

- When new groceries arrive, move the old unused groceries to the front of the fridge, put the new groceries in the back.
- Check the fridge regularly and move stuff out of the back to the front that needs to be eaten. Stop buying it if it consistently does not get eaten.
- Limit the amount of fresh vegetables/fruit to what you will eat. The rest will be frozen (and cheaper). Do keep a decent amount of frozen vegetables on hand. Monitor fresh vegetables/fruit and make sure you consume them quickly or reduce how much you buy.
- If your kids/spouse put something on the list that you won't eat personally and you think it might get wasted, buy it once and monitor. Remind them to eat it. If they don't actually eat it, stop buying it.
- Clean out the pantry regularly. Stuff that has been sitting there for months is thrown away and put on the Don't Buy list.
- Do buy more canned foods such as beans, vegetables, fish etc. as they are cost effective and don't waste as readily. Follow up and consume them without piling up.

- Dig through the bottom of the freezer occasionally and consume the stuff that dropped to the bottom. Make a mental note of what does not get eaten and consider moving to the Don't Buy list.

Diet

Figure out a good healthy diet that is not expensive, e.g. Paleo or Keto. It should result in you and your family eating less and more healthy. If your diet is expensive, it might be crap.

Cars

You are likely spending more than you can afford on your cars. How do you know you are spending more than you can afford? You are not saving and investing 30% of your income. Cars are a huge money pit. You can get a 2 year old used car that will be just fine for 7-10k. If you already have something more expensive, consider selling it and getting something cheaper. Either way, subtract the car payment from each person's individual discretionary budget to force the decision. If you simply ask your spouse to downgrade her fancy car, she will fight you tooth and nail. If you make her choose between an expensive car and hair cuts, she will be more likely to downgrade. Same goes for you. Take some time to consider this - it is easy to lose even more money by constantly changing cars. Car loans can carry a low interest rate so once you get to the point where you are investing with a 10% return, it's not necessarily bad to carry a car loan. However, if you are a compulsive spender, you should avoid car loans and save up first. PF has good guidance here.

Carefully consider what you want to do here so start thinking about it early but make sure whatever decision you make is something you will enforce. If you're not sure yet, wait a bit more. But if you're bleeding money over a luxury car that you don't want, start making plans to fix this soon.

Trinkets

As a budget category - decorations, throw pillows, rugs, scented candles and other such nonsense goes to zero. Anything in this category goes against your wife's discretionary budget. Go for the minimalist look, and do in fact clean out the clutter. Sell your old trinkets at garage sales and stop buying them.

Appliances/devices

This mostly goes against the household repair budget and for the most part - stop buying devices. You don't need a new TV every 2 years, nor do you need juicers, exercise machines, stereos, espresso machines etc. This should approach zero. When you save up in the household budget, you can buy something new but preferably you just repair what's needed. Individual devices, such as smart phones, go against individual discretionary budgets. Again, save up first, then buy. Switch to older models for savings.

Clothing/beauty

This goes against individual discretionary budgets. Track this carefully. Do put make up and other beauty products in your wife's discretionary budget. Let your wife make the decisions about how she uses her budget and she will make the appropriate adjustments once you start enforcing her monthly spending budget. Likely she will reduce the frequency of her hair, nail, pedicure appointments to what she actually needs whereas before it looked like impossible to eliminate. If you shop together for clothes (don't), do separate the spending to your and her budget. For kids, if they are older, and they want to decide what they buy, give them a monthly allowance to spend how they choose to start teaching them about budgeting.

If you buy these items at a store where you already buy household items, request receipts from your wife on every purchase there and separate it into her discretionary budget or household. If she does not provide a receipt, put the whole purchase into her budget. Make it her responsibility and less work for you.

TV/Cable

This can likely be eliminated altogether. Watching TV is useless and there is a ton of content on streaming services

for much less anyway. If you have Amazon Prime for deliveries, there is a ton of content available with that service. If you need additional streaming services, rotate them to only keep one active at a time. Watch the shows you want, then switch to something else. Use over the air HDTV for local channels. You can occasionally get premium streaming channels like HBO for \$5 a month for a limited time - sign up, watch what you want, then cancel.

Utilities

Not much you can do there. Close off unused rooms and close the HVAC vents in those rooms. Adjust temperature to save on HVAC. Get LED bulbs. If you are spending a ton on irrigation, start replacing your lawn with trees/bushes/mulch - they are much more water efficient, less work, and more environmentally friendly.

Entertainment

As a joint category this goes to zero. Mentally replace entertainment with hobbies. All stuff like movies that you do jointly, split into individual items that go against discretionary budgets of you, your wife, your kids as appropriate. Communicate this to your wife - she needs to start being aware that spending on these types of outings cost her discretionary budget money.

Eating out

Same as entertainment - track individually. But plan to cut this out altogether and only do it for special occasions. Lead in this area - do not eat out if you don't have money in the budget to do it.

Enforcement light

After a month of making your initial budget (two months from start) review the budget by yourself. You are likely over in many categories - this is normal. But possibly you were successful in reducing a lot with the suggestions above - in which great, you are starting to make a difference.

The biggest category over budget will likely be your wife's discretionary spending. Assess how well you are doing with making progress and leading, relative to her failure. Do inform her that she is over budget and that she needs to start prioritizing to get the spending under control. If she's making efforts, do help her with suggestions - e.g. spreading out her beauty appointments over more time, buying cheaper stuff. If she refuses to follow you have to decide if you have the tools available to enforce it. If you don't - read some past posts about taking over the treasury. You will need to get these ready before you fight over it. Do not fight if you don't have the enforcement tools ready. If you decide to postpone the fight, continue tracking the same way but stop talking about it and don't make any threats.

House

So many people live in a much bigger house than they need. Most families don't need more than a 3 bedroom house. Anything above that is a luxury. Seriously consider downsizing until you can afford it. If renting, this is not that hard but selling your current house is not trivial. There are some creative options you can utilize if you have a bigger house than you need and there are serious obstacles to downsizing:

- Convert some space as a separate living unit and rent it out. Get started with real estate!
- Convert some space to use as a side business - save on external lease, potentially save on taxes.
- Rent out your whole house and move to a smaller house to test it out or temporarily until you get a handle on your finances and you can afford it. I'm a fan of real estate so this could be your first step.

The effects of downsizing are huge. Not only does your rent/mortgage go down, but your utilities also decrease. This is definitely not a Rambo area - be aware of the situation and make a good long term plan.

Mobile plan and Internet

Find out what your cheapest option is for both. There are plans out there that work well together - for example, you don't need unlimited bandwidth on both mobile and home internet. If you get a cheaper plan for data, use home wifi to avoid cell data. Alternatively, if you have unlimited cell data, get a cheaper home internet plan and use the cell data. Get the minimum you actually need for both and shop around. These plans are easy to switch so don't be lazy.

Gas

Not much you can do here except: Don't drive that much. This saves time more than the gas money so I call it out anyway because time is important. See Grocery System. Do carpool your kids activities with other parents. Do not drive your kids to school, put them on the bus. Plan your trips efficiently. Drive jointly if possible instead of taking two cars to the same location just because of some side trip someone has to make. Find out where the cheapest gas station is that is close to something you attend regularly and make a point to fill up there if you happen to be there. Don't waste time making special trips to that gas station unless it's really close.

Household help

If you are using various services to help around the house, make the determination whether this is something you want to keep doing. If your wife is a SAHM, do not spend on cleaning service. If she insists, put it in her discretionary budget and tell her. Enlist your kids in household chores - teenage kids can handle most of it. Pay them for it and let them take over individual jobs. My son does 100% of the dishes now. I pay him which goes against his budget (he doesn't need to know) and it's money I would have likely spent on him anyway.

Alarm monitoring, pest control

I cancelled all of these. YMMV. Maybe get a gun and some insect spray.

Kids items

Stop buying your kids a bunch of stuff they don't need. Encourage them to work around the house and if they are old enough, get a job outside the house. If they are old enough for a phone, get a cheaper option - older models have significant discounts. They can earn their own money if they want something better.

Kids clothes

For smaller kids, find parents with older kids and see if you can score some hand me downs. For older kids, reduce the spend and if they are old enough, give them a budget to decide what they buy.

Kids jobs

If they are old enough, make them get a job outside the house - babysitting, pet sitting, mowing, yard work, regular jobs. This takes some time so help them. Teach them some marketable skills and help them with advertising it. Encourage them to walk around the neighborhood (if safe) to offer their services because it is much more likely they will actually get a job. Go with them if needed but let them walk up to the door by themselves to make their pitch.

Gifts

We stopped buying numerous gifts because everybody is now on board with the long term plan. Gifts for kids go against their budget. Gifts for your wife go against yours, your wife buying you gifts goes against hers. Since the budget is tight, this will force some decisions. Each gift now matters. Flex that Benevolent Beta Bux (BBB) and if she's cooperating, and you are doing better than her, occasionally buy her stuff she sacrificed. This shows that you appreciate her contributions and that you know what she likes.

Enforcement

After a few months, hopefully you've become a better leader overall, and you have demonstrated value by saving money, and leading your family towards a more prosperous future. This is the time to seriously enforce the budget so you can make additional cuts towards saving.

If your wife is trying and cooperating, you just need to be more attentive to her spending and vocal when she's approaching her limit. Do enforce it verbally and be calm about it. Offer suggestions and reward her with more responsibility if warranted. Start sharing your vision with her more so that she sees the benefits.

If she is not cooperating, you will need to take drastic steps. Consider taking one more benevolent appeal if you have been improving in other areas so that she's starting to follow your leadership in other areas. But it's possible you will have to force the issue - see MRP posts about taking over the treasury. Time this right and have all your tools ready before you do this because you don't need to argue if you can't enforce.

70

UPVOTES

FR: Reward positive behavior, withdraw from negative behavior

creating_my_life · 5 September 2017 · Archived copy · Reddit

This weekend Wife and I were out running errands, as is quite common. Instead of the usual "Where do you want to go to lunch?/I don't care, wherever you want" game. Or, the boring just-go-where-we-always-go. I pulled into a new place. Wife likes familiarity, and immediately shut down the idea with "I don't want to go here/It will take too long/It might not be good" whining.

I zipped through the range of responses I could think of:

- Placate: "Oh my bad, I'm so sorry, let's go to \$Your_Standard_Place." Nope, fuck that. Bluepill me might have done that.
- Rambo: "Sit in the car then." Nope, I'm not an asshole.
- Butthurt: "Fine, let's just go home then. Pffft." Can't show butthurt.
- Stoic: "K". And go to the next errand. This was my choice.

I wasn't sure how it was going to play out, but for the next two errands before we got home, I consciously withdrew affection and attention, as to not reward bad behavior. I wasn't rude, but felt no need to drive the conversation either. I let silences sit long and let her be uncomfortable. I answered questions but did not bring up new topics. When we got home, I unloaded and put everything away, but didn't engage. I also immediately left the house to go for a run, and simply Not Be There.

I went about my afternoon doing my thing, focusing on me, and enjoying it. This is where it gets different. She stands up, takes me to the bedroom, gets naked, and initiates sex. She gets nicely fucked, and afterwards she makes one offhand comment about, "maybe that will make up for me not wanting to try the \$New_Place today." Keep in mind I had a huge DB for years. She gets positive attention for the rest of the day.

Takeaways:

- Women are FAR MORE AWARE of subtext in communications than men are. Use it.
- Never show butthurt. For anything. Just roll with things. Always prioritize yourself first.
- It's not my job to entertain her. I'm not a fucking clown.

Errata:

- I've lost a lot of bodyfat. It shows. It's awesome.
- I'm dressing better and looking better.
- I'm busy with things in MY life.
- I'm owning more shit.

TLDR: Wife shot down lunch suggestion, I withdrew attention and she initiated sex later that day.

Improvements: Yeah, I still measure MRP success by the amount of sex I'm having. I'm doing better at not caring if I get laid, because I know things change quickly and I will get laid soon. I still think too much about the interpersonal dynamic between us as I absorb MRP stuff, rather than it being purely reflexive. I'm getting much better, though.

70

UPVOTES

Welcome Subscriber Number 10,000 to Married Red Pill: Where we build MEN and Better Marriages

BluepillProfessor · 16 November 2016 · Archived copy · Reddit

When I started as a moderator here we had less than 2,000 subscribers. Now, with no advertising except word of mouth and the occasional guy who stumbles into the locker room from /r/Deadbedrooms or after searching "Why won't my wife have sex with me" on google, we have increased our numbers five-fold.

Please be aware of the [Posting Guidelines](#). Read [The Wiki](#) and the required readings before posting, and be aware of /r/askMRP which is the starter sub for new guys and old guys who want to field test and refine their post before putting it on /r/marriedredpill.

We reached 10,000 in two years and look forward to 20,000 by the end of three.

All of us should be aware of the first two rules of Fight Club which is another way of saying DON'T TALK ABOUT RED PILL. However, there is an exception to this general rule in the person of Red Knighting.

Of course we know that "[Black Knighting](#)" is when you deliberately "Trigger" women by trolling them on Reddit or in person. It can be great fun.

The far more difficult task of [Red Knighting](#) is not as fun but can be far more important. Red Knights recruit others into the concept of Red Pill praexology, often by revealing in stages and over time, the true nature of women. For any prospective "Red Knight" it doesn't hurt to drop a link to Married Red Pill in an answer on another Reddit (so long as you don't care if you are banned by that other Reddit) or, even more helpfully, to Private Message men who you see might be in need of improving themselves and their marriage. A good Red Knight can lay a trail of bread crumbs for the unworthy to follow but as a man, he should usually lead by example and by demonstrating, not explicating.

In the last two years we have refined our techniques and methods from the original source material written by Athol Kay, the /r/TheRedPill and a variety of other sources. We are actually getting pretty good at this by now.

We have the solution to your low sex marriage. We have discovered the secret that motioned by Newton, weighed down Einstein and ran rings around Galileo:

WHAT DO WOMEN WANT? It may not be obvious. It may be exactly opposite what society, and EVERY SINGLE WOMAN IN YOUR LIFE has told you over and over again, but it has the advantage of being the truth.

So to the 10,000th subscriber and to all the rest we say:

WELCOME TO THE REAL WORLD.

70

UPVOTES

[FR] I could never have negotiated this...

cheeseandhoneyy · 17 October 2016 · Archived copy · Reddit

Something happened yesterday after 6 months of red pill I thought I should share.

2 years ago, blue pill me, 30 kgs (60 lb) overweight, was bothered that my wife doesn't pay much attention to me while driving.

I wanted to negotiate that (LOL). I told her I'm bothered that she doesn't turn to me or talk to me. I told her it bothers me when I saw another couple in a car and the girl is chatting up the driver. She predictably laughed out this kiddy request and said some bullshit about want me to concentrate on the road etc...

Comical stuff right?

I was obviously subscribed to this commmuniicaaaaaaation and tell your feeeeelz bullshit that you see so much in relationship books and in various subreddits here.

fast forward 2 years, the last 6 of which are solid red pill.

Lost 30 kgs (in 6 months, yup). 11% body fat. Can squat 1.5 my weight. My life is getting better and i feel good.

I'll just leave this dialogue that happened here, to give an example of why mainstream relationship advice is bullshit and MRP is the way to go.

Me (weekend planning mode): I have a football match at 2 PM. You said the other day you wanted to buy clothes for yourself. I'll drive you and drop you by the shopping mall at 1:30 PM, then I'll come back and pick you up at 4PM. After my shower, get prepared because my colleague invited us to dinner.

Blue pill me would have been trying to negotiate the day with her. Confusing her mind with choices and times and such, being indecisive all the way and probably ending up with a schedule that appeases her fully.

Her: OK.

Few moments go by...

Her: But I want us to go shopping us a couple, so many people do that. [Compliance test, shit test]

YMMV, but I absolutely loath shopping for clothes with her. I don't have time for carrying bags around and waiting endlessly.

Me: I've got the football match to go to.

BP me would go into full appeasement mode, fucking up the plan to make her haaappy.

Her: Why can't we act like a normal couple and go shopping.... [Shit test escalation]

Me: raise eyebrows, look at her with a grin, almost starting to laugh: Football match!

Just a calm broken record. Amused tone, "you're being funny here".

BP me would have probably either exploded with anger, or went into appeasement mode.

Her: well, ok.

End of discussion. She looked sad and I've learnt not to feel guilty at that. 30 seconds later we were back eating our lunch discussing other things.

So we head out to the car. I'm in my (european football) gear, looking lean as fuck. shorts just at the knee. The clothes fit me very well.

Her: Oh my god how did you get your stomach so flat.

BP me would... well BP me would never had such a compliment.

I smile, and lift my shirt. Looking fit.

Her: Oh my god, I've got to do the same. What excercises do you do, tell me tell meee!!

It's more diet than excercise hon, this bit she doesn't understand, but I wasn't about to go into boring lecture mode. and yes I was doing loads of excercises, squatting my ass off and doing crunches and stuff. This was a chance to get her to start something on the road to lifting with me. Dieting will come later and she is already almost perfectly slim anyway.

Me: Squats help

Her: what's a squat...

So now blue pill me would have been giddy with pride that she's following my lead, and would have showed that off and went into nerdy explanation mode, boring her to death. but...

Me: We need to go, I'll show you later.

If she does care she'll come back.

In the car, and this is where my prelude is relevant. I'm driving and my shorts are naturally high thigh up, muscle definitions showing...

Her: Your shorts are too short...

Translation: I like what I see.

Me: no reaction.

Her: Do people see you like this? they are too short, and I know you don't like it when I wear short stuff out.

An attempt to negotiate and shit test. truth be told they are short because I'm sitting and they won't look so short in the field, and these are football clothes.

That was the thought going through my mind. but before I make the mistake of DEER'ing with that bullshit, I turn to her with a grin and see her looking down there.

Me: It's for your pleasure.

she laughs this feminine giddy laugh. bulls eye. then she starts feeling up my thighs whilst I'm driving.

Eventually she reaches for the stick.

Me: That's the wrong gearing stick if you wanna help!

She laughs again, and starts mimicking my gear changes with the wrong stick.

Eventually we arrive, after the football match as we're heading home as she's going on and on and on about her shopping choices whilst I'm nodding, we get home.

Her: So how do you do those squats?

I get her to do a few (weightless) squats. and get her to promise herself to be regular at this...

I would never had any of this in BP communicate your feelings and wants mode mode. get your shit together, lead by example, and know what you're doing. STFU as much as possible. Acta non verba. The rest will come later.

70

UPVOTES

FR: Right alpha, right time, wrong husband

sh0ckley · 25 September 2016 · Archived copy · Reddit

Several RP truths hammered home here:

- She's not mine, it's just my turn
- Feelz not realz
- Open hypergamy

I have a side business and got a small job in my wife's home town where she grew up. She hadn't been back in decades but has a couple friends there. It's almost a half day drive away. I figure we make a night of it and she can visit her friends.

We get there. Her 2 GFs have a fancy car for them to ride around reminiscing before we all go to dinner. One stop is wife's childhood house where she grew up. There's a guy outside as we pull up and stop. Turns out he lives there now. He shows us all around the house. He says "come back if you know any single women." We leave.

Eventually it comes out that one of my wife's friends is single and the other friend suggests we go back and pick up the Lone Alpha. I let this happen. My wife is easily +4 SMV on both of her friends. We head to dinner and Lone Alpha starts telling stories about the house my wife grew up in. His game is tight. My attempts to redirect the conversation fail, as tears of emotion well up in my wife's eyes about the renovations he was doing on her childhood room and the structures that daddy built etc. My wife is showing him IOIs.

I realize that I allowed Lone Alpha to the game table who had a *Full House*, literally my wife's childhood house, that he did not have to earn - I handed it to him. It was like my being on the 1 yard line or getting forced against the ropes in boxing. He was almost unbeatable. I didn't panic, and remained calm.

Eventually *my wife goes to get contact info from the lone alpha in front of me and her friends*. I saw this coming because of intense **feelz** generated by the "synchronicity". **She couldn't help herself**. I also read that story about the PUA (Mystery?) who got Scott Baio's girlfriends phone number while Scott was in the room. I am prepared.

Wife: "so... email addresses? Phone numbers?"

Me: (looking directly at Lone Alpha and the two girl friends while I laugh) "I think she likes him"

Me: (to Lone Alpha with two girlfriends attention) "hey if you want to take her off my hands, then I'll throw in the ring for free" (pointing at my wedding band with a big smile) ...laughs all around, situation defuses, power shift.

At this point Lone Alpha knows I have to go work later that evening and having attracted my wife effortlessly by circumstance, he's trying to isolate and has a possible opening. I can't even blame the guy.

One of the girl friends says (EDIT: **to me**) "why don't you take her with you?" (Pointing to my wife.)

Wife: (makes a snotty face about my previous statement) "why don't you take her?" (pointing to her other friend)

Me: "that's okay, there will be plenty of women already there." (everyone knows its true)

I had already cut off the booze, then organized the check and ordered the car. We all get in. It's suggested that wife and I get dropped off first, but then Lone Alpha would know what hotel my wife was in... alone. I tell the driver to take Lone Alpha home first. Lone Alpha wants to leave a business card. We say our good byes. He doesn't remember my name of course. He goes inside the house to get the business card. *I tell the driver to leave before Lone Alpha returns*. - Game. Set & Match. Hail Mary recovery pass received in the end zone. Barely.

None of this is anything I am proud of, but unlike Scott Baio, I remained present. No one has Lone Alpha's identity except me, because I was not drinking and remember when he casually mentioned the name of his business.

The drunken girls carry on when the car pulls away, *as if nothing had happened*. Then wife and I get to hotel alone

and the shit tests start:

"Why did you say that about leaving me? You really *embarrassed me* in front of my friends." (Feminine Imperative that it's perfectly acceptable for her to request contact info from a man she just met in front of her husband and friends and yet her hamster believes that I am the one who embarrassed her.)

Me: ignore/DNGAF/STFU and carry on with logistics and subject changes. She pushes away my kiss. I give her a firm hug and tell her I love her and then go off to do my job. (At a social event starts late at night.)

I am shaken not stirred by my ignorance. I recovered from a nearly terminal fuck up - Lone Alpha had a pocket full of unearned nuclear feelz that I handed him, and my wife was powerless over those feelz. **She's not mine. It's just my turn.** Right alpha, right time. Wrong husband - RP informed and game aware. Wife's hamster would have been saying "I can't believe I'm doing this..."

If he pumped and dumped her, then I have to next/ghost her and send divorce papers, which doesn't end anywhere else except the cougar carousel for her, as a post wall decliner. My actions were like grabbing a child away to keep them from running in front of a speeding truck. **Men are romantics. Women are hypergamous, and ruled by feelz not realz.**

I knew since I removed her from the tornado of emotion, she'd forget almost immediately - out of site out of mind like the simple minded animal that she is. AWALT. And sure enough, the next morning everything is totally fine. I carry on as if nothing happened. She loves me. Right now.

The next day there was a certain calm that I hadn't experienced yet. Wife was utterly subservient in all interactions. *I think she knew exactly what was going on and so did her girl friends.* She appears covertly relieved. Lone Alpha underestimated me, which means I still have lots of work to do.

I've internalized much RP truth and it all makes sense based upon my past, but *to see it in action* and notice the difference in my response is worth sharing, because **I was no longer confused** ("I can't believe she did that!") and **I was no longer angry** ("what a bitch!") instead I thought "oh, she's a woman." Never forget that.

70

UPVOTES

A recap on a founding principle. "You are not responsible for her emotions."

Blackthorn8 · 23 August 2016 · Archived copy · Reddit

I have noticed a trend in the last few days of posters asking questions like "what if she gets annoyed" or "I tried X and she got mad." etc.

The stock answer as of late seems to be "Well, are you acting like you DGAF?"

This is inherently fine, but it is leaving a lot to the original poster's hamster. I think we can take it a step further.

First- stop fearing your wife's emotions. You need to make friends with that emotional storm. You need to be able to kick it up at a moment's notice and you need to be able to calm it with a solid embrace. She is fine with her emotions. Her emotions are what make life fun, and dramatic and meaningful. You are the one that has a problem with her emotions. She isn't scared of your emotions (because she pulls you into her frame) why are you scared of hers?

Second- you are not responsible for her emotions. (until you are- see observation 3) It is in our nature as egotistical individuals to assume a solipsistic view of those around us. We assume our actions and words carry an enormity of weight. As a result, we give away control of our actions to the people we interact with everyday. We do it in a multiple of ways. We fail to act because of an anticipated response. To break this down further, you actually will fail to accomplish a goal because of an imaginary response from someone. Fiction is stopping you from achieving your goal. Fear is dictating your actions.

Looking through the lens of MRP, men (faggots) will fail to grab their wife, throw her against the wall, and make out for a bit. They are scared because their ego could not take the POTENTIAL rejection. They are worried about her emotional response of annoyance, rejection, anger, etc. You are not responsible for her feelings or emotions. Get this through your head. You wanted to grab your wife and steal a kiss. If she has a problem with that, it is on her. If you tolerate having a wife that has a problem with a passionate husband (assuming you are owning your shit) then every future encounter is on you. Take some ownership in your life.

Third- you are responsible for her emotions. Yes- fuck you- I am a hypocrite. Here's the thing- just because you are not responsible for her emotions does not mean you cannot illicit a desired emotional response. Let me give you a few examples-

My wife is a self admitted "jealous" woman. We know dread works best when it is observed in a natural format. A woman hitting on you at a restaurant, etc. My wife sees those things- but if we are not going out and are at home for the night- I am still going to get her hamster going. I am not willing to concede to a boring night just because we are at home and it is a Tuesday. I don't have to use passive dread to be effective. I know my wife is a jealous woman, all I have to do is mention another woman. It may start with comments about the college baby sitter, a good looking employee, etc. This usually last ten minutes before she is seething internally. Then she looks at me and goes "you are fucking with me." I usually answer by raising my eyebrows, maybe a wink. Now she's pissed that I could get to her. And she is also engaged. And we are laughing. And she is making comments about guys, trying to get me to bite. And the game goes on until supper is made, kids are fed, bathed and sleeping, and she's blowing me on the couch because she wants the feelings and roller coaster to continue.

Stop fearing your wife's emotions. Channel them into a better life in the present for both of you. This is your role as captain.

70

UPVOTES

The journey from Blue to Red: BPP's first post in the manosphere

BluepillProfessor · 15 March 2016 · Archived copy · Reddit

There was a recent reference to my first post on the manosphere made more than 2 years ago.

https://www.reddit.com/r/RedPillWomen/comments/1vypft/blue_pill_40_something_having_problems_swallowing/

I encourage any new guy having trouble swallowing the pill to read this. When I wrote it I was literally recovering from a multi-day manic bout of insomnia. I had just gone to see a buddy (former employer actually) who was a divorce attorney and had just returned from the bank to separate our finances.

As I describe in my book: *Saving a low Sex marriage: A Man's Guide to Dread, Seduction, and the Long Game:*

A little more than a year ago measured from the time when I started writing this document, I was on the brink of divorce. I had sex with my wife about twice a month—which I was to learn is what we call a “pity fuck” and an “ovulation fuck” every month and in recollection it was literally like clockwork. How could I have not noticed?

Even worse than the sexual deprivation, and yes sex just twice a month is torture to a healthy male, was knowing that my wife was not attracted to me, although it was much worse than I thought. There was a period spanning several years where when we did have sex. I could tell it was just an act. Recently she admitted to me (now that we have very hot, very eager sex several times a week) that it felt like she was being “raped” every time we were intimate, and it had felt that way for many years. She told me about how she would look at the ceiling and, think about work and how this was just another unpleasant, filthy task to perform. My wife is a lawyer who works in white collar crime, so she knows all about dealing with the filthy tasks and the rotten people that somebody has to fuck around with and keep satisfied.

We spent our 20th Wedding anniversary in a Paris hotel and only had sex once the entire two week time we were on vacation. Our last night was supposed to be a celebration of two decades of love and marital bliss but it didn’t work out that way. After a romantic tour of the city of lights at night we returned to our room only to have my wife inform me she was “tired and not in the mood.” Something inside me snapped at that moment. This was when I completely disconnected from my wife and decided that I was going to have the sex life I deserved with or without her. This fiery, disrespectful little sex denying shrew was not going to prevent that any longer. This was the moment when I made my break and decided that the wife I had, and the life we had built, was just not going to cut it. I was so furious I can barely remember the trip home, but I do recall my wife trying to talk to me during the flight back and me ignoring her completely. I was not rude or disrespectful any longer, and I completely stopped mirroring my wife’s behavior. I was done with the relationship and the marriage at that point.

I was not exactly indifferent and would have to say that a better description would be filled with anger, even hatred. We came home, and I was honestly preparing to file for Divorce. I was done. For a short time, I was so depressed I could barely function. Then one night I googled: “Why won’t my wife have sex with me?” It did not take long to discover Athol Kay’s two books: *Married Man’s Sex Life Primer*, 2011 and *The Mindful Attraction Plan*, which I blew through along with the all- important *No More Mr. Nice Guy* by Robert Glover, in a three-day manic binge. When I discovered the manosphere, I was literally so upset I could not sleep for three straight days! I was a wreck for more than a week.

How could I have not seen it? I have a fucking PhD in human behavior and not a single class, not a single

professor, not a single book or paper told me any of this. In fact they told me precisely the opposite. In taking the "Red Pill" I had to accept that my hard one PhD, at least insofar as how my discipline dealt with intimate relations, was not worth the parchment paper on which it was printed. They told me men and women were exactly the same except for some "minor plumbing." They told me that men and women work together and any problems are due to "inequality" and that human nature is totally dependent on the social inputs. They lied. They looked right in my eyes and lied to me for many years.

So here I was, a fucking (Bluepill) PhD in human behavior with more than a decade of experience investigating divorce cases. I had absorbed dozens of books on relationships and sex and marriage. I studied the Bible for clues. I had counseled a dozen couples out of their divorce and back together. I thought I knew everything.

There was just one tiny problem. Despite all my "expertise" I was in a failing marriage. We had sex twice a month and my wife treated me with disrespect and complete contempt. She was unhaaaappppy!

When I read MMSL my world exploded. I can still hear the roaring in my ears and my pounding heart when I think about it. All of that education and practice and ALL of it was wrong.

Then it got even worse as I thought back on all my past relationships.

I had some success and a partner count north of 10 in college and always had a girlfriend. Yet each relationship failed. Each girl I seemingly "loved" more than the last and each girl, one by one, either cheated on or dumped me.

What could have been the problem? I was doing what all the books said to do. Listen to her. Take time to help her with her problems. Be kind and gentle. Be sweet to her. Buy her things. Surprise her with dates and trips. Share with her your innermost feelings and dreams.

My mistake was that I listened to the advice of all my female friends, my mother, my sisters, my lovers, my classmates. I had polled all of them(!) trying to find out what I was doing wrong. ALL of the women told me the same thing: I was too loud and mean. I was gruff and volatile. I made crude jokes that "no" woman wants to hear. I NEEDED TO BE A NICE GUY BECAUSE ANY GIRL WOULD WANT TO BE WITH YOU. TREAT HER LIKE A QUEEN AND SHE WILL TREAT YOU LIKE A KING.

It "worked" every time. The loud, obnoxious, gruff, legal investigator softened for each girl and showed her my tender side. Then we had sex to reinforce it. Oh Good! It is working. So I showed her more emotion. I treated her even nicer. I even stopped swearing around them (disrespectful) and took the time to hold her in my arms and listen to her day (sensitive). I lowered my voice and stopped "yelling" (obnoxious) and stopped complaining (critical). Then she became "unhappy" and left me heartbroken each time.

What was my mistake intrepid Red Pill pioneers?

The answer is so obvious now but it was not until I awakened from the Matrix. The problem was that I listened to women. I trusted women. I thought my sisters and my mother and my lovers WANTED me to succeed. I didn't know about Shit Tests and had been educated that men and women are the same.

If you learn anything from Red Pill praexology know this: Men and women are NOT the same.

If you take away any lesson from MRP know this: Women do NOT have your best interests in mind when you ask them for help.

Women are Shit Testing machines. There is a reason they like cats when they can't find a man after the wall. They ARE cats. They like nothing better than to toy with and bat around a helpless little animal squirming and squealing in pain. They play the sexual denial game not because they don't want sex, but because it gives them pleasure to torture a man. It gives them power to torment and titillate and deny. **They do it very deliberately and in a very calculated way much of the time.** and they ENJOY IT.

Don't ever forget that! Your wife gets a THRILL by flaunting her body in front of you and then crossly complaining

and denying sex. THIS is why we say Outcome Independence and DNGAF. You MUST take away the pleasure she gets from denying sex if you want to change it. You MUST pretend like it doesn't matter to you because if you show her your pain and frustration it rewards her! Are you getting pissed yet? Good!

There are two main secrets about women: First, they are designed to trick and torment any weak man they encounter and they will do this every opportunity you give them. They will probe, and probe, and probe, and poke and poke and poke. They will attack you when you least expect it. When you need them most they will turn on you. **YOU CANNOT RELY ON A WOMAN FOR EMOTIONAL SUPPORT OR VALIDATION.** This is the main Red Pill truth.

The second is that they are also designed to submit to a strong man who refuses to listen to them or put up with their theatrics and unpleasantness. In fact, they desperately WANT that, yet at the same time they fight tooth and nail to destroy any man who tries to draw them into his frame.

Gentlemen, it is a long, often painful journey that is only for men willing to accept hard truths. It is a difficult task effectively "falling out of love" and realizing that she is NOT in your corner. At best she is in the crowd yelling for blood- NOT for your victory. She is most excited when a heavy uppercut sprays blood and gore all over the audience. Then, smiling, she wipes her face and tastes the salty blood, which arouses her. It doesn't matter to her whether that is the blood of her lover or the other fighter. What matters is that a man is being HURT, and THAT is exciting to women. The only thing more exciting is when a woman is the CAUSE of that hurt. This gives her power.

Don't forget that brothers. Stay manly and remember. **These bitches, even your wife, aint shit and are nuthin but tricks and hoes.** Act accordingly. DNGAF, cultivate other options, stop emoting, be stoic and confident- ESPECIALLY when you are not, decrease the time you spend on "quality time" with your wife and get your ass to the gym.

70

UPVOTES

The Indispensable Role of Dread Level 3

SiegreicherMarsch · 27 February 2019 · Archived copy · Reddit

Dread Level 3: Build a life apart from your wife.

I've been on this RP odyssey for three years now and am finally reading BPP's book, which is very enjoyable. Now, the chapter on dread level 3 is about two pages. This seems to jive with the amount of coverage this topic gets in these subreddits at large. Comparatively we spend much more time talking about lifting, leading, shit tests, comfort tests, stoicism, game, being fun, emotional control, sex, finances and every other related topic.

Level 3 is probably taken for granted because even most blue pillers are already doing it to some extent. Hunting trips, biking, hiking, playing in a band, going to bars, teaching classes, playing softball, video games, magic the gathering, whatever.

Level 3 must not be overlooked. True dread involves two ingredients: *capability* and *opportunity*. Many BP guys have opportunity by doing the things they normally do in life. They just lack the capability. It's "safe" for them to be out in the world because their wives know nobody finds them attractive with their bald spots, slight gut, cargo shorts, and dad sneakers. The Dread fails to ignite.

Conversely, the red piller who is excelling at dread levels 1, 2, 4, and 5 is very attractive: he's jacked, leading the family, in total control of his emotions, dressed to the nines. There is no doubt about his capability to pull women. But if he's slacking on level 3, he lacks the other major ingredient of dread. He has no good opportunity and his wife knows it. He is an alpha on lockdown. The Dread fails to ignite.

Capability + Opportunity = Dread

Dread levels 1, 2, 4 and 5 build *capability*

Dread level 3 is *opportunity*

You can dick around with the exact ratio of 1, 2, 4 and 5 and the equation still holds. But without 3 it doesn't "obtain." Does not compute.

Being attractive is not the end state. Sex will improve in quality because of attraction. Rejections will be less because of attraction. Behavior will improve. Your home will run like a well oiled machine. You will have fun. But without the ignition of fully realized dread, animalistic desire will not materialize.

A lion must wander in the jungle if he is to truly be king.

When you first start becoming attractive, your wife's hamster will do you a huge favor and invent some imaginary opportunity for you. She will hallucinate a jungle full of new Oneitis growing from the trees. Fully realized dread will happen for a while, and you will think you've made it. But eventually without continued, solid DL 3 game she will calm down and realize that it was a false alarm. He may be a lion now, the Family Alpha, but there's no danger that he'll leave. She will be legitimately happy, freed from the resentment of having a pathetic bluepilled husband. But that base instinct to chase and cage a king will be untapped.

Your job may be an asset here. I know realtors who seem to do very well because they escort women through vacant houses all day. Their social media is active and full of female "clients" who comment on their posts. If your job requires you to travel out of town, that is also obviously big opportunity.

My job is not like this. My wife has hamstered my job away as "safe" because it's "just a bunch of nerdy men in cubicles." It's not really, but in her mind that's how it is and that's all that matters.

The gym started off as a good source of dread, and maybe still is sometimes, but it's also now "safe" simply because it's so routine and hamstered as "just a bunch of sweaty men."

To succeed in Level 3 you must answer the question: What kinds of things would you be doing if you were single?

How would you be meeting new people? Where would you go? What would you do?

You can build an awesome train, but it only goes so far without burning high grade DL 3.

70

UPVOTES

60 DoD 2019 - Week 0 - Happiness is your long game

simbarlion · 22 March 2019 · Archived copy · Reddit

"Its your life, and its ending one minute at a time."

I want to take a moment here to talk about you, big guy. Not your sex life or your retarded relationship. You and your happiness, your state of mind. So step inside and close the door before you put your feet up on that brown leather recliner. Take a break from over-analysing the minutia in your battle of the sexes; and please, put down your quantum mechanics theory books. And yes, motherfucker, I have read all those books on the shelf over there by the window.

If you want the TL:DR now, my message is that either way you like it, what I know for sure, is that all of you here want to be happy - whatever your definition of that is. In the words of our own [u/SorcererKing](#) : *"The point of your life is to be happy, assholes"*.

Note: *This is purposely theoretical and philosophical. If you think happiness is a crock of shit, you don't understand it or you're doing it wrong. Its not a goal, a mood or a feeling. It's a state of mind. Describing 'happiness' is a bit like trying to describe 'excellence', both a somewhat abstract, intangible, relative descriptor. u/taipanshimshon is going to follow up with some practical application and examples.*

Thoughts on happiness from old people smarter than me

Lets quickly review some perspectives on happiness from people who know shit.

For **Aristotle**, the most notable of the metaphysical philosophers, happiness is the *"highest desire and ambition of all human beings"*. In his opinion, the way to reach it is through virtue. In other words, if one cultivates within oneself the highest virtues, he or she will reach happiness.

Lesson #1: *Happiness is not a goal it's a way of life*

Epicurus proposed the principle that balance, and temperance were what created space for happiness. This idea is captured in one of his greatest maxims: *"He who is not satisfied with a little, is satisfied with nothing."*. He also insisted in the idea that one should not work for money to be able to buy goods, but rather for the love of the work (a topic I will return to later). Epicurius states not that you must be a minimalist, instead:

Lesson #2: *Your ability for happiness with little will determine your happiness in any other state.*

According to **Ortega y Gasset**, all humans have the potential and desire to be happy. This means that each person defines their reality and what can make them happy. If a person is able to truly achieve and reach that reality, then they will be happy.

Lesson #3: *You can be happy if you want too. Perception is reality*

Slavoj Zizek proposed that being truly happy is a matter of opinion, and not of truth. He considered satisfaction and contentment a product of capitalist values which implicitly promise eternal satisfaction through consumption. However, dissatisfaction reigns within humans because in reality, they do not know what they want.

Lesson #4: *A solid mission is a prerequisite to be happy*

Nietzsche challenges the concept of happiness, describing it as an “*ideal state of laziness* “. In other words, to not have any worries or distresses. He felt, in contrast, that contentment could only be found in having vital strength and a fighting spirit against all of the obstacles that limit liberty and self-assertiveness.

Lesson #5: *Happiness can be perceived as overcoming adversity or "beating the odds"*

How you experience Happiness

Our philosopher friends have established that happiness is an abstract state of mind, which combines your emotions and your thoughts; all in context of your current situation and your past experiences. Modern research suggests about 40 percent of our happiness is under our control, and the other 60 percent is predetermined by biological set points and recent life events; but that is different for every person. That means that happiness is relative, and your baseline happiness (life satisfaction or long game) and daily fluctuations (day to day variations) are unique to you. So even the homeless hobo you kicked on the street today does have periods of happiness, but, it is fair to say that his baseline happiness is a lot lower overall. Maybe today he had a better day than you because he found a better place to sleep tonight. Yeah, he was happy about that. And yet there you are, all pissed off because the store ran out of peanut M&M's.

Lesson #6: - *Happiness doesn't come from getting something we don't have, but rather from recognizing and appreciating what we do have.*

But short term happiness from regular life doesn't last. The hobo has just realised the new digs are a longer walk from his favourite soup kitchen, and you managed to find the peanut M&M's in amongst the regular ones the next day, so the balance of the Universe has been restored.

Hedonic adaptation is the observed tendency of humans to quickly return to a relatively stable level (baseline) of happiness despite positive or negative events or life changes. Life events like getting married, graduating from college, or being promoted affect our happiness levels, but their effects diminish over time. The process of *hedonic adaptation* is often conceptualized as a treadmill, since one must continually work to maintain a certain level of happiness. If they stop making those peanut M&M's, you will get over it eventually. Naturally happy people need less effort to stay happy, hence the treadmill concept. In contrast, happiness from internal sources tends to last – Those achievements you made at work, that contentment you feel from a job well done, is internal happiness that boosts your long term baseline.

Happiness, possessions and money

You might already be able to see the connection here to money from the treadmill concept, and there is a big

disclaimer here that this following advice doesn't apply to you if you are living from paycheck to paycheck. You fucked something up, and you need to fix that. Pay attention in finance week. For the rest of you, remember money is literally given to us for our time. So beyond basic provisioning (seriously, sort that shit out), working harder and longer to have more money is a gamble on the value of your time now, versus the value of your future time; you are selling your time now to your company on the basis that those stacks of cash will make you happier in the future. If you knew you had one year of life left, you wouldn't really try hard for that promotion would you.

So ease up on the consumerism, it doesn't make you happier long term - You have a nice car, you don't you really need a nicer one. One year after you buy that nice new car with the heated seats, they are going to release the same model with new LED headlights and a panoramic motherfucking moon roof. Do you really think excitement for the moon roof (*excitement level 10!*) is going to last? Of course not, you will forget it is there in 6 months, and you will be back where you are now. So, don't underestimate the importance of how you 'spend' your time and money now versus later. Time is money, money is time.

Lesson #7: - *It is not the man who has too little, but the man who craves more, that is poor.* –Seneca

The impact of others on your happiness

One of the challenges we face is that our happiness is easily influenced by the outside world, specifically, other people. So many of us erode our own happiness by *Giving Too Many Fucks*, or maybe you're looking to collect on all your covert contracts. In either case, you're projecting what you think should happen onto others and setting yourself up for disappointment when they don't do it. You're butthurt disappointment reads as unattractiveness by the way, and its all making you unhappy. You can't control others, Period. Stop trying to.

DNGAF, *OI* and the *stay plan / go plan* mindset, are all designed to insulate you from your weak position of unattractiveness. But keep in mind, if you completely detach emotionally, you will limit your potential happiness by losing friends and or family. You will get a reputation, and that can be hard to shake. And don't discount the value of increasing other people's happiness; generosity and helping others is a well-documented source of happiness.

DNGAF is like lifting, more is better, but there is a point where if you overcook it, you are going to fuck it up completely. It is of course different for a very attractive man, girls will do what you want anyway, so you won't need *OI* or *DNGAF* to insulate yourself from when they don't do what you want them to do (cause that never happens). And as happiness is attractive, that makes a neat little feedback circle don't you think?

So try to remember what it is you are trying to achieve through MRP; think a little harder about what it is you really want. You think you want your wife to give you a blowjob tonight? Sure, it feels good, but I guarantee what you really want from her is to show you how much she values you by performing a submissive act. Because the pleasure in knowing you are a man of value far outweighs the enjoyment of the act itself.

Lesson #8: - *Happiness is attractive*

The role of MRP and happiness

I'll keep this short as [u/taipanshimshon](#) is going to go into more depth here.

The Red Pill is a praxeology, (the study of purposeful human actions – did you know that?), but what the typical RP subscriber (I avoided the term RP “swallowers”) experiences is a methodology or sexual strategy (i.e. the practical application). The basic assumption is that you're here because you're unhappy with your wife, and you came across MRP hoping to improve her “performance”. So, you LIFT, STFU and READ.

But even if you're hardcore red, life is not *all* about sex, so stop fooling yourself that improving your wife's "performance" is your end game. It's a factor, sure, maybe 20% of what contributes to your happiness. Don't discount the other areas of your life - go and tell a joke to your son, pick up your daughter and swing her around. Go the fuck outside and do something that makes you feel alive. Come home and surprise your wife (no, not like that). Do it because you want to. Do it because it will make YOU happy. And that is attractive.

'Very little is needed to make a happy life; it is all within yourself, in your way of thinking.' ~Marcus Aurelius Antoninus

70

UPVOTES

Alpha Widows

Rollo-Tomassi · 1 August 2019 · Archived copy · Reddit

Essay

<https://therationalmale.com/2019/07/31/alpha-widows/>

What is an Alpha Widow?

To understand the phenomenon of the Alpha Widow we must look at women's evolved mating strategy – *Hypergamy*, a woman's intrinsic desire to balance the best quality sexual/reproductive male with the best provisioning/parentally invested male. Since a woman's mating strategy centers on quality in a long term partner(s) women tend to focus on ideals in men. The imperative drive for mate quality extends to both sides of women's Hypergamous equation; the best genetic, sexual experience *and* the best long term security potential. **Only women are Hypergamous**, and Hypergamy never seeks its own level – it is always seeking a *better-than-merited* exchange in SMV compared to her own. For more information on this concept read ***False Equivalencies***.

When a woman misses the opportunity to consolidate on a confirmed, high SMV (sexual market value) male that man becomes the new standard for what she believes she can attract as a potential mate.

"I've an SMV 8 guy before so in the future no man below an 8 will be my optimal choice."

Even if a woman's perception of her own SMV isn't realistic her *Id* wants what it believes it can get.

The setting of a mating strategy metric in men is largely a subconscious process for women, but, more often now, high-ego women do consciously acknowledge that one man does (or doesn't) meet the SMV benchmark of a previous lover. As women have become more comfortable in embracing ***Open Hypergamy***, amongst their girlfriends, on social media, they will readily debate this SMV metric of past boyfriends. The Alpha Widow dynamic is no secret among women. Usually this involves women bemoaning the lack of "*eligible*" men in their lives when their prime SMV years are behind them. Please note that *eligible* implies an entitlement to a man who would be an ideal.

This qualification process is a constant for women, and it's a complement to men's ***Burden of Performance***. Women's Hypergamous filtering process evolved from an ***Existential Fear*** of pairing with any man beneath her own (self-perceived) SMV and risking her life on a bad reproductive bet. The worst existential prospect for a woman is to have her mating strategy superseded and controlled by that of a suboptimal man.

The flip side to this dynamic is that, evolutionarily speaking, a woman's subconscious cannot afford to miss out on an optimal Hypergamous pairing. If a woman's *Existential Fear* is to be forced to reproduce with a lesser man, the next fear is to lose or miss out on the opportunity to consolidate on monogamy with a high SMV man. When I talk about how a woman will make rules for Betas, but break rules for Alphas this is the root of that principle.

As such, a man who exceeds a woman's SMV, and creates a benchmark of her '*personal best*' ideal male to breed with and parentally invest with, makes a significant impact on her psyche; sometimes in the long term. When a woman *has* had this man – one for whom she has genuine, organic desire for – but she cannot consolidate on him (i.e. lock down in monogamy), this represents a critical loss of the ideal Hypergamous/Reproductive/Life strategy option. Mentally this is what a woman will strive in some way to recreate with subsequent men in her life – a return to that ideal state.

This then is the basis of the **Alpha Widow**:

A mental fixation on the man who made the most significant impact upon a woman as her Hypergamous ideal.

70

UPVOTES

Year 1 at MRP - Sex shame and anger

omured · 25 April 2022 · Archived copy · Reddit

This is the story of my first active year at MRP, and also my first post . Maybe some of the new guys find it helpful. Advanced MRP's will find a usual story.

I was basically a Nice Guy™. I hid my faults, was ashamed of my sex needs, and expected to have a problem free life with my wife. I was not getting the expected response from her and she even mentioned to leave. This shocked me to the point I had to rebuild myself: I became more selfish, felt that I could not trust my wife to be on my team, assigned money allowance for house expenses, and got time for me.

Although it was good changes, sex was still missing and anger was being more apparent. I got to the point where I had no problem to express my anger, but I did have problems to express my sexual needs. This is where I started at MRP.

In my case, anger and sex needs were so mixed, that I was bouncing between them back and forth for many OYS (many, many OYS). When I focused on sex issues, my anger activated, preventing me from STFU and/or activating the butthurt feeling. When I recognized anger was active, I worked on anger issues and fucked up because sex needs where too strong.

At some point, after 6 or 7 months, I realized that I had to take a decision to separate them. First address one, then the other. The first impulse was to address sex first, as this was a "need", while anger was ... well, just anger. By analyzing, I understood it was an ego trap. The way to go was to address first anger and see what was hiding there, and then go for the sex issues.

I decided to dedicate some weeks to work on my anger. I stopped sex for that time, and actively tracked my anger weak points, loss of frame, how I was sabotaging my own life, how I was contributing to my anger ... this link helped me a lot. I recommend it if you are dealing with anger.

A_process_for_letting_go_of_anger

At the end of this process, I was able to deconstruct my "Anger" into smaller "anger" items, and worked with each of the smaller items. At the end, anger level was much lower than before, and I was able to have a conversation and really DNGAF, because It really did not affected me as before. In comparison, there was almost no reaction and no need to DEER. The understanding of my situation, my partner needs and my own needs was way more clear. I was not emotionless, I was anger-less.

At this point, I was able to address my sex shame. Without anger, my old problems where still the same problems, but now they were mine. There was no one to blame, because the anger bomb was deactivated. Not even me. No blame, but responsibility. Own my shit.

It took me nine months, and on a winter day, I had no choice but to accept the fact that I am responsible for my needs ... including sexual needs. Not my wife, or anybody else. After nine fucking months, my mind was clear, and my feelings at peace with it. I was ok with myself. Even if I was still a "fucked-up self". It was naturally the moment to make it clear also to my wife that I was taking care of my needs. And I did.

After that moment of truth, my life improved steadily. I realized life was not doing anything to me. I was doing it to me. As soon as I started taking care of myself, things improved.

Sex also improved a lot, although still lot of work to do. And because I am not starving for sex anymore, I am left with a lot of mental free time. I realize how much mental space was assigned to sex.

Finally, I fucked up many, many times, before I had any success. I failed miserably for weeks and months, and I continue to fail weekly. Fail, analyze, apply changes, try again. This process worked fine for the long term, and honestly, I did not found any cheat codes yet. If you are interested in checking my OYS, think about it twice, they

are not so interesting.

This has been my journey for this year. I wanted to share, as others did before. I wish it will be useful for new guys here. I usually do not follow the indicated path, but the basics are there for something: Lift, Read and STFU is a good way to go.

And honesty. Be honest with your yourself.

69

UPVOTES

When I get to the bottom...

johnneyapocalypse · 12 December 2018 · Archived copy · Reddit

When I get to the bottom I go back to the top of the slide...

Where I stop and I turn and I go for a ride...

Till I get to the bottom and I see you again...

...

Tell me, tell me, tell me, come on, tell me the answer...

...

What is the answer?

Is she the answer?

Is her love the answer?

Is your special connection the answer?

Is your made-in-heaven, gods-from-above, shining-down-upon-you marriage the answer?

Is she going to be there for all time for you, her special knight-in-shining-armor, the answer?

Is the child you share together the answer?

Is your house, and your home, and the way you make the bed the answer?

Is your vow of holy, sacred, amazing matrimony the answer?

Fuck no.

Just a reminder:

No one cares.

Your boss doesn't care.

Your family doesn't care.

Not one fucking person other than you cares.

Least of all her.

It's all about you. Remember that. It's all about you.

You are the answer. You and only you.

You care, so you better make it your goddamn job to care.

Don't fucking forget it.

Don't let the siren song of her feminine attachment let you forget it.

Don't let anything, anything at all, cause you to forget it.

You, mother-fucker, you are the answer.

In that solitary knowledge there is strength.

In that stoic understanding there is power.

In that once unfathomable comprehension there is the capability to burst through to a new you, a new tomorrow, and a new paradigm.

Use that to fuel your next step.

Use that to empower your next lift.

Use that to make tomorrow better than today.

Use that to fucking force your future reality - the one you unflinchingly deserve - the one you unrepentantly demand - the one you undeniably will manifest - use it for you, bro, use it for you.

It is that reality which you, and only you, deserve.

You, mother-fucker, you.

It's all about you.

Don't let another goddamn day go by and forget it.

It's not about your boss. It's not about your kids it's. It's not about your wife. It's not about another goddamn soul on God's goddamn green earth.

It's fucking all about you, mother-fucker. All about you.

So make it count.

69

UPVOTES

[FR] I got 99 problems but I made year-one.

alphasixfour · 21 November 2018 · Archived copy · Reddit

TLDR -I was pathetic and have made some solid progress to becoming less so. Many miles to go.

Realized that Sunday was my one-year redpill anniversary. Here's where I was and how far I've come. This is mostly a journaling exercise for myself, but comments are welcome, even if it's just to call me a faggot. Not looking for your validation, just putting this out there for me and for the odd newb that wonders what the progression might look like.

A year ago, I was an exhausted 40 years old, 189 lbs, 25%+ skinnyfat, didn't lift, 17 years married career beta who had sprinkled just enough fakey Alpha on myself at times to marry a fairly attractive woman and build a somewhat successful career.

My wife had had an emotional affair (possibly physical and potentially more, can never know) 2 years into our marriage that still grated on me 15 years later, even though like a beta chump I stuck around and had 4 kids with her.

Bedroom was mostly dead, with duty sex every 2 weeks or so, and anything hotter than that (when I managed some clumsy DEVI), left her in religious guilt that kept me from getting laid for 3 weeks.

My run at self-employment had ended due to my poor planning and living in my wife's frame on everything I did, and I had taken a job with a local tech company. Gave me lots of time to read and absorb this stuff.

Finances were fucked and it's an ongoing process to fix them. I am the most broke guy with an 800 credit score I know. Wife ran all money our entire marriage and it was automatic deposit in - automatic bill pay out. I never had cash in my wallet and had to ask and feel guilty for buying a coke. Wife bought all my clothes and bought herself anything she wanted. She bought me what she wanted me to have for birthdays Christmas etc. and her own presents too. I managed to hide cash occasionally or sell off stuff to buy things for myself and felt guilty every time I did.

I carried around endless guilt, covert contracts, anger and resentment and believed that the key to happiness was increased self-sacrifice.

What I did and where it got me:

1) Lift - started with 5x5 and the fucking bar. now I am 175 pounds, 12% bodyfat, visible abs, suntanned. 3 rep max - Bench 220, OHP 130, Deadlift 300, Squat 260. Tore my rotator cuff last week so Bench and OHP are off the table for a bit while I try to heal it without surgery.

I am not jacked by any means, but for a 41-year-old natural and hard gainer with no weightlifting background I look good in clothes, look good out of clothes, feel a ton better about myself and my abilities etc. Lifting is the foundation. If you are not willing to fight this battle in the gym just quit now. NOTHING is better for frame.

I get constant IOIs from women now and am better at passing shit tests, better at work and better at life thanks to lifting.

2) read and re-read the damn sidebar. it's all there. The next step for me in internalizing and growth is to do more writing. Learn by teaching it so to speak. As many know I am a member of the Church of Jesus Christ of Latter-Day Saints (Mormon) and there are a ton of us on here. The Church has a strong doctrinal foundation compatible with Redpill but like all of Christianity has been infiltrated by blue pill feminists and allowed Beta plowhorses to thrive and be lauded for their self-sacrifice.

Many men in the Church need the redpill desperately but choke on the amoral lack of righteous prescription and the upfront brutal realities of human nature. Working on writings to soften the blow with an easy-to-swallow coating, while not watering it down or making it purple pill, (i.e. saying fuck without saying fuck)

3) Took back control of my finances last December. This was our first major fight as I went Rambo to fix everything at once. But I actually kicked ass on this shit test, held frame and simply opened my own account, switched automatic deposit and set a new paradigm. Skills were rusty at first but I'm making progress. We are still in a shitty place overall, and it's my fault for allowing it.

I was laid off in April from the tech job but landed a new job within a week. As usual its commission, but it's what I have done for 15 years and I have it up and running now and more than covering expenses, slowly paying down debts. Doing things for myself when finances permit and when I feel like it. Buying my own clothes and my wardrobe now inspires dread and attraction. Wife still managed to fuck up her personal finances last week and I took the opportunity to set a plan of action, remind myself that she is only a semi-responsible teenager and lead.

2018 has been a cast-iron bitch; with major medical issues for wife and son, the layoff, wife totaled her car, a significant house repair issue, wife lost the diamond from her wedding ring, my favorite grandmother passing away, Rambo radical life changes, and now my torn rotator but I soldier on. I list these things not to complain but to remind myself of all the ass-kicking I have done this year in handling and owning my shit. Beta me would have been complaining to my wife constantly and being unattractive, or depressed and giving up like I was a year and a half ago when closing my business down.

Relationship: We have had a couple opening salvos toward a main event, I went Rambo and still harbor too much anger, but I have been passing shit tests and handling things. I AA, fog and am cocky/funny. I can see the sparkle of attraction and admiration in her eyes even as she calls me an asshole. Learning from each experience how to better lead and pour her into my frame and my mission.

I am fun, I lead, and I make plans. I still fuck up all the time, but I have momentum. Hell, I actually have the beginnings of a mission for myself -finding that lack of mission was my single biggest depressing factor my entire life. Wife and kids are invited to come along on the awesome journey.

Sex has improved tenfold in quality and quantity has gone up to 4-5 times/week. I lead in the bedroom. No more guilt or "I need to feel loved to want sex" arguments from the wife. I game her constantly and operate with outcome independence and abundance mentality. Dread level is 6-7 and I really don't see the need to go higher right now. I am witty and social again and maintain plausible deniability while being flirty and CHOOSING to remain faithful. (I would divorce her cleanly before I will cheat)

Red pill has affected everything in my life by giving me back freedom of choice. I choose to remain faithful, not because I have no options or because my religion says so. I choose my religious belief system rather than letting the local culture or her choose it for me. My relationship with God is better because I CHOOSE to operate within it and pursue it my way. Questioning all my beliefs has made me so much stronger in what I choose to believe and do.

Abundance mentality, dread and outcome independence are so effective not only in my relationship but in my commission sales job that I am having breakthroughs and growth I hadn't achieved in a decade.

I am on the endless journey to becoming the man I am supposed to be. . I am nowhere near to arriving, and there is nowhere to arrive to. There is no damn spoon. Shit, my 3 daughters are going to be teenagers starting in a couple of years and I have a LOT to do.

I appreciate the posters here who have kicked my ass when needed and helped me figure some of this shit out along the way. I can't wait to see what new shit I am going to have to learn in year two.

I appreciate [u/red-sfpplus](#) for keeping my eyes wide and painfully open to Mormon AWALT.

I appreciate [u/Rian_Stone](#) for taking my original pathetic IM a year ago and being hard enough on me to wake me up and patient enough with me to keep messaging when I thought I had to be a posturing hard guy and told him to fuck off.

It may yet all go to shit, but I don't care anymore about the risks. I am finally starting to live my own life.

69

UPVOTES

[FR] Shutting the fuck up

saint_chalet · 6 January 2017 · Archived copy · Reddit

Tonight some things clicked.

We're doing a major renovation to our home so we're staying with my wife's sister and husband. It's not great.

The renovation has another 4 months to go but some things were finished today. I went over to have a look and wasn't happy. There were some details missed in the work and I decided I needed to speak to the contractor about it.

My wife asked me what I was looking for and when I told her the Framers business card, she asked why. I told her things weren't in line with my expectations. She asked what my plan was and I said, "call him, tell him to fix it"

"Don't do that, they're already behind and blah, yammer, blah, moan".

And here's the click. Normally I would take the frustration from the fuckup on the job site and direct it at her. And we'd fight and well, that sorta fight you either lose or, well, you just lose fights with women over shit like that. They don't fight fair and honestly, a fight without a real prize ain't a fight I'm looking for anymore.

Before I said a thing about it, I just walked past her.

"Where are you going??!?!"

"To the house"

I believe I heard, "but what about dinner" as I closed the door.

I went to the house and called the contractor. He came by and the two of us hashed it out. Like men. Project somewhat delayed as a result but it's back on track in terms of end product. He also knows that I'm watching the work and won't tolerate shitty workmanship. If I wanted average quality, I would do it myself.

2 hours later, I'm still on the site, cleaning some stuff up and I hear the door close. Wife walks in. Plate of food.

"You need to tell me why you're so Angry with me"

"I'm not"

"why the hell did you just walk out?!?"

"It wasn't a place I wanted to be. I had things to do and so I came here to do them"

the golden silence...broken by the sound of a squeaky wheel starting to turn

"did you call the contractor? what did he say? how pissed is he with us?"

a kiss on the forehead

"it's taken care of"

"I brought you dinner ya know"

Old me would have said "no thanks" in that butthurt, childish tone.

"awesome, thanks". it was delicious.

She smiled and said she'd see me back home.

Now this is the part where a guy in my stage of development would say, "and then I got my first great hummer in a month!" or "ANAL, BOO YA!!"

But I'm not. It's not bed time yet and quite frankly, if I get turned down, for the first time in my entire time on this planet, I honestly don't give a fuck.

thanks guys.

tonight I learned what STFU really means. I doesn't literally mean to close your mouth and not communicate. It means to say as little as you can. To stay out of those choppy waters.

again, thanks guys.

69

UPVOTES

A red pill man is happy

Sepean · 5 October 2015 · Archived copy · Reddit

I see a lot of new guys who have real problems with anger. They're angry at their wives, bitter at how they've been treated, and they let it show.

The red pill is not that. The red pill is a sexual strategy and the core of the strategy is to be a quality man. To be attractive. It is about the pull. Everything else hinges on that. Without a solid SMV you don't have the leverage to pull off any of the other moves.

An attractive man of high quality, does he walk around angry or bitter? No. He is enjoying life. He has a ton of options, there's interesting things for him to do and he doesn't let other people pull him down.

When we say *STFU*, we don't mean don't talk to your wife. There is still normal chit chat and logistics to talk about; disengaging from those will only come across as butthurt and being in her frame. STFU about your feelings and plans for the marriage, STFU if you can't come up with a good A&A response to her shit test, but don't literally shut up all the time.

When we say *withdraw affection*, we don't mean walk around being icy or bitter. That's not attractive. She's not going to come running after a man who is upset.

Cultivate an image of having fun. Be energetic. Do interesting things that you enjoy. Get shit done. That's why you need hobbies and friends, so you don't live in her frame; so she can be a bitch and you can just shrug it off and do something you enjoy. When you withdraw affection, what she should see is a man having fun without her, not some grumpy dude in the couch. Be the sort of man that makes her think *I wish I was hanging off his arm*.

Don't let her get to you. I get why many of us are angry - we have good reason to be - but it has no place being put on display. Save it for the weights or ranting on reddit.

While anger is rarely attractive, it does have its place. The social signal part of anger is *I'm becoming emotionally invested in punishing you to the point that I will do so even at risk or cost to myself*. That can be a powerful signal if you are able to punish the other person. Can you punish your wife? I have very few weapons in my arsenal except withdrawing affection and sex, and their effectiveness rely solely on my SMV, and I built my SMV by lifting, being interesting, having fun, teasing her when she shit tested me, and not getting worked up about anything she did.

Also realize how anger fucks with your mind. That thing about signalling that you are willing to punish people at cost to yourself, that same program is actually running in your head and messing with your decision processes. Anger makes you think you are right. It makes you think that acting on your anger will work and the risks aren't that bad. Anger makes small guys take a swing at much bigger and badder men. If you're not fucking your wife several times per week, you're the smaller guy. Don't take a swing at her. It is so easy to think that *I just need to be angry and make the bitch know I won't stand for it and she'll see how much of a man I am*.

That's not how it works. You're letting anger cloud your judgement if you think like that. You need to stop living in her frame, stop thinking about showing her her place, and just focus on *you*.

Go do interesting things. Be happy. Anything short of being happy signals a lack of options and a lack of control, and that's not attractive and that's not red pill.

69

UPVOTES

FR: The more red pill I am, the more my wife encourages me to be red pill

dogs-not-cats · 23 July 2015 · Archived copy · Reddit

Background: Married 12 years, both of us just turned 50. We both look a lot younger. 2nd go-round for her, first for me. Near divorce 3 years ago after a few years of bad times. One day back then she said maybe we should get divorced and I said OK, and in a few hrs I had a divorce mediator appt for the following Saturday. We didnt go through with it.

Found the RP sub about 2 years ago. Lurked a lot, and around a year ago posted a little but recently decided to create a unique account for these subs.

What I did: I took things slow. First step was to avoid the shit tests or deflect them. I would not let her get the better of me with the shit tests. Fools speak when silence better suites the situation.

2nd step was stop bitching about my job. I used to come home stressed and bitch about it. Now I allow myself one statement and no more. Example. Her: how was work? Me: "I had some hassles with so and so (whatever is the crisis de jour etc) but I've punched out for the day so who cares? The double standard is she can bitch about her job, but all I do is agree, I try not to offer suggestions because I think she just wants to vent and doesnt want suggestions on what to do with the wok issues.

3rd step: getting in better shape and looking better. I'm not overweight but I've had some back problems so I did not lift too much right away, and what I did was at home not in the gym. I used the treadmill every day. I tried to eat better and dress better. Paid more attention to grooming (trim the beard, haircuts, etc).

4th step and believe it or not the most important one: I now make decisions quickly about minor things. The wife might call me on her way home from work "I'm on my way home I'm stopping for take out food, do you want A, B, or C?" In the past I would have said "I dont know what do you want? We just ate A last week and at work I ate B yesterday, etc". Now I just quickly choose something. This does not apply to major decisions (a new car purchase for example), only minor things.

5th step was to take care of anything around the house that is "mans work" right away without giving her a chance to tell me to do it. Take out the garbage, replace a light bulb, fix something that is broken, etc. I dont touch "womens work" the laundry, etc. We commonly food shop together though.

How has my wife responded? She has encouraged me. She loves how I stopped bitching about work. She reminds me that I havent lifted if she didnt see me doing it lately. She bought me new clothes that look good and ones that I would actually wear. Years ago she used to bitch that "we always do what you want to do" but now she says to me "you're the boss", and not in an argumentative way, but a matter of fact happy way. She used to bitch whenever she did any housework, but now that I do my share of "mans work" she does her housework with no bitching. She has also started taking better care of herself, eating right, exercising, etc.

The other day we were doing a task in the house, not housework but something else. I told here "hey you're not helping" in a joking tone. She said "Tell me what to do. You know I like it when you tell me what to do sometimes". So I did, gave her tasks to do for this project and we finished the project. Later that evening it was sexy time and I called all the positions, took charge, etc and she loved it.

TL;DR: Wife likes the new me and encourages me to continue improving.

69

UPVOTES

You Are What You Eat

Redneck001 · 21 July 2015 · Archived copy · Reddit

TL;DR: Count your calories, get lean, wear a life jacket because you're drowning in pussy.

I don't contribute much original content. But I see a reoccurring theme. LIFT, LIFT, LIFT! Great advice, and an important thing you need to do to change the way you look. But there's a bigger piece of the puzzle: what you eat. And it doesn't get a lot of relative attention.

I'm not going to rehash any lifting advice. /u/sepean nailed it in this [post](#), in my opinion. Lifting is important, but nutrition is the key that many guys are missing.

I'm no nutritionist, personal trainer, PhD, etc. I'm a 49 year old dude that's 6'3", 195 lbs, and currently 9% bodyfat. So take this post with a grain of salt and shot of tequila. Or pour some good whiskey over ice and read this while you sip it.

Let me let you in on my worldview. I see fat creatures. Everywhere. Fat girls, fat guys, fat kids, fat dogs, fat cats. A first-world issue for sure. The majority of the first-world is fat, and can't seem to get a handle on their weight, their fat, their health. Because they eat like shit.

But what if you could completely control your weight? Your look? Your progress at the gym? Would that make your life easier? I mean, the one thing that the vast majority of people have no control over, you can control. Easily.

So you're sitting here reading this, and you're thinking, "I'm in pretty good shape." Well, "pretty good shape" is fine, if you're OK with it. But the truth is, you're a fat fuck. But what if you walked through life, and 99% of the time, you are the most fit, most shredded dude around, regardless of your age?

Get a grip on what you're eating.

First and foremost, you need to develop some objectives (goals are broad statements of direction, like "Get ripped/shredded"; objectives are measurable, like "Be 10% bodyfat").

So you want to "get shredded?" What does that mean? In my mind, that means you carry very little body fat, there are veins running all over your body, and you have visible unflexed abs and an Adonis belt (much more impressive than a necktie, and serves the same purpose of drawing attention to your business). Women will say stuff like "I don't like muscular dudes," or "I like a Dad Bod." That's just insecurity and hamstering. Watch what they do.

I've been 20%, 15%, 12%, 10%, and 7% bodyfat. At 15%, I became visible to hot women. At 12%, hot women were smiling at me and initiating conversation. At 10%, I would get complimented on my body at least once per week by strangers. At 7%, I was getting swolested by the neighborhood women, touching me, begging me to take

my shirt off. They were begging me in front of my wife. So you know how that turned out.

You owe it to yourself to get lean. You're making all these other improvements, but still a fat fuck at 15%? Own your shit.

When you're lean, people treat you differently. At less than 10%, you become a special snowflake. Or, more accurately, a snowflake with "angles." And I'm 49 years old. So imagine what some of you younger guys can pull off.

So lean the fuck out.

Let's start with downloading MyFitnessPal, because you're going to count what you eat. And don't half-ass it. Count everything. Because you need to know how many calories you're consuming.

You'll need a **food scale**, and a good digital bathroom scale.

Now, its time to find your Total Daily Energy Expenditure (TDEE). This is how many calories you burn in a day, including your basic functions and activities. Find an online calculator. It doesn't matter which one you choose; you're just using the number it spits out one time. If you're cutting, pick 'Sedentary' as your activity level. Let's say you're 6'3" and 200 lbs and the calculator spits out 2,500.

So you want to lose weight. One pound equals 3,500 calories. So you'll need to consume 3,500 calories less than your TDEE to lose 1 lb. Simple enough, right?

Now, track your weight every morning when you get up. And record it. I like to make a spreadsheet for my weight and my calories, so I can create a moving average for my weight, and add up my calories for the week. Do this for at least 3 weeks, don't worry about the fluctuations that you see (yet). You're losing water weight, retaining water, depleting glycogen, etc. Lots of shit going on the first few weeks.

I like to create a 7-day moving average of my weight. I also figure out my weight loss or gain weekly, usually on Sunday. Just subtract this Sunday's average weight from last Sunday's average weight. And I like to add up my weekly calorie total and divide by 7; this tells me how many calories I averaged. I usually average my calories on Sunday, but it doesn't matter when you average them.

Miss a day of weighing yourself? Just put the previous day's weight down. Miss a day of counting your calories? No problem, divide by 6 instead of 7 at week's end.

By keeping up with your moving average of your weight and how many calories you're consuming in any given week, you can easily determine what your true TDEE is, compared to the number you started with.

How much should you lose and how fast? Good guidelines to help preserve your strength are:

- 18-19% body fat: -1.7 lb/week
- 15-17% body fat: -1.5 lb/week
- 12-14%: -1.3 lb/week
- 9-11%: -1 lb/week
- <8%: 0.7 lb/week

When leaning out, you can do a straight cut or you can cycle your carbs/calories. A straight cut is easiest and its literally impossible to fuck it up. You just eat this number. Every day. The downsides are that you wind up eating the same thing every day. And once you get into the “lean” territory, you may run into unwanted side effects if cutting for an extended period. For example, I did a straight cut once and when I got down to 10%, my immune system quit and so did my sex drive. That sucked.

So now, I cycle carbs/calories, because I can add variety to my diet and I can avoid most of the unwanted side effects. You can try both, and see which is easier to adhere to.

OK, so you’ve figured out your objective, you have your daily calorie number to reach your objective. So what should you eat? My advice is to pick your favorite foods, because you’ll find that you eat the same things over and over, mainly because they hit your numbers.

Get lean, get laid. Womenz be crazy over a lean, shredded man.

69

UPVOTES

A tale of how you can imagine you are RP AF, get your ass handed to you, and a non-trivial lesson about empathy.

wild_deer_man · 29 April 2019 · Archived copy · Reddit

I'm in a 1y LTR and the last month has been literally non-stop shit testing. The reasons she finds to bitch about are mind-boggling. Some of them made me laugh out of the plain shock of an adult being angry at things like that.

At first she threw very little shit at me, whenever this would happen I was so complacent I forgot how to handle a fucking shit test... I actually took her for face value and tried to solve whatever was making her unhappy.

In retrospective, I see that the more I did that the more frequent and ridiculous her complaints have become.

It hit me just a week ago like a ton of bricks that I am dealing with a level of a 5yo and started responding accordingly.

I was completely blind to the fact that those are shit tests and I did all the worst beta mistakes like trying to reason with her, come to agreements etc.

I asked myself why, and the answer was: **empathy**.

I read a book on sales which said: a sell is two worldviews colliding and only one prevails. Either the one you believe your product is more valuable than the client's money, or the clients' resistance that it isn't. You are either selling to the customer, or he is selling to you and you buy his idea.

Because of my empathy, for many years I was afraid of hurting people, especially women because I could see their emotional response. Together with being raised by a single mother this made me focus a lot on others and little of myself. I was always sold on the **other person's** worldview, especially if it was negative.

If a woman has a strong emotional response, the more empathic a man is, the more he will identify with her. How can you feel someone else's pain and remain untouched? You can feel like a real asshole.

This is the downfall of the empathic man: we are too attuned to others and feel that we actually not attuned or care enough. In a sense, it is like you become a chameleon that responds, rather a man that is focused in his own internal wants and needs.

This is why men who genuinely don't care have an easier time in most things. This is why you see parent's give in to their 5yo's tantrums: they can't stand to see their child in pain.

The most important lesson for me is to keep reminding myself I have **NO CONTROL** over other people's feelings. I do me and force no one to stay with me. She can always walk out and I will find another girl. This was always my breaking point: if she feels bad--I feel like I **did** something bad and have to fix it.

It requires much willpower for me to stop myself from trying to fix whatever she complains about.

Whenever she gets a mood, I go back to RP basics: laugh it off, STFU and let her be (or try to fuck her).

I do something I want for myself, to take the focus off her.

There is no fixing a mood. The more you try--the more you fail and look weaker in her eyes.

69

UPVOTES

Reality Check Time

red-sfpplus · 2 July 2019 · Archived copy · Reddit

Some of you faggots need a reality check. So here it is.

First, I just got my DEXA scan completed, and cross compared that to a BIA scan I also completed the same day. I took the average of those two scans, since neither are 100% accurate. But there were pretty damn close.

The scan highlights:

I am 39y/o, 5'10". My current weight is 227 pounds. My BF is 15.2%. I have a lean body mass of 192# and carry 35# of fat. 23# of that is carried in on my trunk. I have 120# of skeletal muscle mass, which is 150%. My Visceral Fat is at a 7, which is low. My estimated metabolic rate is 2560cals a day. I have a current combined Big-3 lift total of 1360, which is not my ATH, but I do sick amounts of volume when I lift.

Here is what I looked like in 2016 when I was logging 1000's of miles a year swimming/biking/running. After I did my last Ironman I started lifting. Red hat is one year ago, black hat is present day. I am still bulking. I have been on an average dose of TRT of 90mg a week for the past 8 years, with periods of time with no TRT (due to no source and/or sick of pinning) to blasting on 500mg of a week of test. I consume in excess of 3000cals a day, but I don't really keep track.

Current stack (1 week in) is 200mg a week of test, 50mg of Winny ED, 20mg of Nova MWF and 12.5mg of AI Tues/Sat. Daily ancillas include 10mg of Cialis, 2g of Taurine, 1G of Pantothenic Acid, 100mg of Chelated Magnesium, 1g of Krill Oil and a Centrum Men's Multivitamin with breakfast. Currently on Winny I take 500mg of TUDCA for Liver Support.

Previous stack was completed on May 10th and was 300Test/500Tren for 12 weeks. In previous cycles I have also ran other orals such as Winny, VAR, and injectables such as Masteron and NPP. I have ran 5 cycles since Jan 2017. Most were dirty bulks.

I have been lifting for while now, most of that time has been not Natty. So, let this serve as a reference, not of what is the maximum possible - because I could be GLO and certainly run more gear, spend 6 days a week in the gym instead of 4, work harder, risk more injury and maybe see more results. But bottom line - for you mid 30 year old guys who are lifting, esp. natty - you have a TON of work ahead of you. This is a multi-year commitment you have to be willing to accept. Sure, you will get some beginner gains, and yeah if you do IF or Keto you might lose some weight. But in terms of moving serious iron? Give yourself some time and be patient with yourselves. Bottom line - what is your goal with lifting?

It took me the better part of a year to really get into lifting and switching from cardio. I also kind of tweaked my back in 2018 working way too hard to a 6 plate DL and ego lifting and had to lift baby weight for the better part of 4 months. This was at the start of my divorce. Why did I lift? Cause I was sick of cardio. Then I lifted for stress, now I lift to be a fucking monster.

I have been in a LTR with Mandy for about a year. The first two months I was still a man whore. At around 60 days I dropped to just Mandy and Shelly. About 7 months ago I went monogamous. She didn't know about Shelly, and kept her head in the sand while I was spinning plates. I have no reason to suspect, nor really care if she was seeing other men for those first few months. TBH, she could be fucking someone else right now, and I wouldn't care other than STD. I have no ties to this woman, so next is easy as block and ghost. I also have zero reason to suspect she is not 100% faithful.

I slept with Mandy on our first date. I could tell from how she was in bed that it had been a very long time (if ever) that she had been properly fucked by a real man who knows how to fuck. She couldn't suck dick to save her life, had a gag reflex that was uncontrollable. No anal, not even a thumb. When I went down on her the first time, she literally blew up all over my face in about a minute due to no oral for who knows how long. The first time I came all

over her face, her reaction was priceless. In the better part of 7 months I have turned this woman into an absolute submissive slut who will do anything I want, at any time.

I have trained her anally, orally, physically and mentally. She obeys commands with zero talk back when we flip into "playtime." About 3 months ago I was sick as a dog. Unannounced she came over my house after she got off work, made me soup, cleaned my kitchen, did my laundry and left at bedtime with her kids. So she does "girl" stuff to, which I do like. She is an absolute model of HSP's "**Bitch Ladder**."

I have never been rejected for sex, nor received starfish sex. In 12 months we have had two arguments, and these were due to me giving zero fucks about "manufactured drama." Both times, she also consumed a good deal of Jack & Coke so there is that. In the first instance I simply left her house and ghosted her for 18 hours. The second time I went into my pool to chill. She came out 10 mins later naked and got in with me. Anyway, I suck at comfort tests, because I do not care, and I suck at manufactured drama.

I have learned over the past year that Mandy has had in the approx. range of 20-30 sexual partners, all but 3 of them were in College. She has one baby daddy, and since her divorce 2 years ago she slept with one other man other than me. She had a 5 month long relationship post divorce, then was dry for 5 months, then met me. All of this has been trickle truth as I vet her, either when we are high/drunk and people tell the genuine truth. She is not fond of my sexual history and hates the fact I won't give her a number - other than more than 1, less than 1000 but - she would never admit it openly that she doesn't really wanna know. Bottom line, I don't GAF about who she slept with prior to me because I can tell based off her sexual performance when first dating, it was all boring vanilla sex.

Many of you men have women who have beta orbiters. Guess, what? Mandy did to. When we first started dating she had at least 3-5 beta male orbiters that would DM her, like every single SM post, text her, call her, whatever. In less than a month, that number went to zero. In the beginning, I could tell her orbiters made her nervous, when we started dating. Not due to me mate guarding, but because I laughed at it and told her it was cute. I described to her (possible fight club rule break) exactly what they are, and that if she wanted that kind of attention, well for right now, I didn't care. But a LTR woman/wife who wants me - doesn't have a bunch of thirsty orbiters sliding into her DM's. Mandy has many male friends at work, as we all do and I have many female friends. But for you guys who have wives with legit beta orbiters - y'all have issues.

I walked into my relationship with Mandy operating 100% in my frame. There has been no Alpha->Beta slide or any type of recovery needed. What I have been able to accomplish with her in 7 months of training her is nothing more than a testament to building my own slut. But, it also serves as a caution to your married guys with wives on 1000 foot ropes who think you have this awesome "on the road to 100% recovery MAP and relationship" shit going on.

You fucking don't. And you likely never will either. I went from Alpha->Beta (fucked up really) and the relationship was over. It was never going to get back to the baseline I had established in my "head" so I checked out. I didn't have the patience for the 1000 foot rope, didn't care about the marriage (esp. after she tried to take my kids away) and went full on Scorched Fucking Earth.

Other than the duration of my D and the financial cost associated with it, the scorched earth approach has worked. I have weathered false DV claims, CPS inquiries, etc. But I am still not a 100% free man, and that causes cyclical depression and anxiety for me in my life.

I have scripts for both Trazadone and Ambien, and use them both to calm my nerves and sleep when necessary. Personally, I love the Ambien (10mg) and take it every night around 8:30pm when in bed. I wake up at 5:30am ready to kick some ass. Trazadone I will take 25mg when the Anxiety hits real bad, but it take the PRN only.

Getting back to reality and expectations. As I look at this sub lately, I see a lot of men talking about their wives, the sex they get, what they lift, how they eat, when they take a shit and how many ply's of TP they have.

Listen, I am in the - "you are never going to get there camp" after my personal experiences with my relationships.

But I also didn't care.

What I am here to do, is tell you about what a possible relationship, under really good initial conditions can look like in about a year. But what you have to realize is that what I walked into with Mandy, is not the relationship I had with my wife, nor the relationship you have either. While I absolutely enjoy and even "love" my relationship with Mandy, I know that she 100% replaceable with 10 other women just like her. I have zero ties to her. No shared kids, no shared resources, nothing. We stay at each others houses often, but the bottom line is that where I live in Dallas - I am not moving out of until my kids are done with school because the schools are the best. And right now, cohabitation is not even something discussed.

This literally gives me all the power in the relationship.

Mandy knows she is 100% replaceable. The fact she has no real ties to me, adds unspeakable amounts of dread to her life. There are times where I feel sorry for her, and I know I fail a ton of comfort tests. Just recently she made the comment "I know if we broke up, you would have 4 other women by the end of the week." My response "Easily" was not the best, and I do need to work on showing a little more comfort at those times.

Back on track, you need to understand that there is zero motivation from your wife to turn herself into a Mandy, unless you are willing to walk away. The levels of Dread are not enough. You have to, in your core believe and be willing to TAKE LESS THAN WHAT YOU THINK YOU ARE WORTH for the duration of your reboot phase in HOPES you will get something back. Good luck dealing with that mental anger and baggage. I sure as fuck couldn't, and didn't want to.

For me, at 37 years old, with probably less days ahead of me than I would like.....

I was unwilling to make that commitment and make those deposits into the bank. My balls are snipped. I have my kids. I have a finite amount of time on this rock, and once I took a pragmatic approach to it, I was done. The marriage was over. I started banging bitches and started working on my exit plan and putting it into motion.

This post, is not to tell you, that I do not like women and/or relationships. I actually really enjoyed being married and I enjoy being in a mutually beneficial LTR with someone. But once I am divorced, I will never get married again. I will cohabit with someone likely, but no marriage. I already have my kids, cant have more, don't want more, so the prospect of betting 50% or more of what resources I have left after this divorce, and what I will build in the future, are not worth it.

Most of you guys need to chill the fuck out. You have a long, tough road ahead of you. What I see is a bunch of men who are either unwilling to put in the work to better themselves, put in the work to exit the relationship or just lack patience and ability to execute.

If you cant commit to lifting, then you will never fix your shit. That is the #1 piece of advice for a reason, because it is so critical. Over three years of work. 18 months of divorce. 6 months of planning before that. One could say lifting gave me the resolve to do what I needed to do.

You, sir faggot - you need to fucking decide what you want. Stop with the fucking mental debate and masturbation, stop with all of it. You either have the balls or you don't. You either are willing to make those big, heavy deposits into the bank, or you are not.

It is all on you.

The simple question is...

Are you willing to live below your possible means in your relationship in hopes of a sweet payout later? Or are you going to jump ship like me?

Keep in mind, the relationship never defines the man.

68

UPVOTES

The Wrong Way: Don't Be This Guy

010 - 16 December 2018 · Archived copy · Reddit

Apparently this video <https://www.youtube.com/watch?v=Wen9pI8iDZU> is making the rounds on the 'chans and some MGTOW forums. A very very bitter Billy Beta attempts to lay a guilt trip on his wife for her refusal to have sex with him in months. I find the video difficult to watch, but I'm impressed with the stoic nature of the wife, who clearly DNGAF what her nagging husband has to say about anything. It's almost like a gender role reversal where the husband comes in to henpeck his wife and annoy her while she's relaxing in bed reading her phone or playing vidya or something. And while he nags and berates her there is a small child in the room. Maybe this is an extreme example of what not to do, maybe this is not all that uncommon in a lot of marriages. But this guy pretty much does the opposite of everything we recommend around here, and it clearly isn't working for him (or her.)

1. Begging for sex doesn't work
2. Doing housework and vacuuming for sex doesn't work
3. Screaming and yelling like a little kid doesn't work
4. Blaming your wife for the lack of sex doesn't work
5. Threatening divorce for sex doesn't work
6. Calling names and making threats for sex doesn't work
7. Having zero frame and nagging and henpecking for sex doesn't work

I'm sure I missed a few more. It's like a Red Pill Public Service Announcement or After-School Video. Notice the guy doesn't say anything much about himself, it's all about her, in his mind. He probably says "you this" and "you that" a few hundred times. Shockingly the wife and kid hold frame just fine through this, like passengers on a train trying to ignore a toddler throwing a temper tantrum.

The poor bloke needs to reinvent himself from scratch almost. Instead of uploading videos of him acting like a psycho he could have done a couple sets of squats and deadlifts...

DON'T BE THIS GUY!

<https://www.youtube.com/watch?v=Wen9pI8iDZU>

68

UPVOTES

Better Beta Divorce Strategy

Red-Curious · 26 September 2018 · Archived copy · Reddit

This may not be popular among a group of guys who get off on circle-jerking about being more alpha all the time, but bear with me. Your goal in a divorce isn't to make your ex have the hots for you. It's to be on good terms with everyone involved so you're more likely to settle or win at trial. Although alpha strategies can work, this post is directed more toward the guys who are married to mentally unstable and highly hostile women.

Beta Divorce Strategy

Society wants to see men be more beta, right? Nice guys are good guys. Alphas are jerks who most people in culture want to punch in the face. Yeah, they're attractive to women, but they're still seen in a negative light by everyone else - including your judge, who can do the legal version of punching you in the face and get away with it. Very few alpha men present well in court. Being confident and articulate is powerful. Being the jerk who always teases his wife, AAs her complaints, says no to fitness tests, etc. will just justify to the judge why she's leaving you in the first place. If you can be the model nice guy - the man all the feminists are trying to create - your judge can only think: "He was everything a woman would want. Sure, he made some mistakes, but he owned up to them and tried to make it right. She's the one who's being a jerk by leaving such a nice guy." This isn't the best strategy for every judge, but it works for a lot of them - 4 out of the 5 judges on my current court.

If you want to save your marriage, maintaining frame and being attractive would be the goal. If you want to win at divorce, be the best beta suck-up you can be until you build the evidence you need - not just to influence the judge with your character, but to screw with her too. She's not going to soften up to Mr. Alpha. Be the pandering fool who begs and pleads for her not to leave and offers to buy her flowers every day for a year and give her chocolates on Tuesday just because it's Tuesday. Let her think she's in the position of power. That's when her guard goes down. That's when she says stupid things in front of the microphone in your pocket.

Also, comment periodically: "I know you hate me. I know you want to prove how horrible a husband I've been to you. I can't stop you if you want to do that, and I'm happy to accept the blame for anything I've done wrong. But I still love you. I don't want this to be a big fight [especially if you have kids, bring up how it could affect them]. I'm trying to get together all the documents you'll need to prove how much money we have, how much I earn, and we can figure out how to settle this in a way that I hope we could still be friends after this is over. And who knows, if after some time things start to cool down and you would want me back, I want to do this in a way that could leave that door open." Of course, she's going to scoff at that last part. But if she's even slightly on the fence about the divorce, what you're doing is nullifying her aggression in the divorce process, increasing your chances of settling on favorable terms by reducing her hostility toward you, and opening the lines of communication so you can try to settle between yourselves rather than paying your attorneys to do that negotiation for you.

Again, this strategy doesn't work on every wife and judge, but when it does work it's the best option possible. The thing is, you can't start with an alpha, hard-ball strategy and move to the beta strategy, but you can always go from beta to alpha in a divorce. Alpha to beta isn't believable. You won't be able to convince anyone that the softness you present is sincere or genuine if you've been a jerk for the first half. It comes off as trying to manipulate the court. But if you start beta and change to alpha later, the court just thinks, "Well, what did she expect? He tried to play nice, she wouldn't have it, she pushed him too it." You can always start with the beta strategy, though, and convert to the alpha strategy if that's not getting you very far. That said, hold out on the beta strategy for longer than you think you should because: (1) she needs to see the first few bills from her attorney before she recognizes the cost of her being the only one to want to fight hard, and (2) because sometimes women will test how sincere your beta-ness is, knowing you might be trying to play her to get a better settlement.

Multi-Lane Divorce Theory

Most mentally unstable and hostile women are preparing for a head-on collision with you in Lane A (Alpha). She's going to play the alpha, hard-ball strategy. If you've got a divorce 2.0 judge, you're not going to win in Lane A if

you try to collide back. Don't fight fire with fire. Switch to Lane B (Beta) and put some road blocks in Lane A.

- Lane A is the direct and traditional emotional way to win a divorce case, which is when each side slings a bunch of mud and tries to convince the court that the other side's mud is worse. Her "mud" will be about how abusive you've been to her (whether it's true or not), how lazy you've been all the marriage, that you've been controlling, and that you've generally been absent and uninvolved. Your mud is going to be similar: she's lazy, has mental health problems, never held up her end of the house care, child rearing, etc. and that she wouldn't seek a (better) job when you urged her to. Statistically, I wouldn't bet a dime on winning in that type of a collision. Men are expected to treat women nicer than women to men.
- Lane B is the indirect and unconventional, yet legally secure statutory way to win a divorce case. Look up your state's statutes and assess the factors, then live by them as perfectly as possible. Alphas ignore the rules and do their own thing. Lane B litigants play exactly by the rules. This makes it very hard for a judge to rule against them and gives the judge easy justification for ruling in his favor because he knows he cannot be reversed for ruling consistently with the statutes. So, while Lane A is an appeal to the judge's emotions, Lane B is an appeal to his sensibilities and the law.

For spousal support, your state will have a list: "The court must consider the following factors: a ... b ... c ... d ... etc." The same thing will be true for child custody, parenting time, asset division, etc. Make sure you're fulfilling those factors better than she is. If your kids have a doctor's appointment, you take them. Talk to the school and make sure your number is the "first to call" on the list and hers is second. Create a spreadsheet that charts your spending for the past year and a half so that you can prove where all of your money has been going - and categorize it as to who spent what. Don't blame her for her excessive spending. Just use the exhibit to address your conservative spending. Let the court look at her column on the spreadsheet on its own. After all, you're not trying to sling mud here. You're simply trying to show that you're a responsible person who does right with his finances, takes care of his home, and is an upstanding parent to his children. Get all of your documents together. Make sure the numbers add up.

If you know she's racking up a lot of debt (or is likely to do so), look up your state's "*de facto* termination date" case law and figure out what factors the court will apply and start building a case for why the court shouldn't use the day of trial as the division date (thereby giving you half of all of that new debt) and should instead use a past date. Typical factors include: leaving on unfriendly terms, when you stopped living together, when you sought legal counsel, when the case was filed, when you started separating your assets, when you started segregating bill obligations between the two of you, whether or not either of you found a relationship outside the home, etc. You have to be able to show that these and other factors started before she started racking up the debt.

This is how you win on Lane B - by showing the court that you're better than she is, not by showing the court that she's worse than you are. In essence, you're proving that you're a high quality man, not that you married a low quality woman. If the judge has eyeballs in his sockets and your wife is even half as crazy and hostile as you think she is, he'll see it and she won't be able to hide it on the stand, as will be evidenced by all the mud she tries to sling - most of which won't be relevant anyway. Don't fight back. You can try to run both lanes at the same time, but it doesn't often go as well as one might think. If you travel on the low road, you're inherently not on the high road anymore. Due to biases, women can do both. You can't. Pick a lane.

Nullification Planning

To nullify her Lane A you simply have to taint any evidence she might throw at you. Now that you know she's recording you, leverage those to your advantage. Record yourself if you have to. Get her on record while she's off-guard acknowledging that she's not afraid of you or that she's looking forward to something you're going to do together soon. Put her in a good mood. Fake it if you have to.

I had a case recently where the wife was crazy. She broke the court order dozens of times. She would send e-mails

to my client acknowledging what she did. But she always ended those e-mails with something like, "I know this may not technically work within our parental plan, but I hope you agree that this is what is best for the children. I only want to do what's in their best interests. If the plan isn't accounting for that, maybe we need to talk about changing a few things." So, when she went back to change the parenting plan and my client wanted to bring up all the evidence proving she was in contempt of court, how do you think that evidence is going to play out? Judge: "Yeah, I can see she violated the plan, but as she said in your own evidence, it's because this plan isn't working. That's why you're back into court. This isn't a contempt issue; it's just evidence that the plan needs to be modified." That was a bitter pill for my client to swallow. Fortunately we had 3 experts all testifying that my client should get custody, so it's a slam dunk on other grounds anyway (order pending).

My point is simply that she did everything she could to nullify and taint any evidence my client would try to present. Every audio recording, every e-mail, every text message, every phone call, etc. They always included in the beginning or the end, something like each of the following phrases, which I encourage you to emulate too:

- "I'm genuinely grieving at the loss of our marriage and that things are going this way. I really do love you and wish that we could cooperate and make peace through all of this."
- "Although we have our differences, I know that you mean well. I hope you can see that I mean well in what I'm trying to do too."
- "I understand why you're so frustrated. I would be too if I only had your perspective. That said, I still think this is what we should do, and I hope you can see from my perspective a little bit as well."
- "I know we're not going to see eye-to-eye, but I hope you know I'm just trying to look out for the best interests of our children."
- "I know you're trying to back me into a corner so you can use these e-mails as evidence. I'm not happy about it, but I understand the strategy you're trying to use. Nevertheless, I have to stick to my principles. This is what I think is best/fair/appropriate and I really hope you would be willing to consider this and work toward resolving our differences rather than building a case for court."
- "I know you are filled with hate for me, but I still love you, even if I know now that it's not going to work out between us."

Most states have a rule that the context of any evidence has to be presented when the other side asks for it. So, if she presents the first two sentences of an e-mail showing how you make stupid decisions or that you admitted to something that looks bad, you can force her to reveal the rest of the e-mail. When the court reads these types of phrases, it often significantly dampens and nullifies the impact of what she's trying to prove because they believe you have a greater genuineness and sincerity behind why you said the other thing in the first place.

It doesn't actually matter if it's true or not, as in the case of the mom I referenced above. One of her conversations was about not taking her son to hockey practice because she had to go to a funeral for a co-worker. My client was unavailable, but offered to have his new wife drive the kid and the mom refused because she didn't like the new woman. Then my client's mom drove in to town (4+ hours) and offered to drive him to practice, but the mom still refused. Instead, the kid sat in after-school-care for 3 hours and missed his hockey practice ... and the mom wrote, "I know you don't understand why I'm not in agreement with what you're proposing. I wish you could see things from my perspective and that we could understand each other like we used to. But until we can learn to communicate better, I think we just need to trust each other that we both want what's best for our kids." It's a very vague statement and offered no actual justification for her idiotic refusal to cooperate, but it sure made my client look like an idiot for making an issue out of it. For the record, she later admitted on cross-examination that she didn't have a good reason for not using my client's wife or mom to get her kid to practice, other than that she simply didn't know them well enough yet.

CONCLUSION

In short, there's value in being alpha if you're trying to attract a woman. But if you're trying to impress someone who lives in blue pill ideologies, like your judge or a guardian ad litem, or even your wife's attorney (and trust me, if her own attorney believes you're a stand-up nice guy, that's a huge advantage) ... sometimes you have to conform to what they want to see in you. You're not trying to convince these people to have sex with you. To that end, being more alpha might be more attractive to your STBE, but obviously you weren't doing it well enough to keep her from divorcing you, so don't expect more of the same to change her opinion about you. Try a different strategy in the divorce.

68

UPVOTES

Proper interpretation of the Captain/First-Officer model

man_in_the_world · 20 September 2018 · Archived copy · Reddit

Many guys here misinterpret the Captain/First-Officer model for marital leadership as a formal military/Star-Trek-style, appointed or agreed-upon official chain of command. This is a flawed interpretation which will serve you poorly; the informal "Leader-of-the-Pack"/"Best-Mate" leadership model, which is natural to small voluntary human social groups, should be your goal.

Forget Star Trek, the Army, and adult supervision

The military/Star-Trek-style, formal chain-of-command view of leadership *is actually deeply blue-pill*, because the leader is *appointed* by some higher external authority (admiral; Star Fleet headquarters; teacher; Bible), or elected or negotiated (which means that it can be withdrawn or renegotiated), and often ends up with a beta or inferior man in charge. (Have you ever wondered why so many red-blooded ex-military/police show up here with deeply blue-pill ideas and behavior and failing marriages? Now you know why!)

Formal, chain-of-command leadership is unnatural, inefficient, demotivating, and an ongoing source of conflict and resentment in small, voluntary or informal social groups (such as families; small gangs; groups of friends; pickup sports teams). In such groups, the leader emerges organically, based on his superior "alpha" and social traits. The leader is never formally voted on or declared, but everybody in the group knows who the true leader is and defers to him, his vision, plans, decisions, and judgments. This is informal "Leader of the Pack" or "pirate captain" leadership, with voluntary followers inspired by the implicit "captain" and his vision. If well led, small groups of inspired and motivated followers are generally much more productive, harmonious, cohesive, and happier than formally structured organizations.

In such groups, a "right-hand man" or "best mate" often emerges with whom the leader preferentially takes counsel, delegates secondary leadership, and entrusts to represent him or lead when he's away. The "best mate" *earns* this trust and role by being the most loyal, dedicated, diligent, and capable follower fully committed to the leader's vision and mission. This is the informal "first officer" role that you want your wife to spontaneously and willingly take up.

Becoming the Leader of your Pack

Leadership of the pack is never negotiated or discussed, but is simply *claimed* by the actions and behavior (**not words; don't do *this***) of the "alpha". If you have to negotiate being the captain, **you aren't a real captain**.

Think about it, if she has to approve it, it means she is still leading. Leading is not achieved with verbal arguments so she recognizes your leadership.

This excellent post by /u/strategos_autokrator describes how to become the leader of your pack:

Leaders don't need permission to lead. They just lead, period. Those that like your vision follow willingly. Those that don't, well, they are useless to your vision, so you won't miss them when they stay behind. It is that laser-beam focus of the vision of the leader and doing whatever it takes to get to the goal that inspires others to follow. Thinking others have to follow so you can lead is having it all backwards, and this backward thinking is *why she doesn't trust you to lead*.

Don't negotiate or discuss "who's the captain" with your wife; just **be** the superior productive, effective and charismatic leader of your pack, and she will likely follow and happily assume the "first/best mate" role over time.

For you hopeless Star Trek nerds, Khan, not Picard, is your model.

68

UPVOTES

FR: 1 year in – You Get Out What You Put In

thunderbeyond · 2 April 2018 · Archived copy · Reddit

It has been one year since I started this journey, and throughout this time I've been inspired by the success stories of those that have adhered to the principles. My own journey has overall been successful, but I have been reminded many times that *you only get out what you put in*.

For the previous 3 years my marriage was in a bad state. After 9 years of marriage and two kids, I had slid downhill into an over-drinking, apathetic, directionless jellyfish of a man. My skill and belief in being able to lead my family were non-existent. I begged for sex, which was doled out to me carefully after much choreplay or other transactional promises. This was, in turn, making me bitter and defeated, and I found plates because I didn't care. There were a couple of years of useless marriage counselling (I snapped at the first counsellor and never went back) and then we saw another counsellor who told us that our lives would probably be better if we split up. That hit me hard.

I was still blue pill, there were two young kids, and I was a fucking slob of a man. I didn't want to split up, and perhaps narcissitically, part of that was I didn't want people to look at me and think "yes she was right to go, he is a good-for-nothing idiot". So for the first time in a long while, I turned my attention to who I was. It wasn't pretty. I decided that I would change myself. If I was an excellent person, and we still split up, then I could hold my head high and say that I gave the marriage the best version of me. I found this place through conversations with a running partner. We would run and chat about politics, etc etc. When I found out about MRP, I lurked for a few months to see what this whole idea was. Then u/SorcererKing posted the 60 DoD challenge and I realised I had to start somewhere.

PHYSICAL STATE

Before: I had stopped running for a while and got back to skinny-fat pretty quickly. Easy to do when you suck down burgers, beers and don't exercise.

What I did: I was very poor, I didn't have enough money for the gym. In month 1 I started bodyweight fitness. It was a big step. I made good progression through it and gained a lot of shoulder muscle. I stopped eating shit food and started meal-prepping. As a result I lost the weight and the start of a sixpack was coming through. When the financial situation improved in month 3, I got a gym membership. I started at the gym, lifting just the bar. It looked comical. But I didn't care. I just did what the SL5x5 app told me to do.

Now: 5'11" Weigh 175 and BF ~15%. My current (5x5) lifts are SQ210 OHP100 DL145 BP105 BR105 and they aren't my best but I'm working back up to that. I feel strong and fit. I physically look strong. My shoulders and chest are the biggest they have ever been. Chicks dig it. When I started, wife says "I don't want you to be muscly." In month 6 I renew my membership and wife says "you look good, but I don't want you to get more muscle". Last week we are eating breakfast and she says "god I am just admiring your physique... but don't get any more muscly".

However: There were a few deloads and there were a few hiccups. During times of stress, I did eat shit food and take my foot off the gas. It's very easy to say "fuck it" for a few days and feel like you've earned a break. It's not worth it. It takes discipline to get yourself back to where you know you should be.

MENTAL STATE AND FRAME

Before:

The stress of work meant that I slept poorly. I would take work problems home with me. The situation at home was not much better. Financially we were just hanging in there, and credit card debt was starting to climb rapidly. I didn't understand the concept of frame, and would not have been able to provide any examples of my frame in any case. Shit tests came daily, and I failed them all. I got easily drawn into arguments, over mundane pointless stuff. It wore us both out.

What I did: First, sidebar. I read and read. WISNIFG hit me like a series of sharp jabs. MAP was the knockout blow. I realised I had to start from scratch. I literally wrote down all of the areas I needed to improve on. I started to understand shit tests and how to pass them. I was there, googling “shit tests” and reading the posts over and over to try to determine what they were. Mastery of a shit-test is essentially mastery of yourself: are you going to let yourself get drawn into a dirty fight? I started meditating, and my ability to compartmentalise work and home meant I could switch off much more effectively – that means more energy at home. Importantly, I now understood the idea of frame. Initially this was extremely challenging. I was trying to regain frame when (i) I had none; and (ii) I didn’t know what I wanted. But as time went on, my confidence in myself grew, I started to know what I wanted out of life, and now I can set out to achieve those things.

Now: I meditate every day. I pass shit tests (they do not stop...) and I recognise the comfort tests. I have a much calmer, positive mindset now. Butthurtedness is an old memory and yes I still get hard no’s but they just bounce off me.

However: When I’m feeling stressed or short on energy, I can fail. Sometimes it seems too easy to pass up an opportunity to make a wisecrack or deliver a stinging remark. I know that I shouldn’t do it, but it happens.

FINANCES

Before: Money was stressing us both out. There was enough, but never enough. We weren’t poor, but we had to live that way because of poor choices.

What I did: I started my own bug-out fund. There’s enough in there to set me up if/when shit goes south. I monitored the spending and set up budgets. They didn’t work, but I tried. And when that didn’t work, I changed tack and set up spending limits. I had major fucking dramas when I cancelled the credit card, but I enforced a boundary that I set, and when she overstepped, I did what I had to.

Now: Better. We are saving money, ensuring that we have buffers in place for emergencies. The credit card was a storm in a teacup – lots of histrionics from her but forgotten in a couple of days and now she never mentions it. I’ve got my own financial independence too – I’ve got the means to walk away if needed.

SOCIAL

Before: Basically, I would meet up with buddies and binge drink. Just a “let’s drink the worries away” sort of thing. We’d head out to town, and be the sloppy dudes in the corner that everyone keeps away from. If I’d been drinking, I’d be loud and charmless. At social events, I was happy to sit down with the ladies and just have a quiet chat. It’s so cringey to think back on it.

What I did: There was a bit of monk-mode in the social life. The above behavior isn’t consistent with what I wanted so I stopped going out for quite a while. Instead I developed some hobbies and started working towards a promotion at work. When I did go out, I cut back on the drinking and remained a bit more aloof. And this place also told me to, and taught me how to, go and chat to the other guys at social events.

Now: I’m confident around people. I have been to the PTA and struck up conversations with the hottest mom in the room, and under pretext of “we’ll be working on a committee together” got her to put her number into my phone. I know that went back to my wife. When I’m out, being the quieter and more thoughtful guy makes people more interested in me. I talk to the bros at barbecues etc., not the women. Also, muscles and tending to how I look helps when I approach people, and them coming up and talking to me. I’m still plating but (apart from a setback last month) it’s just a bit of fun on the side, not a critical part of my life that I seek out. Pussy is pussy.

THE MARRIAGE

It’s now stronger than it has been for many, many years. There are definitely good days and bad ones. But I’m smart enough now to weather the bad, and maximise the good. I have come to terms with “not mine, just my turn” and if it goes to hell, then I’ll be ready to pick up and leave and alpha-widow that shit.

The two most powerful parts of where I am now: Dread™ and passing shit tests. I've spoken about the shit testing already, but the use of Dread is critical. If your wife doesn't notice you, you don't matter to her. You're in her way. It needs to be the other way around, and Dread got me there. Again, the 60 DoD was the catalyst. I've gone from wearing sweatpants and old t-shirts to the shops, to being on-point with a good haircut, smelling respectable and fitted clothes to the shops. Be attractive. Don't be unattractive. I've changed the way I look, I've changed the way I dress, I even changed the way I sit up and stand up (trust me, better posture is noticed). Wife's friends noticed me, so now my wife did.

YOU GET OUT WHAT YOU PUT IN

It takes effort. I **lacked** in effort for many years, and look where that got me. When I actually applied myself, I was able to slowly but surely clean up my act. But that's the key. If you don't actively put in any effort – you don't get a reward.

There have been times where I did slack off. When I've been particularly stressed, annoyed or things weren't generally going my way, on occasion I gave up and stopped adhering to the rules. It set me back.

Now I've come to realise that failure is part of the game (just don't repeat those failures) and to actually forgive myself when I do fail. It's important to keep pushing. I still don't always get it right, but I always try to improve.

Thanks for all the support. You've all been inspirational in your ways. People who've called me a faggot are just as important as people who have supported me (perhaps more so – it killed my ego very quick). I'm going to stick around here. This shit works – just make sure you work hard at it.

EDIT:

SEX LIFE

Before: Explained in the opener, but it was grim.

What I did: I kept initiating and kept getting shut down. I started initiating in other rooms, at other times - rather than "after kids have gone to bed". I recognised and shut down butthurtiness when I got rejected.

I did go monk-mode for a month as I didn't want distractions. I spent a lot of time and effort working on myself (ha no you fuckers I'm not talking about the *champagne of victory!*) I was reading, lifting and internalising. I practised DEVI and tried to make things more interesting. Added a bit of slap n tickle through the day as well.

Now: There have been improvements. I still get the low-effort lays but there are also times when I can tell she is really putting in some effort and the surprise BJs and showers together are back. That had been missing for quite a while. She still rarely initiates (that hasn't changed much) but my initiations are regularly getting results. I can also tell when the dread is working, as she'll initiate after something happens while we are out. She doesn't make it obvious, but you can tell why. While still not the quality and quantity I would like, overall it has been a great improvement and on the right trajectory. As I improve, so does the sex life.

68

UPVOTES

An anatomy of butthurt and the impact on frame

Red-Curious · 6 February 2018 · Archived copy · Reddit

I see this issue come up somewhat regularly on r/askMRP and r/RPChristians, but I don't see a lot of content on this. People are told, "Don't get butthurt," but they apply that phrase in a totally wrong way. So, let's get this clear.

WHAT IS "NOT BUTTHURT"?

To be overly simplistic, there are only two reactions to any tests a woman throws at you: (1) butthurt and (2) not butthurt. Duh. Obviously we want "not butthurt." But most people mistakenly apply this by saying, "X is butthurt. I'm not X, so I wasn't butthurt." In reality, yes, X is butthurt ... but so is Y and Z and A, B, C, and a ton of other things. To that end, it's a waste to try to define everything that *is butthurt*. We're better off trying to define the much more limited response of *not butthurt*. Here's my definition of "not butthurt": **Positive emotional reaction**. That's it.

Now, this isn't the best definition, but for new guys it's the most useful one. Why? Because it leaves no room for ambiguity. We all agree that negative emotional reactions (anger, yelling, resentment, etc.) are definitely butthurt. Positive emotional reactions are not. There is a phase in-between where most guys wind up living, thinking that they're being "stoic." This emotional gray area is too complex for many men to understand or fake their way through, but a woman can sniff it out immediately. You're walking in gray, but they see black and white. This puts you at a serious disadvantage until you've developed a strong sense of your own frame.

So, if you're new around here and you read: "Don't get butthurt," rather than thinking, "Don't react with negative emotions," tell yourself, "Oh, I need to respond with a positive emotional reaction when she does that."

DISSECTING BUTTHURT

Women are emotional creatures. They thrive on emotions. They don't even care what emotions they're feeling most of the time - they just want emotions. Good emotions are the best, obviously. But to the surprise of many a man, bad emotions are actually better to women than no emotions. Accordingly, when a woman is testing you - be it a compliance, fitness, or comfort test - she's trying to evoke an emotional reaction out of you. If she can do this, it shows her that she has power over you.

Consider a wife who **asks her husband to warm up the car for her**. Assume she's equally capable of doing it or that it's a luxury and not a necessity. This is a clear test. What is hypergamy trying to do here? How should a man respond? I'll give the possible responses in order from worst to best.

- **BETA POSITIVE:** "Sure honey, I'll warm up your car. And maybe when I'm done, will you let me give you a foot rub too? After I get the dishes done first, of course."
 - This is a "not butthurt" response. It's also a garbage one. If she can evoke a positive, supplicating response, that's the ultimate source of affirmation to the BB side of her hypergamous drive. "I have him wrapped around my finger," she thinks. Don't be a BB. If you're her BB, she's going to look elsewhere for her AF. It's not enough to be "not butthurt" - you have to be alpha in your not-butthurt-ness.
 - This is the definition of acting in her frame.
- **NEGATIVE EMOTION:** "Screw you! Where do you get off thinking you can boss me around, you stupid whore!"
 - Whether you comply or not, if you respond with negative emotion, you're still giving her an emotional high. She might not like it in the moment, but it gives her something to complain about to her girl friends, something to post about on social media, something to stew about in the shower, etc. Her life now has a plot

and she gets to take the center stage. *Something* is better than nothing to her. If she ever feels bored in the relationship and she knows how to get you to react emotionally, she'll do it, even if she knows it's going to blow up in her face. She'll probably even cheat on you because that's going to give her the strongest emotional response of anything she could throw at you. Your negative emotional reaction = a display of her power to manipulate your emotions. Even if she doesn't get her way, because she knows she can manipulate your emotions, you're still her BB. She owns you.

- This is also acting in her frame.

- **NO EMOTION/"ROBOT MODE":** "No. I will not warm up your car." "I said no. No means no." <Broken record until she's gone.>

- This is where most guys screw up. When their wives come at them, they shut down into "robot mode." All emotions go out the window, they look with a plain, blank face, and they engage purely on logical analysis and calculated behavior patterns. I lived in this phase for a long, long time. This is absolutely infuriating to women because it denies them any semblance of what they're looking for, and it also shows them that you can't handle playing the game. It tells them you just don't care. Most guys think this "robot mode" is the same as "being stoic" (for example). It's not. The one redeeming factor in "robot mode" is that you finally learn to STFU and stop caring about whatever crap is spewing out of her mouth and all over your face. With your emotions shut down, it doesn't get to you ... at least not in the moment. But if you get into "robot mode" by bottling up the negative emotions, don't turn yourself back on and experience it all at once afterward.
- This is the ultimate spurn off to hypergamy. She doesn't get BB satisfaction of controlling you, but she also has no AF interest in you. This is the only way I know of actually defying hypergamy. Of course, the goal isn't to defy the system - it's to make it work for you.
- Congratulations. You've finally left her frame. Of course, you don't have a frame of your own yet either.

- **NEUTRAL EMOTION:** "Not today, babe." "It's not a big deal. You can warm up your own car. I'm watching the game. Have fun at work!"

- This is where you maintain your tone, unaffected by whatever she's doing. You continue to talk to her the same way as if she had asked you, "How's your day?" with a smile. But now she's saying, "How's that whore you've been hanging out with, you lying cheater!" and you answer her in the same emotional tone as if she had asked if you could pass the butter. You're not emotionless. You're normal. You're unphased. You're you.
- Now you're hinting at having an alpha side. You're unshakable. You're triggering her AF tingles.
- Now you are living in your own frame ... you just haven't invited her in yet. This is a necessary first step for most guys. It's one thing to say you're here, but if you haven't internalized it and you tell yourself, "I played it cool," but inside it's actually taking any effort at all to maintain that composure ... you're really in the "no emotion" camp and she knows it. As has been said here a number of times: women can sniff out your internal emotional state like a bloodhound. It's one of their God-given (or if you're an atheist: "evolved through natural selection") super powers. Don't assume you can put on "neutral emotion mode" and she won't know you're faking it. You actually have to *BE* unphased.

- **ALPHA POSITIVE:** "I have a better idea ... how about I warm you up instead?" with a big grin and a smack on the butt.

- This is when your mood actually brights up in response to her tests. AA stops being a tactic you employed in "neutral emotion mode" and just becomes part of who you are. She complains about you not doing the dishes, and her complaint makes you smile. You are happy to hear her complaining about you because (1) it's another opportunity to get her engines revved up, (2) it's genuinely funny to you how she prioritizes and

conceptualizes the world, (3) you can enhance the resolution on your relational cartography, and (4) she makes really cute faces when she's feisty.

- Not only do you have your own frame, but you're inviting her to join you in that frame. You're brightening her mood, despite your rejection of her request.
- If she accepts your invitation, once she's in your frame, you're the AF she's been waiting for. Congratulations: you've just made hypergamy work for you.

Now, technically a "neutral emotion" response is "not butthurt" as well. So, when I say that "not butthurt" is only defined by a positive emotional response, you can see where I go wrong. But because most guys think they're "neutral" when in fact they're in "robot mode," and because their wives can see it clear as day ... it's just not worth the risk. So, just skip "neutral emotion" mode altogether and shoot for "alpha positive."

The one caveat I give there is that if you've been living in "beta positive" or "negative emotion" for too long before finding RP, and the idea of being "alpha positive" is unrealistic under your current frame condition, then and only then should you shoot for "neutral emotion," understanding that 9 times out of 10 you're really going to be in "robot mode" and just not realize it.

68

UPVOTES

Hypergamy for the Married Man

Red-Curious · 8 November 2017 · Archived copy · Reddit

In Rollo's interview at the 21 convention he talked about hypergamy being the core driving force behind all sexual strategy. This got me thinking a lot, so I did a search and it's been over a year since hypergamy was discussed as a focal point, beyond a passive reference. So, I'm looking for conversation, but let me get things going.

ACTIVE HYPERGAMY

Virtually every time hypergamy is brought up it's in the context of divorce or cheating - how the woman acts with regard to other men in her life. This is very **active** in nature. She sees. She wants. She takes.

When I first discovered RP, I glossed over hypergamy as a thing that didn't really apply to me. My wife is faithful to a fault. I mean that literally: *It is one of her faults*. In my beta days I would wish that she'd start watching porn, reading romance novels, or oggling celebrities because at least that meant she had a sex-drive deep down somewhere. I got her hooked on the Twilight series. I would bring up 50 Shades and suggest she read it just to see what all the fuss was about. That was actually my first glimmer of *hope*: she came to me all teary eyed and guilty, confessing, "I just looked up the 50 Shades trailer on YouTube and watched half of it ... I started getting excited. I'm so sorry, I'll never do it again!"

I was unwittingly trying to fuel my wife's *active hypergamy* in the hope that it would cause her to desire me more while in a low SMV state. Having unplugged, I see now how stupid that strategy was. Fueling hypergamy while in a low SMV state is highly counter-productive to increasing attraction. That said, fueling hypergamy as the most valuable man in her life might actually increase attraction - as she seeks and does not find.

Why wasn't I leading my wife in the bedroom? Why wasn't I the one she was fantasizing about? Why did I need someone else to get my wife sexually excited for me?

PERCEPTIVE V. OBJECTIVE VALUE

Hypergamy makes clear that a woman will be most attracted to the highest value man in her life. Higher value = higher attraction; lower value = lower attraction. If you are objectively the highest value man in her life, she might have attraction toward you at a level of 9/10 (the perfect 10 reserved for those men she knows she'll never get). But suppose a higher value man comes along. Her attraction to you just bumped down to an 8 and the new guy now holds a 9 on the attraction meter - even though you have not changed in any way. She just found out there's someone better who she has a chance of getting, so she's less interested in you. Add 7 or 8 guys who are realistic options for her who are all higher value and suddenly her attraction to you is a 0-2.

In all of this, your SMV has not changed from an objective standpoint. Instead, it has changed from her subjective perception. For women, perception is reality. There is very little room for objective truth. As BPP says in his podcasts, women are designed to mold to the shape of their container. This container should ideally be your frame. But if they aren't in someone else's frame there are no objective boundaries to how they operate. If you're not containing her in your frame, she'll most likely default to (1) social constructs, like the feminist imperative as communicated through social norms or (2) a specific person, like the guy she's all tingly for, so she becomes whatever he wants. Point? Your objective SMV means nothing relative to her perception.

This sucks for guys who have been married for a long time. This is why going Rambo doesn't work and dread is to be applied over time and not all at once. It takes a long time to change perception (reeling in the 1,000 foot rope), particularly when the status quo has been going on for so long that there is no longer an expectation of change - and don't dare think you can cheat by telling her about your MAP.

PASSIVE HYPERGAMY

Married men face a unique type of hypergamy that singles don't have to deal with. This type is passive in nature. Where active hypergamy causes a woman to become attracted to someone outside the home, leading to cheating or divorce, passive hypergamy does the reverse - it decreases attraction within the home when the wife believes that there are better options outside the home - even if she has no active intention to pursue those options.

As I noted above, my wife is faithful to a fault. Is it possible she might cheat on me someday? Sure. AWALT. But the immediate impact of her hypergamy isn't a motivation to cheat on me or divorce me; rather, it functions as a decrease in her attraction for me. When she perceives that there are other men in her world who are higher value than me - especially if they're men who she believes are actually attainable - her attraction toward me goes down. She finds herself thinking that she stands too much to lose by acting on her hypergamous desires, yet simultaneously, "Those other guys are everything I wish my husband was; why can't he do ___ like they do?" = attraction plummet.

Now, as many of you know, I've been upping my game and demonstrating high value - physically, socially, financially, etc. Sure, this increases dread at the fact that my options are now increasing. The result is that her desire goes up.

But there is a secondary function to my SMV increasing that works alongside dread: **As my SMV increases, the number of higher value men decreases, removing the negative impact hypergamy was having on her attraction to me.**

CUTTING THE BRAKES

Anyone half way familiar with the sidebar should be fluent with the concept of "be attractive, don't be unattractive." This isn't redundant, it's actually saying two distinct things. Dread increases attraction. Beyond its negative emotional drawing force ("I better up my game or he'll leave/cheat! He's a man with options!") it also has a positive emotional drawing force through preselection ("If these other girls want him, there must be more to his changes than I first thought!"). In short, dread is designed to increase attraction.

But when it comes to decreasing unattractiveness, you may want to be mindful of passive hypergamy as a worthy tool to put in your belt. How? Here are a few suggestions:

- Whenever possible, engage with the other men in her sphere of exposure who she might see as higher value. As you stand toe-to-toe with them, maintaining composure and leading the conversation, the mystery that makes up much of preselection value diminishes and you show that he's not a threat to you, therefore must not be as high value as she thought.
 - Shortly after we were married, before I lost my alpha, my wife told me in tears how she was developing an emotional connection toward her boss. He was objectively higher value than me at that time. I was a student, he was her professional superior. I think I was better looking and smarter, but he was new and mysterious and paid his own rent. I told her I wanted to meet the guy, so she invited me to one of her work happy hours. I showed up, had a few drinks with the guy, told some jokes, led the conversation (other co-workers present too), and we went home. My wife was shocked, thinking I was going to confront him more directly. My response? "Nah, I didn't need to. You can do better. In fact, you already did." [How did I ever lose that attitude?!?]
- Develop orbiters and don't hide them. Unless your wife hangs out at bars and nightclubs without you on a regular basis, chances are she won't see many women orbiting other guys in a natural environment. But she's presumably around you enough to know how often other people are trying to get your attention. This presents

you as the higher value man from her perception - even if the other men in her life are otherwise objectively higher in value. She sees you getting attention, but doesn't see the same in them. As she asks, "What did they [the orbiters] want?" don't shy away from revealing the gender. "*She* just had a quick question." In fact, this goes even better if you get involved in the orbiter's drama as an advice-giver (particularly with regard to relationship advice - extra credit if you're telling her to leave the guy, for dread effect). Not only does this demonstrate high value as someone whose wisdom is sought after, but it also shows an amused mastery - that you can casually brush off other people's emotional drama with a casual wave of your hand, knowing the answer to their problems in seconds, whereas the orbiter has probably pondered it for days to no avail.

- On reddit and in church I'm constantly getting people asking me questions about the Bible. There have been several times in the past months where my wife has observed me interacting with other women as an advice-giver. Her early responses were to fire away with the tests to get me to back down. When that failed, she has since started having fun with hearing about the (anonymous) juicy drama, walking away with a simple, "Just don't get too involved."
- Be mindful of the ways other men display high value. Seeing a DHV in another man causes her to expect that same type of DHV in you. If you're aware, this is really a win-win for you. If you refuse to play the game, hold frame, and pass the test, that's a DHV, pitting you toe to toe against your competitor rather than taking a loss. But if it's a legitimate issue where you need some improvement, go ahead and improve - and that's another DHV, also negating the potential loss. But if you are simply unaware because you're not mindful of how other men act around her, *she will see you failing to display high value, which in her perceptive reality is actually a display of low value.*
- If you're extremely confident in your value and your wife has a small social circle, let her expose herself to more lower-value men. This comes off as a DHV because you're not mate-guarding and you demonstrate no sense of threat from your beta competitors.

Any other ideas on how to make hypergamy work for you? Leave some comments.

- Adapted and expanded from content originally discussed on r/RPChristians

68

UPVOTES

Enter Chad

bigOlBeta · 30 October 2017 · Archived copy · Reddit

38m, 38f. Married 4 years. 2 little kids. I was always alpha when single and beta in relationships. Drink captain 5'9", 175 Bench 235 Press 185 Squat 315

Diet good, grooming good, clothes good. Work out 4/5 days a week and Jiu Jitsu 2 days.

Been leading 1-2 times per week (outings and such). Always leading in the house.

Went out of state for work for 3 weeks. FaceTime with the wife and kids every night. Wife starts acting weird on day 2 and doesn't really partake in the FaceTime. Oh well. She starts asking pointed questions like what am I doing at night, and with whom. I welcome the dread and answer but don't go into detail.

Come home. Spend all day with the kids. I'm in the basement after the kids go to bed and the wife passes by the stairway on her way up to bed and says she thinks her "infection" is back. She had a vaginal infection that she took meds for and got rid of about a month before my trip. Ok, no sex tonight.

Go upstairs and she's naked in bed and says "are we going to do this?" Ok sex. We start and she immediately begins to move differently (more vigor) then she stops and goes to her go-to dead fish. She's loose too. After I'm done she apologizes for not cuming and says she has a lot on her mind. I notice that her pussy smells fishy, and different than the last infection. STFU

Next day is Saturday and I have a fun event planned for the family to go to a farm to pick pumpkins, hayrides, Halloween stuff. She's been wanting to do something like this for months. I get the kids up and fed in the morning. The house is a wreck so I clean and vacuum. I have one of the kids bring her coffee. She gets up and is upset that I'm cleaning because she thinks that I'm going to call her out on the house being messy. I blow it off and continue to clean the dirt from the flower pot that tipped over.

Tell her I'm headed to the gym and will be back in an hour. On my way out of the gym I text to have the kids ready and we'll leave by 11am for the farm. She says "I don't want to go. Just take the kids". I tell her I want us to go as a family. She says no, just take the kids without her. This is odd because she lives for this stuff.

Get home and she's almost got the kids ready. As soon as the kids and I are downstairs she hops in the shower. Kids and I are about to leave and she comes down wearing yoga pants and a sexy shirt. She looks way too good to be depressed and cleaning the house. Red flags are popping up all over the place. I grab an old dictation recorder I had and stuck it in a vase by the back door where the living room is.

Come home 2.5 hours later and she's still working on cleaning the first room (small bedroom). I grab the recorder and head out to Home Depot for painting supplies. I listen to the recorder and it's a half hour of microwaving and watching tv. Then I hear my dogs start to go crazy at the sliding door in the backyard. Wife says "look guys, someone's here". She then goes outside in the backyard for 15 minutes and does god knows what.

Later that night she is supposedly at church but is gone for double the amount of time it would normally take to do that. We go to bed and I initiate. She doesn't want to and says that she doesn't like having sex with me anymore. She baits me into a conversation about her feelings and why she's not attracted to me anymore. I listen and do some comforting but halfway through what I'm saying I realize that this will never end, and it's only getting worse. I ask her why she didn't want to come with us to the farm. She says feelings and reasons. I say who came over while we were gone? She says nobody. I say "you didn't talk to anyone in the backyard while i was out with the kids?" She says no. I have no actual proof of Chad but I caught her in a lie and there's only one reason to lie in this situation. I didn't tell her about the recorder but I did give up on the marriage in that very instant. Told her I'm going to see a lawyer Monday. Later that night she comes downstairs while I'm watching football and starts to talk about things. With zero emotions she starts to tell me what a shame it is that I'm going to throw away our marriage (she thinks it's because she doesn't cook, clean, or fuck much). She makes no mention of the outside incident the day before that I

alluded to. I'm done with this woman but I'm sad for my kids. Really sad for my kids.

Apt with the lawyer this afternoon

MMSL, NMMNG, WISNIFG, way of men, book of pook, professors book, rational male

68

UPVOTES

"It Just Happened"

oak_water · 20 October 2017 · Archived copy · Reddit

To piggy back on the boyfriend/husband/trifecta posts.

Are you a smooth motherfucker?

Or do you have an initiation sequence when you want to have sex?

Can your girl tell the difference between your playful, sexual, kino-laced banter (which you do, right?) and your actual desire for sex right then and there? Yes? Then you have more work to do.

There's this thing women have called ASD, or Anti-Slut Defense. This kicks as soon as you force, or even ask, her to make sexual decisions. When a woman has to make sexual decisions (e.g., *do I accept this man's offer to slobber up his cock right now?*), she will feel the weight of responsibility as the one wearing the sexual pants. Being the oldest child in the house, your wife doesn't want or need that responsibility if she is to be your babe.

Socially autistic guys have two modes. "Handle business" and "get down to business". When we're handling business, we're probably working, doing chores, playing with the kids, working on the car, making contacts, feeding our platonic relationships, etc.

Then we get horny, so our radar clicks on and finds the wifey (or any other wet and attractive hole, for some of us), and our mission is set.

The problem is that the bitch can tell when that radar starts up. And she dreads that ping. Not in the BPP manner, but the stomach-in-knots, I-hope-he-doesn't-see-me-here, oh-god-this-again type of dread. There's a visible cringe that happens in my wife's body language if I officially begin the process of coitus. It doesn't matter how objectively attractive you are. If you make this autistic move of flipping on your sex radar with such a loud click that the whales circling the arctic perk their ears, you're doing it wrong. You're not a dominant caveman, you're a geek who read some tricks on MRP and thought he found his balls.

Blur the line between

- I'm a sexual guy who likes to tease and have fun

and

- We're going to have sex now

It's a spectrum, not a binary choice. This means an actual rejection is not even possible, because when she gives a hard no, you're Stoically hanging out in one range of the sexy spectrum, not plopped on the wrong side of Pleasuretown. You have outcome independence, mostly because you aren't limited to one outcome to begin with.

So I game, and sometimes the sex naturally follows. "That's what she said", "...in bed", gropes, ass slaps, boob grabs, pantsing, 10 second fireworks kisses, shameless PUA moves, or just a sly, knowing glance at any time of day. Sometimes I don't *feeeel* like gaming my wife. I do it anyway.

I come out of left field sometimes, instantly puts sex on her mind. But then I don't assume the go-ahead and go in for the kill, scaring the slut out of her. Plant the seed and move on. I don't keep it sexual *so that* she'll sleep with me. I keep it sexual because I am naturally sexual, and I find the remarks funny/sexy/amusing/fun. No hidden agenda behind them. You could even say I have no covert contracts. She feels no guilt in not having sex with me immediately, because she's not letting down my hornily constructed expectations.

When sex does happen, it's more of a slight ramp up, not a strenuous jump. It will "just happen". Even I've been caught off guard.

The status quo is a simmer of sexiness, and actual sex is a nice rolling boil. But the heat never turns off.

Advanced study: how to flow seamlessly from sexy hubby to caring father to badass professional/business owner to whatever the fuck else you do. It becomes more natural the more you do it. Have fun with it.

68

UPVOTES

Angry Sex - Lessons Learned

makethemflaunt · 11 September 2017 · Archived copy · Reddit

This woman is in the process of throwing a self-described irrational, emotionally-driven rant.

The husband does good, ignoring, then trying to leave. She blocks him and gets in his way. He picks her up, puts her on the counter and angry-fucks her, and calms her the fuck down. She sends a thank you text in the morning and posts to /r/sex to try and understand why it shifted her whole emotional state that was bothering her throughout the week.

Had a similar experience this evening. Came home late from work, showered, cuddled my sleepy LTR (lying in bed, beseeching me to sleep) as a little hello and then said I needed to sit (meditate) and she groaned and whined and clutched onto me and it was annoying and angst-provoking for both of us.

So, I grabbed her from behind and bit into the outer edge of her ear, just above the lobe, breathed animalistic-like into it and nibbled it and all up and down, with a bit of tongue. The nibbling with the hard breathing, with the aggressiveness, it is an instant turn on for her. I know a lot of guys on here are struggling with getting sex from their woman. That's not my issue. My issue is actually a bit the reverse. I wish *I* was turned on more often. And I wish I knew how to deal with her whining whimpering alter-ego which pops up when she's insecure and tries to bind me to her presence.

Well, tonight, after giving her this sort of super-intense stimulation which literally pushed her right to the edge of what was tolerable, she relaxed, super deeply. She was literally spent, on some level. She didn't even move as I got up to do my sit. In under ten minutes she was gently snoring.

Spiking her sexual energy to amp up and calm her down may be a technique well worth honing. Wanted to share.

68

UPVOTES

FR: A few tips for life after divorce for the husband with no fault in the marriage

BrazilRedPill · 12 April 2017 · Archived copy · Reddit

This is for guys who are divorcing / ending a LTR or considering it, based on my experience

You have improved, became a valuable man, gave your wife time and she didn't jump into your boat.

Nobody is perfect, but while your mistakes were acceptable, hers were not. What now?

1. Know why you are divorcing.

Divorce is a bureaucratic process that often takes a long time to complete. It is easy to stay down and consider not getting divorced when your wife comes to ask you to come back. While it may be ok to forgive her and decide to get together again, it is not ok to do this due to oneits, or for any reason other than a well thought out, reasonable, rational approach.

Make a list of the reasons why you are divorcing. Save it on your smartphone in order to have it always with you. This is what will keep your mind fresh and sane when you need. My list has over 20 items. Remember all the shit she has done to you, your kids, your family and friends, and write it down.

When you start the divorce process, more shit will happen, make sure to include those in your list as well. Save all the text messages with your soon to be ex. She will eventually do stuff that will hurt you even more. To a few good and close friends and family members, you can show how crazy she is. These are the only people that will give you emotional support.

Use the list of the reasons why you are divorcing when she starts to gaslight, making you doubt your decision. Check if what she was saying overcomes the problems you listed; from what happened with me and others I've talked, it rarely will.

2. Know that it is hard to be a man and be divorced without a fault on your side.

People don't know what to tell you when you did everything right and your wife messed things up. They know what to say if the case was that you've cheated her, if you were a bad husband or father. It's good for YOU to know that you did your best, and you did nothing wrong. But it's hard for others to understand. And it's hard to explain to plates when you start going after other girls. Nobody will give you emotional support. Girls will actually feel repulsed for the very fact that you didn't do anything wrong in your marriage, don't ever say this to them.

To the plates, I often tell that "my wife didn't want to have sex anymore, was distant, along with a lot of other things", or you can A&A then say "mistakes were made". If you go the other route, saying all the good things you did and yet your ex didn't want you as a husband, the plate will see you as low value man. She will think: "if your best wasn't enough for your ex, how can it be for me?"

3. If you have kids, your ex will be in your life until your kid is 18.

You will always be the father of her kid, and she will always be the mother of your kid, that's for life. You will have to deal with your ex until your kid is 18. It's hard to ghost her before that. Your ideal scenario is joint custody, wich presupposes respect and harmony in the former couple.

If your ex is not happy, she will probably reflect that on your kid. This is the hardest shit, but inside your head, you must wish your ex to be happy with some guy.

The best scenario is that you and your ex become friends. Your kid would love this, it's the best for the kid, if you can. But do it in a manly way: you are right in this divorce, so if she is giving you a bad time, this may not happen at all or happen only in the future. All you have to do is be stoic and don't answer to her bullshits. Walk away when she is crazy, don't answer her nonsensical provocations.

4. If you have kids, accept that you will have to pay something (a lot).

Since you or her leave the house, start paying something. The idea is that you build a historic that can be used in court later. Pay a decent amount, but not all you can, since she will probably ask for more in court.

Always talk to your lawyer before you start paying anything. Get the best lawyer your money can buy.

5. Your kids will be fine.

As long as you see your kids a decent amount of time, things between the kids and you will be the same. They will love you as much as they did before. Being married and being a father are separated things. **There is, however, a small chance that your kid will experience divorce-related problems.**

Be awesome with your kids when you are with them. Go for joint custody if you can.

6. You will need to make new friends.

If your friends are all married or on LTR, they will not fit in your new reality. Married friends have their family and business to run, and a lifestyle that probably doesn't include going out late of the night on bars. They will help you with talks and shit, but they won't be able to go out with you when you want find new girls.

Basically you will have to go out without the friends you know, in places you are not used to go, and will have to be social again. If you have divorced or single friends, go after them; otherwise, you will have to socialize to find new friends.

7. There is an awesome life for a divorced man out there.

It was the biggest surprise for me so far. Pretty, intelligent divorced and single women your age everywhere, for every tastes. No ONS or plate gave a shit for the fact that I am divorced and have a kid. It may be harder to find a LTR in the future, I'm not sure. But after being a long time in a marriage, who wants a relationship this fast? Give yourself some time.

You will be amazed by the amount of awesome single or divorced girls that are available for you to pick.

8. Girls will like you. There are few masculine men out there.

You go to a bar and there are guys younger, better looking and stronger than you, but they are lost in general. They have no game, they are not masculine, they only approach girls that throw themselves to the guy.

Girls told me that old-school men are the best. I am 38 years old. Be cool, secure, mock the girls, don't pay their drinks (I recommend you pay for one beer, she pays the other), have a good time and they will think that you are the shit. And of course, lift heavy as if your cock depended on it, because it really does.

Edited to insert good considerations from the posts below.

68

UPVOTES

A RP Journey Part 1: Reviving my dead bedroom

ppdthrowawai · 30 December 2016 · Archived copy · Reddit

This is a long story that I originally wrote for r/deadbedrooms. Turns out they don't have any interest in success stories if they involve The Red Pill and filtered my post. I spent a lot of time here over the course of this relationship and perhaps the story would be more appreciated here.

The Dead Bedroom

I started dating my SO about 6 years ago in my mid 20s. I'm slightly below average height, above average attractiveness and fitness, and was just finishing school with a very good job on the horizon. I've always dated attractive, smart women and she was no exception. In the beginning the relationship was awesome. She was fun to talk to, had a lot going on in life, was very kind, cared about her family, beautiful, and the sex was amazing. I had a particularly good feeling about this girl and we moved in together after about a year.

Living with this girl was really easy. She was always fun, in a good mood, and easy to please. That being said, I noticed the sex started to slow down. Whereas we were usually 3-4x a week, it was dipping down to every other week. She was stressed with the move and some work shit. She ended up getting promoted and we got settled in our apartment, but our sex dipped down to once every month or so. Over time, she started gaining weight and insecurity about her body became the new reason we didn't have sex. We joined a gym and started going. I always stayed in decent but not great shape, but I think she was eating a little poorly and her weight fluctuated for a while. She stopped going after a while. I continued on my own for a time but she became more demanding at home. Like a good boyfriend, I stopped going to the gym to give her attention and help with whatever would be going on at the time. Sex dipped down to once every 2 months.

I started to get concerned and we started talking about it. She claimed work was stressful and she was having a lot of difficulty keeping up. After this, I devoted myself to helping out more. I started cooking all of the meals, typically healthy, and over time was doing the vast majority of cleaning and laundry. I spent a lot of time on r/deadbedrooms and tried just about everything under the sun that was recommended to fix my problem. We tried scheduled sex, upping the romance, changing BC, stopping BC, counseling, the talk. Although every little thing usually resulted in a little uptick in sex, it would soon go back down to once every 1-2 months.

I was pretty torn as I loved everything about this girl, but missed the intimacy I had had with previous women in my life. I began to miss other little things like snuggling, holding hands, or passionate kissing. We didn't do that anymore. There was always some mental barrier or excuse for why she didn't want sex. I was also made to feel bad about it. I was "pressuring her" with my sexuality. I was too horny. I was a dog, a dirty animal whenever I brought it up. We started talking about our future and how everything else was perfect. She fed me some bullshit about how her insecurity kept her from feeling sexy and if we were married she wouldn't feel that way. With encouragement from family and friends who also thought she was great, we started having the marriage talk. I'm embarrassed to type it. I proposed, but under the condition that it would be a long engagement.

So shortly into our engagement, I noticed that nothing had changed with our intimacy problems. She wasn't any more affectionate, the sex was just as boring and infrequent as ever, and to top it off, she was getting increasingly bitchy about little things. I realized that we had slowly reached a point in our relationship where I did 80% of the work and somehow did nothing right. I realized that I wasn't being treated the way a fiance should be treated.

The Fix

At a certain point, I snapped. We got in a big fight and I told her things would be changing. I had been reading r/deadbedrooms pretty religiously for a while and as a last ditch effort before ending this engagement, I tried something I never saw before. It was Married Man Sex Life by Athol Kay. I tore through the book in a few days. It was scary how much some of the details described my life. I continued to read MMSL forums and delved into the red pill. I came in with the mindset that if this last thing didn't work, I was backing out.

The first part of the strategy was to make sure I wasn't contributing to the problem so she couldn't blame external factors for our intimacy problems. At this point I was doing virtually all the housework and cooking so nothing needed to be done there. I started lifting again. As predicted, she fought me on it. She would tell me things like, "You don't need to do that. You're already in good shape", and "Come watch a movie with me instead!" I ignored her and continued lifting. I started getting pretty jacked again and after about a month, she started exercising on her own, something I could never get her to do by asking or suggesting. I gradually started ignoring her to enjoy some of my hobbies. I started playing guitar again and going out with friends without her. She would ask me to spend quality time with her and I would ignore her for video games. I remember multiple times seeing the look on her face and preparing for the worst. I remember the physical reaction I would have of bracing myself when she'd be about to bitch at me. I realized this was a learned reaction. I started conditioning myself not to care about her emotional state. I also kept waiting for the backlash to come. At first she would flip out when I ignored her or told her I wanted to do MY things. After a while, she kind of just got used to it and the backlash became less and less.

While this was happening, I started asking her to do things for me that I would normally do for myself: cook for me, buy me shit. I'm pretty self sufficient but started delegating tasks to her. To my surprise, she happily obliged. It gave me little moments to reward her for a job well done with some validation and attention. She gradually lost almost all the weight she had gained over the course of our relationship. The amount of shit she gave me was becoming less and less. I was slowly injecting sexuality into our every day life as well, including her tasks. For a simple example, I'd have her grab me a coke out of the fridge. When she hands it to me I would kiss her and grab her ass.

I started groping her more frequently, slapping her ass, and calling her dirty names. At first, she resisted or ignored, but her refusing sex was no longer rewarded with affection and me just kind of hanging out twiddling my thumbs.

VERY IMPORTANT: When she refused sex, I never punished her or made her feel bad, but just went to do things that I cared about. Outcome independence is very important. It isn't about sex, it's about improving my life and if she isn't going to please me at the moment, I will do something to make myself happy. It started becoming normal business for me to unabashedly be sexual with her. She knew she wouldn't be punished ever for saying "no" and learned that her responses did not dictate my behavior.

To be clear: I was sexual with her whether she wanted me to be or not. I was sexual with her whether she said yes or no. I never got butthurt and kept the same state of mind and energy level whether she said yes or no. Sexuality was becoming the new normal for me and if she wanted to be a part of that, she just had to hop on board my life train for a little ride.

She started coming to me to enjoy what I was doing instead of the other way around. The bitching that was so pervasive had completely stopped. Over this period of time, frequency increased to 1-2 times a week and the sex got kinkier. I started getting dominant with her in bed. I started dressing her up in the clothes I wanted and treating her like a slut. She started calling me her "king". In one conversation after a particularly good bang, she had this to say, "The thing that makes me so attracted to you is you don't take shit from anyone, including me." I really couldn't believe the shit that I was hearing. The red pill fixed my dead bedroom of years in about 4 months. Even more shocking, she almost verbatim said some shit I read off a forum I used to make fun of.

TLDR: "Perfect" relationship except for sex life and intimacy in general. Tried eliminating her stress, cooking, cleaning, gym memberships, scheduled sex, counseling, BC changes, upping the romance and eventually was talked into an engagement to prove my commitment or some dumb shit. Nothing worked and she eventually started to become nasty to me. Read MMSLP. Started dread game. Proceeded to lift weights, ignore her in favor of my own hobbies and friends, ask her for favors, and unabashedly sexualize her. She responded by becoming less bitchy, getting into shape, putting a LOT more effort into sex, and stroking my ego.

A RP Postscript: We are humans and have our own threshold below which we will not fuck. I got lazy, complacent, and became a people pleaser because that's what she said she wanted. I got excellent at working and being domestic. At our lowest, we were both getting ugly, were unhappy, and super stressed out. After RP I focused

on myself and having fun. I improved my situation greatly and she couldn't help but notice. What surprised me the most was how she responded to my ignoring her to take care of myself by *taking care of herself*. When we weren't ugly anymore and I stopped participating in her idea of fun (junk tv like Judge Judy), she came to me for fun as she saw me having a blast without her. The sex was just a nice side effect.

But that's only half the story because life got a lot better. Hope you guys enjoyed. If this is well received, I will write the rest when I'm feeling motivated.

68

UPVOTES

The Power of a Masculine Male Role Model

TheFamilyAlpha · 25 May 2016 · Archived copy · Reddit

I just got home from coaching my son's little league team and wanted to share a gem from today.

One of our kids does not have a father in his life. His mother, who is a full time social worker has tried to get him into whatever sport she could.

The kid is not athletic. The mom is a single mom and does not have the know how that is needed to raise a boy in a masculine way. She tries, but there is just some shit that requires a man's touch.

He is uncoordinated, but he *wants* to be there and I appreciate that. I try to make sure I engage him and make it known that I am pleased when he is paying attention and doing as he is instructed. He has been coming around...

Today he has a frozen rope thrown his way, perfect throw from short to first.

He drops his glove down before the ball is there

Right in the fucking mouth

He puts his hand to his mouth and I immediately yell his name, he looks to me and I maintain eye contact and tell him that *I cannot believe how hard core you are. Do you realize you just took a ball, traveling 75 miles an hour to the mouth and you didn't cry* - (he's still trying to figure out if he is supposed to cry or not) I then tell him that he is a beast and is the toughest kid on this team and I tell the team that he is setting the example for them to follow.

All the kids fist pump him, high five him, call him an animal and the kid is super fucking proud. The rest of practice he keeps telling me, "*Coach, I'm a beast*"

This is but a sliver of what this kid needs.

His mom pulled me to the side after and told me that since I've been coaching him his confidence has soared. Obviously this makes me feel good as I am coaching unlike everyone else and wasn't sure how it would turn out - the other coaches for the other teams are fat and nice. I am motivating, yelling, fist pumping, and smacking helmets.

I encourage my boys to yell for each other, I get the parents to wear matching clothes, I am yelling the whole time - going the extra mile and racing them around the bases while the other coaches for other teams just watch their guys.

I try to show them what a man is and how he should act. With passion and competitiveness - showing them to appreciate hardwork and to believe in their team.

But these kids, like the one I talked about need *more* of this in their life.

I ask each of you to look at those young men in **your** life that you have the chance to interact with. Take them under your wing - make a difference where and when you can.

The next generation of men will only be men who embrace their masculinity *if* we show them how.

Acta Non Verba

EDIT

Because /u/OneMe2RuleUAll thought I was serious about the 75MPH - I wasn't serious, it was a throw from a 7 year old, I said 75 to build the kid up making him feel like he took a fucking line drive from David Ortiz off the face and still not cry.

This is what you need to learn, masculine men lie when necessary - I lied to a 7 year old about the speed because it made him feel better - sue me.

68

UPVOTES

The Husband's Dilemma: When to Withhold Affection and play your "mean card" or What To Do (and When) with a sexually withdrawing wife: Clarifying Dread Level 4 and conditioning your emotional availability with her sexual availability

BluepillProfessor · 29 October 2015 · Archived copy · Reddit

Marriage is like the Prisoner's Dilemma game. Each player has a nice card and a mean card. The best strategy that has been developed over millions of computer simulations is to ALWAYS play your "nice" card first, then respond tit for tat. That is, you play your nice card, she plays her mean card. Then the next card you play is your mean card. You KEEP PLAYING your mean card until she plays her nice card. THEN you play your nice card so long as she continues playing her nice card. Tit-for-Tat.

How does this look in a marriage? All of us have a "Nice Card" and a "Mean Card" because of this unbreakable rule:

MEN CONTROL COMMITMENT, WOMEN CONTROL SEXUAL ACCESS.

Husband Nice: Masculine, affirming presence with your time and attention.

Husband Mean: Ignore, remove affection, time, and attention.

Wife Nice: Sexy time

Wife Mean: Hard Sexual Denial

Based on the Prisoner's Dilemma and some basic Psychology, I advocate withholding affection for sexual denials beginning at **Dread Level 4**. This is a very basic operant conditioning technique. By providing clear consequences to behavior (withholding sex and giving a "Hard No") you work over time to change that behavior.

However there are a few clarifications because this concept of withholding affection for sexual denials is taken WAY to literally by WAY to many people.

First, this is supposed to be built up slowly over months and the connection in her mind- and yours- between withholding sex and you nope-ing the fuck out of there is NOT supposed to be a direct link. It is simply that you have better things to do than to put up with a screechard blue baller who is not attracted to you.

This is why Level 3- **GET BUSY COMES FIRST!** You have to build a fun, exciting life with lots of options and to GET BUSY **BEFORE** you start on Level 4- **BEGIN CONDITIONING YOUR EMOTIONAL AND PHYSICAL AVAILABILITY TO YOUR WIFE WITH HER (SEXUAL) AVAILABILITY TO YOU.** If you don't lay the groundwork first, then she will see this (correctly) as you being a butthurt little boy denied his candy.

Withholding emotional and physical validation IS AN EXTREME STEP AND SHOULD ONLY BE TAKEN FOR EXTREME REASONS.

There are several key words in THE Level 4 directions: First is the word BEGIN. "Begin" means.....Start. It doesn't mean get busy (Level 3) and then move to Level 4 where you suddenly turn into a total dick- suck my dick every day or I will ignore you and have nothing to do with you, bitch.

If you are on the once a month or twice a month plan then initiate one night. If turned down, play it cool. Don't be an asshole! Take a middle road path. Simply turn down the ardor a bit. Take longer to answer her calls. Leave for your martial arts club without kissing her goodbye. Cut back a bit on your displays of affection. Remain the rock. Remain strong and fatherly but no more Disney Princess Twu Wuv bullshit.

Notice I don't say ignore her completely! Simply dial it back. If turned down again when you have been affirming and upbeat for a while then do it again- this time with a bit more withdrawing. Perhaps you leave for a time and "accidently" leave you phone at home. Perhaps you don't take your phone to work the next day and you don't call or

text her during the day.

The point is **BEGIN** to disengage. **DO NOT BE SCHIZOPHRENIC AND SUDDENLY DISENGAGE COMPLETELY.** Do it slowly and increase the pressure (by decreasing the time/attention/affection) over weeks, NOT days. Build the connection in your mind and hers that there are consequences to her being in control of your sexuality and denying you. Just don't do it all at once!

Second, "sexual availability" does NOT mean she is DTF 24/7 every day of the week. There are times when your wife is NOT available to you but this is not always a "Hard Denial."

For example, I have a tacit agreement with my wife that I will not initiate sex every day. She has always maintained that she enjoys it much more when we wait a day, building up tension and so on. Since I am in my late 40's, I have to agree with her. So I initiate just about every other day. She is receptive and only rarely turns me down on that day- and almost always with something along the lines of "I am tired, darling. Let's do this tomorrow so I can get into it."

My response? A paternal kiss on the forehead and THEN I act as if nothing has happened. I remain upbeat, affirming, warm, affectionate, strong, etc before leaving the room to do my own thing). Why do i do this? **BECAUSE THIS IS NOT A SEXUAL DENIAL. THIS IS PERHAPS A SEXUAL DEFLECTION, OR SEXUAL DELAY. IT IS NOT A HARD "NO" HOWEVER.**

YOU WANT this level of communication (SHH, don't tell TBP) with your wife. In fact, you **WANT** the level of communication where you communicate your intent with your eyes and she responds nonverbally. I can't tell you the number of times my wife has seen me give her a smoldering look and she responds by closing the distance, settling into my arms, kissing me and saying: "Tomorrow." A couple times I managed to say it along with her because I already knew the answer. **THAT** is Red Pill communication fellows. Direct, to the point, and no or few words necessary.

Even Daniel rose of The Sex God Method recommends this course of action for this type of "denial." He suggest giving her an Agree and Amplify and something along the lines of: "Oh my baby is sore from all that pounding last night. Don't worry dear, we can wait another day and let you heal."

So let us be clear:

1. I think you withhold affection for hard sexual denials and **ONLY** for sexual denials. She controls sex, you control commitment. If she plays her "mean" card, then you are forced to play your "mean" card.
2. I do not think you withhold affection for Starfish sex. A woman can respond to your advances by submitting to them but the only way to truly get her to like it is to be a high value man yourself and that has nothing to do with changing her behavior. Thus operant conditioning is useless for the Starfish. You can get compliance from your wife, but if you want to get her hot and dripping, that is entirely on you. Be attractive. Don't be unattractive.
3. I do not think you use this tactic during shark week or if there is a legitimate reason to deny intimacy. What are you conditioning if your wife is physically unable to have sex with you? What is the purpose of withholding affection for a behavior that cannot be performed at the moment due to illness or infirmity (or a bloody mess)?
4. I do not think you withhold affection for a single night of "I'm tired, let's make it up tomorrow." As stated above, I do not think this is an actual "sexual denial" most of the time. Of course it may very well be- that is for **YOU** to decide on your own in the context of your own relationship.

In conclusion: I think you use this ultimate tactic- withholding affection and time for Hard Sexual Denials- in a sparing, measured way. Use your head with this guys- and not the little ones. Define what a "Hard Sexual Denial" means to **YOU** and **YOUR** marriage and act accordingly Red Warriors. Be consistent, develop your goals, and gradually work towards them.

Finally what do you do when your wife calls you out on your sudden change in behavior? "Are you going to be mean to me all the time if we don't have sex every day." I think when she brings this behavior into the open it is not out of line to bring it all the way into the open. If you can say very calmly:

"I am not mad, just disappointed and frankly I have better things to do than to hang out with a woman who is not attracted to me."

Then smile grimly and give her a brotherly, passionless kiss and leave the house. Let us know what happens when you get back and for the love of God do NOT react to her whining, bitching and moaning. Just leave and if she tries to keep you from leaving just do broken record- I have better things to do than to hang around here with a woman who is not attracted to me." Note how this works when you really do have better things to do!

TLDR: Actus Non Verba

68

UPVOTES

When to next your wife

Sepean · 28 May 2015 · Archived copy · Reddit

A lot of new guys are coming here and they're at their rope's end. Some can't handle the frustration anymore, some can't imagine they'll ever get over the hatred they feel for their wife, some are sure their wife really is a bitch and they want someone better.

Others seem intent on saving a marriage even though their wife is probably never going to become pleasant company.

The answer I wanted to give to all of them seemed to center around the same few principles, so here is my take on when to next your wife.

Time changes everything

I've been at that place where my wife had hurt me so bad so many times I thought she'd killed all feeling for her and I just wanted to hurt her back. I could not imagine it ever working again.

But the fact is that months later we're having lots of great sex, we're happy, and all that's under the bridge. My wife is still capable of being the meanest bitch on Earth, but she's not that way towards *me* anymore.

All of us has had something bad happen to us and at the time it seemed we would never get over it, but then we did. This could well happen with your wife once she stops being a rejecting bitch. You will not despise your wife forever.

Except the things that don't change

The red pill is mainly going to change one thing in your wife: her desire for you.

I have a heuristic I use to find out what people are capable of when they're properly motivated. I look at them at their best. Most people can be shitty friends or shitty workers when they don't care, but look at how they do when their heart is in it. If your wife is and always was a lazy, fat slob that never got along with anyone and couldn't hold a job, you have no chance of turning her into a good wife. Such people just don't have it in them to work up the effort to fight for even their important relationships. But if she is popular among her friends, she can become good company. If she works hard at her job or to take care of the kids, she can work hard for you.

So look at her when she's at her best. Even if you alpha up to the max, you're not going to get better than that. Some women just don't have the energy, self discipline, or agreeableness it takes to become enjoyable company.

The grass is greener on the other side

Unless your wife is fucking your brains out, this is a fucking fantasy. Assuming you didn't marry someone that actually is worthless, the problem is you, not her. How your wife treats you is an accurate reflection of your level of alphaness. If you read all the red pill stories about how people are spinning plates and think your life as a single man will be like that, the truth is that you have some work to do.

Dread games

Some dread games are always a good idea, but if you're thinking about leaving your wife, they're essential. This [guide](#) by /u/BluepillProfessor has a great take on the approach. Read it.

The thing about running dread is that not only does it make your wife realize your value - it also lets you know how well you're really doing and what your alternatives are. It is pointless to leave your wife to spin plates and then finding out that you suck at flirting, don't like it, or have lower SMV than you thought. Dread games lets you gauge

your actual progress and gets you out of the idea that your wife is the source of all problems. If you can't pick up women, the problem is you.

When you can pick up other women, you're doing great. You're alpha. You're ready to decide if your future is staying married or nexting her.

Next her right

If you are going to next her, don't do it in the heat of the moment. Prepare. Talk to a lawyer, hide finances, get proof you need to not get fucked over in the custody battle. The consequences are going to stay with you for years - enduring marriage for a few more weeks is going to be worth it.

TL;DR

1. Patience. Calm down. Realize that your wife will change and with that your feelings towards her.
2. Look at your wife at her best, when she is working for something important for her. If she sucks at that, she's a lost cause; next her. Otherwise, the problem is you, not her.
3. Improve yourself, lift and lead.
4. Play dread games. When you can flirt successfully with other women, your wife is going to be wet for you too; this is the time you want to decide if you want a divorce, not before.
5. If you still want to next her, see a lawyer and prepare properly.

68

UPVOTES

Azimuth Check

ReddJive · 29 July 2019 · Archived copy · Reddit

Land Navigation is probably one of the hardest skills for an Military Officer to learn and retain. The US spends 4 years training an officer, for just about all of the branches; a lot of leadership, small unit tactics, and a handful of other basic soldiering skills. Sure there are programs that can go shorter or longer but for the most part it is 4 years. The Cadet's abilities will vary wildly based on what program and school they come from. ROTC vs West Point vs OCS; even what university if you are ROTC can matter. Even still it usually comes down to the individual.

Still there is one skill that all cadets had trouble with. Land Navigation. I never saw an exception unless that cadet had been prior service and land nav as part of his MOS. Now I don't mean with GPS, I mean with a magnetic compass, paper map, and your pace measured out so you knew how far one step carried you. The final test would see a cadet given 5 points. All over a distance of maybe 10 miles, some points would be closer to each other than others, but you had 6 hours to complete the course.

Some would measure out both a running and walking pass count, that way they could run when they wanted. Pretty smart. It seems simple, get your azimuth, distance, and direction. Then go. Only it's not that easy unless you've done it for years. See when you walk over distance you naturally drift to your dominate side. The counter to this you would be told to take a knee, recheck your azimuth every 30-40 pace counts. So yeah you had to be keeping track. This would help to make sure you are still headed towards the point. This even effected you if you walked around an obstacle such as a tree, rock, ditch, or fence. The counter here was to go left on one then right on the other. Still you had to stop and take an azimuth.

All that said it was still easy to be 30- 50 meters off your desired location. You have to really work at it. I mean you have to hump your ass off. Through all sorts of terrain.

What are you checking your azimuth against?

Swallowing the Red Pill is not an easy proposition. It tears a man down. Along comes someone who says, "I can help you. I can give you what you need." This persuader appeals to our missing needs and because it's a vulnerable moment for an unplugging man, it's very easy to sell, to persuade. The problem is people too often look for someone else to solve their problems. These people are not just looking for hope. They are not just looking for examples, but for someone who knows. Someone who has the iChing. Who has solved the problem.

Rule Zero is true north. It's a key component that cannot be forgotten. At it's core the focus is on you. What you want and need. It places the man at the center of his world and it's jarring because that is not what you were taught. Not what you were told would get you any where.

Get married or stay married. Plate women, get jacked, get wealthy. Doesn't matter. These things don't make a man. They are things to do that are easy to change. Things that help you get in a new mindset and break the blue pill mold. You can be all these things and still not live life on your terms. What are you setting your azimuth against here?

Stay focused on the larger picture. Be careful of the dangers of creating gurus, because when you create a guru you're saying that this person is above me and it's very easy then to become a worshiper rather than a student.

This was never about her. Them. That other guy.

It has always been about your self respect. Your boundaries and knowing what you will and will not put up with. Then holding to them.

This has always been about you.

Along the way make sure to a Take knee and check your azimuth.

68

UPVOTES

60 DoD '22 - Eating for Health and Fitness

Blarg_Risen · 7 April 2022 · Archived copy · Reddit

This week's topic on dread is Eating for Health and Fitness. Let me start off by saying anyone over 15% bodyfat who isn't competing in some kind of heavy lifting meet, this post is geared toward your fat ass. There is absolutely no reason any of ya'll should be above 15% bodyfat. In fact anyone over 20% that's looking at this right now, I expressly forbid you to read it unless you are doing some type of light cardio: treadmill, stair stepper, bike, or head out into the neighborhood and go for a walk.

I cannot tell you the number of OYSs I see posted on a regular basis where guys' numbers are over 15%, up at 18%, or even over 20% consistently. It is not hard to lose weight. Really. That's not a locker room mentality aimed at convincing you that something that's complicated isn't with the "right mindset". It's truly not hard.

Who am I to give this advice? **Here's my qualifications.** My yearly bod pod test I got at the end of March, where the nurse tech was nearly creaming her pants when I stripped to compression shorts and was literally (yes I used the word right) short of breath post-test. I gained 4lbs of muscle, lost 9 lbs of straight fat from a BF% of 12. And the best part? I'm currently enjoying Cadbury Creme eggs. I gorged myself on about 12 dozen Christmas cookies over the month of December. I eat ice cream at least twice a week. I get my veggies in. I get my protein in. And I'm satisfied and satiated with what I eat. I've tried a bunch of different methods experimenting here and there and kept a multitude of ideas. My notes are below. I've organized them in succession from the very basics, to more advanced tips and tricks you can dig into as you get your shit together.

Starting Off

How do we get this gravy train rolling? Dieting isn't an exact science. There will be intelligent guessing on top of intelligent guessing. So the more sure you can be of all these variables, the better you're going to be able to figure out what you need to do to make progress. First, you need to figure out where you are and where you want to get to. That's called a goal.

Gamechanger: Nail down your starting point. Figure out a way you can get your Body Fat and Resting Metabolic Rate measured accurately. I know the OYSs are filled with guys who have calipers, are using a "mirror test", or a Navy formula. These are basic (re: lazy) and inaccurate and inconsistent measures of testing. Even bioelectric impedance is garbage. Especially on those cheap bathroom scales. And it's highly variable based on what you've eaten for the day and current hydration levels.

As a comparison:

My bod pod measurement says 7%.

My scale says 16.6%

Calipers, 6%

Navy, 13%

Pictures, depending on which set you choose, anywhere from 7 to 13%. You can **tell me** though. Here's a nice site to compare. <https://rippedbody.com/body-fat-guide/> Considering past experience and all the above, I truly believe I'm closer to 9% than 7. Back on topic though.

Where/How?

I've heard of mobile DEXA scans stopping at gyms and offering scans for \$50. I've heard of colleges/universities having Bod Pod available. If you can find a place that does hydrostatic weighing, you're set. Pick up the phone and call around. Call university health centers. Call gyms. Call hospitals. Call physical therapy centers. What's the worst they can say, no? Call the local business in your area that's trying to cash in on the next wave of fatties trying to lose weight with their "revolutionary technique". Yeah the technique is garbage. But if you can get a DEXA scan out of it for cheap, do it and then ghost them.

BF measurement is inaccurate

I am aware that because of the inaccuracies of nearly all body fat measurements, we won't be 100% sure of where our starting point is. That doesn't mean we don't try to find one. A trend line requires 2 points at least. If you get 6 months down the road and take your "end" point but don't have a start, you do not have a trend. You are literally as lost as you can be. I used to work with a guy who said that because the error in the overall measurement I was trying to make was greater than the error of the tool I'm using to measure one data point, that there was no point in trying to minimize the error of that data point. That's retarded. Get your first data point.

Once you do that you'll need one more thing.

Facts: You breathe out 85% of the fat you lose. Your RMR is how many calories your body needs to simply lie down for 24 hours. Short of directly measuring it via heat production, it can be indirectly measured by fitting you with a mask, and measuring the oxygen you consume and CO2 you breathe out for a minute or two. A device that measures this will be harder to find, but in those calls you're making, ask if anyone does it. If you have these two numbers measured you'll be much better off than someone using an online formula.

Your Total Daily Energy Expenditure is how many calories you need in a day accounting for activity. These are the formulas you'll find online telling you where you can set that calorie level to break even. Often calculators for this number ask you a very vague question concerning your activity level (desk job, light aerobic, moderate exercise, etc). None of you are athletes over 15%. Don't even try it. For anyone with an office job, put in that you're sedentary. And unless you're digging ditches all day, you're more than likely not going to get above "light activity". We aren't counting any kind of working out in this number. You'll see why later.

For Comparison

6 years ago at 170lbs and 0 prior lifting I was 5%BF at 5'11" and my RMR was 1900 calories. That means if I eat 1900 calories in a day...I'm guaranteed to lose weight. Because *at the very least* I will be up and moving about...and burning more than 1900 doing so. A pound of fat burns 2-3 calories a day. And a pound of muscle 6-7. So if you must use a calculator to find your RMR, do so. Then add in those fat and muscle numbers. You will refine that number over the next 6 months - year. But I would still expect it to be close to the 2000 calorie mark unless you are drastically taller, fatter, or more muscular.

The formula.

Once you find these two numbers, then we're just plugging them in and getting ourselves moving. How many % are you off your desired body fat? Multiply your current weight by 0.01. Multiply that number by that number of % you're off. That's how many pounds you need to lose.

Facts: A pound of fat is about 3600 calories. Want to lose 10 lbs? That's 36,000 calories. Want to do it in 6 months? That's about 200 a day deficit from your TDEE. Be prepared for the bounce. In the first week you will lose weight. A lot of it will be water weight which fluctuates wildly for the amount of sugar, salt, and carbs you consume. It likely will happen week 2 and 3 as well. And then you will likely level off and potentially bounce. Dont even put this weight loss on your OYS. It's nothing to be proud of. It's just the bounce. The real work is coming.

Strategy: Subtract 2-300 more. Your body isn't going to continue burning calories all happily as you slowly drop fat. There's a certain "tolerance zone" within which the body will automatically try and adjust to this by subconsciously slowing you down, making you more tired, making you do less reps and take more breaks. There's also that factor of inaccuracy. If you wanted to lose 1 pound and you ate at a deficit of 10 calories for 360 days...you'd likely stay the same weight. So that TDEE minus 200 calories? Subtract 2-300 more.

Summary.

Once you have the limit of the number of calories you need to stop at to lose weight, get a diet tracking app that can scan barcodes and easily input calories. Use it with EVERY item of food you put in your mouth. Get a food scale. Actually weigh, log, and track your weight and calories eaten and burned on that app. If you ate a pretzel stick, it goes in the app. This shit adds up really fast. It's easy during the day to set aside that tablespoon of jelly, that extra bite of cheese, and handful of peas, scoop of potatoes, but in the app at the end of the day it all adds up to hundreds of calories. Weigh yourself first thing every morning naked, after taking a piss. And log it on the app. This will be the trend from which you will see how your body responds to losing weight.

This is the bare bones basics for achieving a starting point for dieting. If you have this locked down and mapped out, and are making it a habit to log and track your weight and food, proceed.

What You Eat

Before MRP my consistent diet was waking up and eating a bowl of ~~suger~~ cereal and milk, with ~~suger~~ orange juice. At noon I would eat 1/4 bag of doritos, a PB&J, and a can of ~~sugar~~ soda and likely ~~sugar~~ candy as a snack. I'd eat a "normal" dinner of protein and carbs, likely no veggies, and then have about 4-5 ~~sugar~~ cookies at night before bed. How I didn't become a diabetic I dont know.

I had these three meals a day, and my body would **really** crave these meals as meal time got closer to the point that within an hour of the time to eat, I couldn't really focus on anything but food.

Facts: Ghrelin. Ghrelin is a hunger hormone produced by the stomach. It is responsible for the short-term cycle of feeding (over 24 hours) and habitually rises right before a meal as conditioned by your normal feeding time. It operates *directly* on "hedonic and reinforcing aspects" of the "Ventral Tegmental Area and mesolimbic pathway (IE, Nucleus Accumbens)" For those who aren't neuroscientists, whenever you see VTA and NA think "Pavlovian response." So it's not the food that makes you hungry, it's the habitual time that you normally eat. *Expect* this. It's not your body saying "you should eat". It's your body saying "we usually eat now".

Gamechanger: Drop the shit YOU KNOW is bad for you. The very first thing I did to change my diet was drop the doritos, coke, and sugar juices. And what I noticed from that is that on my drive home at 4:30 I wasn't literally falling asleep while driving because of a sugar crash. I'm not talking *yawn* "I'm tired". I'm talking "were my eyes just closed for the last 10 seconds? Am I even awake now or talking to myself in my sleep?"

Get it out of the house.

What kind of absolute garbage are you putting in your body. I know it tastes ~~addictive~~ good. That's why those foods are so prevalent. How can you cut those things out? First and foremost Stop Buying Them. If that kind of food is in my house I will eat it. If it is not, I'm too much of a lazy fuck to get up, drive to the store to get it, then sit down and eat it. If any of you tell me "But my wife keeps buying it", start buying your own food. If she brings it home anyway and it's not for her, as soon as she gets it out of the shopping bag, throw it out.

Is there butter in your house? Throw it out. You literally do not need it for anything. Soda? Throw it out. Buy near-zero calorie drinks like fresca, and the fake-sugar drink mixes (caveat for their unstudied impact on gut health and dopamine training). Frozen-foods? Not only are they ridiculously overpriced, but they taste like shit and are full of salt and calories. Many frozen meals and pizzas contain 40% of the salt and I've seen up to 80% of the saturated fat you need for a day *in one serving*. It's absurd. Throw that shit out.

Alright blarg I've thrown everything out and have nothing in my house but cardboard. What do I eat?

Protein

You need at least 1g/lb of protein in your diet. Your meals will be centered around getting that. Put the protein powder on the shelf. You can get your daily amount from food. And that food will fill you up more than the powder will. Chicken, fish, beef, pork, turkey, crabs, shellfish, and eggs are all great choices. Eggs can be made in several ways and are a good source of cholesterol.

But I thought cholesterol was bad?

You want to know what the molecular precursor to testosterone is in the body? **Cholesterol**.

Facts: Testosterone. Testosterone is of course the major androgen in the body. "Androgens inhibit the ability of some fat cells to store lipids." More testosterone, less fat. "Androgens promote the enlargement of skeletal muscle cells". More testosterone, more muscle. "**The majority of the daily testosterone release in men occurs during sleep.**" Since this is a post on health as well...how's your sleep? Shitty? You've heard it before, the bedroom is for sleeping and fucking.

Gamechanger: Sleep. Let's sidebar real quick into some sleep tips. Orexin is a hormone that has a lot to do with metabolism and sleep regulation and the *urge* to eat (rather than the physical sensation). Lack of sleep fucks with your hormones. You ever pull an all nighter for work or school and then find yourself helplessly binging on food the next day? There you go. If your sleep habits are poor, stop fucking yourself over. Some things to look into are:

- Consistent bedtime
- Consistent wake time, preferably by natural light.
- Try to not eat or drink too close to bed
- Alcohol will fuck with your deep sleep
- Blackout curtains
- White noise or fan humming (sorry Asians)

- Tape over light sources in the room (power standby LEDs)
 - Buy quality sheets with high thread count
 - Check out weighted blankets
 - Buy more pillows
 - Buy extra king size pillows to spoon with and for back support for side sleepers.
 - Put a pillow between your knees
 - Get animals/children off your bed and out of your room.
 - Foam ear plugs to muffle sound.
 - Keep your room on the cooler side.
 - Three words: Vibrating bed frame
- End sidebar.

A graph for the spergs.

Protein is a staple in every meal. You need it. It has a controlled digestion. **It doesnt slam down the drive to eat**, it gradually slows it and gradually raises it over hours. And it can be very low in calories for its volume.

For me, chicken is the leanest and cheapest protein. I'm not talking about rotisserie chicken that they cook with butter all over it. I'm not talking about frozen chicken tenders. I'm talking about raw chicken breasts that you cook. It won't have the savory taste that some of the other meats have. But here, spices are your friend.

Gamechanger: Spices and seasonings. You want bland food to taste good? Start buying a variety of dry spices to put on it. The staples for me are salt and garlic. I air fry my chicken and with just salt and garlic I can eat it just like that and it's delicious. Followed closely by pepper, lemon pepper, red pepper (no heat), and red pepper flakes (heat). Then you can start to introduce near-zero calorie sauces like vinegar based hot sauce, and soy sauce. Not creative? Buy the pre-mixed seasonings like japanese 7 spice or monterey chicken or brown sugar and bourbon. oOr if you're into mexican, the generic dry taco seasoning. Want a touch more? Look for the asian sauces in your grocery aisle for ones that are only 20-40 calories per 2 tbsps. Even some cheap queso's are 20 calories per tbsp. Lots of flavor, low calories.

Carbs

Sugars get lumped in to carbs when talking about macronutrients but the distinction needs to be made: You should be trying to eliminate sugars from your diet when losing weight. They have one great utility, and we'll get to that in the more advanced section later. But most men know sugars for their ability to rapidly spike insulin levels.

Facts: Insulin. Insulin is "the main anabolic hormone of the body". It's produced by the pancreas in response to glucose in the blood. Anabolic, the opposite of catabolic, means building up. And in short, insulin will stuff energy into your muscles for use and grow those same muscles. When they are full however (and unless you are burning that storage in the muscle + the 400 or so calories of storage in the liver...then you can assume they are always full), insulin will stuff that energy into fat cells. When you are fat, you develop insulin resistance. If you have insulin resistance, insulin does not signal well in your body. If insulin does not signal, you have trouble supplying and building muscle. Among many other problems.

What's a burger without a bun?

Sugar aside, when I talk about carbs I'm talking about rice, pasta, bread. You know...the things you usually only eat because they act as a vehicle to get food into your mouth. Which is really kinda stupid when you think about it. Let's talk about carbs and volume then. It's likely that you staring down at 3 ounces of baked, shredded chicken with some spices on it isnt going to satisfy you. You'd usually fill that bowl with carbs like rice, pasta, or bread in order to make it more of a "meal".

Going green.

And not because we're hippies. It's practical and it works. Try putting in about the same volume of frozen peas or fresh spinach. Then see how you are. Same volume. Same purpose. Low calorie. Veggies taste like shit to you? Yeah me too. In fact I hated everything but corn as a veggie years ago. But then I asked "What can I stand? What can the spices hide so that it tastes good, and still replaces carbs." I found that there's actually a lot of different veggies I can put with my protein that fill me up and after a while, start to actually taste good.

Experiment with different veggies. Shred them up into your meals so that you can't really taste them and/or find one that doesnt necessarily taste bad. Broccoli tastes like shit. But the florets at the tip, when fresh (not frozen...oh god frozen broccoli tastes terrible and smells like baby puke), can be shaved off and add no taste. That's where most of the nutrients are anyway. Other things like eggplant, spaghetti squash, celery, carrots, cauliflower...all these things can replace carbs really easily.

Want more empty volume? How about tofu. It really has no taste and little calories but is big on volume. They even make it now in the form of pasta. Shred it up and add it to your proteins.

Fats

Short section on fats. They aren't useless. In fact they are very useful in combination with enabling uptake and use of vitamins, and the regulation and creation of neurotransmitters and hormones.

Every gram of protein and carb contains 4 calories. Every gram of fat contains 9. Not to say fat is evil. But by the time anything you eat with it makes you feel somewhat full? You've likely eaten too much. So beware. And do not look at fats as a source of energy. But healthy ways to go about getting this are low sugar spreadable peanut butter / almond butter / etc., the nuts themselves, and fattier fish and cuts of meat.

Alcohol

You want to know what *is* evil? Well, at least in terms of diet: Alcohol. Alcohol contains about 7 calories per gram. So when you drink that beer, imagine that you're drinking slightly less caloric FAT. In addition, if you think you can simply "fit" alcohol into your calories for the day, understand that alcohol as a substitution for calories results in a short term (<24hours) reduction of available energy in your muscles by up to 50%. Put down the alcohol until you get your diet well under control.

Summary

It's going to require a revamping of your grocery list and reconditioning of your palette. And potentially a little tracking to make sure your grocery bill doesnt skyrocket from fresh veggies. But I guarantee if you put some effort into it, you will find meals you can make that taste good, are filling, and are low calorie. I'll give you just a few of my go-to low calorie meals:

-Chicken and fries. Chicken breast with lemon pepper and cut baking potatoes in my airfryer (have I talked about

buying an airfryer in here anywhere? Go buy one. Why are you heating up your entire stove to bake two tiny chicken breasts when you can do it in the air fryer, get that crispiness, with none of the oil needed). And even if you do want that oil taste? You can even coat the cut up potatoes in 1tbsp of peanut oil which is STILL much healthier than dunking and frying them in it. Tastes just like boardwalk fries.

-Stir fry light. Cubed chicken breasts in a wok with celery, peas, carrots, peppers, onion, broccoli crowns, and soy sauce and red pepper flakes. No rice needed. The veggies are the vehicle.

-Boiled Shrimp. That's it. Boiled shrimp coated in hot spices. About as low calorie as you can get.

-Salad with vinaigrette and shredded chicken breast

-Chicken pasta, with the pasta substituted by spaghetti squash.

-Chicken and peas. Shredded chicken and peas with garlic, salt, pepper, lime juice, and sriracha sauce.

Eating Less Versus Burning More

So we've tackled different kinds of foods to eat. Now let's talk about the difference between simply eating less calories than we need, or burning more calories than we ate. Every single one of you is going to have a problem with eating less. When going on a diet, hunger teams up with hormone cycles and habit to knock your ass back into fat-ville within the first few weeks after the dopamine high and rush of doing something different wears off. Just in time for your weight bounce on the scale. What's worse, as you do lose weight, things get harder.

Facts: Leptin. Leptin is a satiety hormone released by fat cells to cause you to feel full. It acts more as a long term regulator with a more stable 24-hour cycle not necessarily centered on meal time. As you diet and lose fat, leptin decreases, and you feel less full. *Expect this.*

Well duh.

In addition, eating less is eventually going to deplete you of energy you need to function. We had an OYS by a flared member a few years ago that was wondering why on his 1400 calorie a day plan he had to drop his squat by 60lbs because he couldn't lift it and was almost blacking out. If you do not fuel, your body is going to start shutting down. Plain and simple.

In my personal opinion, if you are so god damn fat that working out in itself is dangerous to your joints or heart, then eating less calories than you need to lose weight is the way to go. At least to get down to a point where you can start to add some cardio into the plan.

Otherwise it's going to be much easier to eat enough to satiate you throughout the day, while also exercising enough to burn more than that excess. In this way, your body is technically full while dieting. And all we're tackling is the natural feelings we get from losing weight rather than the 1-2 combo of those PLUS all the feelings of being hungry. An easy way to do this is to set the number of calories you want in a day equal to your RMR (say 2000) and eating above your RMR (2400), but burning the difference between the two (400-600).

Strategy: Be real about how much you burn through exercise. Online estimations are pretty good about giving a value for the number of calories burned for an hour of a workout. But you need to be honest about how much you're exerting yourself as well. I'm going to give some examples I've used for the last 6 years:

-One hour of lifting at high intensity (I will start to fail on set 3 or 4): 210 calories an hour (1 minute break between sets).

-Running: 125 calories a mile.

-Swimming: 125 calories every 15 minutes (of constant freestyle)

-Biking: 125 calories every 15 minutes (at a resistance at the edge of comfort)

-Climbing: 200 calories for 2 hours

Most other machines like stair steppers, assault bike, or rowing machine will calculate calories burned for you.

I dont do cardio.

Many of you dont really subscribe to cardio and only do that hour of lifting...maybe even only 3-4 times a week. It really is worth it to put a couple miles of cardio in so you can eat and feel FULL for the day, than to not do cardio. Even Arnold was doing 3 miles of cardio before workouts in his glory days. What do you hate worse? Doing 15-30 minutes of cardio? Or feeling that empty/starving sensation and knowing you have 3 hours until your next meal?

Gamechanger: Browse youtube while walking. I was sitting on my couch one day a few years ago watching a football game. I wasn't really interested in it, I was just killing time. But I thought..."why dont I just stream this on my phone while walking leisurely on the treadmill?" What's the difference?

And so the majority of the time if I'm not dead tired and really need to decompress, if I'm about to sit on the couch and browse youtube or check my stocks or read a book, I'll go downstairs and walk the treadmill or leisurely bike while doing it. I burn calories, i dont break a sweat, and then I get to eat those back later so I'm not starving. Win-win.

Summary

That's about all that's needed for the intermediate diet. Figuring out how to tweak the plan so you still get the volume you want, the fullness you want, while eating at a deficit, getting light cardio in when you'd usually just sit, and getting your sleep on track. Now for some more advanced tricks.

Advanced Tips

In this section in particular I'm going to talk about specific diets and ways of eating/exercising. The jury is still out on a lot of this and there's entire cults following some of them. I'm not preaching what's right. Just try what you want and take what works.

When you eat

As I said before, your body will adapt to eating cycles and start "expecting" food at certain times. But there are methods to control your hunger. The first being when you break-fast. My brother is on the larger side and once told me "Dude for some reason as long as I dont eat anything after I wake up, I can go until lunch time or after without feeling hungry." And after trying it, it seemed that the same worked for me too. The further into the day you push your first meal, the less hours in the day you have to stuff your face. The less time you give your body to go through its cycle and say "Hey we're hungry" again. Try it, and see how far into the day you can push your first meal.

Also, for about 4-5 years now I've been on my own plan which consists of eating 5 times a day. Once in the morning consisting of a homemade breakfast of a sausage, egg, and cheese on an english muffin. Then at noon is a few handfuls of cashews (which...find your nut...but cashews are absolutely delicious). Both 1330 and 1530 are shredded chicken with some veggies. And that entire lunch time span is easy to get through because it's a meal every 1.5-2 hours. And then dinner is around 1800 and honestly by that point, is usually a 1200 calorie meal of whatever i want. I found eating more meals to be much easier for me. If you're having trouble getting through long durations between meals, try it.

Strategy: Intermittent Fasting. This goes along with the above strategy of when you break your fast. Intermittent fasting is setting aside a window of typically 4-6 hours of the day in which you try to get the entirety of calories you need for the day in. It's especially helpful, when trying to lose weight, when you *are not able to* get those calories in because you're up against the limits of how much food you can actually put in your body in that time. And may even have you searching for more calorie dense foods to help you reach that number.

A downside to this method is that it doesn't allow you to experiment with the strategic eating I talk about below unless your workouts are also centered around this time.

Strategy: Fasting. One of the tools that I've most recently been adding to my toolkit is that of fasting. This is different from IF because I'm fasting for a time period of at least 24 hours (and looking to extend it further).

I'm not doing it for weight loss although you easily could. I'm doing it because studies are showing that after a certain duration of fasting, the body actually increases the rate it starts to clear out old cells, plaques, and in addition I think it primes the body to be more used to accessing and releasing those fat stores. In addition, the gorging myself before and after the fast is marvelous. I've particularly found a place within my workout routine to do one day of fasting. I'll talk about this below:

Strategically Eating

In going with the above *when* you eat, with respect to the macronutrients, we can start to experiment with when to eat what to help us both make it through the day, and maximize what our food is doing for us.

For instance, whatever you eat in the morning, after sleeping (fasting) for 10-12 hours, would likely benefit from some carbs in order to give your body energy it needs for both the day, and for any exercise you plan on doing in the future. Except for...

Strategy: Fasted cardio. The idea behind fasted cardio is that in going directly into cardio before breakfast, your glucose stores are likely at a minimum and so your body will likely burn more fat than usual for that energy. In my mind, and my reply to keto diets as well is: "Yes. But it's also likely going to burn more protein than usual as well."

A computer or observer?

Again I'm not a biologist or neuroscientist, but I have done some extensive reading into the way the body uses hormones and neurotransmitters both inside and outside the brain and have come to the opinion that the body is more like a machine that is setup on and acts based on the ODDS of certain pathways being triggered, than it is a machine based on an intelligently observing itself. As an analogy, when playing poker, the body is more like a program which calculates the pot odds and chances of winning based on its current hand and number of players...and does not consider the fact that the chip leader has been bullying the table with high bets for the last half-hour and the other guy at the table has been on tilt for the last 15 minutes.

Ratios

So with respect to keto, if the body has energy sources that are derived from carbs, fats, and proteins...and has evolutionarily grown to use them at a ratio of 5:2:1 respectively, then if you take away carbs, instead of your protein being used as 1/8th of the calories burned...it will be used for 1/3rd. And that's why for keto in particular, I personally believe it's absolutely a great method of dieting for those that are WAY overweight...because it'll allow you to get down to a point where you can lift and do cardio safely by burning that fat faster (at the expense of also burning muscle faster). But for those that don't need to lose weight that fast, it may not be as advantageous.

Now going along with that, and this is also my belief, what we *supply* to our bodies is also factored in with what it uses. So for instance if we take that same ratio of 5:2:1, and the body is wired to use energy currently circulating and energy stored at a ratio of 10:1 respectively...then if we were to eat protein and fat but no carbs to power our run, we might be able to reduce the amount of protein catabolized for existing muscle by supplying the body with already (and preferentially usable) protein.

Gamechanger: Sugar. Regardless of if any of that is true, I said above we'd get to the one thing that sugar is good for: Supplying the body with a readily usable form of energy. And I will tell you from experience that if I eat about 20-30% of the calories I'm about to burn in a hard cardio session before I begin the cardio, I will have a ridiculously easier cardio session than if I don't.

I lied. There's another thing sugar is good for. Strategically feeding and building those muscle cells. Because insulin is the primary anabolic hormone in the body, eating sugar directly after a workout along with protein may push the body more aggressively into building that muscle right then and there. You're bouncing from a catabolic to anabolic state quickly. If you eat protein at the same time, that's readily there to push into those muscles as well.

A quick overview of my experience fasting so far

With respect to fasting, I've plugged my fasting day into my routine in a specific way in order to maximize results I see from it. The day before the fast is my first high cardio day. Which works well because I frontload half a day's worth of food (the first 12 hours of the fast), plus that day's food, plus the 1000 calories I burn through cardio means I'm eating about 4000 calories that day.

The day of the fast, I'll eat 600 for breakfast, then do another 1000 calories of cardio. This second round of cardio is literally THE easiest cardio I've ever done. And it feels that way consistently. I understand carb-loading is a thing runners do before marathons. But the extent of it within my routine really hasn't shown benefits until now.

With the 1000 calories of cardio, I should be completely depleting my liver stores (about 400) and whatever I have stored in my muscles, plus the glucose from breakfast. Afterwards I'll eat about 650 calories, about 90% protein 10% fat with <10g carbs total. And immediately following that I'll begin my 24 hour fast.

Then the following day, the 24 hours usually ends around lunch, and I'll have that day's calories, plus half a day's worth of calories (the latter 12 hours of the fast), and the 1000 calories I burned the day before all crammed into about 10 hours before bed. So it's a fast which kind of rolls into an IF day. If I wanted to lose weight, it would be easy to do within those two windows of 3000-4000 calories.

Strategy: For fasting, Stay busy. During your fast stay busy. Line up a shit load of chores to do. Just keep your mind occupied with something other than what time it is and the fact that you aren't eating. I find it's MUCH easier to get through a period of not eating if I'm not even in the house around food to do it. I can use that time to go ahead and look into other "forms of dread" like picking out new clothes, getting my hair cut, visiting friends, being social, or even working out. The few articles I've read said that fasting doesn't seem to impact anaerobic workouts. I

haven't tested this. But maybe you should?

A few extras

A few things additional things i'll say (checks watch...God how long have you been reading this?)

-You should never place yourself in exercise debt. It will be very tempting to go "Well I plan on running 6 miles later, so I'm going to eat 750 calories of junk food now." No. Do the exercise first, then reward yourself for it. If you know you're going to be partying, drinking, or treating yourself later, you pay for it now.

-A lot of guys will look at the amount of cardio I do (talking about 10 miles of running or an hour of swimming) and completely reject that for themselves. That's fine. First I'd say try a variety of cardio and see if you can stand one form more than another. I LOVE running. I HATE swimming. You might be different. Also, see if you can kill time or entertain yourself while doing that cardio. I will put on podcasts or audiobooks when going for a run. So I'm listening to rational male while out running. Which is great because running also usually allows my brain to think deeply about topics. So I'll often go into lengthy debates with myself about topics on runs. I'll also run with my dogs to get their exercise. So I'm doing three positive tasks at once. In addition, if you cant do 6 miles all at once, break it up. I will absolutely go downstairs 8 times in one day and bike 15 minutes on the bike for a combined 1000 calories of cardio for what's only 15 minutes at a time.

-Cheat meals arent bad. Snacks and cookies aren't bad. They're just like alcohol. Just like porn. Just like any kind of vice that can interfere with your gains...IF YOU LET IT. If you do not have control of yourself and cannot stop eating cookies when you're trying to diet, then get rid of cookies. Just like if you aren't able to get it up or last long with your wife if you watch porn, then stop watching it.

-Ask yourself: "Am I really hungry right now?" Because in the very same way you've been asking yourself "Do I really want to fuck right now?" (You are doing that right?) and figuring out that sometimes sex is tied to a myriad of validation or mental states that have nothing to do with sex...hunger is sometimes tied to a myriad of validation or mental states that have nothing to do with food.

-Drink water. Your body is already pre-programmed to crave food when it starts to get dehydrated...because there is usually water in food. This is an easy trap to avoid. Drink water throughout the day.

Closing: Put down the damn fork.

I told you above that I still eat ice cream, candy, and cakes. Though the ramifications of such a throughput on my body remain to be seen, the fact of the matter is in the same way the point has been argued that "With enough alpha, you can sprinkle beta on and still come out ahead", "with enough diligence and discipline in your diet, you can go ahead and sprinkle on various amounts of donuts and pie and still come out ahead." The results you see are not because I have a "high metabolism" or because "I'm lucky." It's because when I need to, I put the damn fork down and do what needs to be done. Every year for the past 6 I've been absolutely ripped for my beach vacation in Summer. And this year doesnt look like it's going to be any different.

It's not too late to get started either. Summer is 3 months away. Anyone over 20% can absolutely get down to 20% before summer and not look disgusting in a bathing suit. Anyone 15-20% can absolutely get to a point where abs are starting to peek through. And anyone 10-15% can absolutely be shredded by that time. The decision is simply if you are going to OYS or not. One thing's for sure, if you do choose to make it a goal, and for the next year you continuously are trying to "get to 15%" and continuously failing, you wont be the first guy I ban from this place for value leeching. Do the work.

Sound off.

What are you doing for this week's DoD to carry into your life?

68

UPVOTES

For the in-experienced MRP Captains-in-training

HornsOfApathy · 26 June 2025 · Archived copy · Reddit

So, you're here. That makes you inexperienced with women, not in the historical sense, but in the sense that you're just now understanding why things don't work as you thought. Yeah, you're married, maybe not. Yeah, you have relationship history with your woman. Yeah, you're trying to own your shit and with more direction in your life. We see you dudes. You're the new kid who moved in next door, and find yourself here at MRP because, well, you suck and found this place.

This message is for you inexperienced captains. You're likely in an LTR, *perhaps* even married.

I think there's a message that us more experienced dudes should deliver to you. We all see you. While we're over here doing the heavy deadlifts of life... with things like kids who need special medical care, or parent's failing health, joint issues, or trying to juggle how to pay for the latest vet bill... the things that us more experienced Captains care about are very different than how we're going to navigate a simply squall from our woman. It just works that way. The storms we navigate with our women aren't that much different than yours, though. Women and the nature of them don't change.

And that's the thing. As a young captain in training, you're looking around and thinking "wow, I've got the same problems!". You're not wrong. But what you can't yet understand is that the majority of veterans here have been through those womanly storms for decades, taken the licks probably as poorly as you have (why else would they arrive here?), but they've also experienced the same storms with multiple women, over-time, sharing notes with other veteran captains, and their sample size of having seen the same storm allows them to see the weather more clearly for what it is: ***Shit that doesn't matter.***

Here's the message that I want to share with new guys:

Women's feelz are like waves of the ocean, and you're a junior captain on the high seas. What'd you expect?

Maybe you're not in a drunk captain scenario. OK, sure. But you're inexperienced with *really understanding* storms. You can barely identify them when they come. You only recently starting reading about previous weather patterns. You don't have enough experience, no matter how many captain's manuals you read (sidebar), how many reps of knots you tie (lift), how much you try to listen to wiser captains (stfu) to ride those waves and **laugh at the nature of God and women like Lt. Dan.**

If you could, things would change for you, with or without her. You're *always* going to want to stop and say "what the fuck is up with my first mate? One trip she's great. The next time out she's ripping the fucking sails off the ship." That's the funny thing about women... we all want to quit them, but they teach us too much about the shrimpin' business. But when you ride enough storms out, you learn, and then you're a real shrimp boat Captain and **after that shrimpin' is easy.** You have abundance.

Until you see enough storms, you can't learn that it's pointless to try and control the weather. And even worse, you're thinking that it's possible to navigate around them like a veteran Captain who's learned the weather patterns and doesn't even have to look at the radar. That's not you, yet.

Alternatively, there are almost-Captains that come here and it ends up differently, and life happens. You die on a riverbank in Vietnam never becoming a Captain. That's going to be most of you. You'll look up and ask us "**Why did this happen?**", and we'll simply reply with the best explanation we have. You got shot. You were in the storm, and then one day when you thought the storms stopped, **a different one came with that looked way different, with bullets.** We don't know why, or how. We just know that it happens. And you'll need to start over.

So just relax, don't buy a boat with her, keep reading the captains manual, and enjoy the ride. But don't expect that you can drive the boat. Then someday when you're more experienced, it will all come together.... and **you'll thank us for saving your life.** See you on the cover of Fortune then, cap.

We can't tell you if you should ride a particular storm. We can't tell you where to trawl. But I can promise you that when we see the skinny young captain in the gym doing preacher curls with legit tears in his eyes, and you look no older than 25 in our eyes, we can't wait to see that kid's arc. Whatever storm he went through that put him in there... it made him stronger, and we can respect that about you.

68

UPVOTES

Notes from an awesome Dad "Primer on Children"

BoringAndSucks · 24 August 2025 · Archived copy · Reddit

A couple of days ago, I was watching my son during his swimming lesson, swimming smoothly back and forth in that 25-yard pool.

He shouted at me, happy with how good a swimmer he is, so I can look at him and watch him diving.

daddy, look at me

And man, if I tried to describe how handsome and adorable that little dude looks in his goggles. I will fail badly.

I have been a 50% custody dad for many years now, so luckily, I got to enjoy my son's journey till today after his 11th birthday, and be a main part of it, which, for some reason, the kid thinks I am awesome, as he likes to say.

So, I got a little bit lost in my thoughts and decided to summarize and share the main lessons I learned from everything that I read and every mistake I made.

The lessons

Kids need simple, consistent routines and systems so they can thrive:

Read the 1,2,3 kid book, use the strategies, but don't be a fag dude running around and counting 1,2,3 to your kids. That's level n00bs, but when you have a great relationship with them, you will rarely need to count or anything. They will just fall in place.

Your kids are your mirror:

If you are wondering why they are angry or rude or holding their phones the whole time, just look at yourself and your partner, dude. They are just modeling you. Lead by example, you want them to do sports, you better be lifting, betch. You want them to read, so start by reading yourself first.

They will understand what a man-to-woman relationship means from watching you and your wife.

Don't raise another Nice guy:

Listen, dude, this is very important. You need to break the fuckin cycle. The social conditioning is huge, but at least ensure from your home that the kid is listened to, not forced to do something that he doesn't like, know what a boundary is, know that he doesn't need to fix his mom's emotions or yours, betch.

Never do anything for your kids that they can do:

I see a lot of parents in my circle jump immediately to help their kids fix a problem or do something, and that sucks. Just give the kid an opportunity to try, even to fail.

The world isn't gonna go nuclear if they fail to put that cup in its place or hang their clothes. So always let them do what they can do.

My kid can prepare his food and cook some basic things. I also give him tasks, and he takes payments sometimes by screen time, and I take other payments in home chores, squats, and wall push-ups.

I hate it in family gatherings when ladies are washing the dishes while the entitled kids are watching TV; let those little bastards do the dishes instead. Great social activity.

Rarely stay at home, always take the kids outside:

We aren't fuckin made for couches and screens. We need to move, explore. Kick some stones, collect snails, dig, build, and it's really a crime to keep the poor kids at home for a day.

My son understood that lesson early, and now asks me to go out. I let him lead me through a little forest, throw some balls to each other, and challenge him to run 2 miles without breaks.

Girls can do tea parties with little dolls, play other games, you do you.

Mud skiing, snowball fight, let them learn how to have fun.

Be able to handle your kids like your wife doesn't exist:

Challenge yourself, can you take care of all the kids alone if you have to? Can you feed them, handle them, and spend time with them? Even more, are they having fun with you?

Are they eagerly looking for that time they're gonna have dad for their own, and play those silly games?

Listen to them, their problems are big, toss them around, let them win over you, lose bitch, or is it gonna bruise your ego?

The more they are connected to you, the more they will listen and consider what you say. Remember, control is an illusion; you barely have control over yourself.

Best moment of the day is before sleep, my son loves to pillow fight and try to overpower me, I let that little fucker destroy me with one of his new Taekwondo kicks and get whatever he wants. Who can resist that?

Be kind, bitch, and keep your expectations in check:

I always read this from time to time, and that brings tears to my eyes. How many times did you fight with your kids over something that isn't important?

How many times did you say no or give your kids shit?

Define your priorities, say yes most of the time, and remember they are kids, not adults yet.

For those divorced dudes (If you are lucky and have access to your kids, keep it as simple as this.):

1. Never speak badly about your ex to your kid; on the contrary, you can mention good things (if any). Kids are smart and will figure things out when they grow up.
 2. Your ex isn't your friend, and not your plate either. This happily ever after divorce family exists only in movies. Be careful, and don't fuck relationship concepts for your kids.
 3. Failing in marriage doesn't make you losers. Be better colleagues in that kids project instead.
 4. Keep the golden ratio in asking your ex for favors, and help her as much as you can.
 5. Count on a trusted babysitter to keep your life's routine in place if you can afford one.
-

Finally, rite of passage:

I have been prepping my son about this journey we're gonna take when he is 12. Mentioned climbing a mountain, and left it like that. From time to time, he will bring that up and start to ask questions. I am planning to take him to climb Kili (I climbed it casually a few years ago with no preparation), and I know that will change him. After this

moment.

He is very eager to do it, very eager to start lifting weights with me, and become strong. Always remember that boys grow by challenge, and girls by praise. Give them those winnings and let them be good people.

Think about something huge you can do with your son/s that will be their first step into the man world. Take them on a hunting trip, a long hike, a climb, take your boys to the men gathering to grill and wrestle with other boys, let them see how older men do what they do.

So go, dude, enjoy those moments that we keep telling you that those are the things that matter in life.

67

UPVOTES

Never Complain; Never Explain

StandardDeparture · 10 November 2018 · Archived copy · Reddit

Summary: I stumbled upon a surprising nugget of wisdom today on AOM.

<https://www.artofmanliness.com/articles/never-complain-never-explain/>

Posting here as well (I posted in TRP the other day) to make sure people see it. This is doubly so in a marriage.

Body: I know AOM sometimes gets a bad rap around these parts for being a little too "happy wife, happy life" but I surprised myself by giving this one a read and finding a lot of overlap with TRP.

I'll mostly let the text stand on its own, but it discusses status and power dynamics when you choose to dive down a rabbit hole of explanation, the implications on your confidence and authority, and the overall weakness of hanging on what other people think of you.

One section in particular stood out - President Trump used this to great effect in his debates.

"Never complain; never explain" doesn't necessarily mean not saying anything to your doubters, complainers, and critics, but limiting your response to a sharp rejoinder. Disraeli in fact formulated his maxim after hearing the advice of fellow politician Lord Lyndhurst, who said: "Never defend yourself before a popular assembly except with and by retorting an attack." Thus, a short, pithy rebuttal or a humorous, yet withering sarcastic quip (Churchill was the master of these) may be in order. Then you turn heel and don't engage further.

Instead of engaging with his competition, he gave a nice succinct **"WRONG"** and instantly filled the viewer's mind with doubt concerning what the attacker was saying, while retaining his power and respect. Or the infamous **"because you'd be in jail"** to Hillary - did it address the main point? No, not really. But it's remembered all these months later and elicits a great laugh from the audience at her expense.

Brett notes, and we should also note, that this is not black and white. If the CEO of your firm is significantly offended or wronged, he won't be impressed by your refusal to explain yourself, he'll just have his secretary get you a box for your stuff and kick you to the curb. (Law 19: Do not offend the wrong person.)

Lessons Learned:

- Value can be found in all types of resources around us.
- Powerful men avoid explaining their actions.
- Make your accomplishments seem effortless. (Law 30)
- Conceal your intentions. (Law 3)
- So much depends on reputation. (Law 5)
- Use absence to increase respect and honor. (Law 16)
- Cultivate an air of unpredictability. (Law 17)
- Act like a king. (Law 34)

67

UPVOTES

60 DoD Week 5: Game

weakandsensitive · 30 April 2018 · Archived copy · Reddit

I love the game. Women love the game. Everyone loves the game. If you don't love the game, you aren't an attractive person. Period.

What is the game? And why must you play it? Game, in its shortest definition, is the social interplay between men and women. It doesn't matter whether you're married, single, in a relationship, or otherwise, you should always be playing the game - because the game is fun.

High Level and Abstract

Social attraction and flirting have no barrier on whether or not anyone needs to put out or act on it. The men who don't understand this basic concept, who wrap up covert contracts into the simple act of flirting, are highlighted all the time over at r/niceguys. Those guys are fucking faggots, omega at their core (if you buy into the terminology), and are shunned by everyone as they ought to be.

Attractive people flirt. That's how it goes. That's why attractive people are attractive. Just because you're flirting, doesn't mean you're keen on fucking. Grasp that subtlety. Flirting makes people feel good. Being flirted with makes you feel good. As a high value individual, you should be adding value in any given situation. Making people around you feel good should be something you're doing by default. Since this post isn't about attractiveness, I won't delve into situational awareness w.r.t flirting - but suffice it to say, don't be a social retard, it's unattractive.

Note for all you newbie Neds - if your wife isn't being flirted with, she's probably bottom of the barrel. If you're salty because people are hitting on your wife, all you're doing is demonstrating how unattractive you are. Note that this is also why mate guarding is so detrimental to your attractiveness - because it demonstrates the fact that you are either unaware of or scared shitless by the possibility of loss (i.e. no alternative options). You think Hef was scared to lose bunnies?

When a woman is single, you're competing with everyone. When a woman is taken, you're only competing with one person.

Even fat chicks get fucked on eurotrips.

But mister, I'm a social retard. I don't know how to flirt.

Luckily for you, a whole bunch of other social retards got together back in the late 90s and early 2000s to deconstruct interpersonal social dynamics. It works great for people who have no idea what they're doing. That's how I was first introduced to this material. The classics are classics for a reason.

Structured Game

Let's start with where I started back in 2008 -

- [fastseduction.com's You are New Page.](#)
- [fastseduction.com's Player's Guide.](#)

The sheer amount of basic information is staggering. It covers everything from posture, to conversation, to tricks and gimmicks (palm reading, cube, etc.), eye contact, body language, the whole 9 yards. It has basic routines and structured game that you can run if you have no idea what you are doing. Mystery's M3 model is covered here as well. Best done calibrating with in field experience.

The ridicule of keyboard jockeys was immense then too. The guys who don't get in field, but instead sit around, ~~jerking off~~ theorizing about hypotheticals. Still happens all the time, guys with no practical experience who posit lots and lots of bullshit. It's very transparent to anyone who actually puts in work.

Inner Game

Somewhere during the mid to late 2000s, there was a big shift to inner game, value giving, and congruence. This is pivotal, but useless without the in field foundation from structured game - because it's so easy to delude oneself. I knew a guy who was pumped because he f-closed and eventually caught feelings for ... a tranny. We judged the hell out of him. Not so different from MRP. It's so easy to bullshit yourself - but does it matter if you're actually happy?

Back then, r/seduction (aka seddit) was still pretty good. [Here is TofuTofu's guide to inner game](#). The focus here was getting to the point of personal congruence and recognizing you are enough - and getting the reference experiences to reinforce the point. So many men in MRP fail because they lack congruence - **what do you want?** and the more important followup - **what are you willing to do to get that?** Without the answer to these questions - your actions don't really matter. "I'm not sure, yet.", "I'm figuring it out.", and "I don't care." are perfectly acceptable if that's congruent with where you're at.

The most important work to come out of this era was probably RSDNation's Blueprint Decoded. There used to be downloadable audio and videos of the seminar, but I think it's been lost with time ([but here are the pdf notes](#)). To be perfectly honest, I didn't get through the entire thing - but the one thing that stuck out to me was Tyler's line "Most people go through life in a walking daze."

Et Cetera

Seduction School: Size Doesn't Matter documentary - One of my favorite documentaries which highlights how much of game is more than just about looks. While looks matter, so much of it is about fixing the mindsets and attitudes that have been fucked by modern blue pill society.

But Mister. I'm seriously retarded. I don't actually know how to put any of this into practice.

Okay - so you understand IoIs, so you understand eliciting values, you understand body language, and congruence, and the whole 9 yards. You know interpersonal touch is important, but you don't know how to go about implementing any of this information.

Since everyone here is married, I hope to go this isn't any one of you guys, but in case it is - in case it's been so many years that you've avoided platonic touching, here's a refresher.

The definitive work to kino is [Vin Dicarlo's Kino Escalation Ladder](#). Lots of youtube videos on this, but the premise is simple. We have parts of our body and person that are more personal than others. By leveraging this information, we can gauge our level of comfort. If we're intimately familiar with someone, **we let them closer to our personal space**. Similarly, if you're playing with a girl's face, hair, or ears, you're in.

If you don't know how to establish comfort and dominance and attraction via body language and eye contact, you must know at least how different ways to touching people trigger various types of psychological responses. If a girl's willing to share a drink with you, she's willing to be kissed by you. If you're brushing hair out of her eyes and she's not flinching, she's willing to make out with you. The difference between standing side-to-side versus a tight angle. Locking eyes while imaging her naked and squirming, and how that changes the look you're giving her. How many of you men are gaming your wives at this level?

I've written before about how **93% of communication has nothing to do with the words we're speaking**. That was in the context of talking and congruence. When it comes to game, 93% of communication still has nothing to do with the words you're speaking - but so much of it is posture, body language, eye contact, intonation. You, as an attractive man, who flirts with everyone, should be leveraging and practicing with this in mind so that you're developing that level of attractiveness and seductiveness without ever having to rely excessively on the physical. Can you tell a woman you find her sexy with just your eyes? With just the way you're looking at her? Just by the fact that you've checked her out from head to toe, knowing she knows, and having no shame about appreciating such a fine, fine woman?

The best compliment I've ever received was from this beautiful half-vietnamese half-french girl during my PUA ____

days. What she said was "You're not much to look at, but there's something about you that's just so attractive." That was all personality, self certainty, swag. How are you subcommunicate your ownership of your sexual nature as a man to sexually attractive women?

The dirty little secret

The pickup world is ultimately a numbers game. The more women you interact with, the more women that potentially fit the bill for what you're after. Something like 5% like you outright, 5% hate you outright, and 90% are indifferent. You need to be physically attractive because that skews the numbers game more in your favor. But the truth is, not everyone is going to like you. You're not going to like everyone. So in the pickup world, what you're really doing is filtering for the common matches that share common goals. But you're a married man - so does any of this actually apply to you?

Remember the rules

- Rule 1. Be Attractive. Game will help you here because attractive people play the game.
- Rule 2. Don't be unattractive. This is where most of you will fuck up. How does game help you here?

67

UPVOTES

Always be willing to approach

LatePillSwallower · 9 February 2018 · Archived copy · Reddit

I originally started this as a reply to a [post](#) on r/asktrp; but thought it might be valuable as it's own post:

Approaching has never been easy—

It wasn't easier back in the day — men used to literally kill each other for women.

Back in my day (I'm 38 so late 90s-Early 00s) you had to approach women in person (yes we had IM and Email — but texting and cell phones weren't as prevalent). You had to face rejection in person. And guess what there are always guys chasing all the girls - even the fat ones. Going to bars to get chicks really sucked as every hot girl was being hit on by every guy. And every skank being hit on as well.

I think shit like Tinder and other online shit is making people weak (it makes me think of grade school; "I like sally but don't tell her unless she says she likes me")

This gives you an edge; don't be weak - approach in person. Don't try sliding into the DMs first and hope she likes your IG photos — because they suck compared to the many other guys on there — and going that route you set yourself up to compete with them. When you approach using day game; you get a brief window where you are not competing with anyone else — you're the only one occupying the space so to speak.

If you want a job or gig at some place don't just wait for an opening and then submit your resume. Approach the company and simply ask for an interview (that's what I did to get on where I am now — I called and asked for the IT director and got a time set up to just talk about their environment and my skill sets — a year later; they called me — bam no job posting, no competing with 100 other guys for the same job)

I've been working on approaching 3-5 people (men & women) a day just to practice looking for opportunities to network and build confidence. I will admit one advantage I have is that I really don't care if I get laid when I approach (because I'm married and all that jazz).

Yesterday I had 3 approaches and only two were fruitful - but I learned from each one:

1. In the bank yesterday morning I saw a male employee struggling with a PC issue — I asked him what his issue was and luckily I was able to help him out; he was the branch manager and gave me the contact info for their IT head; who I called this morning and landed some side contract work doing DB migrations from on premise to the cloud.

What I did was asses a situation and realized what value I could bring to it and then just attempted to do so. When I spoke to the director of IT; he wasn't even going to outsource the work - if I hadn't taken the opportunity to approach I would have never known about the work.

Big win here \$\$\$

2. After the bank; I went to Wal-Mart and saw a nice young thing looking at home routers; I offered to help her pick one out - she let me help, I helped her make an informed decision. I then went to get her number and offered to come set it up for her. She said thanks but no thanks - she didn't want to just give her number out. I said I understand; how about I give you mine — she says "yea; I don't think so" ; I said cool I get it.

Strikeout — but hey she got what she wanted and I got a good reminder that you can't win them all and sometimes I probably come off like a creepy old man.

3. Later that afternoon; I went to a new gym (as I was in a town about an hour from home). As I made my way to the power racks for some squats and rows; I saw a 26 yr HB 7 (I would say an HB 8; but that's me — I like chicks with thick volleyball player legs - I know some guys don't). She was doing some circuit work Turkish getups, ab wheel, dumbbell stuff.

After my session; I saw her putting on her sweats and shoes by the front getting ready to leave - I thought fuck it - let's see if I can get a number or something.

I opened with "I saw you working over there; how many of those Turkish Getups did you do" she tells me and we talk about training, etc. She mentions how she has trouble deadlifting - I offer to give her some pointers and we go over to the platforms and I teach her the basics about bar path, hip height for the starting position, and properly setting her back. Great opportunity for her to allow some strange dude to put his hands on her hips and ass and back.

I get her number and give her mine; in case she needs any "coaching". As we walk to our cars; I throw out a stupid joke about her owing me one for the lesson — she comes back with "well I have a gift card to Texas Roadhouse; I could buy you dinner" — who am I to pass up free protein and drinks. We take my car to the restaurant.

At dinner we discuss nursing school and her plans, how she used to play college volleyball on a scholarship (legs to prove it mentioned earlier). I tell her about my wife who works in the medical field and about careers, etc. She tells me about her LTR boyfriend (who got her the gift card by the way)

After dinner and drinks as we walk back to my car - she takes my hand and pulls my arm around her waist. I open the car door for her (maybe a beta move; I still do old school shit like that though and don't really plan to stop). On the drive back to gym to get her car; she lays her head on my shoulder and I put my arm around her.

When we get to the gym; I open her door for her and go for a good bye hug; she tries to get me to kiss her - I give her a peck on the forehead and give her the old "If I wasn't married.... yada yada" she explains how she doesn't really do that stuff - come on to a guy she just met, cheat on her boyfriend, etc. — I lie and say I believe her (AWALT) and I'm sure she is a nice girl. And then I get her car door for her.

Lesson here is again be willing to approach — if I hadn't I would have missed out on a free dinner with a pretty girl and a nice little ego boost (all on her boyfriends dime — I did feel a little shitty about that; probably because I've been that guy... still am??). Also got the reminder that all women will step out if they can and have manufactured deniability.

Being willing to approach people and have direct communication is about more than getting pussy; that is why all men should be willing to do it.

If you want a raise you feel is earned ask for it; if you want the girls number ask for it; if you want your wife to blow you - tell her; if you have input in a business meeting - fucking say it... don't wait for shit to just happen and people to read your mind. Look for opportunities and have a plan on how to seize them.

67

UPVOTES

Thoughts on Frame

man_in_the_world · 23 December 2017 · Archived copy · Reddit

The definition of frame I currently like best comes from [/u/weakandsensitive](#); frame is simply **how I view the world**, or my **worldview**: my values, beliefs, missions, likes and dislikes, desires, and emotions. More precisely, frame is **fully congruent expression of my worldview in every action, behavior, and word**.

Put another way, frame is **living fully and openly "in character" with my authentic self**.

Developing frame

Career betas have repressed their own worldview into their subconscious in favor of adopting the worldviews of others, to avoid conflict, curry favor, and hopefully achieve their covert contracts. In every interaction they attempt to adopt and reflect the frame of the other person. They essentially put on a mask to hide their true selves so as to better reflect back what they think the other person wants to hear.

Phase One: Discovering your worldview

The first step for the recovering beta is to **get out of the frame of others** and to discover his own worldview. This is accomplished by STFUing, thereby giving himself the silent space in which to become conscious of his own true desires, emotions, beliefs, likes, and dislikes. This typically takes at least 6 months (and often much longer) for the career beta.

Edit: "What do you want?" is a frequent comment to the posts of these hapless betas, who have so deeply repressed their true selves that they find it difficult to answer. Start with this, career betas!

Phase Two: Expressing your own frame

Now that he has become aware of his own worldview, the recovering beta can start developing his own frame by openly expressing his own beliefs, desires, and emotions. This requires the courage to accept that others will not always agree with these values and will resist them and fight them at times. The career beta must learn to hold steadfastly to his frame and his boundaries even in the face of this resistance.

Here you must also become your own "mental point of origin." Your worldview is the only correct worldview. You must become entirely self-validating; the only opinion about you or your actions that matters is your own. As [/u/weakandsensitive](#) says, any criticism or opinion outside of your frame "is either interesting or amusing."

(This doesn't mean that you don't listen to the ideas and criticisms of others whom you respect or never change your worldview when you agree (else why are you even here?), but it means that others' criticisms are merely "data" to you and only affect your own opinions and emotions if, after evaluation, *you* agree with them.)

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you, But make allowance for their doubting too; you'll be a
Man, my son!

Phase Three: Projecting your frame onto the world

Once our baby alpha learns to live within his own frame, it is now time to learn to project his frame through leadership onto the world. Through narrative, vision, charisma, and leadership, alpha leaders convince others to adopt their missions and worldview. Steve Jobs' "reality distortion field" is a famous example of this.

Misconceptions about frame

- Knowing only the experience of adopting others' frames as a mask to hide their true selves, career betas assume that frame is yet another mask or false persona to adopt in order to display alpha behavior, and to hide or shield their natural reactions and emotions. Often this mask is an extreme form of STFU, or they fake stoicism or outcome independence by behaving like an emotionless robot. This in fact goes in precisely the wrong direction; developing true frame ultimately requires *stripping away* the masks and filters to uncover and express the authentic you. (See *The Book of Pook*.)
- Masculine frame does not involve suppressing emotions; rather, it involves **expressing emotions like a man**, in subservience to your goals and **when appropriately called for**.
- Frame is not necessarily selfish. Most strong men protect, care for, and add value to their family and friends, and many have missions that serve others as well. Desmond Doss's and Mother Theresa's frames were rock solid, for example.

Edit: typos.

67

UPVOTES

Do the work

donedreadpirate · 10 September 2017 · Archived copy · Reddit

Seeing a lot of posts on here all the time, asking specific questions about how to handle x,y,z. I tried touching on this in my Macro vs. Micro post but, look, I'm not a blogger. I'm a man of action. So here is your answer, to all the questions, by all the new guys: Work hard to make yourself look good, always be escalating with your wife, fuck her like a Taiwanese whore, always be flirting with other women, always chat people up, get out of your house, read your heart out to help modify your superego but you have to go outside and make it happen.

It's amazing how you won't give any fucks about your marriage or sex with your wife when you know you can go out and F close any day you want. I wear my ring. I go for the close. Some women get pissed at me for it. Doesn't matter. I do the work. If I got divorced, I'd be swimming in pussy but I'm not and I'm still swimming in pussy because the stay plan is the same as the go plan.

This is easy but it's hard. It's easy to read about, it's easy when you're good, but it takes constant work. You should be able to walk out of your door with absolutely no plan, and end up making friends with everyone where you end up: men and women. This takes effort. Being social. Your wife will see you do this with ease. It's Social Proof. You don't need a huge group of friends for social proof. Actually, I prefer just being really likable and having casual conversation with everyone I see vs. spending time trying to cultivate deep friendship. We have to have something I am really passionate about in common and you have to serve some kind of purpose for my mission for that. I go out completely alone. You know how impressive it is to women for a guy to show up somewhere by himself and have the confidence to know everyone in the place by the time he leaves? Anyone can bring their own friends somewhere they like to go. Operate like this in default.

Sex is fun I love sex but it's just sex. You have to understand that the sex you are not getting from your wife is the same sex you could be getting from any vagina on the planet of which there are billions. And girls are really, really lame. Like on a level that is sad if you have feelings. And even the "cool" ones, the only reason I am not hanging out with a guy who has the exact same hobbies instead is because she has a vagina and I want that. Otherwise I'll chill with the guy every time. At the same time, I love feminine energy. The anxiety and the timidity is really cute to me and I love it because it leads to sex. It's really a lot of fun how they test you. It's cute. Most guys are just as anxious and timid when you talk to them. Like, I N-closed probably 8 guys yesterday. It's the same I'm just not trying to fuck them.

What's the point of this rant... There isn't a point. Take what you want. I smell like girl right now and I'm about to fuck my wife. Your marriage is not a big deal. Sex is not a big deal. You are not a big deal. We're all just roaming around here trying to connect with others because we are social creatures. You staying home, not gaming women, not talking to strangers, you are putting a virus in that process and you should feel like a complete piece of scum because of it. People are very dynamic. You have much to learn from them. Enter the world as a sociologist studying the people you meet. Read them. Manipulate their feelings. This is life. This is how it is meant to be.

So last night I'm making out with this tight little yoga bodied 22 year old bartender and I'm thinking... Nothing. I'm just existing. Like you should. I'm just out in the world, one of many, doing the same thing everyone else is doing: trying to connect with people. And it's beautiful. So toss aside all the restrictions you have put on yourself. Or maybe that society has put on you. There is only one truth and it's the present. What are you doing with it? Your wife isn't the only vagina. You aren't the only dick. We're all doing it, it's cheap, it's easy, and it's perfect. How it should be.

Rejoice in your struggle. Always, always, always, be escalating sex with your wife because I promise you she is not that cool that you should just be hanging out with her platonically. There are literally hundreds of women in your

city/town who want to get fucked by a real man so if you are one, and you aren't getting laid, then maybe you aren't one. Be attractive. Don't be unattractive. Keep your house clean, your life organized, your finances managed, your hair cut, your body trim, and just go out and talk to people and you will get what you want from life. It's easy but it's hard. You will find that rejection is fun, shit tests are hilarious, and women are easy. So is life.

I play a game I call it Schmidt Game. My wife watches this show New Girl all the time. I don't watch TV, like, ever. No sports, no movies, no series. Okay I watch Game of Thrones but I don't generally waste my life away watching other people do their mission on TV. But there's this character named Schmidt. He's emotional. He's naive and in love. He's vulnerable. He can be completely goofy one minute and completely offended the next. But it's *always* silly. I mimic this when I am connecting with women. Complete AM. I take them on a rollercoaster of teasing and fighting. I get offended. I tell them I am breaking up with them. And it's never, ever serious, and they know it.

So how do you close? You just DO it. You know how many women have confessed to me that they expect the guy to make the move? They all do. All of them. Then I do, and half of them get offended since I'm married. But half of them don't. You don't need a story. Ask them for their numbers. Just hand them your phone with the New Contact window open and they'll put it in or they won't. If they don't, tease a little and challenge them but if they still don't, just smile and tell them it was nice to meet them and go on your way because there is absolutely nothing special about them that isn't special about everyone else. There is no female or friend as your magic bullet. It's you. It's all on you.

When you walk into a room, the room is the Red Sea and you are Moses himself. You imagine the world stopping for you because your world does stop for you. You know The Secret. That the Law of Attraction is real and you bring to your life what you focus on. Choose your focus. As Mark Manson puts it, life is a struggle, so choose what you are willing to struggle for. Pick the people you choose to waste it with. You will die, that is for certain. Maybe today. Maybe we are already dead. Maybe death is the answer, and nothing to fear.

I was in a store the other day, and I saw a pretty girl. I *imagined* her being pulled towards me with electric rays shooting out of me. When I walked by, she turned and checked me out, and stopped what she was doing. I was with my wife and kids but I smiled. It works. It's real. You are attracting to your life what you choose to focus on. If you are focusing on not getting laid, you will not get laid. If you believe already that you have 10 plates, sex all the time, and a kick-ass life.... Even if you don't... Guess what will happen? So quit drudging about in the text and GO DO THE WORK. Just believe in it. Trust your intuition.

Women are not complicated. I promise you there are far greater treasures to be plundered in this flesh. But they are fun. They relieve me from my world of logic and calculation and we are able to go somewhere together that is even slightly euphoric, although fleeting. I do enjoy their company.

I am on a journey to rediscover my mission. I sacrificed it for my marriage and children and it was a very big mistake. I'm a musician. There are videos of me as a child. A little kid. I am watching musicians on TV, singing and dancing alongside them. I knew it then. I knew my purpose when I was not even 2 years old and I let it go because I thought it was a silly dream. When 5 hours go by and they feel like 5 minutes, you are on your mission. Don't question it. You are a car. The road is your mission. The present is what you see in the headlights and it's all that matters right now.

Walk outside today and talk to a stranger. Imagine yourself as already being the person you want to be. You will be amazed what happens, that I am sure of, but *you* have to do the work.

67

UPVOTES

What one year of MRP has shown me

PurpleVeteran · 13 January 2017 · Archived copy · Reddit

Reading a couple recent posts by BPP got me thinking about what it was from this forum that helped me get on a better track. Some of my worst BP qualities were are a thirst for validation, a social clumsiness that is one small step above Aspergers, and a tendency to over-analyze everything to the point of inaction. My last month before swallowing the pill was a journey in emotional lows, passive aggressive lashing out, and beta-behavior that I'm still digging out from. Somewhere between my wife saying "you're acting just like your mother", and me bawling my eyes out in the basement, I hit rock bottom.

And the thing is, I'd read Rollo and browsed the TRP forums -- and laughed at the misogynists that posted there. I would read 2XC, and visit DB, trying to figure out how to fix my problems from the other side or with others in my shoes. And they were all saying the same BP fantasies that I'd been fed for years. It literally was coming to MRP that opened my eyes. This wasn't a group of kids trying to get laid or knee-jerk womyn bashing, but nice guys like me who were waking up to certain truths (that weren't so self-evident at the time).

Vocabulary

The first thing that MRP gave me was something to measure my life against, the vocabulary to express and understand the problems in my marriage (but more importantly, in my head), and a set of tools for addressing them. My first read of NMMNG was a period of denial, but I soon identified with MMSLP, and WISNIFG brought certain lessons home to me.

For the first time, I could see how some of my "good" behaviors had killed my wife's attraction for me, and how others that she once "protested" were actually things that drew her to me. I had blindly accepted the social norms and Disney fantasies that I'd been taught about compromise, equality, and pedestals. And while I managed lots of elements of our life (finances, family, shopping), there were other things that I neglected (leadership, leadership, and leadership). For 20+ years, I'd expected her to act as my wife, my maid, and my mother in turns -- and resented her when she didn't.

And I learned the language of masculinity and self-actualization, but also found labels for the short-comings that I'd struggled with but never could express: "validation", "co-dependency", "covert contracts". Identifying these behaviors and how I'd come to accept them as normal, I was finally able to start addressing them in a constructive manner. I embraced the idea of a MAP -- instead of chipping away at the problem by negotiating for sex (I once tried to trade cleaning the toilet for a blow job) or passive aggressive mind games, I started back at ~~ground~~ dread level zero.

My MAP has been focused on improving myself and my life in specific ways: lifting, dieting, decluttering, and building frame. I consider myself lucky, because my marriage is strong overall and my wife complements my strengths very well. The biggest problem I had was lack of leadership and ownership, but I now had some strategies for improvement. I also identified my constant thirst for validation, and nearly 12 months in, this still remains my biggest weakness. Hell, for the longest time, I was still doing all of this improvement shit for her -- I would alternate between images of her and Chad, and plotting how to fix our sex life -- as fuel for my lifting and cardio. That was a tough demon to kill.

Finally, Dread taught me two things: first, that while I was never socially aware, that lots of the small details I neglected were not only under my control but mattered hugely to my SMV. Second, my wife had been trying to nudge me on these things for years, but never pushed or finally gave up on to avoid my predictable reaction. I celebrated losing nearly 50 pounds in 3 months by shopping for myself instead of just sending my wife to pick up some pants, or ordering clever T-shirts online. I tried on a dozen pair of jeans, I studied fit, and I read lots of articles on men's fashion. I went into Gap and Urban Outfitters, only to find out I was still way too fat for modern fit clothes marketed to guys half my age. *sigh* back to the Iron Temple.

Calibration

The second thing that MRP teaches is how to balance the competing voices in your head. Ironically, when you read the cacophony of responses to the newbies on AskMRP, you might wonder how anyone can find anything constructive to their situation. But among the shouts of "faggot" and "AWALT", there are nuggets of valuable insight and lots of tough love.

So when we tell guys to STFU, it's not surprising that some of them might confuse that with "sitting like a lump" while she vents or cries. When we tell them to build frame, but not to DEER, these "nice guys" go rambo and start throwing boundaries and making demands that must appear to their wives like a psychotic break. And when we talk about LMR and OI, these guys -- who think that 3 months of lifting or a friendly smile from the waitress mean that their wife should suddenly forget years of chump -- still resent the starfish sex they get, so they jump up and stomp away in a "completely not butt-hurt way".

Look, I've embraced the fact that I'm never gonna be one of those "hawt" guys with spiky hair, "bad boys" with ink, or sharp-dressed player, but I can be the most attractive and fit white-collar professional in the room. I'm not good with my hands or managing people, but I am willing to roll up my sleeves, fix what's broken, and *get shit done*.

And to many of the hardcore folks here, I come across as an apologist, especially given my username. But for as much as we talk AWALT, not all women are the same. There are narcissists, codependents, ice queens, and just plain bitches, but there are quality women out there as well. The same advice does not work for all relationships or all people, and even then, your journey of self-improvement will be an uphill battle against inertia. The fact that she (and everyone else) comfortable with beta you, means that there are always plenty of crabs trying to pull you down.

So, when the advice comes in waves... from the beginner, to the intermediate, or the advanced, it's important that the reader takes it with a grain of salt. I've seen several reports over the last few weeks where the OP was given dangerous advice before he could handle it, or that was just a solipsistic RP reading of events. Now, it's up to each man to choose his path, but it's also important that he take it a step at a time. RP provides a number of valuable tools, but like their real-world equivalents, it takes practice to master them.

For this reason, I relish the recent FRs from /u/saint_chalet that *demonstrate* what frame is, the quality posts on ownership by /u/TheFamilyAlpha, and the harder lessons by /u/man_in_the_world and other long-timers. These guys set the bar by which the rest of us can measure ourselves. Which brings me to...

Peer Group

I know, MRP is not a support group, it's just a bunch of 1s and 0s floating on the Internet. But it *is* a place for getting advice from people who have been (or currently are) in a similar situation. We acknowledge those who put in the hard work, who have earned their "red chip" for their progress, or lay breadcrumbs for those who are still finding their way.

This is not a safe place by any means. Between the brigading and cross-posts, there are any number of reasons to just STFU and hide your mistakes as guilty secrets. And yet, we have any number of men willing to puke up their blue guts just for the opportunity for feedback and advice. Why is that?

Because we are men. We come from the sandbox, the locker room, or boot camp, where feelings don't mean shit when there's work to be done. We lift iron to get stronger; not because it's easy, but *because it's hard*, and that's what makes us stronger. We come to throw down, to challenge ourselves in the arena, because we know that the most valuable lessons come from your opponent.

MRP is the mirror we hold up to ourselves, to take the measure of the man. It's how we set the benchmark for what we want to achieve next. Whether that's BF%, lifting 3 plates, killing Oneitis, or slaying strange.

And then there are the stories. The ones from newbies that make us laugh and point, or from old-timers who look back and recall past lessons. It's field reports, play-by-play from last night's shit test, and mundane notes for the latest OWS. But it's also the valuable feedback that they get, from quick pointers to epic dissections (J10, _____)

wherefore are thou?), so that others can learn the lessons early. So that MRP becomes a clubhouse of sorts. A place where we can recognize the progress made by former addicts and newly divorced men. Where sharing successes and failures, and putting skin into the game, means that we know each other at a deeper level than just the text we've read and the comments we bookmark.

I find it strange that someone posted recently about mid-life crises, because that's what I thought this was for me. As it turns out, it's not a crisis at all, but a threshold to be crossed. I wish I'd seen the code in the Matrix long ago, when I was a younger man, but I will take my life (and my improvements) a day at a time. Thanks to MRP, I now have a lens to examine my life, the tools to make necessary improvements, and the will to take responsibility for my mind and my actions, while I continue to carry on with my mission.

67

UPVOTES

THE CHEATING GAME - post mortem, 180 degrees.

over60_stupid_loner · 10 January 2017 · Archived copy · Reddit

Part One: Summary of PM's over the last year.

Often someone will read an old post of mine [The Cheating Game](#) and, I get many private messages that go something like this:

I was reading your post from a year ago and would like the benefit of your experience. I became RP aware a few weeks, or months, ago and have read some, or all, of the side bar. I am about 35 to 45 years old and have 2 or more, kids. I have been beta all, most, or part of my life. I am long married to a difficult woman that has problems getting along with me and the kids. She has some intermittent issues with alcohol, or something else. She is an angry woman, a feminist, and she childishly refuses to accept any responsibility for her bad behavior. I am a very successful provider for the family and a good father.

I know you can't make this decision for me. I am trying to decide if it is better to stay together for the sake of the kids and get sex outside of my marriage, or, just go ahead and make the split with my wife.

I am concerned that my children may not do well having me in their lives only half time.

I would really appreciate your advice.....

AFC AverageFrustratedChump

Part Two: My response to the AFC's PMs.

AFC, what you describe is far from an impossible situation.

Unbeknownst to you, you hold all the cards in your relationship. Just as you so easily admit you were beta, you also are the cause of all your problems, and only you can fix them. As you lift, apply dread, study the sidebar and apply it to your situation, OVER TIME you will improve.

As you get control of yourself and improve; you, your wife, and your children will benefit, over time. Very rarely, does leading your family fail. When it does fail to improve, there is no doubt about leaving and becoming a half time dad. Therefore, the answer to your question is to do the work on you, then your question will be answered by your wife's behavior, in time.

You probably already are a half time dad. Between work, maybe travel and other obligations, few men really spend that much more time with their kids when they are married, compared to after they divorce. Get your day-planner/calendar down and really look at it. For most men this concern is overblown.

If you are still having sex with your wife, outside affairs will only dilute your time for gaming of your wife and your self improvement efforts.

The best reason for affairs is - the sex. The second best reason for an affair is to re-establish your view of abundance. If you are looking for more than sex or abundance, then you are a needy guy looking for validation, and, you will probably implode your marriage.

Recognize that getting caught will likely end your marriage, and, end your plan of staying for the kids. If ever you couldn't keep a secret, you will probably not keep your affairs secret either. Based on your comments, your kids are a priority. How would you like you kids, and others, to know about your affairs?

There are some tactical issues. If you improve yourself/marriage, you have a shot at sex several times a week with a partner you can train to please you. You will not be spending hours gaming soccer moms, or on dating sites, or in bars gaming women that may, or may not pan out. Avoiding STD's, not attracting crazies, and unprotected sex are other considerations. If you think you are dealing with rejection now, more women approached will mean more opportunities for rejection, and more opportunities to meet shitty women.

My advice to you:

- If cheating is what you really want to do; do it, you are your own judge.
- Avoiding cheating allows you more time and energy to work on the real cause of your problems - you.
- Once you have gone through the entire self improvement process, and your wife doesn't respond, then, rather than serial cheating, respect yourself and your children, and leave.

Best

Part Three: Post Mortem of "The Cheating Game".

When I wrote that post over a year ago, I was trying to make sense of my first failed marriage, that ended over 25 years ago. That post set in motion months of introspection. This post is the result to date.

I am still unapologetic about that old post. I did what I thought was best at the time. However, months ago, I changed to another username, because I did not want my adult children, to stumble across it and know it was me. The very reason I stayed in that marriage, became my achilles heel. I realized, I did not want to be outed as a cheater to my kids, and significant others. Well, my kids know now, but they always mostly knew. Kids are a forgiving bunch; you love them, they love you back. During my introspective process, they offered me some insights.

Their mother had/has serious mental issues that she did not/will not address. My kids said they appreciated that I stayed. They appreciated my being there for them, but they question if a divorce could have been better, for them, their mother, and me. My kids did not enjoy living with the tension, and their distant, unhappy parents. Having two parents and lots of stuff was good, but having two happy parents even if they are divorced, would have been much better.

One reason I stayed in the marriage, was to spend more time with my kids than just being a joint custody parent. My kids pointed out that between working and working "late", going out with my friends, going camping "alone", and my involvement with school activities, I didn't spend as much time with them as I thought. When it came to coaching their teams and working in their school organizations, although I was always involved, they often had to wait their turn for my attention. I was often preoccupied with the moms that needed my attention.

I spent so much time gaming and chasing women, that I probably got less sex than if I was gaming the wife. Logistically it is hard to line up several one night stands a week. Much less train them to consistently give me what I want. **Edit: If it's all about sex anyway, you may as well fuck the crazy woman you know, hard and often, rather than look for new occasional crazy that might cause you even more problems.**

Another reason I stayed, was to protect my children from their mother's problems. However, the vast majority of the time, their mother cared for one or more of them, without my supervision, or the need of it. She loves those kids and they love her, faults and all. I was wrong.

So my rationalizations for staying were not very sound.

"Fallacies of Cheating for the Sake of the Children"

- If you get caught, you will hurt the children you are staying for and trying to protect.
- You will probably get less sex than if you improve yourself, game your wife, and lead your family.
- You will increase your chances for getting an STD, and attracting crazies. Any unprotected sex is very risky.
- You will have to approach a lot more women to get laid regular. Increases your exposure to rejection, and, problematic women.

- Having two parents and lots of stuff is good, but having two happy parents, even if they are divorced, is much better for you, and your kids.
- You will spend less time with your kids due to your cheating, than you would if you improved your marriage or divorced.
- It is unlikely you will protect your children from your spouse by staying.
- Spending the time you would use for cheating, for self improvement instead, is more likely to benefit you and your children long term.

Part Four: What (I Believe) I should have done:

I should have taken control of myself, of my emotions, and spent my time improving myself.

- I was the cause of all my problems. By redirecting the time I spent getting the thrill of sexual pursuit and validation, to improving myself, I would have been a better man with a happier family. Even if the marriage eventually failed, I would have gained.
- If I had done the work of improving myself back then, I believe there was a better than 50% chance of fixing that marriage.
- If it could not have been fixed, I would have divorced and improved the lives of everyone, especially my children and me.
- Even if the marriage had improved, I still doubt it would have survived the empty nest, but the intervening years could have been happier for everyone.

Not many subjects get the visceral reactions that male, and female, cheating get. **Although I have my mutating views about cheating, you are your own judge.** With that in mind, I look forward to your discussion.

Best

Edit: This is my thoughts about a primary focus on cheating instead of gaming your wife, or, serial cheating. This is not about the guys that do "catch and release" and every once in while don't release.

67

UPVOTES

45 Days Later

ReddJive · 26 October 2016 · Archived copy · Reddit

So my sweet little 11 year old girl, full of smiles and braces, has become yet another angry child in the house. The first morning it started I was at the table having come home from the gym and a 12 hour shift at the jail. the 11 year old has flown into a rage over every thing, and I could hear her and her mom getting into it over everything. Ahhh the joys of pre-teens.

My youngest kids, boy and girl (7 and 6) came plodding down the hall.

Them: Jackie's (name changed) angry again.

I nodded

I could have decided then and there to wade in like a general on the battlefield. Separate the two and find out what was the cause. And like a good diplomat solve the situation and get the things moving again. That really wouldn't have solved anything but got me embroiled in the emotional turmoil going on. Like wrestling with a pig. Pig's happy, I'm dirty.

What would I be instead? The calm one. The rock. Against all the emotional storms raging around me I am the one unmoved. I sat there and engaged the littles. I asked about the day they were about to have, what they were looking forward to and some how got roped into promising to take them to a haunted house this weekend. All the while down the hall way a war was being waged. Yet things in Switzerland were fine.

Soon the wife came down the hall. Looking hot as fuck. Woke me up better than coffee. I sat back. She was angry as hell. I don't think I've ever seen that anger before. To be honest it was kind of hot.

Me: hey sexy.

Wife: Don't sexy me. What are you going to do about your daughter?

Me: She deserves a spanking.

Wife: You can't Spank an 11 year old. I can't believe your are being obtuse about this (obtuse is her favorite word).

Me: I wasn't talking about her.

And I reached out and smacked my wife's ass....hard.

She yelped. The littles laughed seeing their mom get spanked. The youngest daughter even remarked that "dad spanked you". As for the wife there was a mix of looks. Incredulous, shock, and yes...happiness. I shit you not a smile briefly crossed her face. It was like a reset, the anger was gone but she tried to pretend it was there. Never ceases to amaze that a smack on the ass can do that.

Wife: I can't believe you did that. Jackie is out of control and all you can think about is my ass.

Me: Pretty much. What else am I going to think about? It's a nice ass.

Wife: How about dealing with your daughter? She won't dress appropriately for the weather and refuses....

I raised my hand like a traffic cop and stopped her from talking.

Me: I'll take them to the bus. You go to work.

She tried to draw me in more with how Jackie can't be this way, what bill needs to be paid, basically giving me a list of shit to do. I sit there and make funny faces at the littles.

Wife shuffles off, no longer angry but certainly bratty. I like bratty girls.

I pack the littles up easily. Jackie is another story. I let her behavior happen parallel to me. What she said or did was

not important. Like she was on the outside of the house and we were inside. I did set the standard with her. She was to be ready, eat breakfast, the car leaves on time.

She did none of it. Arguing with me the entire time, though I wasn't arguing. Other than maturity I was literally watching my wife in miniature form.

When time came to leave Jackie was still arguing, not dressed right, a piece of toast in her hand, three steps behind everyone else. The car was backing up when she appeared. The bus stop isn't far, but far enough to be a chore. The wife likes to do it and engages the other moms there. I had another plan.

Jackie runs to me as I am backing pulling out and drive away. I watch in the review as her angry little self stomps down the sidewalk. For you SJW out there the bus stop is 4 blocks, and straight down the road. And there are several other kids that are walking to the bus.

She eventually makes it. Humble, cold, I let her in the car to wait the last few minutes for the bus.

Her: I'm sorry dad.

Me: For what?

Her: I was mean to mom and you.

I look at her. She had been crying but there was still some defiance in her. I knew this wasn't over, she was more sad about not getting her way than truly sorry for what she had done, but now wasn't the time.

Me: You need to stop otherwise you are going to be in the cold a lot more often.

She nodded but not truly understanding other than her current feelings. That's fine. This is a long game. I've got time.

The bus came and left. I returned home. Sitting here I thought about what Epictetus said.

First say to yourself what you would be; and then do what you have to do

Epictetus is asking who would you be. What sort of man are you? If you are called to action do you have a plan? Do you have the ability to handle the situation you are about to get into? Are you prepared? I dare say all men are able to handle these situations, but we forget, we hide, and are ashamed to be the one unmoved by the events around us. The Blue Pill desire to appease takes over and we want to be liked, fucked, and happy. You want revenge or want someone to understand so deeply why they failed and why you are right, that you are willing to do anything to prove this.

Stop. Decide who you are. Does the rest of that matter? We forget that all those things are up to us. How we handle events and that we don't need to lower ourselves to that degrading level of validation. Life goes on and it is up to us to make that happen regardless of what goes on around us. Does the argument really matter?

Determine who you would be. MRP gives you that path to discover this. Decide this then do what you have to do.

Acting from emotion is fine. emotion is what gets you into action. Anger, fear, hunger, horny, all these things cause an energy surge of one sort or another and spur you to act. The problem lies when they guide you, take control, and become the only reason you act or think.

Your actions should be measured. Energized by emotion but not guided nor clouded by them. When her emotional storms rage it is not your decision but it is yours to decide how you deal with it. I am repeating MRP teaching but it is important to remember it is a subtle difference.

She can rage all day about one thing or the other. Though you must listen for the underpinning causes of this storm, your action is still the same. Don't deal with emotion, they are merely signs of something greater. She needs to be

fucked, comforted, or to know that you are in charge of everything. You need to show her you are. That you are indeed in control and master of not only of the ship, but of yourself.

Seneca gives the best advice, perhaps boils MRP down to one simple sentence.

Step back some distance and laugh.

Later that afternoon kids came home happy and bright. Though Jackie still had (and does have) moments, they are containable and a lot less explosive as that first one. It's a process.

That night I had sex with a very bratty girl.

67

UPVOTES

"Do something about it or shut the fuck up."

druganswer · 28 July 2016 · Archived copy · Reddit

I heard this little gem the other day and kind of blew it off as some cold blooded shit, but the more I thought about it, the more it resonated with me.

This phrase can be applied to just about everything in your life. You see people bitching about their problems on AskMRP, on reddit as a whole, all over your home and personal life, you've probably even been guilty of this from time to time.

Your wife is texting a coworker she has a crush on, you have a dad bod, your coworkers walk all over you, you're balding, the kid won't do his homework. Hell, even small day to day shit: the one barista puts too much cream in your coffee, the gas station you frequent smells like dead hookers, your refrigerator makes an annoying ticking sound. **Do something about it or shut the fuck up.**

If something is worth bitching about, it is worth acting on. I'm almost certain nobody has ever become great by crying on the internet (or to themselves, for that matter). And if you have absolutely no control over something, it probably isn't worth your time to dwell on it forever; you're better off directing that energy elsewhere. So when you hear that voice in your head start complaining about something, just tell yourself to do something about it or shut the fuck up. Either way, you will be better off.

67

UPVOTES

There, for the grace of RP, go you

Countpudyoola · 22 March 2019 · Archived copy · Reddit

So , since I just killed a direct link with no analysis on askmrp I thought it a good time to grab a recent bluepilled man's example from another sub to show what we mean and how analysis demonstrates understanding.

We don't care about the clueless out there on other subs.

The point is we want to know that YOU are getting it. And analysis demonstrates that one way or another.

Also ,no link needed (will only encourage brigading <both ways> banning, etc.. just quote the relevant part or use NP)

So on a sub related to the exposure of pyramid schemes this poor clueless beta comes in to tell us his story as a warning.

My wife got into Herbalife two years ago and I was always very hesitant about her doing so because of what I'd heard but granted I did not know much beyond what I'd heard and some cursory reading. Every worry I stated she shut down with what I now know is the prepared drivel they tell their people to say. "

So at this point he already knows it's "prepared drivel". Or if he didn't, let's assume an alert leader would at least do his own independent fact checking. You don't need to do this with every first officer decision but for fuck sure when a lot of money, time and effort is on the line: you quality check. Is that what he did?

I didn't want to be an oppressive partner and I didn't want to shut down her dreams so I entertained it and gave my blessing for her to use some of our shared savings to start this as she is a personal trainer and has a good number of clients. We did not have a lot saved up, but were getting close to our target for a new home and renovations, and I felt fairly confident in her ability to earn. "

Wow. So no. Joe Beta takes her drivel, that he already assumes is such and agrees to "bless" her with the funds. Mind you, these were not a lot but apparently close enough for a new house...renovations...etc. well, in my book that's actually alot. Maybe they were rich (we'll see in the end).

And where does this confidence come from when he knows to begin with it's drivel?

Self-delusion...my guess. How many wives worry about being oppressive in this situation? If a "partner" is about to spend money you've earmarked for other purchases to chase something about on ounce of independant research would reveal as a pyramid scheme? But that is what main stream , oprafied acceptable husbands do. Not get in the way between her dreams and the money.

For a year she was doing well and seemed really to just care about the clients and helping them, and she seemed very happy and her clients were too. I noticed more money was going but it would be replenished a week or two later, so I stopped looking as I felt myself becoming paranoid.

So, on the surface it looked like it was breaking even. How long are we going to roll with this? Diligence in an investment is just that, not Paranoia. Paranoid would be your mindset or what you are hamstering to make your natural (and smarter) gut "unease" , mollified.

You are only paranoid IN HINDSIGHT.

In this case he would have been proven "PERCEPTIVE".

After that first year, I felt things change and her working longer hours and stockpiling product. I asked her about it and for the first time ever in our marriage, she told me to "fuck off" in a complete stress outburst, for which she apologised and it wasn't a big deal but was the first sign of stress.

Yeah, no red flags there. The first time he blindly demonstrated she could walk over him with a few placating remarks and assurances. She's lost respect for him as a leader. At this point it's her show, which completely explains why she'd tell a subordinate to fuck off. That's her true view of him bleeding out. It's not a shit test. This guy was failing fitness tests for a year by this point. He was just an annoying PASSED OUT DRUNK captain who raised his head long enough to question her piloting.

So that was the first year. It gets much much worse.

Over the last year, she has completely drained our savings and put us five figures in debt, and cancelled all of our standing orders so as to be able to cover product order costs which resulted in fines and huge bills I wasn't aware of at all. She even had one of her friends from Herbalife cook up a fake document that stated our account was fine, which actually led to me being arrested after going into the bank and providing false documentation without knowing it. I was since released and was subsequently not charged after being confronted with the truth and being obviously shocked and unaware.

I would argue at this point, to go this far she may even be seeing him as an Omega male or completely irrelevant. I mean she raped their bank account for at least a year or two with him taking bullshit as an answer. As well as telling him to fuck off when cornered. Her respect for him and their family is nowhere in the equation. There's people at her work willing to collude with her to commit a crime.

INTENDED TO PURPOSEFULLY DECEIVE HIM

YET, IS WORSE! AS IT LANDS HIM IN JAIL!

for an indeterminate amount of time. I'm sure she's totally going to be repent her deception and the collateral damage at this point going forward...

My wife has now left me, and has moved in with her sister, and at some point had her name removed from the shared billing of the house leaving me in the complete debt. I have had to consult solicitors due to the fact this was also done illegally, but I can't afford to go through a whole case, not least against the woman I love who just wanted to start a side income to help us both.

This is a man **zeroed-out**. He went from Beta to Omega to a patsy, a thing to use.

Because she was evil?

Because the MLM scheme was evil?

Or because **he didn't tell her NO from the start?**

We know from experience that telling a woman NO sometimes is not only what you want...but what they *need* in order to respect you.

From his sad little eyes he would have been squashing a dream that instead ACTUALLY BECAME her nightmare which then she foisted onto him as is now his to own.

So did he rebound into someone we'd see stumbling in ...full blown anger rambo?

Herbalife has absolutely ruined our lives, and through the uplines sending my wife upwards of 20 emails a day with sentences like "Make the sale however you can, flirt with them if you have to" or "Put yourself out there as single, and indicate that working with you is going to be long term" she shut off any shared approach we had to business or life, and I've almost completely lost her. I am losing my home, I'm quite literally surviving on a meal a day, and I'm going to have to sell my car which I need for work. I am going to turn this around, somehow, and I am going to sue the living shit out of Herbalife for their practices but at this point in time I am completely defeated.

I'm very sorry for this long post, and perhaps you can see why I've thought about not posting it many times, but please do share my story with others who are getting into this situation because there is nothing in this life worth this damage and pain. I am broken."

Yep.. It's the company's fault. If she threw her lot in with a company hinting at selling your attention for money, and she got as desperate as letting him take the fall while cutting and running I can bet real money that she went above and beyond with "clients" and "coworkers" whom not only did she respect, but took (bad) advice from. No where in here is the blame aimed at the chick who killed your puppy and hung it around your neck. Nope, it was the gun. This is a poor person with supreme oneitis, left with no life and no self respect.

So hopefully he grows enough of a pair to get legal advice...then if he's lucky he could see the RP light of day.

Get a handle and control of your finances if you don't already. It's not about trust. It's not about paranoia. It's simple accounting 101. You can suck at math and still know basic addition and subtraction. You may not be the one good at picking stocks or investments, but you can know + is better than - .

Learn to say NO.

Her "dreams and goals" should compliment...not cost ... the family, otherwise they're just "bad ideas".

If risk is involved with any idea: you research until you fully understand what is not only at stake , set goalposts along the way and continually evaluate. Finally if you can't wrap your brain around how it is a good idea to begin with then you punt.

A few years ago I thought it would be a good idea to invest in real estate (rental property) instead of the stock market and was prepared to do the work.

Problem ended up being that I live in a renter's state with horrible taxes for landlords and I live far enough from other states that they are out of the question. Where I live you essentially need to be able to purchase around 4 properties up front for it to pay for itself. A lot of steps were taken in that direction. Still, even with some penalties I reinvested my money back in the stock market. (NOTE: not saying this specific situation is the same or applies to any wanting to do this...) and hey...guess who had clear reservations about it and let me know without "guilt" or feeling like they were squashing my dream?

Mrs. CountP

She wouldn't be my XO if I couldn't rely on her as a second set of eyes.

In the end the impartial numbers won.

Imagine for a second this guy said no and his worst fears came true?

She left him then over him saying no? How in the world would he not be in a 1000% better situation now.

More likely if he was rp aware (or natural) she'd have just thanked him a year or two later as saving her from herself. Or even if not... that's her emotion to manage... it was still a shit idea.

RPeed · 24 May 2019 · Archived copy · Reddit

He goes on to talk through this process in more detail touching on DHV, shit tests, fogging, negative inquiry, DARE'ing and many of the other concepts we talk about here. He also clarifies how multi-phase interactions can be joined up i.e. when you're not selling a pen to a passerby, when you're continually re-engaging to develop a relationship with a company/client/person.

In fact really this book is about creating and controlling the frame of an interaction and expanding that sphere of competence.

It's all very light on theory and heavy on action. Worth a read.

Example: Pacing and Leading

One thing Jordan explains especially well is the correct use of "Pacing and Leading". He is drawing from various sources and many might recognize this as what I believe is originally an NLP term. If you don't, it was a concept from the '90's that led salesmen all over the world to obsess over mirroring their counterparts body language. Such as crossing or uncrossing their legs anytime the prospect did.

Cue autistic results.

However Jordan drops a simple nugget of wisdom that the focus shouldn't be on forcing rapport, but falling into it naturally by matching the prospect's level of enthusiasm/engagement and making your own EVER SO SLIGHTLY higher than it. Then, as they warm to the subject, you lead by increasing your own enthusiasm and so on and so on until you both reach the shuddering climax of a successful close.

If you've ever been really in the zone and pushed through a lot of resistance to close a huge deal, you'll know exactly what he means, alternatively you'll recognize times when some charmer has made you his own slut.

Anyhoo.

IRL

My wife once said she loved that when she asked me if I wanted her to make me a cup of tea, I always replied "I'd love that". Cue relaxing together and being taken care of.

Conversely if she asks what movie I want to watch and I shout "Predator!". Likely I'll be watching it on my own (another win, ha!).

The same effect happens in catch-and-release type cold approaches:

Quite often a casual “hello there” from me results in a bright eyed “Hey!” from the girl in question and the challenge is to re-calibrate and lead her UP in enthusiasm and not down towards me. Bizarrely it seems easier for me when the response is neutral, maybe because in many ways it's easier to start low and go up?

But wherever you are, people tend to seek to match you as long as you are not too far off and from there you have a choice to influence it by controlling yourself.

When the gap is too large, it will be obvious as you will both likely want the encounter to end.

Anyway, a simple way to establish and lead a dynamic is to *think of your engagement level as a dial and dial it up and down to one notch above your counterpart.*

Use this knowledge to boil that fucker like a frog and check out the book for more ideas on communicating.

As Jordan Belfort might say:

"Sell me your penis".

67

UPVOTES

Does she trust you to be a man?

suprathepeg · 17 June 2019 · Archived copy · Reddit

I've been listening to The Science Of Trust by John M Gottman lately and it occurred to me that the reason MRP works is that it's about building trust. Of particular interest in the book is that they found in their studies that men and women both are happier in relationships where the woman trusts the man.

Drunk Captain = not trustworthy of family leadership.

Doesn't clean up after himself = not trustworthy of family leadership.

Fat and lazy = not trustworthy of family health leadership.

Finances a mess = not trustworthy of financial leadership.

Oneitis following her everywhere = not trustworthy of her leadership.

Not growing or developing as a man = not trustworthy of family growth leadership.

Not owning your shit = not trustworthy of leadership period.

Whining like a bitch = not trustworthy of leadership period.

Not setting or maintaining boundaries = not trustworthy of family safety leadership.

Can't pass shit tests = not trustworthy of her leadership.

Can't identify shit tests = not trustworthy of her leadership.

It goes on from there, we all get the idea.

Women want you to be a man she can follow. When she sees she can trust you to be that man she is free to give in and let you lead. All the things we do here are ultimately to build trust. This is why MRP addresses the man and not the marriage. Be the man her hind brain can trust.

67

UPVOTES

Depressive and Anxious Wives: Authenticity, Feelz 2.0, Shitty Comfort & Penetration (Part 4)

HornsOfApathy · 28 October 2019 · Archived copy · Reddit

If you've read my previous posts on Depressive and Anxious wives, good for you. Some have asked why I have picked the topic of "Depressive and Anxious Wives" rather than AWALT (even though this rule still applies). The reason that I've chose this extreme version of your woman is because yes, while AWALT applies, it seems to me after being here on MRP for a long time that some women naturally pursue chaos to get feelz, and thus those traits usually manifest themselves in your relationship and wife as anxiety or depression.

As a simple reminder, here's the previous 3 posts – which you should read to understand the context of the next stage that I think happens once you've accepted it's all your fault, built a safe place, and converted dread into desire.

Part 1: Depressive and Anxious Wives: [How it's all your fault](#)

Part 2: Depressive and Anxious Wives: [Transformation and Building Escape](#)

Part 3: Depressive and Anxious Wives: [Converting Dread to Desire](#)

Discovering you mission of authenticity

By this time, you've likely recognized that building a safe place within your life for your woman to find and gravitate towards usually results in great quality sex. You may have even discovered how to abandon dread altogether in place of inspiring desire. This post is an attempt at providing MRPers more guidance on building a **deeper safe place including honesty and authenticity** that contains more than sexual fulfillment and gravity towards sexual desire. Learning to use authenticity and patience in your life will drive your woman into greater depths of feelz, which then inspires more desire in both sexual and non-sexual ways.

The first question that I found myself attempting to answer when trying to lead my wife into deeper authenticity was to determine for myself the following things:

- Who am I as a man?
- How do I project the authenticity and truth about who I am as a man to others that I encounter?

These two questions that I asked myself were core to my mission. I did not yet know my mission or what it was that I needed to do with my life, but I did know that I wasn't quite sure what kind of man I was. To answer this question, with true authenticity and masculinity, it was required for me to strip all ideas of who I was before and for once – peel back the layers of ego like an onion and discover what was at my core. When I was finally able to peel back all the layers of pain, hurt, and false senses of security – the answer presented itself with great force.

I discovered that I was a man who was full of energy and gifts. I had a desire to give myself to this world in ways that were unique to me and spoke from my core. These gifts can manifest themselves in many ways, and perhaps you have some of the same: strength, mental fortitude, direction, passion, creativity, leadership, understanding, non-judgement, gracious, mindful, protection, courage, independence and assertiveness.

I discovered that all of those things were just *qualities* of who I was as a man. You may share quite a few of those with me. But most of all, the largest thing that I was as a man was... *giving*. I would share all those great traits and qualities from my core to influence and change people's lives for the better (or worse). Either way, I am the prize. I am the gift. I give freely no matter the circumstance, until it no longer works and I choose no longer to give.

Only when you know who you are, and what you have to give this world can you then become an authentic version of yourself who will then (if you choose to) give that gift to his woman so that she can be your reflection.

If you're an asshole, your wife will reflect your asshole better than anyone. Choose and discover who you are with great care. A man who gives from abundance great things to this world and his woman will soon discover that not

only is your wife a mirror of who you are, but so is the world and everyone you meet.

Being authentic to your masculine self allows the polarity in your relationship to surface and your woman to live in her feminine. If you are LARPing, so is she. If you're bullshitting your way through life, so is the world around you. Find where you are no longer authentic in your life and **challenge that mental model** with the force of your direction and masculinity. Challenge it all. Change if you must. Choose who you are.

Creating the Feelz 2.0

You should know by now that your woman, if she is depressed or anxious, requires BIG feelz and emotions in order to satisfy and remain congruent to who *she is*. You should have accepted this by now, and if you haven't you certainly need to go back to the sidebar or give up and choose a different woman. Most men, from what I gathered here at my time in MRP, only wish to dab their toes in the water of the deep end of understanding their woman with the purpose of getting better quality sex.

That will not work with a depressive and anxious wife.

Using your masculine direction, this gives way for her to let go of her masculine energy and put it into her feminine energy. The masculine is direction. The feminine is chaotic. But guess what?

You need chaos and uncertainty just as much as she does.

Why? The challenge. The test. The things she says or does to drive you absolutely into an emotional tailspin is just that – a test of your frame to see if you are able to overcome those emotions and lead her to a place of safety and masculine strength. Can you overcome her shitty behavior and *still* continue to be the man that you are? Most men cannot, and this is why we usually end up here at MRP. We fail time and time again tests of our manhood and become betatized in an attempt to suplicate her feelz with more feelz.

She doesn't want your feelz, or at least not in the way that you think she does. The best feeling that your woman will ever get is when you stand up against her, look her in the eyes, and call her out on her bullshit never with a word of anger or disrespect. You call her out with who you are.

There are still ways to create Feelz 1.0 throughout your relationship that lead to Feelz 2.0 - but that's a topic that I should tackle in a different post.

Shitty Comfort Testing

This is the epitome of how I want to be tested now in addition to regular comfort testing (which there are thousands of words on how to pass here at MRP).

What is a shitty comfort test?

A shitty comfort test is complicated but once you understand the motivation behind a woman's desire to do it, you will understand exactly what YOU need to do when encountering one if you choose to pass it. You don't have to pass it, but I sincerely doubt that intentionally failing a shitty comfort test is who you are if you've put the time and energy into self discovery.

It's simple. A shitty comfort test is an effort on your woman's part to elicit the STRONGEST frame you have, all the while playing the nice card but not offering her the desired outcome that her hamster *thinks* she needs.

Remember: this is the wild hamster, who really doesn't know what it wants and will grab at anything to satisfy its thirst for feelz. Here's a recent comfort test that I encountered, because I made something a priority over her:

"You're just leaving to go do XYZ? I have been asking you for days to do ABC. You always get to leave whenever you want. You don't care about how I feel. Go ahead, do whatever you want. It's fine."

On the surface this seems like a shit test ("You always get leave whenever you want"). Betas reply to this by staying home, or arguing that they made time for her to do ABC earlier/later. Betas might even get angry at their wives for

being a bitch when there is something important that they need to do. Anger is bred in crazy ways during shitty comfort testing.

If you have read before on how to pass shitty comfort tests, it's simple: STFU, carry on. But I want to challenge that idea entirely by making this the key opportunity to provide the biggest and best feelz that a woman requires.

I looked at my wife after she said that. I stared deeply into her eyes, and looked *through* her words and *through* her emotions. I peered deeply into her, using the brightest eyes that I could muster, and let her FEEL that no matter what she said, I knew what I was doing was more important *right now* than providing her comfort. I told her, with my eyes only and intense STFU, that I'd be there later for her when she decided to approach me in a way that would be constructive to our relationship and my frame. She stared back at me at first with fire in her eyes and anger in her heart, but 10 seconds later I watched the anxiety leave her face.

"Fine." A second time I heard this.

I continued to deeply look through her, look through her bullshit, until she FELT me standing in the face of her ridiculous behavior – still the same man that I discovered long ago. Smiling. The man that she desires. The strength of a thousand men were in me against this simple chaotic episode in her mind.

She felt the warm strength of calmness and direction.

"Ok, but I need to go do ABC soon."

Continue to look through her. STFU. Use your eyes. Use your body language. Open up your arms, the front of your chest, your breath, your large heart. Open it all, even if you have to physically do so by getting up and stretching. Continue looking through her and into her.

"I'm sorry, I just get so worked up sometimes and I get jealous because you get to do all these things all the time and I don't. I know you need to do XYZ for our family, I just don't like that it takes time away from us."

And there you have it. There's the end of the test. She's overtly stated she is seeking comfort. How did she arrive here through the chaos of her hamster? You. Your strength. Your masculine balance.

THOSE are the feelz that she desires most, and those are a whole entirely different level of feelz that she has never had before. Feelz 2.0

She is testing your authentic self and that connection to her. You must wade through the bullshit of the daily grind to discover in any way possible the authenticity that she desires from your core. Your woman is seeking an authentic connection that **ONLY YOU CAN PROVIDE HER**, and if she denies these feelz then she is lying. She is full of ego.

Why should you welcome the tests like this? It is a test of congruency, but more specifically it's a test of her showing you inauthentic behavior (it's not about XYZ or ABC or the nail) to see if you can deliver back to her those feelz despise her shitty behavior. Deliver the most authentic version of STFU ever and feelz through her. That's a shitty comfort test, and that's how it's passed.

I love shitty comfort tests, and so should you. They are the best test of them all. But they require strength and patience that you never knew possible within you. That's why they're so great – they take you to your edge and require you to live in that uncomfortable edge for longer than any other test.

Creating Feelz 2.0 with the Juggernaut Cock

Ok, so it's a little bit funny to read this now that I've written it but I cannot come up with any better term than this one. Where and how must you give your biggest cock ever?

Remember: your wife is seeking comfort and strength all at once.

As you woman pushes you harder and harder with both shit and shitty comfort tests she is continually seeking your

strength and for you to *penetrate her moods and feelings as you would the world*. When I know my wife requires this, I give her from my own core: The Juggernaut Cock.

It's huge. It's forceful. It's powerful. The juggernaut cock is the largest cock you can ever imagine – and it's yours. Some guys here talk about cavemanning your wife aggressively with dominance, but I also think there is another way.

Come from behind her, jump her in bed, pull her into the closet. You know what I'm talking about. It's the moment when the spontaneous desire within you **MUST** take your wife with your strength and power, often as surprise. Not a huge surprise here, but this is likely when you find your wife the wettest she's ever been. Why? Your wife desires you *to penetrate her moods and feelings as you would the world***.**. Often, with reckless disregard of the consequences with COURAGE (remember your qualities now?).

She pushes you harder and harder, until your body becomes swollen as an erection. This is what she desires. For your body and your core to be full of life – full of strength – like a rock hard juggernaut cock.

As she pushes harder and harder, she desires for you to break through her, penetrate her, and leave her craving that feeling she gets from Feelz 2.0

As she pushes harder and harder, you break... but not in the way that she would expect you to full of beta emotion. You break into your masculine. Your inner drive. Your sexuality. Your erection in this world. You grab her by the waist, turn her around quickly while ripping her panties to her knees and you take your huge, forceful, erect juggernaut cock and push it hard and harder into her.

You push your cock into her so she feelz the penetration of who you are. You hold that cock inside of her, pushing deeper and deeper – harder and harder – to HER edge that reaches fear and comfort all at once. You have gone so deep into her that she feelz (2.0) the man that you are. As your cock pulses inside of her against her raw challenge, you hold it a while longer.

There you go.

You've now penetrated your woman for the first time in your life. You can now go and penetrate the world.

Get up, smile, and get back to work.

You've just delivered your woman the greatest feelz she has ever desired. Your cock has become her safe place, along with who you are. Watch the desire build in her to be penetrated over and over by you. You are a man that penetrates his woman with all that he is.

Edit: Part 5: The Power of Your Mission and Greatest Purpose

66

UPVOTES

Musings After a Wedding

Red-Curious · 23 April 2018 · Archived copy · Reddit

I was a groomsman in a wedding this past weekend in a wedding where virtually all of the attendees were self-identified Christians (authenticity unknown). Here are some observations for both married and single men.

Blue Alphas - Even naturally alpha guys can succumb to a blue pill ideology. Just because you are a type-A guy doesn't mean you're immune to self-defeating sexual strategies. The groom was an ideal example of this. He's generally a DNGAF, no-nonsense, does whatever he wants type of guy. But his wedding vows were full of unrealistic fantasy blah blah. I even caught him commenting "happy wife, happy life" at the reception.

Emotional Empaths - When the groom said "HW, HL," I tried to jab back, "True, but a happy husband is what makes for a happy wife." He just gave me a blank stare. The bride pretended to get it, but who knows. My wife actually backs me up on this now. She still likes the social acceptability of verbally proclaiming the HW,HL statement, but realizes that her happiness is directly related to mine. Women are empaths - they feel what others feel, especially those they're closest to. Ideally, there is no one they're closer to than their husband. If the husband is unhappy, they empathically pick this up and become unhappy as well. If he's doing well, his happiness rubs off on her.

Whipped - My best friend was at the wedding. He'd only had 2 girlfriends before and he's now 34 and engaged after a year of dating. Although he is a master at playing it cool, it's obvious that below the surface he has this "finally! I found someone!" feeling that's controlling his life. His fiancée likes to travel a lot and they just announced that they plan to move to Spain for a year after the wedding.

This is pretty ridiculous, given that if he were to stay at his current employer for 2 more years he would have all of his student loans forgiven - a windfall of over \$100,000. Neither of them have jobs lined up in Spain ... she just wants to go and he's going to ruin the last 8-ish years of working toward this loan forgiveness program to accommodate her whim. Don't be that guy. He's changed and is no longer the same person I once knew - at least not when she's around. When it's just us, he's back to normal, but that will obviously be much rarer now. Perhaps I should have been more intentional about red pilling him.

AWALT - I got hit on by two girls who came with dates and while my wife was leaning on my arm. With a little alcohol, there was no shame or discretion. One commented on my appearance and asked me to dance with her hand on my arm. The other actually asked me to "take a walk" around the lake with her. Their dates were good looking men, but happened to be sitting at the table eating cake instead of socializing.

Dread - Getting hit on had a noticeable impact on my wife's interest in me throughout the evening. Circumstance notwithstanding, my wife commented, "I'm really wishing we'd gotten a hotel."

Stress - At some point throughout the evening, my wife got a work e-mail that stressed her out. This pretty much ruined things for an hour. It didn't matter how great of a guy I was ... sometimes women are going to succumb to their feelings and you can't pull them out of it. Don't bother trying. Just keep having fun and invite them to join you whenever they're ready to stop being such a downer. I enjoyed myself and my wife enjoyed myself too when she was ready. Don't force it.

PDA - There were two primary crowds with virtually no one in-between: (1) those who had been married for under 5 years and had no kids; and (2) those who were married for over 10 years and have kids. The sharp contrast in levels of PDA between these two crowds was obvious. This was, no doubt, subliminal. I found myself victim to the pattern for the rehearsal/dinner and the first hour of the wedding reception, given that I wasn't planning on having sex after the wedding anyway (wouldn't really have been possible), so kino wasn't an intentional focus.

My wife noticed this distinction and it made her mad, complaining, "We'll see what they're like after having a house full of 4 kids!" My first gut reaction was to chew her out for her general aversion to sexuality and say, "It's not about who has kids and who doesn't; it's about who actually wants to have sex and those who have repressed it."

I didn't - it's not often these impulses come up anymore, but when they do I've gotten pretty good at STFU. I just upped my kino game and she responded. This made our time much more enjoyable. Conclusion? It's better to be sexual rather than complain about your wife not being sexual.

I'm sure I could pull out a lot more, but that's most of it. Enjoy.

66

UPVOTES

So you think you are doing everything yet nothing is working as expected?

mrprider · 16 February 2017 · Archived copy · Reddit

It is easy to go red pill Rambo and/or overestimate your progress.

Here are some key metrics for tracking your progress: You should be able to answer each of the questions with a resounding YES!

A. Career

1. Do you have career with growth potential at 3-5 year intervals?
2. Are you consciously preparing yourself for the next position?
3. Do you have a rough idea of how you will retire? And a plan in action to achieve that?

B. Personal Finance

1. Are you budgeting and tracking expenses?
2. Do you have a personal liquid fund to last you 4-6 months in case of an unforeseen lay off?
3. Have you been putting money towards i) Retirement, ii) Savings and iii) Expense goals like vacation, or home down payment?

C. Fitness and Diet

1. Can you at least bench your own body weight AND at least overhead press your SO's weight? (Preferably 5 rep)
2. Can you run a 5k with just 1-2 practice runs at max?
3. Do you have a good control of your diet to allow for enough protein intake and reducing bodyfat to 10-15% range?

D. Leading the Family

1. Do you have a vision for the type of family you want to lead? And you are on plan to achieve that or improve that?
2. Are you owning the home/house/kids/family responsibilities and chipping in without being asked instead of just responding to complaints?
3. Are you actively invested in well being and growth of your SO as well as your kids' physical and emotional aspects?

E. Being Fun and Social

1. Are you the fun SO/Dad that everyone wants to be with? (Instead of an emotionless stoic father figure doling out advice and reprimanding)
2. Do you plan the vacation and weekend getaways for your family ensure everyone has a good time, including you?
3. Do you have periodic boys only activities? Could be just boys (hunting/fishing), or having family nearby (working on car in garage with your friend/s while their family hangs out with yours in backyard)

F. Meditation and Inner peace

1. Do you have activities for your mind? Meditation, reading, etc.
2. Are you at peace with who you are, and what you are working towards?
3. Are you involved in sharing back with society? It could be anything like volunteering or coaching kids football

team or even responding to askMRP newbies.

G. Frame - thanks /u/drty_pr

1. Do you have less and less concerns about your wife's emotional state?
2. Are you able to tell her the things that you know she won't like, while simultaneously NGAF about it?
3. Do you carry yourself in a way that you don't care what people in general think of you?

H. Independence - thanks /u/drty_pr

1. Is your state of happiness in anyway tied to how your wife feelz?
2. Do things that are happening outside of your household that are completely out of your control have little to no impact on your well being?
3. Have you fully accepted comfort in the uncomfortable?

66

UPVOTES

"You don't know how badly I needed that."

JonnyJaded · 9 May 2016 · Archived copy · Reddit

Some of the comments in my last post got me thinking; I can do more to lead my wife through this difficult time in her life. I just needed a little jump start to pull my head out of my ass (we've all been there). So I went to where I always go when I need a good kick in the sack, right here.

Main body: Wife had planned to take the boys to some festival around here to get them out of the house. As she was telling me about it we both realized that it was going to be the same shit that every festival has. And that it would have been lame. Through research I found that the winery my inlaws work at were having some Kentucky Derby party. I ask them where to buy the tickets and tell them not to tell her about it. Saturday morning I get home very early from the bar (I usually have a few beers with the DJ and the other bouncers after work) so I can wake up and surprise her. Perfect timing, I wake up just as she is struggling with toddler to get him dressed. I swoop in, give her a kiss on the cheek. "Change of plans, babe. You dress the little one, I'll dress the big one. Get out of the mom jeans, and put on a dress. Daddy's got a plan." She kept up with the "No. We were looking forward to this." "Where are we going?" "What are we doing?" "What plan?" stuff. I was ready for her. Most questions were laughed off (I noticed that she didn't stop looking for a dress/changing/putting on makeup as she was asking them) and took it for the test it was. Acta Non Verba. After maybe the 10th question I walked into the bathroom, pushed her against the door and kissed her hard, smacked her ass and told her to stop worrying, I got it handled. She does, we leave. We arrive, I present the tickets, get our shit and continue. Now she is shit testing about what the kids are gonna do. No problem. "It's handled. Have some wine. Check out the horses. Me and toddler are gonna disappear for while." Every 30 minutes or so I come over to her and check on the baby, which is asleep and refill her wine glass. We eat, she is smiling. She watches me play with the kid. She watches the kid play with other kids. She smiles.

Finally the toddler is tired of being there so we drive home. On the way home she says "Thank you, babe. You don't know how badly I needed that." Me: *WINK* "Yeah I did."

Both kids fall asleep, but I have to get ready for work. She ~~wants~~ needs to fuck. I push her head down as I call work and explain that I'll be late. Rip her panties off, pick her up, and do her caveman style against the bathroom door. Then I give her a peck on the cheek, a swat on the ass, and I'm off to work. Got a SMS of her tits on the way to work with a note "I guess I needed that pretty badly too XOXO."

Yes you did babe, yes you did.

Lessons Learned: You can always do more, be better, lead more effectively, it's not good enough to say "I handled shit pretty good a month ago, I'll be set for awhile." It doesn't work that way. You must constantly and consistently improve. And when you fuck up, you have to realize it, own it, and fix it.

Stay manly, gents.

66

UPVOTES

Bring a Gun to a Knife Fight

ParadoxThatDrivesUs · 3 May 2016 · Archived copy · Reddit

There's a famous scene in Raiders of the Lost Ark where Indiana Jones is confronted with an expert swordsman who threatens him with an intimidating display of whirling swordsmanship while facing off against Jones. Jones responds by shrugging his shoulders, pulling out a gun, and shooting the guy.

I'm starting to see that MRP is about bringing a gun to a knife fight.

A lot of noob questions are focused on small tactics - she said this, so I should say that, but then what if she says the other thing, etc. If you're evenly matched against the swordsman, then maybe that kind of minute tactical examination seems to make sense, since any small advantage could win the day.

But the real solution is to blow right past that stage, to improve yourself to the point that small tactics don't even matter. You bring out the gun and end it. And you don't reach that point by studying swordsmanship really hard (her frame). You reach it by developing your frame to the point that you simply transcend her frame. Improve yourself until you are a man of such quality that the petty bullshit that's weighing you down now isn't just "solved," it's totally irrelevant. Then IDGAF is not just a pose. Bring a gun to a knife fight and you truly don't need to GAF.

66

UPVOTES

Why defaulting to a negative view on women (e.g. "women are harpie bitches") is detrimental to your personal growth

[deleted] · 1 April 2016 · Archived copy · Reddit

From /u/UEMcGill's post -

https://www.reddit.com/r/marriedredpill/comments/4cr8no/the_value_proposition/d1lv188

/u/spiderman1221 asked a really good question after I took issue to his statement of "I do believe we need to be aware that **sometimes women are just harpies regardless of the man**" (emphasis mine). He asked,

I guess my question to you is, why do we next a woman if my statement does not contain truth? Or is it that my statement contains truth but I should not view it that way? I do understand the concept of appreciating women for being women but isn't this whole post about realizing that sometimes a woman(or anything really) does not bring value to your life regardless of you?

You're not wrong.

Sometimes women are just harpies. But the point is that that's a terrible starting point.

People see what they want to see - they find confirmation bias real easily. If you start with a negative mindset, you're going to find reasons to amplify it. Start with a positive mindset, e.g. "Women are generally awesome."

The change in mindset shifts any negative interaction from being a woman problem to being a **me** problem.

See, in general, we have positive self views. We think that we're cool and awesome and deserve better. This is not a bad thing. But, when you have a positive clashing with a negative, it's just too easy to deflect blame onto the negative.

In this case, if a woman reacts poorly to you and your default position is "women can be shitty", the logical conclusion would be "this is another example of women being shitty" because it can't be a **me** issue because I'm awesome.

If a woman reacts poorly to you and your default position is "women are generally awesome", the conclusion is much harder to reach. It becomes more of an exercise to figure out what the root cause is.

Once you have internalized that most people are decent, then it's much easier to be honest in your assessment of whether people add value or not. When there's conflict, it's a lot harder to default to "well, they're wrong" when you start off with an assumption that the differing opinion is generally right.

Get rid of preconceived biases and assess things as neutrally and honestly as possible. If I start off from the position that a woman **should** be X, and she's not X, all that does is feed my ego that I'm right and she's wrong. This is 100% ego and 100% bullshit. Kill the ego.

Be grounded in reality instead of your own presumptions, delusions, and arrogances.

Alternatively - if you're going to assume women are generally shitty, be sure to understand that **I** am generally shitty as well.

tl;dr - nexting a woman because you suck just means you'll repeat the same mistake next time. nexting a woman because they suck means actually increasing the value in your life.

The mindset with which you approach life, challenges, and disagreements is probably the most important thing that you can have as you try to do good in life.

66

UPVOTES

Archwinger from over a year ago - Being Controlling is for Losers

[deleted] · 23 September 2015 · Archived copy · Reddit

[deleted]

66

UPVOTES

What did you think she was going to do?

stonepimpletillists · 6 July 2015 · Archived copy · Reddit

I'm sure we all see the posts.

I'm getting RP now, why is she (insert pejorative) now? Why isn't it working? Why doesn't she love me now?

If you've read NMMNG, you have no excuse to even ask this question.

What did you think she was going to do?

My story is probably nothing special. Know what happened? Hit a tipping point with my newfound 'me first' perspective. I have texts blowing up my phone during, and up to our main event.

'This new you is an asshole'

'this new you is selfish'

'narcissist'

'I don't know if I can do this anymore'

lots of crying. You know what I didn't get?

- A pat on the back...
- an attaboy,
- *hey man, thanks for being alpha now, do you want a blowjob?*

She fucking gets pissed, she throws out shit tests. But you know what I do get? I don't get stories anymore about a temper tantrum before a date. Not to say she doesn't have them, but I'm no longer at the house placating them. I'm out, joining a whiskey club, hanging out with old friends, talking with a few girls I know, being a little flirty with the neighbours guests in the hot tub. Working out. Hell, I enjoy a good pre workout shit test, I hit personal bests when I get them.

Yeah it's selfish. Yeah she's not going to like it. But at the end of the day. I buy her 50 cent honeysticks, and I get her to eat them off me where it counts. If she's too tired that day, I jerk one off and go to bed, it's about as big a concern to me as whether I have maple syrup or butter on my pancakes.

She says she doesn't like it. Thats just a comfort test. When she says 'you' statements:

You're an asshole, you don't X

Those are largely shit tests, she's testing your frame. I hate how they are called tests, because all you really have to do is pretend you are an american running for supreme court. Sit there and let a senator berate you for an hour or two, if you don't lose your cool, you got the job (look up sotomayors nomination if you want)

If it's a lot of I's:

I don't like this, I don't want a man who X, I hate x

Those are largely comfort tests. Ignore the actual words, listen to the subtext, the body language. It generally boils down to a girl telling you that she is punching above her weight, and she's worried that she's going to lose the fight. Give her a strong hug, kiss on the forehead, tell her everything will be OK, and you have no reason to leave, you're getting al your needs met at home (subtle dread to inspire her to meet your needs if she wants you loyal)

But to sum up, the last fucking thing you should be expecting is for her to be on board for your changes. Biggest teenager in the room, she doesn't know what she wants, she only knows how she feels. Would you let your 4 year old daughter tell you how to do your job? Why the fuck are you letting a girl riding emotions tell you how to live your life?

Those same angry emotions for her are like you not jerking off/sex for a few days... Ignore her words, watch her actions.

/rant

66

UPVOTES

60 Days of Dread Week 8: Getting Social in your Exercise

LongRoad_518 · 23 May 2019 · Archived copy · Reddit

Intro

Dread level 3 is starting to build your life outside your wife. This is hard for a lot of guys here (including me). But it is **critical** to get out of the house at least twice a week MINIMUM and interact with other people. Without doing so, it's damned near impossible to imagine a life without your wife. Once you start meeting others and realize that you're an interesting person – you start to internalize “I'm the prize, look at all these people I can talk to and have fun with”.

At the same time, you should be exercising (you better fucking be lifting already).

By making efficient use of your most precious resource – your time, you can burn some calories and get more social.

Potential Activities

Team Sports

Find a local basketball, softball, ultimate frisbee, whatever league. If you have a few friends already, get some to join with you. If you don't... join anyways. Don't know how to play? Who cares, go have fun, make fun of yourself for being so bad. You easily can meet new people while having fun. Bonus if it's co-ed as you can work on talking to the opposite sex.

Hiking

Look into if there's a hiking group in your area. Most of these meet up at a few times a month and have a diverse group of people. If you like the outdoors – this could be perfect.

Martial Arts

For me, this is far and away the best activity to get you out. There are so many benefits:

You build a useful life skill (how to fight/defend yourself)

You're a man, you are expected to know how to defend yourself and those weaker than you. If someone attacked your family while out and about – could you defend them?

There are a wide range of age groups

In my class there are teenagers up to 50+. There are also a few hot women which is a bonus. Get to know everyone.

You get a great workout

An hour of martial arts burns a shit load of calories. You'll gain coordination and flexibility. The best sleep I get is Monday and Wednesday after Muay Thai.

It builds a huge amount of confidence

In the past, if someone started yelling in my face wherever it may be, I'd think “holy shit what if he hits me”. That goes away quickly when you know that you can defend yourself leading to more confidence. Don't do anything stupid picking fights, but just internalizing this leads to a lot less fear in your life.

It is an emotional outlet to hit things and other people

Are you angry about your wife, job, life? You won't be after an hour punching, kicking, or grappling. You'll be too fucking tired.

While any martial art probably works – I recommend BJJ, Muay Thai, or MMA. Something where you're actively practicing against an opponent. Read about the different styles and find something that fits you. Take some time (like a week – not months) to research gyms in the area, price them out (some places can really be rips offs). The best places are usually the hole in the walls not the Mega-Complex Super Duper Martial Arts Academy.

Anxiety and You

"But I'm not any good at any of these things, I have no eye hand coordination and am a fat ass."

You're going to be nervous about starting anything new. The best way to overcome that is to just start. You may have a queasy stomach, your brain telling you you're crazy to do this, fear of being embarrassed.

Kill that ego. Everyone was new at some point and you're not going out to be the next UFC champion or NBA star. You're going out to HAVE FUN, get some exercise, and talk to other people. When you start anything new it's uncomfortable – this is a good thing it means you're improving yourself. The most important thing you can do is show up. Showing up is 95% of the battle because your brain will find every excuse not to – especially at the beginning.

Sticking with It

As a general rule, I aim to stick with something for at least 6 months before allowing myself to drop it. At the beginning of martial arts, I hated how uncoordinated I was, how much better everyone was, how out of shape I was. I would have called it quits a few weeks in, but I pushed through. Fast forward six months and I can't wait for the classes, I talk to people there, I know their names, we tease each other about shit. Oh, and I'm much more coordinated, as good or better than a few people, and in much better shape. So whatever the activity is, try to give yourself 6 months of consistent effort and showing up before you call it quits. And if you do call it quits, you're quitting THAT activity and finding a NEW one.

Prepare for the Shit Testing

You will be tested for whatever you do. Realize this is normal. At first it may be teasing you or eye rolls asking "how long will this last". Think about it – you are a fat or lazy ass with no activities and now want to go out and do something physical (of course it's laughable)? I think my wife damned near had a heart attack and then laughed her ass off when I said I was going to Muay Thai (not that I was thinking about doing Muay Thai, that I was GOING there that evening). She doesn't laugh now. She brags about it to her friends - there was some pictures taken of our class that she's shared on her Instagram. Now, she asks me what I learned when I get back home. Think about it - does your wife want to tell other people: "yeah my husband's lazy and just hangs around the house" OR "yeah my husband does Thai Kickboxing a few times a week". One of these sounds a lot better than the other...

Your woman wants you to be high value and busy. Ignore anything negative she says. Watch out for the attempts at guilt tripping you. "Oh is your martial arts tonight? Wouldn't you rather stay home with me / the kids?". DO NOT LISTEN TO YOUR WIFE. She loves it that you're getting out and doing shit.

In Conclusion

It's not mandatory that you do any of these activities. What IS mandatory is you go out and get away from your wife and talk to other people. For the love of God, be social somewhere for a few hours a week. If you're introverted – too bad – do it anyways. But if you want to kill the proverbial two birds with one stone – you can get some great cardio in while being social. It's a lot of fun and very rewarding.

66

UPVOTES

[FR] Role Playing with Rape Fantasy

red-sfpplus · 6 November 2019 · Archived copy · Reddit

I work the full sexual spectrum. This is known, and no need to discuss this. What we are here to talk about is something that is new to me, and that is role based sexual play. Yes it sounds cheesy, yes I was hesitant but it was actually tons of fun and very, very hot.

There have been several women over my time as a single man who have dropped hints about "rape play" or "forced sex." We are not talking about basic shit, but full on fighting back. Fitchick mentioned this several weeks ago. So I decided to do some research and figure it out. She had the basic layout of the fantasy, even if it is very cliché - I just needed to make it happen.

The scenario was simple: Single Mom who cant pay her rent. I was the land lord and I was going to take her rent money via sex. Forcefully if necessary.

Background: We agreed that traditional safe words would not be used. She had an overt desire to want to say the following phrases:

"No", "you are hurting me," "I do not want to" and "stop."

Obviously, for any sane person - these phrases are immediate stoppages. However, pushing through these we needed to establish unique safe words, even outside of our "green, yellow and red" safe words for our standard D/s play.

After a while, she wanted to "submit" to the sexual advances. Some of the things she wanted was for me to say things like "I will be collecting rent from you this way moving forward, this is not going to be the last time I force you to have sex with me," in addition to standard stuff like calling her my slut, etc. This all sounded fun and erotic to me.

Beyond the establishment of new and unique safe words, the other paramount rule was absolutely no closed fist hitting, clawing, kicking, or slapping harder than we have both previously done in our D/s play. We have each slapped each other across the face, and we understand those limits. For this particular episode we also agreed to keep our hands off each others necks to ensure safety there, even though we choke each other often, I did not want to introduce this. I also kept anal off the table. At this point she was not fully anal trained, and I was not interested in "anally raping" her and/or hurting her. Even though she wanted it, I told her this could be time 2 or 3.

Once we had the ground rules laid out it was up to me to execute. I decided to prep the play room with cuffs, ropes and leg spreader. I also got out the silk blindfold (I do not like ball gags) and prepared all that. Had it ready to go.

Once the room was ready we went over the plan one last time, and the scenario began. I put her out in the garage for her to simulate knocking on my front door. I opened it, and she came in and we sat at my kitchen table.

The scenario began to play out, and after about 15 seconds the role playing became very natural. We each went into our roles very easily and it became very organic. I started to execute my part (like any traditional casting couch porn) and eventually getting to the point of forcibly picking her up and taking her to the play room.

I am a big, strong guy and Fitchick is no push over herself. This was when it really started to get interesting. She was fighting back, and fighting back with intention. I had to actually exert some strength to get her into the room. Fighting, wiggling to get away and screaming she was playing her part beautifully and it was very sexual to use real strength.

After I had her in the play room, I threw her onto the bed and to my surprise, she got up and tried to escape. She was 100% invested. So I threw her back down, and this time tied her to the bed via the cuffs and ropes I had laid out. However, my "normal" knot was insufficient and again, she broke free. Laughing at me and actually breaking role for a moment to make fun of me and my shitty knot skills.

Well, she should have kept her mouth shut because at this point I gagged her, and really took the time to tie her up and make sure was secured to the bed.

I am not going to go into details on the sex, because it was awesome. As discussed about half way into it, she started to "pretend" she wanted to fuck me for the rent debt.

At one point during sex she went to kiss me - I had not kissed her to this point. I pushed her face away and said "Sluts do not get kisses". I believe she came about 15 seconds later.

The session ended with me untying her, and pushing her out of the house into the garage butt naked and telling her to walk back to her apartment like a good little whore.

10 seconds later I let her back in, roles were dropped and aftercare began.

Tools used:

Cuffs and Ropes

Leg Spreader

Blindfold

Lube (not used)

Lessons and thoughts

I have had lots of rough sex over the years, but never had someone resist and work to fight back. It was pretty hot. Hearing the phrases "no, etc" was also very fun - understanding they are show stoppers normally however in the scenario were fun. It was a mind trip.

I believe that she really enjoyed being forcefully taken, then allowing herself to submit. There is likely some inner slut shit going on here that I need someone like [/u/rstonept](#) to verbalize, but seeing it was hot.

None of this is possible without a high level of trust and sexual openness with your partner.

This was all 100% consensual.

Do not, ever, ever forget about aftercare and that **cuddles are required**

66

UPVOTES

External and Internal Abundance

Balls_Wellington_ · 12 December 2019 · Archived copy · Reddit

Having an abundance mentality gets a lot of discussion on MRP. And it should; it is one of the cornerstones of a strong frame. You can't be outcome independent when trying for sex if this is your One Shot and you're desperate for success. Day one shit.

But I've seen a lot of guys-especially newer guys like me-not realize that there are really two kinds of abundance. There is the abundance that comes from knowing you can go down to the local dive bar and end up with some ONS, or lock down a new LTR if that's your thing. This abundance is great for quenching that fear of the relationship falling apart. It lets you respond with actual indifference to threats and run higher levels of dread. It lets you kill the puppy, if you have to.

But there is also abundance within the relationship: literally, is sex within your LTR happening frequently. Are you likely to get shot down if you initiate? Is the sex likely to be good, or starfish? *Is getting sex easy enough that you can be lighthearted and fun about it?*

Missing either level of abundance wreaks havoc on your relationship. We all know what missing external abundance does. You put your wife up there on a pedestal because she's the only pussy you'll ever get, start acting like a good little beta, and watch as her pussy dries up into oblivion. There's no abuse you won't tolerate and rationalize, and your wife hates you for it.

But when you miss internal abundance, you lack the ability to be OI with sexual initiation. When you've saved up three months worth of betabux and nagged your wife into scheduling some Wednesday night duty sex, and she is "sick" or "tired" and you go angry jerk off in the bathroom, it sucks. And even if you aren't a total faggot and manage to play it off like you don't care, you're still just acting, because you do fucking care. And your wife can tell, and the bitterness just puts more pressure on her to meet your covert contracts and dries her up even more.

Having solid external abundance actually makes the lack of internal abundance more bitter. You think, "fuck you, bitch, there's three women I know who would fuck me *right now* and you're acting offended that I tried to get inside your size 15 granny panties." And long term, you either cheat or leave, because you're tired of not eating ramen when there's steak across the street.

But when you have internal abundance? That bitterness goes right away. If your wife is "too tired" for sex, but you've fucked the previous four nights and will probably fuck tomorrow, you won't give a shit. And you won't be acting, you'll just know that you can get it when you want it, so not getting it right now doesn't matter.

And like external abundance snowballs on itself (abundance -> more confidence -> more abundance), internal abundance does the same thing (abundance -> OI -> better sex -> more abundance).

Internal abundance without external abundance is unstable. It leads to putting the pussy on a pedestal and all but guarantees that the internal abundance dries up. External abundance without internal abundance leads to bitterness and eventually kills the relationship.

This is why, when starting out, you fuck your wife every chance you get. If you are having regular sex, one off night doesn't send you back into a validation spiral or beta puke. You have to create the sense of abundance within the relationship that you are creating outside of it. Or else the babysitter ends up pregnant.

66

UPVOTES

[FR] – What the Fuck Have I Gotten Myself Into? Learning how to live a good life.

Tyred_Biggums · 8 April 2020 · Archived copy · Reddit

Here was my first ever post titled “[What the Fuck Have I Gotten Myself Into](#)” to askMRP which I was such a faggot I deleted. Don't delete shit people - you'll regret it and that was a pain in the ass to find on removeddit. Comments are [here](#)

So what did I get myself into?

- A journey which continues that has improved *EVERY ASPECT* of my life in profound and unimaginable ways
- A new worldview where things outside my control rarely bother me, and if they do – I can quickly work through them back to a calm mental state
- The ability to go after what I want and judge myself based on my values and ideals – no one else's
- Seeing a shitty marriage, initially trying to ‘fix’ it and then realizing what I wanted would not be possible and burning it down a few months ago
- Several periods of depression, questioning what the fuck I was doing, self-pity, failures, looking for external validation. For every two steps forwards there was a step back and sometimes it was 5 steps back.
- The determination to keep moving the fuck forward. Day by day.

From that original post [/u/SteelSharpensSteel](#) distilled the entire process into a few sentences (because he's a fucking voodoo witch doctor at this shit):

“You want to know what you can do? Own your shit. Make slow, positive incremental changes in your life. Learn the tools. Shut the fuck up. Forgive yourself for making mistakes along the way.

Become better.”

Where am I now?

I'm in the process of divorce. It's not been the ideal circumstances with COVID, but things are moving on. I'm in the best headspace of my life – true OI and DNGAF. I've seen two girls in the past 3 days. One I met her Monday and fucked her last night and this morning multiple times including in her ass. This is what is possible when you stop being a faggot. If I went back and told myself this 18 months ago, I would have bet against myself with 1,000,000:1 odds.

I have seen true desire from women. I will never settle for less.

My career continues to improve, financially I have a game plan post divorce to rebuild wealth. I am in an insanely calm mental state constantly. I simply enjoy life while I continue the small incremental improvement to make myself even better.

How

Pretty simple program here... I lifted, (attempted to) STFU, read the sidebar, reread the sidebar, and posted in OYS every single week for over 15 months without fail. Along the way I gained insights (and yes being called a faggot is an insight) and a serendipitous Morpheus IRL.

I got angry, I rambo'd hard, I lost frame multiple times. I put up with disrespect and physical assault from the STBX. I saw (and still see) attempts to turn my kids against me. But I weathered it all. There were certainly things I would do differently – not go Rambo, not tell my STBX of my divorce plans, not have talked so fucking much (STFU people). I would have listened to the warnings and vets who told me all this shit I had a huge ego and “thought I knew better”. I didn't – and you reading this don't either.

So to boil it down:

1. Lift – now, today, don't wait (ok if the gym is closed due to COVID then body weight) but do *something*
2. Shut the fuck up – seriously, this was such a weak point for me and the source for a lot of failures
3. Realize you'll get angry and get an outlet for it – I took up Muay Thai and got it out in the Iron Temple. I still was angry and fucked up talking about it (see #2)
4. Read read read – Read the sidebar, take your time, highlight, re-read, do any exercises in the books, really absorb the material
5. Practice – you can't just read, you have to practice and make those small incremental improvements. Don't sit in an Ivory Tower reading all day – use the knowledge you have
6. Realize that your wife (or LTR or g/f) is not the only woman out there – Keep going and no matter what happens YOU will be fine
7. Listen to the vets and drop the ego and pretense. They see you bullshitting yourself or doing stupid shit – and there's a good chance it's because they did it themselves
8. Stop hiding your true self – go after what the fuck you want relentlessly
9. Never allow disrespect to continue in your relationship, set a boundary and enforce it even if it means the relationship is dead
10. Do not let anyone tell you who you are and how to act. Be your own judge.

66

UPVOTES

What is Dominance?

Blarg_Risen · 18 December 2020 · Archived copy · Reddit

I've had way too many people ask this week what dominance is. Not just what it is, but what it feels like when you are exerting it, rather than LARPing it.

And for that I would have to ask a question: What's going through your mind when you get under the bar in order to attempt your new 1rm bench press? I bet you're thinking something like "I got this. I WANT this. I can feel the power I have. I can imagine each muscle engaging when I call for it. I got this. I know it. Unrack. Steady. Control. Explode. Let's do it."

And it's not your literally thinking all this, but rather envisioning it rapid fire in succession in order to manifest in real life what you want to happen by bringing this all together. You're bringing a reality to fruition.

Now...and I actually encourage everyone who wants to feel LARPed dominance to do this exercise next time you bench a 1 max rep if you have a home gym: Ask your wife to give you a spot.

And I want to you pay close attention to the thoughts that INFECT your mind when you walk to the bench with her, lay down, and get ready to unrack that bar. Because I guarantee they are NOT going to be the same as what I just wrote above. Even though im warning you that they wont. You cant help it.They are going to be filled with thoughts like:

"Does she think this is heavy?"

"What does she think about spotting me?"

"What if I fail in front of her?"

"Does she know that I'm thinking about her?"

And you will fail at that attempt. I guarantee it. Pay attention to those thoughts. And realize how they are EXACTLY how you feel in the bedroom:

"Does she like being thrown around?"

"Is she responding to me pulling her hair?"

"What if she says stop?"

"Does she know I'm thinking about her?"

And this is why the ACT of physical dominance in the bedroom, while it LOOKS like throwing your wife around, and pulling her hair, and having her suck your dick on her knees, is not the mark to strive for. It's simply what it looks like from an outside observer.

Just like you harnessing dominance is doing what you want to do with that bar, dominance in the bedroom is doing what you want to do with her. **But more importantly, dominance is an attitude, not an action.** The action is just the manifestation of it.

When you get to a point where you can get your wife to spot your 1rm and have 0 thoughts in your head about her...when you get to a point where you can smack your wife's ass and put a hand on her neck and have 0 thoughts in your head about her...thats dominance.

When we got back to the apartment is was so horny **I couldn't control myself**. I kissed her roughly and threw her down on the bed. To my surprise she didn't protest...Even though that night I provided horrible physical stimulation to the point it should have been painful, the psychological stimulation I provided was so good that it overrode the physical aspects.

-SGM, Dominance

66

UPVOTES

How to Handle a Compliment

HornsOfApathy · 17 July 2020 · Archived copy · Reddit

From a recent OYS:

Got some IOIs from friend's LTRs, commenting on my looks, past achievements, flirting a bit, asking lots of questions, comparing their LTRs to me, etc. This made me uncomfortable... Not sure how to handle these situations best. I try to downplay, deflect, ignore, boundary, and prop up my bros. It's like I'm on the other end of a shit test/hypergamy and noticing this annoys (probably cause that is what my STBXW used to do).

At some point in your journey, perhaps before you pass the **Epic Test** becoming your own mental point of origin where everyone else is noticing your changes and how good you're starting to look - perhaps even your new mental outlook - you're going to get complimented on it. Probably by your wife's friends. Or coworkers. Or your mommy.

Autists here fear that if they accept the compliment it's going to feed their ego or dancing monkey. Or they're so fucking beta they have never gotten a compliment before. So they mentally reject it.

When given a compliment you have two choices: accept it or reject it.

Guess what happens if you don't accept it? Inside you self-deprecate, and everyone reads through it.

Iron Rule of Tomassi #9

Never Self-Deprecate under any circumstance. This is a Kiss of Death that you self-initiate and is the antithesis of the Prize Mentality.

Self-Depreciation is a misguided tool for the AFC, and not something that would even occur to an Alpha.

So the next time someone - perhaps even your own woman - gives you a compliment, you have permission to deal with it in two ways:

- Say thank you and continue the conversation if there is one. STFU.
- Be authentically masculine in response with -zero- fucks given no matter if the person is a dude or a girl. "*Oh your arms are looking bigger, Larper McFaggot. Have you been lifting weights?*".... Your response: "Of course I have - how am I going to pin my next girl down to the bed 50 shades style?" or or some other non-autist AA/AM funny response*. * Because that shit is *funny* to talk about and harmless.

The key? Authenticity to who you are.

Who gives a fuck if it's your buddy's wife? It's just a compliment. Fuck, game her if you want after she opens the door. When she's fucking him but thinking of you later, he'll have a good time. Your little secret, ok?

Or if it's your woman? Same rules apply. Personally, I prefer to game.

When people compliment you with authenticity, they are usually playing the nice card or being vulnerable. Don't turn their vulnerability against them by being a retard. You're not measuring yourself against it. You're already the prize. Least you can say is thank you.

66

UPVOTES

Flair

threekindsoflucky · 15 August 2022 · Archived copy · Reddit

I've removed all flairs.

Purpose of flair was to make it easier for newer guys to sift through arguments. Guys with MRP approved were assumed to be at least less retarded than the others.

Problem is, flair gives people something to aim for. I don't want that. Flair is not a goal. Getting 'promoted' within the MRP 'hierarchy' means absolutely fuck all.

If it turns into a problem, I'll deal with it. Otherwise we're back to how things should be - each argument from a given person is taken on its merits, not on the fact some dickhead with neon orange or red flair is saying it.

People who give retarded advice will still get banned.

66

UPVOTES

Hero Worship (or why you still don't have Frame)

AlohaMaui808 · 10 February 2023 · Archived copy · Reddit

We all fall victim to it in the beginning.

It's easy, we see guys in the manosphere like [insert your favorite red pill guy].

They:

Lift the weights we wish we could lift

Fuck the women we wish we could fuck

Make the money we wish we made

Have the family and friends we fail to maintain

Get the respect we wish we deserved

Do all the things we dream about doing

They're still great examples we can learn from, but I don't have them on a pedestal anymore.

After I abandoned my "Happy Wife, Happy Problem Free Life" Nice Guy Disney Fantasy, I became trapped by a new Red Pill Fantasy. The covert contract I held in my mind was:

"My Heroes are happy and get what they want. They follow Red Pill doctrine. If I follow it I'll be happy too."

I wasn't expecting a problem free life anymore, just to always have the ready-made Red Pill answers to life's problems.

Bullshit. That apple is rotten to the core.

I was pretending to be my Heroes, while borrowing MRP's Frame like a crutch to keep limping along.

In the beginning, many of us are so fucked in the head we need that crutch to stand up on our weak little chicken legs. Going through the motions of method acting The Amazing Red Pill Man to get some success, copying those who trailblazed before us. But once we know the tricks and have the knowledge, once we can write down the answer on a test, method acting stops having value. When real problems arise that don't follow the script, we go back to the same bad habits we all had before finding the Red Pill.

Reality is that there is a good chance neither you nor I will ever get to our Hero's level. I'm okay with that. That acceptance and the ability to grow past it only came recently.

I've come to terms with how far past my edge I'm willing to live to get what I want out of life. I found this out by doing things off script - taking action over and over for years and observing myself through the process. That's where growth and Frame development happen.

The only way to get past your failing mental models and gain any real lasting value from this place is to apply it - something that requires you to stop LARPing the ideas you've memorized and start adapting them to your own life and desires.

You will never be those guys you jerk off to in your OYS posts. You can't wear their skin or screw their wives. Your only real chance at salvation from the mess of your life is to accept who you are and work with that guy's strengths, and his weaknesses.

I will continue to make slow progress in all areas of my life. I'm proud of what I've done so far, and I'll continue to do things that bring me that satisfaction. I no longer need to hold these other men up as a mirror to reflect my shortcomings or measure my success.

You can't use MRP's Frame forever, because it's not authentic and it shows. Borrow it to get yourself on your feet, use it to take your first few steps, then put the crutch down and start walking on your own chosen path.

Credit to [u/Praexology](#) for post collaboration

65

UPVOTES

A Key to Frame

pursuing_the_ideal · 21 January 2019 · Archived copy · Reddit

I started my journey on purposely trying to become the ideal version of myself early in 2018. Thanks to all of you and the knowledge we are building together, I have made significant progress on my body, strength, and personal happiness. I am still so far from where I want to be, but I believe I am heading in the right direction.

This week I discovered something that I wish I would have found much earlier. The sidebar covers this in great detail, but for a newbie like myself it passed over my head. The physical components of the red pill are much easier to apply for the rookie - just go to the gym and lift the weight. If you can't do this then you actually don't care as much as you think you care. Unfortunately, while lifting is critical, I believe that without frame even the ideal body isn't going to move the ball forward in a meaningful and lasting way.

Having frame is being your own mental point of origin. Restated, it is to be the thinker of your own thoughts. Most of us have suffered or are suffering because we are trapped in reactionary thinking. Our wives feel something and we react to that feeling. The red pill tells us not to react, but we are social creatures and most of us are very sensitive and tender hearted and actually want the best for our wives and family. So we get lost in listening to the emotions of others and reacting to them. The reactions that we have built over time are automatic and oftentimes not in our best interest. But there is another mode of thinking that is not reactionary. This is actually quite difficult to grasp because the same brain you are using to read this is the same brain that reacts to everyone else's emotions.

There is a simple trick to become the thinker of your own thoughts and developing frame. Basically, you just have to stop doing everything. You have to find a quiet place, sit down, and try not to think. You use a single object to focus all of your attention on, which for thousands of years has been just your own breathing. You sit and you try to pay attention to your breathing. Within 30 seconds you will realize that you are an absolute shit storm of thoughts. Your brain is constantly feeding you thoughts, memories, sensations, desires. I believe simply becoming aware of this is this first step to developing frame.

As you begin to recognize your thoughts you will realize you are in a sea of people who are all just reacting to their thoughts, just like you have been. Kids are completely at the mercy of whatever their brain thinks. Just like you have been most of your life.

Things don't have to be the way they have always been. They can be so much better. You can actually change how you think. Try taking 10 minutes every day and practice recognizing and dismissing the thoughts that enter your consciousness. I think this is probably more important than lifting. Then, the next time you are facing someone who is emotionally upset, you will begin to see in real-time how your brain is telling you to react which is actually not in your best interest. And then you can simply not react that way.

65

UPVOTES

How meditation, the /r/marriedredpill and the work of Jordan Peterson are helping me transform my marriage

yyiiii · 20 September 2017 · Archived copy · Reddit

this isn't your typical /r/mrp post, but this community has been pivotal in my life over the past year and in writing it so I thought I'd try sharing here. Link at the bottom to source and my blog. Mods can delete if they disagree

Nothing makes the abstract concrete like survival and reproduction. My wife and I have been together for almost a decade, we married three years ago. Last summer she decided it was time to start trying for a kid. Until then, the idea of becoming a father and having a baby was enticing—I was all in. But when it became a tangible, visceral possibility, I folded. My resistance was as surprising to me as it was upsetting to her. I was downright bamboozled. My choice to press pause on the baby thing surfaced a lot of difficult material that we've both been working with over the past year.

It's hard to express the experience of your body telling your mind to fuck right off. The internal mental conflict was like overwhelming confusion-drenched aporia slathered in rage. And my body felt like a blast furnace every time I approached the topic. Why did having a baby freak me out so much? I think it goes back to lessons learned through experiences with death.

Rewind four years. Within a sixteen month period, all three of my grandparents died, my great uncle died, and doctors found a tumor in the center of my fiancée's father's brain. A week after our wedding my father-in-law passed away. It was around the same time that I stumbled upon Buddhism and meditation. One of the first books I read was *The Tibetan Book of Living and Dying*. I read parts of it to my father-in-law during his last weeks of life. The look of calm acceptance on his face as I read is still vivid in my memory.

I also started a daily meditation practice around then and found an amazing meditation teacher to work with one-on-one. Since then I've been trying my best to 'sort myself out,' to make the most of the insane privilege I have received: the ability to draw and expel breath on the only planet our species knows of, capable of supporting human life.

Being alive is a bloody miracle, and it comes with a great responsibility. I just happened to be humbled enough by suffering to recognize that when I did. So I made the decision to stop living my life as a passenger adrift in the undertows of helplessness, complaints, entertainment, and distraction. I just could not bear to keep struggling forward through the overgrown weeds of my suffering, choked by emotional reactivity. Something had to change.

"The practitioner discovers—and this is a revolutionary insight, whose subtlety and power cannot be overestimated—that not only do violent emotions not necessarily sweep you away and drag you back into the whirlpools of your own neuroses, they can actually be used to deepen, embolden, invigorate, and strengthen [awakening mind]. The tempestuous energy becomes raw food of the awakened energy of [awakening mind]. The stronger and more flaming the emotion, the more [awakening mind] is strengthened. I feel that this unique method of Dzogchen (a direct approach to the natural state) has extraordinary power to free even the most inveterate, deeply rooted emotional and psychological problems."—Sogyal Rinpoche, *The Tibetan Book of Living and Dying*

After a year of reading dharma and meditating, I was able to switch out of 24/7 survival mode. After repeatedly (and silently) admitting to myself what a horrorshow I'd let my life become, I learned to focus on and start to take responsibility for the things I had agency over.

I also practiced how to stop obsessing over the past. It continues to be a process of recognizing that my escapism, self-victimization, and constant unconscious blaming were the only strategies I had to survive suffering for a long time. Pain is sometimes so deep and so overwhelming we become numb and oblivious to it over the years. When

self-pity or self-hatred come up in reaction to this acknowledgment, I label it: 'opinions about myself,' not facts, and let them go too.

The flip side of that lesson was to learn to stop wasting my time, energy and attention focusing on and trying to fight generalized abstract systems, groups or structures I had zero control over. Quitting grad school helped a lot with this. I'd been trained since my mid-twenties to write persuasive, logically sound arguments that blamed society, capitalism, the mass media, the patriarchy, the Church, my family, or one socially constructed group or another for the biggest, baddest problems that I could perceive. When I discovered Jordan Peterson's ideas a few years later, his dismantling of the ideological possession that plagues the Humanities departments of many of today's universities brought me a lot of peace.

With the help of my meditation teacher and a small community of fellow practitioners, I made it my mission to take responsibility for and transform my suffering, instead of continuing to trundle through life as a reactive, alienated, spaced-out victim.

First I focused on managing my finances and career. After dropping out of grad school, I'd found a job, and started to dig myself out of debt. Two years later I turned my attention to physical health, sleep, nutrition, and fitness. Today I'm in the best shape of my life—and just getting started. Last year, the baby thing kicked off my efforts to re-focus my energy and attention on my relationships—with my family, my marriage, and myself. Adding new life to this planet is a huge, difficult, meaningful responsibility and I want to do it right, to the extent that I am able.

Last week, my wife got back from a three month meditation retreat at Blue Cliff Monastery in the Catskill Mountains. It's been a spacious summer, and I used the space (emotional, psychological and physical) to investigate my conduct as a husband. To really sort through what I was doing, thinking and saying that was contributing to the difficulties in our relationship.

What do I think about my wife—as my wife? What do I think about myself as her husband? What do the stories I repeat in my mind say about her—and about me? Do I believe them? Do I act on them as if they were facts? What kind of language do I talk to my wife with? Do I use blame and judgment to try and manipulate her? Do I hear her when I'm listening? Does my behavior align with what I say want? Do I know what she wants? Do I know what I want?

As I reflected on these sorts of questions, I started to recognize some of the specific reactive emotional patterns underlying my thoughts, speech, and actions. While these reactive patterns operated, they clouded my mindset and co-opted my logic to justify their own existence. A life governed by reactivity makes things worse than they have to be.

At first, the patterns were subtle, barely perceptible, noticeable only in the ways I treated other people. As summer passed, they became more obvious. As I started to uncover their roots, I started to see them everywhere, in myself and others. Now they are difficult to ignore.

Clumsy language use, unmindful behavior, and mental gymnastics conspire to generate a very confusing dynamic in my relationships that results in me avoiding owning my shit. The proliferation of reactive patterning, like unattended weeds over many years, created ripe conditions for this fundamental confusion.

The truth is, I've come to see that I have unskillful ways of being in relationship with people in general—not just my wife. Although I want my marriage to be a nourishing source of mutual support and joy, despite my best intentions, I've been making things worse and contradicting this very wish. That's not the kind of situation I want to bring a baby into.

Survival and reproduction are at the root of every human being's biologically grounded conditioning. There are observable intersexual dynamics, the strategies men and women act out (with or without conscious awareness) to survive and reproduce. Survival mode doesn't have to be triggered by mortal danger to our bodies, it can be (and was often in me) activated by deep, suppressed emotional pain or psychological trauma. Overcoming that was the first part of my journey. Tapping into and experiencing my innate reproductive drives has more recently been my

focus. A man's conditioning is different than a woman's because his body has a unique function, composition and purpose from hers. That is where red pill theory fits in.

The first time I was introduced to Roosh's writing I rejected it flat out. I told the friend who showed it to me that he was a sexist bigot and I seriously questioned our friendship. It was only a year and a half later, when the pain I was experiencing in my relationship with my wife became so acute that I gave Roosh another shot.

As I read through *Bang* the first time, slowly, my outrage eventually simmered to anger, which settled into shame, and eventually I was able to recognize the truths of intersexual dynamics described by a guy who'd devoted a large part of his life to observing, experimenting and validating sexual strategies. This led me to /r/theredpill and /r/marriedredpill, *No More Mister Nice Guy*, and www.therationalmale.com.

Being married, I'm not looking to pick up women, but the fundamental principles of intersexual dynamics apply to any male-female relationship. So I started to practice positive masculinity: asking for what I want, being direct about my expectations, leading through action, staying composed in the face of emotional reactivity, etc. Since I started practicing things I've been learning from the manosphere, my wife tells me she feels much more freedom and space to be feminine. She says she feels safer and more at peace in our apartment, and greater confidence in depending on me. We've still got some ways to go, but the changes are real, and they are amazing. When I stopped crowding the feminine roles and responsibilities in our marriage, and focused on unapologetically listening to my masculine drives, our relationship started to balance out.

"If men and women are clinging to a politically correct sameness even in moments of intimacy, then sexual attraction disappears. I don't mean just the desire for intercourse, but the juice of the entire relationship begins to dry up. The love may still be strong, the friendship may still be strong, but the sexual polarity fades, unless in moments of intimacy one partner is willing to play the masculine pole and one partner is willing to play the feminine. You have to animate the masculine and feminine differences if you want to play in the field of sexual passion." David Deida, *The Way of the Superior Man*

In the following series of posts I'm going to own and unpack how a situation like mine came to be, dig into what reactive patterns are and how they work, and share ways of taking responsibility for the things you can control (thoughts, words, and actions) and show how they've helped me transform pain into joy and contentment. I hope they help you too.

I'm bound to make errors, and mistakes in the way I describe my experience and the things I've learned, I've not mastered any of this stuff. Whatever mistakes and misrepresentations are my own, and I am happy to discuss or answer for them. Everything I've learned over the past four years I have to thank my meditation teacher Paul for his guidance, support and friendship, and my wife, family and friends for the space, patience and understanding they've offered.

And really, at the end of the day, this whole blog is just me doing my best to piece together the wisdom that my father's father acted out in his backyard garden throughout his life. You can't grow delicious tomatoes, hot peppers or grapes for red wine without a rich bed of horse shit and rotting compost. Love you nonno.

original

65

UPVOTES

Dealing with the stressed wife.

Red-Curious · 7 July 2017 · Archived copy · Reddit

As a corollary to my previous post on [The Biological Step-Mother mentality](#), I should address the issue of wives who are constantly stressed out.

DEVELOPING THE PROBLEM

In my previous post I made this assertion as a core principle:

Women don't want to feel like wives; they want to feel like the hot girl who's dating the bachelor who has it all together.

How do "wives" feel? By cultural context, wives are always stressed out. This is true even if they're not stressed out. AWALT - they share what's stressing them and it becomes a comparison game. When they realize they're not stressed, they see another woman on Facebook or at the mall with a better life claiming to be stressed and have to hamster their way into believing they are more stressed so they can justify why their life isn't as good as the other woman's. This self-comparison game in and of itself creates stress and discontentment. There's some hypergamy behind this too, but I won't get into that now.

Wives will always blame their husbands for their stress, but won't always tell them they're doing so. The hot babe a guy dates will rarely blame him for her stress. He is her salvation from stress. Again, there's some hypergamy to this as well (he'll pull her up out of the muck), but I'll skip straight to this: Your wife wants to be the hot babe, not the wife. With her words she wants all of the technicalities of wifedom, but she doesn't want to *feel like* a wife. Why? Because wives are stressed and you were supposed to save her from that. The fact is, stress is unavoidable and inevitable; but the prospect of a savior at least gives her hope, which is the strongest force fighting against stress.

If she's still stressed, you weren't the savior she was looking for, so she either (1) looks for another savior, letting her hamster justify it, or (2) she lets the hamster spin even further into the realm of developing mental disorders to cope with the decision to stay with her husband. This is why all husbands think their wives are at least a little crazy. If she chooses 1, he's not her husband; if she chooses 2, he is her husband and she actually is crazy.

No. 2 most often comes in the form of depression, sometimes developing histrionic tendencies (i.e. addiction to drama, most often creating it through angry outbursts). When her mental state plummets, she can once again justify staying with her husband. "I really did marry up. Look how much of a mess I am! I'm lucky to have him to take care of me. Those other girls don't have to deal with this stuff; that's why their lives are so much better. I guess I should give my hubby some obligation sex to thank him for sticking it out with me through all this." The husband then gets the obligation sex and is totally dissatisfied, yet somehow jumping up and down at the fact that he actually got sex.

UNDERSTANDING THE PROBLEM

I've learned this lesson a million times over: **Women are stressed by thinking about what they have to do, not actually doing it.**

Most stress for women comes from comparing themselves to other women. When they make these comparisons, they begin formulating ways to make their lives more like the other women's lives. Unfortunately, these other women only reveal the best aspects of their lives, always talking about their stress, but never showing it, creating cognitive dissonance (the explanation on how is too long to get into here). Because it's impossible to live up to the displayed standard, this creates a never-ending list of things that needs to be done for your wife to accomplish her goal. At first, she deals with the minor stress because it is rationalized by the verbalized stress these other women

say they experience. Unfortunately, because hamsters can't run infinitely (even the brain can't compute infinity) and she can never compute a list long enough to satisfy the cognitive dissonance, the system overheats, the hamster passes out, and she can no longer justify how she's living her life. She is stressed to the max.

Interestingly, most husbands will notice that when their wives actually finish a project, they feel good about themselves. There is a sense of accomplishment. That is because the work itself is not as stressful as thinking about the work. The list is what burns out her brain, not checking things off of it.

SOLVING THE PROBLEM

Women need to have someone else think about the work for them, then allocate them actual work to do. Some guys (especially rich ones) take all the burden off her shoulders altogether by hiring everything out. Get a cleaning lady, hire a live-in nanny, get the boy down the street to mow your yard, etc. Some of these things actually increase her stress because it denies her the sense of accomplishment and her hamster has to justify doing nothing. Contrary to popular belief, women don't want to go shopping and lay on the beach all day. They want that in periodic bursts, but they need to feel like they're nurturing their husbands and children in some way. This is a God-given biological imperative for them.

The best way a husband can help his stressed wife is by taking the burden of thinking about the work away from her. Incidentally, we're actually very, very good at this because we're not trying to compute infinity. How do you do this? I said in my last post: take over. How do you do that?

OYS is one way, but here's a more practical solution that (1) gives immediate relief, (2) kick-starts a new tone for the relationship, (3) develop your wife's ability to trust your lead and (4) confuses the heck out of her, making her more susceptible to noticing the changes you're making without you bragging about them to her. Ready? Here it is:

Honey, for the next 3 days let's agree that you'll do absolutely nothing productive except what I ask you to do.

My wife laughed at first. "That's ridiculous. How will things get done?" "I'll be responsible for everything." "You can't do it all yourself." "You're right, I'll delegate tasks to you to help out." "So you're going to tell me what to do?" "Yes" [don't explain this away, just say "yes"]. "You don't even know what all needs to be done. You'll forget very important things." "Then I'll be responsible when it doesn't get done, not you" [she's going to eat that up!] "But it still won't get done, and we can't have that. These things are important." "When it doesn't get done, if it's important I'll find out it didn't get done, take responsibility, and will remember next time." "Well, what am I supposed to do when I run out of things you've told me to do?" "Whatever makes you happy." "What if being productive makes me happy?" "Then ask me and I'll find more productive things." "What if I just want to do the things that I think need to get done?" "Don't do it. Go for a walk, head to the mall, or watch some Netflix instead." "Okay!"

When you leave for work the next morning, "Today I need you to do the dishes, run a load of laundry, vacuum the living room, pick the kids up from school, and make spaghetti for dinner." "What about ___?" "I've got that covered. You just do those things I told you to do." It doesn't matter what it is - if she asks about it, you have to take responsibility for it or else you've just proven you can't keep your end of the deal. She won't give you slack because you're "new to this." Your newness is exactly why she'll be uncomfortable accepting this proposal. If you need to, allocate it to her the next day.

If your wife also works, assign her "go to work" as one of your things on the list and adjust your list to be realistic in light of the time she has at home.

If she has something on her list that hasn't gotten done in a long time, she'll eventually ask about it. Just say, "I'm responsible for that. I'll get it done in my time. If it's not done, you keep enjoying yourself and blame me if it becomes a problem." Inviting your wife to blame you does two key things: (1) it proves she can rely on you because

you're making yourself extremely vulnerable in an area where most guys won't be (they usually pass blame away), and (2) it takes the impact out of blaming you, so there's no point in bringing it up when she actually gets around to trying; eventually she'll just give up trying, seeing that throwing blame that you willingly accept doesn't do anything for her histrionic tendencies.

POTENTIAL PIT-FALL - She might still keep computing a list just in case you fail. Be ready for this. Ask her: "What else needs to get done today that I didn't do?" If she tries to answer, you stop her, make a buzzing noise and say, "I'm sorry, but the judges would accept 'nothing' or 'you already did everything.'" Seriously, though, I made a judgment about what needed to be done today and those things didn't make the cut. You don't need to worry about those things, I do. Let me decide what needs to get done, you help me do it. Got it?" Then secretly run to another room and make a note in your phone not to forget those things next time because you're an idiot and you forget things too. The difference is: you can handle forgetting things and doing better next time; she can't.

CONCLUSION - Women are stressed not by doing things, but by thinking about what needs to be done. Do that thinking for her so she doesn't have to. Get her to agree to this up-front so she doesn't stress herself out thinking about how to handle it when you fail. Let her cast the blame on you for things that don't get done, diffusing her ability to get to you in the first place. Test her periodically to make sure she's not secretly creating lists behind your back and learns that the correct answer is: "It's your responsibility."

65

UPVOTES

FR: This has changed my life

CaptainOnTheRoad · 23 June 2017 · Archived copy · Reddit

The Beginning

M/27. My journey of personal transformation began a while before I found MRP. I was an upper 300s-pound slob and beta as hell. I met the woman who is now wife through mutual friends (She came to our weekly D&D sessions of which I was the DM). She was and is a high-value woman, and at the time we met I had no idea why she fell in love with me. For a year, I had done a low-carb diet on and off and had gotten my weight down to 300 lbs. During this time we were going at it like honeymooning bunnies. About six months before I proposed to her (two year relationship), she started going through hormone treatment for PCOS which included being on the NuvaRing. I went through a dry spell and victim puked/negotiated sex as hard as possible. She was still in high spirits and agreed to try daily. She would get in the mood but be dry as a desert. We tried to solve that problem with lube but it was like she would soak it up and be in pain the whole time. After a few weeks of this she took sex off of the table until she was "normal". At the time, I was a man that looked for external validation anywhere and everywhere. At home, it was get sex or I felt like a terrible/unattractive man, and at work if I didn't get external validation I didn't try (Oddly my work was giving me a lot of external validation so I was still getting promotions and kicking ass).

Finding MRP and Swallowing the Pill

I want to start by saying my wife has always been the most amazing, supportive woman I know. Throughout our relationship, she's noticed the positive changes I've made and enthusiastically encouraged me. She rarely shit tests me and even though it is obvious when she is mood swinging, she will internalize it and not try to push it on me. Unlike myself she has always had a very strong father figure (see career army father) which has left her with unbounded confidence.

After a lengthy six month dry spell, I was at wits' end with sexual frustration. My confidence had mostly stayed the same as I was now 290-ish and walking every day (quality time with my dog). Like most of you I found MRP through other subreddits such as deadbedrooms. I sorted by top, read the post "Year One" and I could not put this down. I read, absorbed and very much related to NMMNG. It was the story of my life; father passed away early and older brother was in college/medical school. I read NNMNG a total of three times in a two-week period. From there I read MMSLP, WISNIFG, Rollos, Book of Pook, and all of the family alpha blog.

I absorbed all of it and made three important changes (in my attempt to not go Rambo):

- I owned my shit (took over laundry, cleaning up after dog, taking out all trash and cleaning)
- I got a gym membership
- I stopped looking for external validation

Of the three, that last one is harder than I thought; I still catch myself slipping up at least once a day.

Three Months of Progress

Mentally: I have continued to re-read past books and have moved on to furthering my career by studying for certifications. I read Meditations by Marcus Aurelius, and started SGM in an attempt to fix my current issue. I have started journaling my daily activities, and if I did nothing productive that day I left an entry stating such.

Physically: I am now 273 lbs. (the lightest I have been since the 8th grade) and continuing my low carb diet.

- Squat 205 lbs
- Bench 115 lbs
- Press 70
- Deadlift 215 lbs

Spiritually: I have started meditating in my own way. Whenever I feel like I am getting angry or feel like I am setting up a covert contract, I meditate and release any feelings of anger I have.

A Turning Point

One of the posts on MRP went over planning a vacation start to finish. This past Memorial day I planned a vacation to a local waterpark/amusement park for the long weekend. Set up the hotel, found restaurants we would like, got tickets and reservations everywhere and for the most part it went off without a hitch. She loved it. I had not initiated in some time due to rejection but the first night we were there she initiated and we had the most passionate sex we had had in more than a year.

The State of the Relationship

I now lead as much as possible. I am decisive about where and what we eat but do listen to suggestions with me ultimately making the decision. I now cook at least one meal a week which she is loving. (No previous cooking experience, I want to be an amazing chef)

I kino pretty much all of the time, regardless of whether I am feeling in the mood and she loves the affection without strings being attached. The lack of covert contracts have really allowed our relationship to bloom. The sex is roughly at a 33% soft no with about a 10% hard no but I am still unattractive and lack the physical endurance to have prolonged sex which is my biggest problem currently.

Oneitus and Luck

I put my wife on a pedestal and was deep in oneitus for the whole of our relationship. She had not changed and has treated me very well but knowing what I know that would have most likely changed in time. I believe I am very lucky to have stumbled on this information at such a young age before my marriage had gone to shit and will continue to strive to be the best ME I can be.

Father Figure

I have gained since getting married a very strong father figure in my step father. We take time to smoke cigars on the weekend and he imparts his wisdom from 24 years in the army on me. I dissect it and absorb it as gospel.

Summary

Mine is not a wholly negative story. There was a lot I could have done better and more efficiently since I started my journey, but overall the personal improvements I've made have changed my life forever. I would say a combination of getting my shit together and her medicine balancing out has revived our sex lives, but I really need to work on getting better and lasting longer.

65

UPVOTES

Gain Control of the Treasury

FireTempered · 19 October 2016 · Archived copy · Reddit

This was how I took control of my financial life many years ago. If it helps you get control of your finances and your life, great. If you find my methods distasteful, fuck you in advance.

About 5 years before the end of my first marriage, 30 years ago, I started having trouble paying all of the bills. Credit card balances were climbing fast, and, the savings accounts were declining.

Digging through my finances I found that my (now) ex-wife, was spending a lot of money. Among other things, she bought very expensive gifts for the kids and others that I was not aware of. Substantial sums were for drug/alcohol items.

Edit #1: I tried to discuss the finances with my wife and find ways to get things under control. While she agreed to improve, her actions were just more of the same. It became clear that she was never going to help. This would never get better unless I took charge of it.

My goal was **TOTAL control of everything financial**. With this in mind these were my steps.

Step One

- Make a list of all income items, their source and the ownership.
- Make a list of all Assets; house, bank and savings accounts, CD's, etc, and the ownership
- Make a list of all debts, and the ownership of the debt.
- Understand the rules of ownership that affect the assets and liabilities you want to control.

The simple rule is that any asset that is in your name only, is controlled by you. Additionally, joint assets, though not totally owned by you, are under your control. For example, you can empty a joint bank account without your spouses signature.

The rules for debt are very similar. If a debt, like a credit card is in her name only, which is fairly rare, you can't do anything with it. However, if it is (a) your card or debt, or (b) your card or debt and she has use of it (not joint), or (c) a joint card or debt; in all of these cases you can close the account, or, close it to new charges. Remember to check for home equity lines of credit, as these often lie dormant.

TIP: If you have an employer retirement plan, such as a 401k, 403b, 457 plan, spousal approval is required if you withdraw or borrow from the plan. If trying to withdraw funds during a divorce, you still need her signature. Guys have had to pay ransom to their soon-to-be-ex to get their own money.

Step Two:

- Open a Post Office Box. You will use this address for every NEW account that you set up. Just don't use a private personal mail box like FedEx. It is harder to forward mail to and from this type of box.
- Apply for a new card in only your name.
- Open a new checking account in your name only, and order checks for it. Ordering checks is important as there are many things that you cannot do with starter checks.
- Open a brokerage account in your name.
- Prepare letters to every debt you have authority over. The letter should say to close the cards to NEW purchases immediately., and, that you will continue to pay the balances .

- Prepare the same letter to the bank for any bank loans or open equity lines of credit on real estate.
- Prepare a letter to each credit reporting agency requesting a credit freeze
- Tell the wife there was a breach on your checking account and she needs to get her paychecks sent to a new account the bank is setting up for you. If she has somehow found out it was not a joint account, tell her that the bank wanted to get the account set up ASAP and they were going to add her later.
- Stop all automatic payments to and from the old joint checking account and move them to the new checking account.
- Change your paychecks to the new bank account.

Step Three

- Go to the bank and close the joint (household) checking account and deposit the proceeds in my new checking account.
- Close all the joint savings and CD accounts and reopen them in your name
- Close the joint brokerage account and move the proceeds to your new brokerage account.

Step Four

- Mail the letters to the credit cards, bank debt accounts and credit agencies via certified mail.
- Have the Post Office forward ALL of the home address mail to the new POBox.

Step Five; The Reveal

I gathered all of the kids and wife and said:

We are spending more than is coming in. I have no intention of working until I am 90 years old, when I make plenty of money. As a result, I am taking complete charge of our finances, and, I expect your complete cooperation. I have closed all of the charge accounts. I have closed the household accounts. All of the remaining accounts are now in my name. You cannot access any of them.

I will provide you (wife) with cash for the household expenses, gas grocery etc. This will be \$300 per week for now. Keep the receipts of your purchases. I will use those receipts to replenish the fund weekly. We can review this fund each week.

When additional items are needed, I will provide additional cash as requested. If, for example, I give you \$500 for clothing for the kids, I must see the purchases, and receipts, for approval. Make no mistake, extravagant items, or items that I do not approve of, will be returned immediately.

The Aftermath

One of the things that amazed me, was that there were still three more charge accounts that I did not know about. The wife also managed to open two new charge accounts in the first week. Because of the forwarding of the mail to the POBox, I got to see those statements, and, close them.

Another thing I learned was how much she was abusing drugs and alcohol. It was amazing the level of it. I visited the 3 closest liquor stores, and found she had two "in house" charge accounts. Closed them.

After it was all tallied, the credit cards exceeded \$100,000 balance. The home equity line of credit was maxed out.

In short order I had plenty of cash on hand. I paid off the credit cards in just over a year.

I never let go of any of the control after that. I was tested with failure to provide receipts and trying to hide purchases and other things. Once the pattern was established of zero tolerance, it worked well.

One of the up-sides of this was getting the kids to model their new clothes and show the new stuff they got. It was a very pleasant activity that we all started to look forward to. Looking back, that this was so enjoyable, highlights what a shitty atmosphere it was for all of us back then.

Iron Rules

Avoid joint assets, joint liabilities and joint agreements, such as leases, and, business ownership or debt. Any asset that is joint, is a gift to her as she has the ability to take it all, legally. Any debt that is joint, is a gift to her, because if she refuses to pay, you will be legally obligated to pay it.

Co-signing is MUCH Worse than a Joint Liability. Co-signing on any debt offers you 100% exposure to the debt, and, unlike a joint debt, offers you absolutely no ownership rights. The trap that so many miss is when you co-sign certain types of student loan applications for your kids.

Today and Forward

Today I am in my 60's and retired from actively seeking income. I retired from the financial services industry. As a private wealth manager, I managed over \$200 million of client investments. When I sold my practice, I retired. My net worth is several million and zero debt, including no mortgage for many years.

NEVER in this second marriage, was there any question about who was in charge of the finances, or who made the financial decisions. I consult with her, but I always decide.

There is only one joint bank account, and, I work under the assumption that it is a gift to her.

The only other joint asset is the paid for house, and, I assume it is a gift to her.

For many years she paid the bills, but this was more of a bookkeeper function than actually making any decisions. I always checked to see what she was doing.

My frame, when it comes to finances is, was, and always will be, **absolute total control**.

Edit#2: It is important to realize that this whole situation I was coming from behind here because of my own failures to lead. These failures were:

- *1 Not taking responsibility for the family finances in the first place.
- *2 Dumping that responsibility on my spouse.
- *3 Not checking on, overseeing, supervising my spouses handling of the money.
- *4 Although I already knew she had alcohol issues, I did not pay attention to how much that problem had grown.
- *5 Jeopardizing my children's college funding and their future.
- *6 Jeopardizing my financial future and retirement.

65

UPVOTES

Fill your void

TheFamilyAlpha · 14 July 2016 · Archived copy · Reddit

Are you a man living a lifestyle that somehow doesn't feel, *right*?

Do you feel as though there is this *void*, this sense of missed satisfaction and incomplete daily regret?

If you fall into this category, understand that you aren't alone. This sense of missing *something* is shared by thousands, if not millions of men out there. It's not just the married guys either, single dudes, guys in LTR's – they all have this fucking void that they can't fill.

This feeling of emptiness and this feeling of being 'weighed down' is a result of repressed masculinity. This feeling of having a weight vest on, one that prevents you from taking those actions, telling those jokes, achieving those goals, and just barely allowing you to keep your head above water is a direct result of you repressing who you are as a man.

For the guys who just discovered the manosphere, it's not your fault – the cards were stacked against you and from birth your reality and frame were stripped from you, molded by society and the white knight fucks supporting the female imperative, then given back to you with the warning that *If you think outside this box you are wrong, ungrateful, pathetic, and weak* - **stay inside this box, keep your picture in this frame, and DON'T EVER CHALLENGE THE STATUS QUO.**

Sad, but true.

For the guys who have discovered the manosphere and continue to push back, you are a weaksauce fuck and while it sucks to have your reality shattered the way MRP does so efficiently, it is still the truth and you *must* find comfort in this discomfort.

The void where regret, indecisiveness, sadness, and self loathing fester and grow is surrounded by a wall that was created by those who are looking out for themselves. the people who say you shouldn't be confrontational, that you shouldn't express your true desires, that you should take it all, bottle it up, and shove it deep inside - those people aren't doing that, they want you to do it because that supports *their* goals.

Here are a few truths:

- You will never get the best of your life or the women who are lucky enough to enjoy it until you accept the truth, embrace who you are as a man, and live an irrationally confident lifestyle.
- You will **never** fill that void until you find a way to love who you are as a man. For guys who *get it* this is natural, these are the guys who are able to stand in front of a group of people, tell a joke which lands flat, lay out a witty remark, and continue to smile and grab a drink. Other men would sulk, think deeply on why the joke sucked, and the rest of the night they would be lost in their head thinking of where they went wrong and why nobody likes them. Do you see the difference? A man is happy and confident **no matter what**.
- You will go to your death bed with regrets if you don't pull your head out of your ass and start completely immersing yourself **in** the moments of life all the while *expressing* your masculine nature vice *repressing* it.

The last point is probably the most heart wrenching in my eyes. If you do not find your 'self' you will look back on your entire life wondering why you squandered your most precious gift away, your time.

I look at the guys who are asking for help and just want to throat punch them through the screen. There are men on MRP and AskMRP who are looking for support of their decisions to stay with their repetitive cheating lady, as if their world would crumble if somehow **THAT** relationship didn't work. If she is cheating you probably deserve it and it's most likely already dead, move the fuck on.

The same can be said for the guys who want to know what decisions they should make in their lives. Gentlemen, it's **your** life, make the decision you feel is best to getting you to where you want to be.

In both of these cases we see men who don't know where they want to be, they don't know who they are so therefore how can they plan and act in accordance with reaching that end goal?

This is why it is so oft repeated **it's about YOU**. You have to know who *you* are and what it is *you* want from this life. Do you know how you find out who *you* are?

You Lift

You Read

You Listen

You Act

You Observe

You Change

In each of these moments you will discover something about yourself. You will see where you stand physically, mentally, socially, your level of confidence, and that you aren't perfect, which is great because there is no fun to be had if there is no room to grow.

Fill that void gentlemen, stop wasting your precious time with the feeling of regret that I know creeps into your mind at night, during rides to work, and while you are alone. That isn't how life should be lived. You do not need your wife, your house, your kids, your money, your car – you need you.

Once you realize that if everything were to be stripped away and you'd **still** smile - only then can you start taking actions and leading others towards where it is you want to be, without the fear and void that plagues so many of our brothers.

65

UPVOTES

On OI, abundance mentality and how being butt hurt is your biggest enemy.

Boesman12 · 24 June 2016 · Archived copy · Reddit

Unfortunately unplugging from the matrix in real life is not as quick as in the movies. You just don't swallow a red pill and the new reality opens up before you magically. Depending on your degree of betaness, and your blue pill conditioning by the female imperative, it takes time and dedication not only to see the world for what it is, but also to re-condition your own attitude and how you interact with the world in this new reality.

There has been an influx of newbs on MRP who is so accustomed to their blue pill world that it physically hurts them to unplug. You can see it in the posts.

My wife's SMV is rising... HELP. MY wife is fucking some other dude...HELP

to the more tame and mundane

I showed outcome independence by NOT showing her how I sulked after she rejected me and I AA and AM the shit out of her argument but now she thinks I'm an asshole and is giving me the silent treatment.

Lets start clarifying some things for you.

First a bit of background A few years ago I was blue pill to the core. I was fed up with being the uber husband and still not getting fucked on the regular. I was so beaten to the ground by constant rejections that I just couldn't muster the courage to even ask for sex. Of course I had THE TALK a lot of times. I would mope about the house ready to fly off the handle at even something insignificant in the hopes that she will see how her rejection is hurting me and that SHE would change and start fucking me again. I was the master of the covert contract.

So being fed up I hamstered my way into an affair. Now this was not your typical affair. This women's husband knew I was fucking her. This was before internet porn could label it as cuckolding him. It was a fucked up situation, but she fucked like a pornstar nymphomaniac and my dick was getting drained until it fucking hurt, so I ignored the fucked up nature of it all and plowed on like a tractor.

Here is the strange thing. I was getting all the sex I wanted on the side, and suddenly I was starting to get a lot of sex at home. It took a while for me to realize why, (this was before MRP), but because I was getting pussy on the regular, I was a fuck ton less needy and whiny with the wife, and I started showing confidence in myself again. My affair stopped before I discovered MRP as the mother lode, and sex dwindled down to duty sex 2-3 times a month. Even my wife stated that she doesn't know why, but we had such a good two years and now that is gone again.

Abundance Mentality After discovering MRP I realized that what I got from my affair was AM.

AM is the basis that sex, and for that matter everything you do, you do for yourself and your wife chooses whether she goes along for the ride or not. If you initiate sex and she resists, you are confident enough in yourself that you have better things to do than to convince her to fuck you. If you have somewhere to go and she doesn't want to come along that is her loss. A lot of advice for newbies is to line up something to do before you initiate. That way you can get up and jump right on to the next awesome thing you have to do. And then you have to own that shit. Recently there was a guy that got up and started mowing his lawn. At night? Come on, you say. But he owned his lawn mowing like it was the most natural thing in the world to trim your edges after dark.

AM is the same as when have plans to go camping on the weekend and you ask your buddy to tag along. You have already made the preparations, you are going anyway. If he wants in great, if he doesn't, still great, because you are going anyway and are going to have a good time.

AM is always having something to do that you want to do for yourself. Because you are the only one that matters and you have options.

Outcome independence After discovering MRP I realized that even during my affair I never had OI.

OI for me is even more important, not so much for unplugging, but for sexual strategy. OI is offering something to someone not because you want something or some validation in return, but just because you have something to share and doesn't really mind if they take it or not. In a man/women or sexual context it ultimately refers to not giving a fuck if she rejects your sexual advances. In a more everyday setting it can be compared to you wanting to give your child a piggy back ride and just get up and move on if he/she doesn't want to play. To have true OI you have to reach a state between compassion and not giving a fuck. You can lead a horse to water, but that's where it ends. You don't care if the horse drinks or not. Yes, In order to fake OI in the beginning you have to have some kind of Abundance mentality. You have to have something else lined up to go and do. But the main difference for me between the two is with AM you know you have other options. With OI you don't give a fuck about the outcome and you can continue on your merry way.

OI is YOU offering someone the chance to come along for the ride. You are going regardless of their acceptance or not. OI is going through life without seeking validation from anyone.

I had AM mentality because I knew that regardless of whether my wife fucked me or not, I will be getting some pussy anyway, but because I didn't have true OI I was still butt hurt by the rejection. Do you get it?

Why being butt hurt is your biggest enemy

This has a lot to do with your teeny tiny fragile ego. Now ego as used in MRP is NOT what we generally refer to as ego. When we use the word ego it has to do with that tiny voice in your head that is constantly seeking validation from others. As an example. There is a lot of newbs that post here, hat in hand, humble as fuck, about what to with his wife. She does this and she does that. He thinks that because he is humble and not a fucktard he has no ego. It might seem that way. But because he can't see past the fact that the fuck ups are all his to own and he blames his bitch wife for his lack of sex, he actually has the biggest ego af all. He needs validation that she is wrong to feed his ego. Yesterday a guy posted about his wife cheating on him in all sorts of manner. She was just being mean about how she went about it. He was here asking for ways to make her stop hurting him. He needed the validation that she is a harpy bitch and he is the good husband. If you want validation post on /r/DeadBedrooms . There you can be sure that everybody will agree with you that the problem lies with her. Fucking sex denying cunt wife that she is.

If you can't get to a place where you can not be butt hurt over rejection, or anything for that matter, you will never grow as a man. You will never get to learn from the experience and get to a place where you approach your situation from another angle , because your ego will always look for someone or something else to blame. Your butt hurt will fuck with mind so much that you will fester and die from the fucking resentment rather than look for ways to change.

I was getting pussy on the side. My balls were getting drained. I had Abundance mentality, but my lack of OI lead to me being butt hurt about getting rejected, and then sitting in front of the T.V. the whole night thinking how I hate my fucking wife and how she is hurting me. This never got me to a point where I thought about my life and what I wanted to do. It kept me in the dark feeling sorry for myself.

How to get AM and OI and not be butt hurt.

As has been said a lot by SPT the last couple of weeks. We are building men here. In order to become a real man you first have to realize what it means to be a real man. A real man is a beast of burden. He shoulders the responsibilities of his life and his family. He takes control of his surroundings because that is his fucking job as the man of the house. A real man does this by shouldering the weight because he is the man, the father and the husband of his household. **NOT** because he is a bully that wants his own way and try to enforce that by demand. He seeks no validation for the things he do. He simply does it because it has to get done and he is the man.

A real man, is secure enough in himself not to care about what other people say or think about him. He chooses his path and follows without falter. If your conviction is strong enough other people will follow your vision and your path without question. **YOU HAVE TO OWN YOUR SHIT.**

You get there by learning, by growing, by continues improvement. Not by sitting in front of the fucking t.v. smoking weed and playing xbox. The modern world has provided us with all the things we need to become fuckhole weakards. If you want to be a man that grows and evolves you HAVE to do shit that adds value to your own life. By default you add value to other peoples lives.

High value men are a sought-after commodity. And once you are getting to that top percentile of desirable men you start to get **abundance mentality**.

When you have serious shit to do for yourself, for your own improvement, because you see a need somewhere and react to it. When you are constantly out and about growing, learning, giving value, you start to get **outcome independence**.

And when you have these two licked, you have option, you don't get butt hurt by any setback. not at work, not in life, and not from your wife rejecting your advances. And then you will have the mental capacity to clearly look at why something happened to you, see the real reason, and then get to a real solution. And you grow from there.

In the beginning you have to fake it sometimes, but success will lead to more success, will lead to true DNGAF.

65

UPVOTES

Women know what they want, even when they don't.

TrainingTheBrain · 11 August 2015 · Archived copy · Reddit

A lot of guys come here from /deadbedrooms. Even dudes who didn't still had a dead bedroom but didn't know it. The amount of posts that include something along the lines of, "*We hadn't had sex in x months*" is too damn high.

Gentlemen, Women **WANT** to fuck....I'll let that settle in for a few seconds....

Women, with their ability to disassociate their identity like nothing a Man could ever conceive of mentally doing, *know* they want to fuck a capital **M** Man. But they say and act as if they don't. Do you honestly think your wife is fine without sex? That she's some Unicorn?

If so, get the fuck out of MRP/TRP/The Manosphere because you aren't understanding shit.

The only posts on MRP that truly frustrate me are the posts that come from guys who aren't fucking their wives. This is a Marriage, albeit we are all living Marriage 2.0, but it is *still* a Marriage and with that relationship status there are still expectations of the Ying & Yang, the give and take, the Masculine and Feminine roles being filled appropriately.

Sex is a part of Marriage. If your wife is not fucking you, it is because **YOU** are not thinking and acting like a **Man**. A woman will find a way to fuck a guy she wants to fuck. **You** are *supposed* to be that guy.

Well it's hard with jobs, kids, gym - STFU!!

Drop all of the excuses about how it's hard as a husband because she knows you too well making things not as 'new', or how you've fallen into a routine, or how your weight gain (which you rationalize away like a woman) is an expected part of aging/parenting/marriage.

MRP Dudes are operating on Hard Mode and embrace this challenge. We can only find true comfort in the discomfort of living a Masculine Life in a pussified Society. Finding ways to keep your marriage 'fresh' is your fucking job as a Man and if you're doing it right your woman will make it **PERFECTLY CLEAR** to you that she is onboard your ship and following your lead. She **wants** to fuck and more specifically *get* fucked by her Masculine Warrior of a Husband.

Just like there are no Unicorns, there are also no Dragons, *you* are **not** unique in any way. You're a disposable Man and if you want to make yourself a little less disposable and make your marriage a little less shitty, take all of the different facets of TRP/MRP and apply them.

Be an interesting guy who doesn't fucking bitch about anything. Be a Masculine dude who displays his strength and prowess without coming across as 'trying' to display these things. Read your books and understand psychology, physiology, and whatever you're interested in. Stop analyzing every interaction as Alpha/Beta, Shit/Comfort, etc. just do the things Masculine Men do.

Lead, Own, be spontaneous, stop being such a predictable fuck living inside the confines of the shell our feminized society has built for you.

If you are doing these things, then your wife is going to fuck you because she can't help herself. No matter how much she wants to say or act like sex 'isn't *all* she thinks about or needs' she's a fucking liar and wants to get fucked long and hard by your dick (if you're the type of Man she wants, which you should be unless you're a lazy weaksauce fuck).

Follow behaviors, not words.

To the newly 'unplugged' guys.

You need to shut the fuck up and put in the work. Read the damn books, don't start them and then come here to talk about how *you've been reading and now your wife is pissed...* Just stfu and read cover to cover all of the books,

and research on TRP and the blogs to better understand the hamster that is in your wife's brain housing group.

Then, befriend that fucking hamster. Don't hate your woman for thinking like a woman, embrace the hate you have at your 'old self' for being a beta puke weaksauce fuck and use that as fuel for improvement.

Instead of being discouraged at what *has been* and the time that was lost, realize that your past failures have provided you with an opportunity to improve. Be grateful for the challenge you have, be grateful for having this chance to be a better Man. Or, in some cases, to become a Masculine Man for the first time in your life.

Your wife wants to fuck, but *does she want to fuck you?*

Acta, Non Verba

65

UPVOTES

The 12 Step Plan of Dread: Book excerpt from my work in progress: "A Man's Guide To Turning Around a Low Sex Marriage (X-Post from TRP)

BluepillProfessor · 8 November 2014 · Archived copy · Reddit

Edit 1- Warning: Use of even mild Dread during pregnancy has been reported to be fatal to a marriage.

Edit 2- Dread Levels 1 and 2 can and should be done together. Level 1 is to START dealing with Shit Tests. This takes a lifetime to master.

PLEASE don't accelerate through to levels 9 and 10 and start making demands 2, 3, or 12 weeks after you have begun following this plan. Pretty please. Seriously take at least a year to build up to Level 10 or Athol Kay's Option A or Option B. **We have had MANY reports of guys exploding their marriages by ignoring this.** Don't do it.

Also, understand this is boilerplate stuff. The details are for you and you alone to decide.

For example, I don't know if you need to lose a lot of weight, but Level 2- get your life in order and go lift weights addresses it directly. step 3 can include more of that- join a martial art, get busy, lose weight. Start biking, lose weight. All of this is connected and is for you to decide how and when it is best to implement each of these levels.

Edit 2 TLDR: Go slow with this and don't be a dumbass.

I am especially interested in your thoughts on what works and what doesn't work to revive a low sex marriage. Basically, my research suggests that passive Dread (a/k/a 'self improvement') along with showing DHV's and internalizing Abundance are the way to revive a low sex marriage. If that doesn't work, then you need to learn Game and use it on your wife. If that doesn't work, you need to go to hard Dread and ultimately escalate to "Option A or Option B" (i.e. a final demand that she behave as you need her to behave before you file for divorce or "cheat").

I am very interested in discussing if there are other things that I need to add or change to make this plan more effective and I really want to avoid doing more harm than good.

"Dread" is putting the fear or 'dread' in your wife that you have other opportunities and other options rather than being chained to her whims. They HATE it- or at least they will TELL you they hate it- but women are irresistibly attracted to men who have options. This is well known as "Secondary Selection" or "Pre-selection Bias."

I conceptualize Dread as a continuum with level 5 being the baseline "Dread" for a good or excellent relationship. In other words, for most guys, Level 1-5 are personal and social self improvement so that your "Dread" is at the level that it should be. After level 5, however, Dread takes on a different tenor, that rapidly escalates to a better relationship- with either your wife or with somebody else.

To clarify, these are sequential. You don't go past level 5 if you are happy in the relationship. You don't "cheat" until you have tried everything else and the marriage is already over. You move up these levels one at a time, slowly, and carefully, taking approximately 1 month for each level.

The 12 Levels of Dread

Dread Level 1: Learn to recognize and start passing Shit Tests. Begin building a strong, indefatigable frame where you are not affected by her sexual denials. Your readings will inform you about the basics of Pickup Artistry and seduction. Begin leading your wife more and begin seducing her. . Read the sidebar on The Red Pill, Married Man's

Sex Life by Athol Kay, No More Mr. Nice Guy by Robert Glover, and the Book of Pook by the enigmatic manosphere blogger of the same name.

Dread Level 2: Develop an action plan to improve the major areas of your life. Develop the physical, spiritual, psychological, financial and personal areas of your life. Your journey begins at the gym where you need to lift heavy weights to exhaustion 3-4 times a week, working each muscle group at least 2 times a week. Read The Mindful Attraction Plan by Athol Kay.

Dread Level 3: Begin to build a life apart from your wife. Join a club. Take up a cause, discipline, or calling. Get busy. You are going places, with or without her. Read the Way of the Superior Male by David Dieda and the Art of Seduction by Robert Green.

Dread Level 4: Begin conditioning your availability to your wife with her treatment of you. You are busy now. You don't have time for a sexually disinterested, annoying, or angry wife. Take up another cause if you need to. This is a great time to join a martial arts club. Read The Ironwood Collection of Alpha Moves by Ian Ironwood.

Dread Level 5: Upgrade your clothes and start dressing 'up' more of the time. Top off your solid, masculine, strong, indefatigable frame. You should be acting like the Captain of your Ship and leading your relationship. You should be actively using Kino and seducing your wife. Read The Rational Male by Rollo Tomossi.

Dread Level 6: Begin to study pickup artistry. Before you do anything stupid, use your newfound knowledge about the stages of seduction and pickup artistry on your wife. Give it some time and apply this knowledge to seducing your wife. Use pickup game first to try and save your marriage. Read Bang, and Day Bang by Roosh.

Dread level 7: Begin to practice pickup artistry and learn how to approach pretty women and hold an attractive conversation. Read The Natural by Richard Ruina.

Dread Level 8: SHOW your wife that you are capable of talking to pretty girls in public. Start with waitresses. If you are with your wife and it has been 20-30 days since she gave you the 'favor' of her body, and you strike up a conversation with a pretty young thing right in front of her 1 or 2 things will happen- probably both. First she will lose her shit and accuse you of all kinds of things. MAINTAIN FRAME/Amused Mastery. You are finally getting your wife to respond. That is the important thing- there is hope for the relationship. Second, shortly after you get home she will probably fuck you with more passion than your honeymoon. Read Models: Attracting Women through honesty by Mark Manson and at least one other book among many choices on pickup artistry.

Dread Level 9: This is the lynchpin. It is time to speak plainly but don't start issuing ultimatums. Instead, Dread at this level is an implied and credible, but still as yet unspoken threat. If it has not worked before now and you are approaching Athol Kay's "Option A" or "Option B" point (i.e. start fucking me like I need or I am filing for divorce). Note this is the END of a LONG process. Give the first 7 steps about 1 month for every year of your marriage where you have been a Beta toe stub pushover BUT, it is finally time to start speaking in masculine language- directly and up front. After yet another sexual denial just look her in the eye and say something like: "You know I need to have sex with you to have a relationship. You understand this is a biological need for men, right?" Don't argue, don't get into emotional blackmail. Leave it hanging in the air and then disappear for several hours. I recommend you continue doing this a couple more times in different contexts. Avoid getting into drama or an argument. Your goal at this level is to inform her in no uncertain terms about your expectations WITHOUT getting drawn into a battle. When you are getting along pretty well, ask her what you can do together to get to the requirements that you have for the marriage. This stage can last only a couple of weeks but may last longer. Writers recommend that you not let this hang for very long or you risk going all the way back to the beginning. If it becomes clear that your wife is not going to meet your demands, there is only one thing you can do after you read your Bible and pray.

Dread Level 10: TELL her how it is going to be- or else you are leaving and filing for divorce. I got to this point in my marriage before it turned around. I told my wife: "You have a simple choice to make. Fuck me...or fuck you." If you make it to this point you must be mentally checked out enough and pissed off enough to actually move out

and file for divorce if things don't improve. Your IDGAF is no longer an act. Read The Art of War and The 48 Laws of Power.

Edit: To be clear: "Dread" 11 and 12 is extreme and perhaps almost to a comical level. However, there is no doubt it is STILL dread: This is nothing more than "Plate Theory" applied to your marriage. I am suggesting that before you blow it up and get divorced and demote your wife to "Ex-Wife" why not demote her to "Plate" first? You have nothing to lose! The legal issues could potentially get sticky but very rarely do courts give a rip about infidelity. There is a better chance of them caring if there are young kids. If this final tactic works, then you can restore your marriage. If it doesn't, your marriage was already over, you just didn't get the memo. Some think the moral thing to do is file for divorce first but there is no doubt that marriages survive affairs and this is the very last attempt by you after a long, long battle that is either the final solution to your marriage, or a path to an entirely new life.

Dread Level 11: Get a GF or mistress and start having sex like you were meant to have. Read The Joy of Sex.

Dread Level 12: Thermonuclear: TELL your wife that you have a GF so you won't be bothering her for sex any longer unless she wants it (because you would never deny your wife something that she wants and needs). Then when she blows up leave for the entire night. Come back next day (if you want) or file for divorce. By this time you would probably welcome the loss of this shrewish, frigid woman.

Edit 1: **THE USE OF EVEN MINOR FORMS OF DREAD IS NOT SUGGESTED DURING PREGNANCY**

We have had reports recently about men using Dread during the wife's pregnancy AND IT CREATES A SHIT STORM.

DREAD is off limits during a pregnancy from what I have seen. They freak out even with soft dread. Anything new, even things like deciding to get in shape and leaving for the gym needs to be handled carefully because it is enough to create an existential crisis in some marriages.

However, the essence of MRP is to be the masculine, rational, logical, leader of your life, your wife, and your marriage and that is even more important with pregnant women. You just can't suddenly become the leader if you were not before. Any major changes are verboten BUT you can roll it out sloooooowly and begin to pick up your balls and assert yourself as the man as the natural course of things while still providing lots of comfort.

EDIT 2: Take your time- a month for each level:

Edit 2- Take note Merpers! We have had several posts recently to the effect: "I told my wife X, Y, Z and that is how it was going to be or else..."

The problem is that you CANNOT MAKE DEMANDS OR ULTIMATUMS UNTIL YOUR SMV IS HIGHER THAN HERS, ACCORDING TO HER.

THE LEVELS OF DREAD ARE SEQUENTIAL AND YOU NEED TO TAKE A MONTH OR MORE AT EACH LEVEL (EXCEPT LEVELS 1-2 WHICH CAN AND SHOULD BE IMPLEMENTED IMMEDIATELY).

if you make demands or even state your ultimate needs before you have improved the result is predictable.

We say STFU and don't talk about this shit, don't make ultimatums, don't bitch and whine and complain FOR A VERY GOOD REASON: It is not attractive and UNLESS YOUR SMV IS HIGHER THAN HERS IT WILL MAKE HER COME 'UNGLUED'.

**MEN DO; WOMEN TALK.

THE FIRST RULE OF FIGHT CLUB.....**

DO NOT TALK TO YOUR WIFE ABOUT THIS. DO NOT LET HER TALK ABOUT IT OR ACCUSE YOU.____

Go forward, LIFT WEIGHTS, read the books, improve yourself. Start completely over. Reboot. Follow the 12 steps of Dread beginning with reading up on Shit Tests and lifting weights HARD. Build a positive, affirming frame. Get busy, start making the availability of your positive affirming frame conditional on her sexual availability to you.

After you have improved like this (Dread levels 1-4) upgrade your wardrobe and start dressing like the man.

ONLY if that does not get the results you want to you proceed to level 6- begin to learn PUA, level 7- begin seducing your wife using PUA tactics, level 8- begin practicing PUA on random girls during the day.

The soft ultimatums come at level 9:

To be clear, Level 9 is:

AFTER you get 10-20 number closes (Level 8),

AFTER you seduced your wife for a month or more (Level 7),

AFTER you have studied PUA for at least a month (Level 6),

AFTER you have upgraded your wardrobe (Level 5),

AFTER you have begun conditioning your availability to her with her treatment and (sexual) availability to her (Level 4),

AFTER you have built a busy, full life with recreational options and friends (Level 3),

AFTER you have developed a plan to improve your physical, emotional, psychological and financial life, lifted weights for enough time you noticeably improve and are getting attention from other women (Level 2),

AFTER you have learned how to handle Shit Tests (Level 1) and are blowing them away regularly WITHOUT the anger (Unknown Level but pretty high up there).

Edit 3: Don't forget your vows

We have several reports of problems when men increase the levels of Dread when they begin pulling the attention of other women and realize- hey, I am good looking, I know game, I could spin plates. Forget this frigid, harpy, sex denying, nasty, bitchy, shit testing bitch, I am going to replace my 36 y/o wife with 2 18 y/o babes. As Athol Kay writes: That may seem like the lamest warning ever but you will lose all your progress if you fail...THE TEST. There will ALWAYS be a "Test."

When you start to improve you are improving for yourself. However, it is assumed you are beginning this path because you have a marriage that is not living up to your expectations. So you should enter this path with the eye focused in self improvement BUT ALSO with some intention and eventual expectation of improving your marriage.

Let me just remind you guys that you made vows. You made some promises. Men keep their promises. It is up to you to decide how much you can take of HER broken promises, but don't forget the promises that you made as you journey along the Dread.

TLDR:

1. In most cases you should NOT use Dread during pregnancy. In some cases it may be the only thing that works- but BE CAREFUL. Start slow and continue slow.
2. FOLLOW THE LEVELS OF DREAD SEQUENTIALLY. DON'T START MAKING DEMANDS UNTIL YOU REACH LEVEL 9. TAKE AT LEAST 1 MONTH FOR EACH LEVEL (EXCEPT LEVELS 1-2 WHICH YOU SHOULD DO THE SAME DAY YOU FIND MRP/TRP.).

65

UPVOTES

Case in point: generating those tingles is an indirect effect of taking care of business

Redpillbrigade17 · 13 March 2019 · Archived copy · Reddit

https://www.reddit.com/r/sex/comments/b0qd4e/last_night_i_heard_my_husband_tell_off_one_of_his/

65

UPVOTES

Sexual Selection and Existential Fear

Rollo-Tomassi · 2 April 2019 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2019/04/01/sexual-selection-existential-fear/>

Excerpt:

In 2019 men's control over their sexual selectivity is something women don't want to hear about. Part of ensuring that Hypergamy is the defining social dynamic today includes exercising as much control over men's sexual selection process as possible. As fluid as men's selection naturally is, it's still out of women's total control. The method to that control is social pressure. Women's need to insure against their own **Existential Fear** of pairing with an unacceptable guy is so obsessive they will resort to social engineering.

Tinder and *Bumble* are social engineering programs as much as they are facilitators of women's Hypergamy. *Body Positivity / Fat Acceptance* (exclusively for women) is equally a social conditioning effort. But for these and more the latent purpose is the same – convincing men to repress their evolved sexual selection proclivities in favor of accepting women's selection process as the 'correct' one. The *Cardinal Rule of Sexual Strategies* states that for on sex's strategy to succeed the other's must be compromised or abandoned. In today's feminine-primary social order, the Feminine Imperative wants nothing less than complete abandonment from men – and it will use every social and political means available to insure men do.

Men must be raised up and conditioned from the earliest age to accept women's strategy and their role in it as the only acceptable one. Men's selection of a mate must be made *for* him according to women's standards. Many times I'm asked how to go about "vetting for a wife". I'm asked what the criteria, what aspects, what traits should a woman possess to make her "marriage material". From a Red Pill perspective a lot of what I lay out seems highly offensive to the sensibilities of men and women conditioned by the Feminine Imperative. But the qualities, and the reasons I define them being desirable, are nothing any man who is invested in his own sexual strategy wouldn't find mundane.

It's not difficult to figure out what attributes in women would make for a good pairing – what's offensive is that a man would ever have the temerity to **require** a woman to possess them at all.

65

UPVOTES

OYS. Go post now. Maybe find your Morpheus.

HornsOfApathy · 25 September 2019 · Archived copy · Reddit

Lurkers or noobs:

When I first came here, I did the same as you. I lurked in reading the top posts. Combed through thousands of words for information to learn what MRP was. Maybe I started the sidebar a bit. I kept seeing flaired people here telling people to "STFU, Lift and sidebar". I spent countless hours reading through past OYS and reading their stories hoping that they would be in a similar situation I was in and I would find a path to fix things through them. I pondered whether to join in the weekly thread where people read about all your shortcomings and sometimes achievements. I didn't have many achievements to speak of. I did not want to post because I was truthfully afraid of starting it *for real*. I could continue to dabble in the sidebar forever... but somewhere, deep down, I knew that if I was going to succeed I needed to be held accountable.

Before I posted in OYS, the only person accountable to me was... me. And how did that turn out? Not so great, man. I wasn't happy at all with things. The person that I should be accountable to *was* me, but I was *so fucked up myself* I did what I was afraid to do. I posted to OYS.

The first comment I ever got? "[Are you a beanstalk?](#)" (thanks [/u/weakandsensitive](#))

All my worst fears, confirmed. I was just here to be made fun of. How was that going to help??? I knew I wasn't the man I wanted to be. Yet here I was, attempting a path that would *maybe* make me a better man and the first thing I get is ridicule?

It's all the design, faggots. But let me tell you the beauty in all of that... I could chose to think this random internet stranger was just being a fucking dick to me, I could choose to ignore it, or I could choose to evaluate his comment. So I chose the latter - to evaluate this comment against my own ego and plan. You know what? He was right, and it changed my plan. I shed a little bit of ego that day. That's what MRP is designed to do. Guide you - if you want to work hard for it - to a place where your ego never gets in your way.

Somewhere along my journey of just grinding, and trying *really fucking hard* because I really did care about myself and my wife (gasp!) and my children (of course!)... some comments in my OYS from a man here drew my attention. I think he understood what I was trying to do, and something he said helped me get to a better place. If I hadn't posted in OYS, I never would have gotten that help. **This man through his own patience and goodwill - who still remains a complete stranger to me in real life - took his time to help me choose my own path and help guide me on it. And whew - I took a lot of his time.** I still had to do all of the work. I won't call him out here because I know he'd hate it and also don't want all you faggots PM'ing him all the time.... but you know who you are, dude. Thank you. From everything I have in my soul as a man - thank you. You were my Morpheus.

I only learned much later that helping me was *part of his mission*.

But see, my Morpheus had a Morpheus too. It was [/u/jacktenofhearts](#) (great listing of [his work here](#)). If you give some of that dude's comments a read, it'll blow your mind.

Without OYS, you will never find a Morpheus if you need one. And you probably do need one.

Flaired Guys, Mods:

I feel it's our duty to give back to these men in any way that we can. I'm not talking about the faggots that show up once in a while, post retarded shit to [/r/askMRP](#) or don't seem to be making any progress week to week. Fuck those guys. You know them when you see them if you've been around here long enough.

What I'm talking about are those guys that are struggling to figure anything out but at least they are "STFU, Sidebar, Lifting" their way to confusion. You have valuable advice, give it.

If a "man" (loosely used here) sends you a PM and you see he's been doing the work, maybe give him a pointer or two. He was lost like all of us here at some point, and he's only seeking knowledge. You should be the judge if he deserves your valuable time to return that message.

One of the most valuable things that I've experienced here is actually watching some of the guys that I exchange OYS comments or PMs with progress on their journey. Maybe the time that I invested in them was just as valuable to them. Of course I waste my time with faggots as well, but I know I can quickly weed them out.

So help a dude if it helps your mission. We want them to find the truth in the way that men should be today. We want a stronger masculine set of men to share this shit with. It's what helps my mission. Maybe it does yours.

Encourage them all to post in OYS so they can find their own Morpheus if they need one. It doesn't have to be you. Pointing a man in the right direction is allowing him to give the gift of freedom to himself. He still has to choose it.

65

UPVOTES

'Should,' 'Shouldn't' and What do you Want

sea-tease · 7 March 2022 · Archived copy · Reddit

This is such basic stuff, even for newbies, but when I wrote this I started counting 'should' in one week of recent OYS's and stopped counting at 11. So regardless of how well many of you know this, it still shows up in journaling here. (I would argue that 'need to' toes the line on 'should'. If I counted that, the amount would be ridiculous.)

I was looking through a book a couple of months ago that has been in my house forever, a book on raising boys. I had never read it. Every so often I look through books around my house that I had read in my pre RP life just to see what may be in there counter to the way I operate now – just another way to keep me sharp. I picked it up for this reason and I came across a line deep in the book, *"You can't tell your son what he should become (occupation), but you can tell him who he should become."* There you go, knock a boy off his center, teach him to live life in others frame from the start.

Life is filled with 'you should's' and 'you shouldn't's.' School, sports, clubs, church and society are constantly telling you what you *should* think and do, who you *should* be and how you *should* act. Noticing when others say it to you can be a cue for you to take stock of yourself, focus on you, your thoughts and what you want to say or do. Seriously, how many times do you get advice or counsel from your peers, even people you respect, that tell you what you *'should'* do, think or even feel? It's even common to find yourself thinking about what you *'should'* do in various situations based on what *internet retards* at MRP might think. It's ok – noticing it is something many men never get to. Try to pay attention to every time it comes out of your own mouth. Pay attention to why you are saying it. Just this alone can bring you a step closer to becoming your own judge of your actions and decisions.

One of the most difficult tasks as you begin/began your journey is trying to answer the question, "What do you want?" No one had ever really asked me that so pointedly and repeatedly as here. My immediate thoughts when asked that were often, "What am I supposed to want – what *SHOULD* I want?" It was a long process of continual work to get that *'should'* out of my system. I outlined in my most recent OYS that I am meeting with a friend once a week talking out many things that are not working in his life and each week I have been asking him the same thing in several of his challenges – What do you want? At first, it was deer in the headlights and of course, "I don't know." **This response is a result of nice guy tendencies and a life of living ingrained 'should's,' then hiding or suppressing things about yourself that for one reason or another, you have deemed unacceptable.** This, in turn, leads to several facets of personal prison.

A recent OYS by [u/theCrimsonLine](#) had a long list of 'shoulds' he came up against and did a great job of noticing the futility of them. Go look it up. I commented that I have nearly eliminated 'should' from my vocabulary. Cause and effect are about the only way I use it any more:

If I keep practicing shooting my pistol, I should become a better shot. If I keep up on squats, my back should stay strong for surfing. If I keep up the same habits at work, solid production should follow.

These statements are fine with me because I am taking ownership of the things I can control and gives leeway for outcomes that I can't control. I still don't like to hear it from myself though – but, whatever.

[u/Tyred_Biggums](#) commented the following on Crimson's OYS...

"Should" is a judgement based on shame. Do or don't. Almost every time you say "I should have"...a "but I [excuse]." Don't DEER to yourself. "I should have lifted but I was tired..." "I should have talked to that hot girl but I got scared..." "I should have asked for a raise but they will probably say no..."

Judgements based on shame are weak and it's an ineffective way to go about taking action. Take the time to make a decision on what you want, either do it or don't and accept the consequences either way. 'Should's' be damned. If you decide you don't want to lift and take care of yourself physically – don't, but you do not get the pass to complain about the results. If you want the raise, ask for it. If you don't get it, fine. At least you took action on what you wanted to do. Learn from the experience, create options and grow from it. Do or don't.

Another reason it comes out of your mouth is because you are living in others heads, or their possible perception of you instead of you being your own judge. This can be hard to break because they sound so *right*...

"I should (or need to) be a good example, a better father, husband, friend, empathizer, employee..." – you name it.

"I should (or need to) work harder, sacrifice more, put others first more, be funnier, be more engaged, drink less..."

"I shouldn't want to go somewhere by myself or out with my friends, spend time on my interests, want that sexual activity..."

Statements like this are frameless, potentially incongruent and invariably have a nice little covert contract attached to it. For a nice guy, recovering nice guy or recovering career beta it looks like: "I should or shouldn't a.b.c... [covert - so that x.y.z...]" This is why the question "What do you want?" is so important in your own journey because for nice guys the answer to that question so many times is a variation of the same answer, "I don't know. I should do what makes others around me happy" or "I shouldn't do what makes others around me unhappy." (...so I can have a smooth, problem free, happy life...)

Recognize the *shoulds*, *shouldn'ts* and *need to's*, then work on building YOUR OWN frame based on what you want, rather than what you 'should' or 'shouldn't' want or what others say you 'should' or 'shouldn't' do. For the really early birds – don't go Rambo on this. Take the **silent space** to figure it out. It will probably take some time to know what you want, rather than what you think you want.

Forget the Should's, Shouldn'ts, and need to's. Either do or Don't.

65

UPVOTES

Men in their 20s and 30s: How often do you have sex with your wife? What's the quality of that sex?

fijjio · 9 January 2023 · Archived copy · Reddit

There's a great metaphor about the fridge here in the subreddit. It got me thinking how often do you guys want it and how often do you actually get it from your wife? I'm a bad example, but I get it about once a week, and she barely shows any enthusiasm, to her it's mostly an "obligation". When I suggest it I get rejected 100% of the time. In 3 years, not once she accepted my proposal to have sex. I'm in my early 30s and she's in her late 20s. Both in good health. I have a very high sex drive, while she claims that her sex drive is much lower and she has to "get in the mood" for hours before sex with me every time.

Essay:

<https://therationalmale.com/2019/01/16/gender-war/>

Excerpt:

In *Male Control* I explored what I saw as a narrative shift coming from the *Village* with respect to masculinity. This post was written after the Las Vegas mass shooting in October of 2017 (for which we have no definitive answers, and even less people asking questions) and in its wake came the predictable series of articles from the *Fem-Stream* media. Usually this narrative starts with appeals for gun control, then it shifts off to how it's always men or boys and 'toxic' masculinity, and OMG we need to teach our boys to be better girls. This time though it was different. The narrative shifted to "masculinity itself is toxic". In that 2017 article I predicted that this would be the new message coming from the *Village* for the foreseeable future. And right cue the concurrent mass shooting events and any incident of "men behaving badly" in the MeToo era was (still is) written from the 'masculinity IS toxic' perspective.

Well, the future is now. We are in a post-'toxic' masculinity era. That narrative has been replaced by a 'Masculinity is toxic' message. No longer is it about certain, perceived negative aspects of masculinity being toxic – if you are male, you need to learn to repress your maleness altogether. We are no longer just teaching our boys like defective girls, the *Village* is teaching men they need to become woman-like in order to be an acceptable member of western society.

Less than a week after the APA's holy decree that 'traditional' masculinity is a psychological disorder we see the now infamous Gillette "commercial". In this video men are ubiquitously portrayed as ridiculous buffoons, but also as borderline perverts, potential rapists, oblivious fathers and uncontrollable hard-ons. The message is overwhelmingly "masculinity is this, you males should do the opposite". And this is the message most plugged in men got when they watched the show. What they fail to realize, due to a continuous feed of the narrative, is the overwhelmingly misandrous subtext to the video.

This narrative is the same one I wrote about in *Good Humans*. There was a message that accompanied feminist mothers' boys when they marched in the Women's Marches of 2017-2018; it was no longer 'Boys Will Be Boys' but 'Boys Will Be Good Humans'. This then begs the premise, if you are a boy, if you are male, then you are not a Good Human. This is a fundamental redefining of what it means to be a man, according to the *Village*. In the Red Pill we understand the importance placed on living out the conventional definition of masculinity – manhood is not something to be given or taken away by the ambiguities of gynocentric society. But this is what the *Village* is fostering as it's direction for men. It's not enough for them to withhold your 'manhood', now if you resist their correction, if you embrace your innate male self, you are a "no good human."

I'm hesitant to call this Gillette video a "commercial". In actuality it is a feminist agitprop piece directed by a well-known radical feminist, Kim Gerhig. **Kim and her producer, Sally Campbell, are notorious for producing exactly this deliberate misandry** when they're not creating videos of singing vaginas. This, of course, is the ugly detail the Fem-Stream media would rather the mainstream pay no mind to. Our attention is supposed to be either on the message of "Men need to do better, what's so wrong with that?" or "Only man-babies are crying about this ad."

64

UPVOTES

Denial

justpickanyusername · 5 June 2018 · Archived copy · Reddit

When it comes to becoming the best version of you, denial can be one of the biggest road blocks in improving yourself and maxing out your SMV. Denial is different from being completely oblivious or ignorant to your weak spots as you may simply be unaware of your shortcomings. One thing the sidebar should do as you read it is wipe away this excuse of ignorance. If you actually read it, you will have your eyes open to the vast majority of your blind spots and you can no longer stay oblivious to your fuck ups and weaknesses. Inevitably, some blind spots will always exist and these often are the most difficult to address as you simply are unaware that you are fucking up. Self-reflection and the OYS thread are great tools to spot these yourself or get some pointers from others in this community. Anything else of significance that goes unaddressed means you are in denial.

In psychology circles they will often discuss the 4 varying degrees of denial which are:

First degree: Denial that the problem, symptom, feeling or need exists. Second degree: Minimization or rationalization. Third degree: Admitting it, but denying the consequences. Fourth degree: Unwilling to seek help for it.

I look good enough

I recently went thru some of our old family photos. I have always had a decent level of confidence in my looks. Yet, I have always been self-conscious about my body. Hmmm... no denial there. Why was I self-conscious? Well, I have always been a skinny fuck. I'm 6 feet tall and was probably 145lbs when I got married. About 12 years into my marriage I didn't put on a ton of weight but I softened up the little muscle I previously had and was probably 20%+ body fat and still only weighed 150lbs. I went from skinny to skinny fat. I went thru all 4 degrees of denial multiple times. I would deny that being skinny fat was even a problem (1st degree). I would rationalize that since I had nice facial features that it didn't matter (2nd degree). I would sometimes admit it, but not consider it a big deal. Hell, she married me as a skinny fuck to begin with (3rd degree). Finally, I would say fuck it and just keep doing the same shit I was always doing because doing anything about it is hard (4th degree).

Since I have been here, my diet has changed completely, my workouts have changed completely (even though I was doing some lifting prior), my wardrobe has been completely changed, my clothes fit well, my hair style is different, my teeth have been whitened, my eyebrows are trimmed, my posture has improved, and I can keep going on and on about how I have improved my looks. I like what I see in the mirror now. I still would like to put on more muscle and keep going past 180lbs, but after putting on 30lbs in the gym over the last few years I can take my shirt off confidently. So, what did I see in myself in those family photos? Denial. It was painful to see how clueless and derpy looking I was over the last 10 years.

I'm a good dad

This might have been one of the biggest mind fucks for me personally and possibly one of the things that hurt me the most when I finally acknowledged my denial. I have always prided myself on being a good dad. Being involved with my kids and being a part of their lives was something I enjoyed. I was always present for dinner and for bedtime and spending time with them. However, I was in denial. My eyes were opened early on in this journey that I was simply along for the ride and my wife was driving the family bus. Dinner happened when she wanted. So did bedtime. So did the tasks around the house that she identified that needed to be done. I thought I was good at discipline, but in the end I was just following orders. A good indicator of who is in charge is who the kids ask permission from to do things. I was not leading in the home and I was in denial. Many times I would deny there was even a problem (1st degree). Or, I would rationalize with stupid bullshit like, "well, she spends all this time in the home already and has a system. Who am I to come in here from work and step on what she is doing?" (2nd degree). Sometimes, I would admit that she was disciplining in a way that I disagreed with, but I would deny the consequences of those actions and somehow hamster my responsibility to parent to her. (3rd degree) Finally, I wouldn't do anything about it. I mean walking on those eggshells is tricky, she might get upset, and I would eventually just do nothing. (4th degree).

What I have discovered here was that the family needs a strong masculine dad leading in the home. Not a dictator when a competent first officer is present, but someone to lead and provide direction. It was a struggle early on regaining the helm and it didn't happen peacefully or without incident. But, I can say confidently that it is worth it and in the end your wife and kids will be better for it. Delegation of tasks now come from its rightful captain. Dinner and bedtime is directed by the captain as well. There is less chaos in the home as a result and the wife is less anxious now that she is no longer shouldering duties she likely never wanted in the first place. I remember having a conversation with her after she crossed some disciplinary lines and I told her "I'll be Batman, you be Mary Poppins". She doesn't like being the bad guy anyways and she has brought this up after the fact that she prefers me being Batman so that she doesn't feel like she has to. Who is truly leading in your home? If it is not you then you are in denial about being a good dad.

It's only an hour

I was a pretty avid gamer prior to MRP. I have played pretty much all of the "Duties" and would dispose of \$60 to grab them in the fall with everyone else to jump on early to make sure I stay with the learning curve and don't take a hit to my K/D ratio. Because keeping that ratio well over 1.0 is a big deal and so beneficial to me in my social and professional life right? Besides, after a long day at work, all I wanted to do was just unwind and do something mindless for a little while. She is over there finger fucking her phone anyways, so I guess I have no other choice or alternative than to keep playing. Besides it's harmless.

When I swallowed the pill I went on a quest to uncover as much knowledge as possible about this stuff. I found myself reading at lunch and at night and all of my free time was dedicated to increasing my RP knowledge and trying out different methods etc. Soon, I noticed that I had not picked up a video game controller for about 6 months. However, I had noticed a lot of other improvements in my life and as well as sex with my wife. One night, I decided to pick it up and play the game I was half way thru when I suddenly stopped playing. Guess what my wife did? Finger fucked her phone most of the night. Also, I didn't seem to find the same enjoyment that I used to when playing. What did I learn? First off, video games can be a colossal waste of time. I get the diversion aspect of it, but imagine if the screen was black and you saw someone staring at a black screen for an hour or two mashing buttons on a controller. You would appear to everyone else as a mindless zombie and you would essentially accomplish nothing of value. You can accomplish just as much staring at the wall for the same amount of time. Men get pissy at their wives finger fucking their phones on social media. We see it as such a waste of time. Trust me, they see you playing video games as equally unattractive. Be attractive. Don't be unattractive.

Do I still play? Only with my kids now. Playing alone now just feels so unproductive that I can't bring myself to do it. We still have every console you can imagine laying around the house and I do still enjoy playing the Wii with the kids from time to time. I no longer have XBOX Live or PS Plus subscriptions as they have all lapsed and not been renewed. I'd rather be out doing something and I want to same for my kids as well. I'm sure I will get shit from some others here that are in denial and tell me that video games are fine. Sure, you can play them, but don't be in denial about what they are doing to your productivity, SMV, and sex life or lack thereof. Unless your girl is an avid gamer herself it is likely going to come off as unattractive 100% of the time.

Conclusion

If you find something that is harming your mission, don't deny it's existence, rationalize it away, deny the consequences, or refuse to change it. If you do, you will be stuck as a scrawny skinny fat dad that dresses poorly, plays video games, thinks he is the shit, but can't understand why his wife always seems to be in a bad mood and never DTF. Trust me, I can confirm. Make the hard changes and push beyond to live on the edge of uncomfortable. It is the only way to improvement and ultimately the life you want.

64

UPVOTES

"The Lag" and Knowing When and Why to Escalate Higher Dread.

JDRoedell · 4 May 2018 · Archived copy · Reddit

Lots of men here refer to the lag time (aka the 1,000 ft rope) from when they started implementing their strategy to when their wives, or more importantly, other women started responding positively. Some report that their wives didn't respond... but other women did. I'm 2 and a half years into this. A year ago I stopped measuring this by "her" actions and just continued to pursue my own happiness (sometimes selfishly) and to build my strategy with as many options and contingencies as I could. Was there "self improvement"? Ya, there sure as shit was but that wasn't my overall goal. Building my strategy was. Improving myself was just the bedrock. Or was improvement just a bi-product of my strategy? Eh, another topic for another time.

As a long term MRP member I'm almost hesitant to admit that It wasn't until a few months ago that I really started noticing **consistent** positive behavior from the wife. "Consistent" is the key word here. Examples;

She grabs parts of my upper body now during sex and squeezes them while gritting her teeth a bit. Always. She started using more affectionate words and phrases in texts to me. She apologizes for things like not having dinner ready on time or at all some nights. I always praise her efforts in this department because it adds value and she's a good cook. So when she's had a rough day and things aren't all in place, I just say, "no problem baby. Let's just order something." Or "what can I help with?" The bleeps will love this one based on their post about me and PMs I received about six months ago...She put her hand up around my throat for a brief moment while I was on top of her pounding away a few weeks ago. It wasn't hard and it wasn't for long because she caught herself in genuine surprise, covered her mouth and was like, "OMG I just choked you now." And then she laughed. Surprised even herself. Whenever I put my hand up around her neck, she always says in a half-hearted, playful manner, "don't choke me.." I realized that she's mirroring what she likes, and even unconsciously in this instance. We had a good laugh. Uses me as validation in social circles. Photos on Facebook, comments to her friends, etc. Initiating more. Sometimes for sex, sometimes just for affection. Last night she asked if I would cuddle her in bed because she was cold. I still initiate most of the time because we'll, I'm the man. Sometimes she'll surprise me which is always nice.

Some women will respond immediately to your strategy and your better self. Others will take months, and still others will take years. Some may never and some may require more than covert dread and game, i.e. a more overt and jarring event to get it through their solipsistic head. See /u/DownVoteForDickPick's post about his cyclical and recurring jaunt into DL10 to keep his wife reminded of what the expectations are. Some disagreed with this but I say, "it's a strategy and it's working." And it's assuring you aren't being taken advantage of in Marriage 2.0. I don't see any problems.

Occasionally there are debates here about whether DL10-12 type motivators are the right kind of dread to get the sex you want. In other words, is she just putting out now for fear of losing the comfortable lifestyle of a marriage and not because of genuine desire? To that I would say "it depends" and "do you give a shit if it does?" Depends what HER motivations are. Perhaps that sort of ultimatum is the **ONLY** thing that will cause the tingles in some women. Afterall, society has conditioned men to give up their commitment, time and attention freely and without any regard for our dreams and happiness. The longer you give these up for free, the less respect she'll have for you. I would argue that this kind of motivation (the "fuck me or fuck you") **might** actually increase her desire for you. Probably not at first. At first it will be to keep you and out of fear of blowing up the marriage. But as time goes on and you show congruence in your new steadfast frame to not be a doormat and to not give away your commitment for free, I believe she'll come to respect you. **With that respect comes attraction.** All women are different. You just have to decide if that sort of strategy is going to make YOU happy. For some guys it may be the right move.

Regardless, As we always say, it's not about her and it's not about sex with *her*... it's about your strategy to get the sex you want. That could be with her, with a plate, with her and a plate or with a new girl(s) in a post DL12 life. But remember if it is with the wife, she may be slow to come around. Mine is. I say "is" because I think I'm still finding

how deep this hole goes, even after 2+ years at this. Maybe it lasts and gets better, maybe it won't. My prosperity doesn't depend on it.

All these things are small and incremental. It requires some patience and some distance from your start point to really notice them but for most of us, they are there if you open your eyes. There will be ebbs and flows and setbacks. If the overall progression is in the right direction, even if slowly, then it's good.

Two plus years, gentlemen. Be mindful of the lag but also be able to recognize if your wife or LTR is unable or unwilling to properly respond to your value when other women are showing interest. That's the linchpin for when to execute higher levels of your strategy. She only gets first crack at a sex life with you, not unlimited control over it.

64

UPVOTES

Transactional vs. Validational Sex

Rollo-Tomassi · 8 March 2018 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2018/03/07/transactional-vs-validational-sex/>

Excerpt:

Validational Sex

When women look for that Alpha Seed in their peak ovulatory (proliferative) phase, the sex they seek is a desired sex with a man who meets evolutionary criteria. He's the 'hawt' guy, or the man who leaves a woman with an perception of danger or excitement. A lot of men who don't meet this criteria have a tendency to over-exaggerate this type of man as the 'Alpha Chad' and make a ridiculous parody of him as an ego protection mechanism for themselves. Let me state for the record here that every aspect and adjective that this type of guy embodies is mitigated by conditions and contexts. It is just as likely that this conventionally masculine dominant guy is only so according to his most immediate social situation. So spare me the "Chad Thundercock" anxieties.

The sex that women give "enthusiastic consent" for is validational for them. The easy assessment here is that women have a genuine desire to mate with conventionally masculine men who look and act the part – yes, behavioral congruency is vital. If you follow the research women consciously and unconsciously will actively put themselves into environments where the likelihood of their meeting a dominant masculine man who most closely matched that masculine ideal when they are in estrus. They openly and discreetly look of arousal cue from men who best embody what can only be described as Alpha Seed.

I should also add that women in "satisfying relationships" (meaning LTRs where a woman is still very hot for her husband/boyfriend) report an increase in sexual desire (proceptivity) for that guy during this phase. A lot of guys mistakenly think ANY woman will want to seek out extra-pair mating (cheating) opportunities when they're in estrus. This is only true if a woman isn't into her current man.

I don't want to get too lost in the descriptions here. Rather, I want to focus on the associative feelings women get in and after having sex with that Alpha man during estrus. I would argue that Alpha Widows are made in the estrus phase. This is the sex women want to have and are enthusiastic in both the hunt and the act itself. This is largely (presumably) the sex that men have with their wives-to-be before they marry. It's this validational sex, the sex that women fantasize about, that men and women want to get back to once they are committed to each other monogamously but now have a dead bedroom. This sex validates a woman's ego in that it proves to herself that a man of this SMV caliber would want to pin her to the bed and have marathon sex with her. Remember, the latent purpose of this sex, on this side of Hypergamy, is to access the sperm from men with high reproductive value as defined by what our evolved nature predisposes women to be aroused by. Validational sex is sex by choice and genuine desire, and is satisfying on both a psychological level and an evolutionary level.

Transactional Sex

One of the benefits of a concealed estrus is that it allows women a few luxuries. One of these was the ability to confuse men of their paternity. Today this confusion is little more difficult because we've got DNA figured out well enough to make accurate assessments, but in our evolutionary past it was important to trick cuckolded fathers into second guessing whether a child was his or not before he killed it and impregnated a woman on his own (this is also why men evolved mate guarding behaviors).

The other advantage of concealed estrus was essentially prostitution. Now, to pretty this up a bit, lets say that women who were sexual with men outside of their fertility window found that sex could be leveraged with non-Alpha men (men they didn't want to have children with) to encourage them to help with a lot of the chores more Alpha men were less willing (but not entirely unwilling) to do. Enter transactional sex.

As mentioned, the most overt form of transactional sex is prostitution, but it's impolite to call every woman a whore. In fact it's impolite to even imply a woman may be having sex for other reasons than validational sex. Today women are contemplating whether or not transactional sex is itself rape since it technically meets the definition of rape (sex women don't want to have). I discussed this "grey area sex" recently in another essay, but it's interesting to see women wrestle with transactional sex in an era where the Future is Female and women ought to only have the (validational) sex they want to enthusiastically have.

For most men (i.e the 80% Beta men) transactional sex is where the rubber meets the road. In fact, I'd argue that for most Beta men transactional sex is the only definition of sex they ever really know. That's kind of sad to think about, but most men never really experience the unfettered feral lust of a woman they've chosen to spend the rest of their lives with. I got into this in *Saving the Best and Hats Off to the Bull*, but I think it's important for the average man today to acknowledge that it's highly likely that their wives have shared parts of themselves with, and have lost all inhibitions with, men in their sexual pasts they may never know anything about. That's a cold bucket of reality a lot of men who unplug from all this have to confront.

Marriage today is almost entirely predicated on on the transactional sex side of Hypergamy. I'm not saying it has to be, nor am I saying it always is, but I'm fairly comfortable in speculating that for most married women sex is reward she uses in the operant conditioning of her husband. And the very fact that this is effective with most husbands throws the power dynamic and Frame of the relationship firmly over to the wife. This has the effect of disqualifying that man from ever (or very rarely) being a candidate for validational sex within that marriage. And this too is another aspect of the transactional sex dynamic that modern feminists are contemplating today – if a woman doesn't want to have sex with her husband, but does anyway, is it rape? But again, NAMALT, not all marriages are like this or have to be like this. I would also argue that a confident man whom a woman admires, who she recognizes as being above her SMV even if slightly and who has internalized Red Pill awareness within that marriage needn't be doomed to transactional "duty" sex in his marriage.

64

UPVOTES

Don't forget to Incentivize

JD Roedel · 12 September 2017 · Archived copy · Reddit

Every several months or so I find myself assessing my direction, my "narrative" (as it's commonly referred to here) and my MAP, looking for things that could use tightening up. This started out as an OYS post after a realization about one area I could improve on but I decided to throw it up on the main sub instead as it got longer. Because it was an OYS post originally I'm going lay out where I have fucked up, where I've done well and what I'll do going forward to improve this.

I was reading posts on our beloved forum yesterday and got sucked into a Jack10 rabbit hole and came across [this post](#) about incentivizing others to **express desired behavior** (your wife is an "other" for clarification).

I think this gets overlooked a lot of the time on MRP due to the "Levels of Dread" being so prominent of a guide when guys are building their MAP. Don't get me wrong, the dread levels are necessary to grasp but they are mostly about improving yourself and **implementing a successful strategy as a married man, from that place of improved SMV**. *This is another key distinction for another post.* Men here get caught up with looking for shit tests, having three hobbies, practicing game, removing time and attention to the point where they are missing opportunities to reinforce and reward good qualities and actions of those around them (I've been guilty of this at times). For your wife, this means creating that environment where her feminine nature is encouraged by your masculine leadership and even occasionally, your praise, be it verbal or action based.

I realized I've been somewhat failing to most effectively create that optimal environment to foster feminine energy and flourish from my wife. I've missed opportunities to craft the narrative and lead her to this and will be trying to correct it. It comes down to this for me right now; **I need to do better at creating an environment that encourages good, feminine behavior and lead her into my strategy/narrative**. This has some similarities with /u/GargantuaBlarg29's recent post on [being a good partner](#) and leading her to good behavior through your micro-actions.

How did I fuck this up pre-RP awareness?

If you examine your past (or current actions for the newest here) I guarantee you will find behaviors of yours that supported the FI and stifled your wife's natural feminine nature. Here's mine... I used to be one of these guys who *thought* he liked girls who were slightly less feminine. Not "butch" but maybe slightly tomboyish and "sporty." You know the type. Waaaay back when we were dating (10+ years ago), I used to even tell my wife that I didn't like all the overly feminine accoutrements like lots of makeup, heels and stuff like that. I would tell her she looks fine the way she was and sometimes even accuse her of overdressing for events. I was absolutely murdering that instinct to be feminine and sexy. What a dipshit, right? Like the majority of men today, I bought into the feminine imperative lies so much I actually believed this. And in turn, she believed this is what I liked in women (and why wouldn't she? It came out of my mouth on more than one occasion). My point is that I wasn't doing myself any favors and I'm now realizing the damage this caused to fostering a comfortable environment for her to truly embrace her feminine nature. Undoing something like this takes time. This dynamic has to be right for you to be able to validate and encourage "desired behavior."

So what have I already done to reset this dynamic?

On a macro scale I did things like, took over handling our finances about a year ago. She's expressed to me how this has reduced the stress in her life (Now the thought of not doing this conjures up images of me being a man-child). I focus on the larger, strategic family decisions of our lives like; buying a new car, planning big vacations, coordinating large home repairs, vehicle maintenance, etc. Thus leaving her room to worry about things like what's for dinner, laundry, what the kids will be wearing to school and her appearance. The things many women naturally (whether they admit or not) are proud of and enjoy doing for their families. I've become more involved, or at least more aware of, what our kid's are doing at school and what they need to be responsible for. My wife still handles most of this as she works part time and only about 5-6 hrs a day when she does, but as part of my "preparing for

any outcome" MAP I want to be more engaged and able to pitch in on this should we ever split. It also builds my own reassurance that I do not *need* her to be happy and successful. The go plan is the stay plan.

I validate her efforts at eating better and exercising daily. About one whole year after I started lifting, that 1,000 foot rope attached to the "fitness raft" tightened. Now she is watching her calories, doing intermittent fasting and exercising five days a week. Once it became noticeable to me, I wrapped her in a big bear hug, ran my hands under her shirt around her waist-line and commented on how she's looking good lately. Women want this validation.

When she gets a haircut, puts on something sexy or gets "whored up" to go out to dinner, I let her know I appreciate it. I want her to keep doing these things after all. Don't confuse these compliments with pussy worshipping. It's a quick ass slap and "that looks good on you." The hovering pussy drier is **not** the same as incentivizing good behavior. Don't over compliment or give undue praise.

What can I still do better to further this dynamic?

Be overt about what I appreciate from/about her. I already do this to some degree but I need to start rewarding and acknowledging daily things she does like meal prep, laundry and cleaning. This also goes for when she makes an effort to look good physically. We went to a concert together a few weekends ago and she looked sexy. I told her this. I also made sure I was looking good... come on now. Her hands were on my waist and ass all night . She should know that I appreciate her effort.

Consistently reinforce feminine value. I will be cognizant of when she tries to add value to our (my and our kid's) lives and reinforce that behavior. My wife works with children in a medical capacity for her job. She used to have a blog where she would post things related to this career. It didn't get a lot of traction and she lost interest. I'm going to encourage her to do this again because I know she enjoyed it, whether it was monetarily successful or not.

Lead her into the narrative I create. She doesn't always know what I want out of life, out of our marriage, out of sex. This goes hand in hand with not writing covert contracts. She can't possibly get on board with what I want if she has no idea what that is. See Garg29's post for more on this idea. So being overt about some of this, in a **non-dictatorial** way will also be something I strive for.

My MAP thus far has been very focused on improving myself, getting what I want out of life, removing my time and attention when she acts shitty and crafting **my** "strategy" to that end. It's become apparent to me that leading her to a place that reinforces all the positives she brings is just as important. Dare I say, I need to lead her to a place where her efforts are *appreciated*?

This alone won't make you a more valuable man. This comes after you've lifted for a year or more, after you've lived in your frame and created the life you want. Maybe this a "water is wet" post for some but I see it neglected a lot from newer men. Acknowledging this positive behavior from your wife is a small but key part of the MRP process that sometimes gets glossed over. Don't forget to incentivize.

64

UPVOTES

What I Did On My Summer Vacation

youmolide · 24 August 2017 · Archived copy · Reddit

A field report of a different sort.

This is pretty hard to write because I could do a novel. High points - Married 15 years, 2 kids, Walkaway Wife this spring. I actually started browsing the Red Pill stuff before she left, thought about 'changing' things, but in the end chickened out - because ... What if it made things worse ? Didn't want to rock the boat.

Before : For most of our marriage moved around for my job - made good money, she was a SAHM - somewhat lazy but she did cover the bases - took good care of herself, good physical shape - HB6 ? but paid to have her teeth fixed, new boob job (had cancer right after we married - walked her thru that) moved her to a 7+. Me, I wasn't a Beta, more of one of Vox Day's Sigma's - my give a shit level was fairly low - happy to be married but knew from Day One she didn't love me - which was not optimal but OK as long as she filled all the other roles / holes. No deadbedroom, rarely turned down but not a lot of effort on her part. I did become fat pretty quickly but she never seemed to care much and I always did some running (been doing it all my life).

Straw that broke the camels back was building her a new house. Decided a few years ago to buy a country place and try to let the kids experience life outside an apartment. Had lots of 'discussions' about it, thought she was OK with it (altho there were warning signs). So me and my son build a house, send the wife and daughter on overseas vacation. Bust our balls - 80 days straight - 100 degrees - no days off - get a functioning place done. Lots of bugs to work out, but liveable.

Wife comes back, hates it. So appeasement starts - let her choose lots of things hoping she'll get on board - after a couple of months of bitching start have mini-Main Events - I basically tell her if she is THAT unhappy she needs to think about leaving. For me this was my MAP and I thought we had discussed everything at length and she had signed up for the full package. Incorrect. Also in my view it came down to making a better life for my kids or appeasing the wife. Wife lost. My father made the same move when I was a kid - to the countryside - and it changed Everything about me - I knew my kids needed the same.

So True Main Event comes and I drive her to the bus station (she's moving to Las Vegas where life can be exciting again) - she's tired of "hiding in the wilderness" (her words - 15 minutes from a Walmart LOL).

Never forget her look when I dropped her off - little wave goodbye and that was the end. So now of course started looking for answers and swallowed the Red Pill. Thought I knew a lot about women and relationships - dated / screwed dozens, LTR 7 years one, married 15 years one. Wow did I turn out to be completely clueless. This after watching my father get fucked by my mother in his divorce. Spent the summer working on my MAP - worked out, lost 30+ pounds, doing huge projects around the property (poured almost 100 yards of concrete this summer). Spent tons of time reading sidebar stuff, NMMNG Rational Male Athol etc. Still learning.

AAR (afteraction report) - I 'might' have been able to sticksave the marriage if I had gone Red Pill earlier, but confidence is not high from all the FR's I have seen here. My MAP was too big of a change - if I had more a suburban white bread corporate lifestyle MAP in mind, yes, it would have worked (maybe). I did some things very well - have not spoken with her on the phone or email or text other than logistics since she left for the most part. Got a decent divorce agreement spelled out and signed - should be final shortly. Kids spent the last six months with me. Even at my advanced age can see lots of avenues for LTR'ing or marriage again - lots of girls out there willing to take up the slack from the Walkaway Wife - but ... not really as gung ho about that as I thought I would be - go figure LOL - internalized AWALT a lot after digging thru this marriage and all the past LTR's. Much less desperate for sex too. So why bother ? Guess that will sort itself out - still long ways to go on my MAP.

So here's the twist on this FR. Don't have a real great relationship with anyone in my family other than my dad. Brother is Major Left Wing Blue Pill, mom is Yuge feminazi, etc. So didn't spend any time explaining what happened straight off. When I did get to it - turns out that they had already gotten the basic info from my dad and my ex-wife (texted my mom) Everyone with the exception of my father decided that it was ALL MY FAULT. You

know, that complete bastard dragged his wife and kids into the wilderness and built her a new house. My mother wrote me one of the nastiest shittiest emails I have ever seen - it was all my fault, I was traumatizing my kids by not letting them live in a big city, I had zero integrity - on and on and on. I must have pushed every emotional button in her little hamster head. Keep in mind this was a woman who blew up her marriage from multiple episodes of cheating which ended up in fights for years when we were kids as my father just Blue Pilled the whole thing. Even my cucked brother told my father it was all my fault. Remember now, not one single one of them so much as bothered to pick up the phone or send me an email asking how I was doing, or ever asking 'what happened'. My mother and my sister even decided that they are going to Vegas to stay with my STBX because - she needs emotional support in her time of trouble. I have never been so disrespected in my life. And it all came from my own family. I'm too old for that shit. ANY person who shows a complete lack of respect or basic human decency has no place in my life. I replied to my mother's email and told her to a) go fuck herself and b) do not ever contact me again.

So I NEXTED them. ALL of them.

Fuck that shit. Got my MAP, got my kids. Everyone else can go fuck themselves. And that, my friends is a Happy Ending.

I'm happy to announce today that The Rational Male – Positive Masculinity is now available on Amazon.

<https://www.amazon.com/Rational-Male-Positive-Masculinity/dp/1548921815>

The Kindle version will be up within a day or two as it takes a bit longer for Kindle Direct Publishing to go through the review process.

Positive Masculinity is the newest supplemental reading in the Rational Male series designed to give men, not a prescription, but actionable information to build better lives for themselves based on realistic and objective intersexual dynamics between men and women.

The book outlines four key themes: Red Pill Parenting, The Feminine Nature, Social Imperatives and Positive Masculinity.

Free of the pop-psychology pablum about parenting today, Red Pill Parenting is primarily aimed at the fathers (and fathers-to-be) who wanted more in depth information about raising their sons and daughters in a Red Pill aware context. While not an instruction manual, it will give men some insight into how to develop a parenting style based on Red Pill principles as well as what they can expect their kids to encounter from a feminine-primary social order determined to 'educate' them.

The Feminine Nature is a collection of essays, revised and curated, that specifically address the most predictable aspects of the female psyche. It outlines and explores both the evolutionary and socialized reasons for women's most common behaviors and their motives, and how men can build this awareness into a more efficient way of interacting with them.

Social Imperatives details how the female psyche extrapolates into western (and westernizing) cultural narratives, social dictates and legal and political legislation. This is the Feminine Imperative writ large and this section explores how feminism, women's sexual strategy and primary life goals have molded our society into what we take for granted today. Also detailed is the 'women's empowerment' narrative, and the rise of a blank-slate egalitarian equalism masking as a form of female supremacism that has fundamentally altered western cultures.

The last section, Positive Masculinity, is comprised of essays, reformed and expanded upon, that will give men a better idea of how to define masculinity for themselves from a conventional and rational perspective. In an era when popular culture seeks to dismiss, ridicule, shame and obscure masculinity, this section and this book is intended to raise men's awareness of how fluid redefinitions of masculinity have been deliberately used to disempower and feminize men by a feminine-primary social order.

This book was a long time in the making and a lot of that was due to my wanting to create an organized flow of topics as well as to make sure the grammar and syntax was as perfect as I could make it. Like my two previous books, I've returned to my most popular essays and arranged them to speak to different themes in the book.

When I began writing, compiling and rewriting this book I had an initial working title – The Rational Male, The Red Pill – however, as I progressed I shifted this to Positive Masculinity. There came a point in my compiling and editing where I'd taken a different path in the purpose of the book. Where I had wanted to explain and/or defend the initial, intersexual, definition of what the term 'Red Pill' has increasingly been distorted away from, I found myself leaning more into expressing ways in which this Red Pill awareness could benefit men's lives in many ways, both in and apart from intersexual dynamics.

I'd hit on this in my Red Pill Parenting series from a couple years ago and I knew I wanted to revisit and make that series a prominent part of this book. As it sits now, it accounts for a full quarter of the book's content, but as I moved into my writing more I decided that the best way to really define 'The Red Pill' as I know it was to go into the various ways men might benefit from redefining masculinity for themselves in a conventional, Red Pill aware

sense.

When I finished the parenting section I realized that I was really laying out general, if not prescriptive, ideas for ways men might better raise their sons and daughters in a feminine-primary social order that's determined to raise and condition them. My purpose with both the series and section was to equip fathers with Red Pill aware considerations in making their sons and daughters Red Pill aware themselves in order to challenge a world that increasingly wants to convince us that fathers' influence is superfluous or dangerous.

It was from this point that I'd made a connection; what I was doing was laying out a much-needed reckoning of sorts with regard to what conventional, positive masculinity might mean to future generations of Red Pill aware men. Since my time on the SoSuave forums and the inception of my blog I've used the term Positive Masculinity. I've even had a category for it on my side bar since I began too. From the time I began writing I've always felt a need to vindicate positive, conventional masculinity (as well as evolved conventional gender roles for men and women) and separate it from the deliberately distorted "toxic" masculinity that the Village of the Feminine Imperative would have us believe is endemic today.

More here:

<https://therationalmale.com/2017/07/26/the-rational-male-positive-masculinity/>

64

UPVOTES

Tips for saving your marriage for women- Laura Doyle has your back ladies

BluepillProfessor · 10 July 2017 · Archived copy · Reddit

For those of you who cannot be bothered to read long, painful books such as "The Surrendered Wife" or "First Kill All the Marriage Counselors" the author recently published a short piece in Fox News that outlines her methods.

[Here: Tips for Saving your Marriage.](#)

This is my mansplaining explanation.

1. Couples Therapy is disrespectful to men and men need to be respected. Interesting that this was not one of her bullet points but it is the take away for the article.
2. (this is her #1 bullet point): Stop being a nagging bitch. Shut the fuck up and trust your husband once in a while. COMMUNICATE to him that you trust his judgment then STFU even more- don't bitch and whine if it doesn't go well immediately).
3. (this is her #2 bullet point): Stop being a nagging bitch and fucking TELL him what will make you happy. Then when he does it SHOW him that it made you happy. I can hear most women right now on reading this: "Communicate" means bitch, complain, and whine about how he needs to change, not....fucking "communicate. What deep magic is this?"

That's it ladies. Can we handle doing that? Hell, combine that with sex on demand and we have the makings of an actual marriage!

Laura Doyle couldn't put give him sex on demand and shut up in a national media publication so she just told the ladies to shut up and quitcherbeefin if they want to "save their marriage."

The bar is...not high and "communicate" does not appear to mean what they seem to think it means.

64

UPVOTES

Your life gets easier, the more than people want to fuck you

stonepimpletillists · 27 April 2017 · Archived copy · Reddit

My brothers, I'm starting to see a trend, and my greatest joy of logging onto reddit to see my brothers working, is to impart the limited wisdom I have attained, from my many, completely heterosexual days at sea, surrounded by big burly, sexual men.

Redpill Bambi, the antithesis of redpill rambo. So afraid of fucking something up, that they slow to a crawl. There's many recent posts, about why one shouldn't expect their woman to shape up because you found a gym last week. Wash a few more dishes, stop listening to their nagging... No blowjobs or anal yet?

A mon dieu!

This was triage. You're asking why the tourniquet means you can't get back in the game. It's because **You still ain't shit, but thats OK** If you haven't fucked anything up yet, you haven't pushed. Your worries about inconsequential shit are holding you back.

Wife won't get off facebook? Wife won't initiate? Wife doesn't lift a finger around the house except to cash cheques? It's because **You still ain't shit, but thats OK**

But but, I have lurked for a year. Nevermind my fuckarounditis for the last 12 months, I've gotten all the goodfeels from this, and am crushing those **weights** at the gym. Crossfitters use these right? I kind of sort of read a little on game. I read NMMNG cover to cover man! What gives?

Get it through your stupid thick fucking head. **You still ain't shit, but thats OK**

But there is some hope. People hate change. Fucking despise it. It's why your EGO is there to stroke you for not doing anything differently. Maybe you've killed it and putting in serious work. maybe not. Regardless, she has one too.

What, she gonna leave because you don't hold her purse when she jingles it at you? She gets a little miffed that you're acting different? Gonna leave because you're at the gym and looking hot? Walk it through. Whats the worst thats gonna happen. This is the hard part, because you start to learn how stupid most of your consequences have been all this time.

The big question to ask yourself "Is she going to leave over this?" And the answer is almost always "Not unless she is looking for an excuse to anyways". In this case, ripping that bandaid off quick is probably doing you a favour. Once she's checked out, shes checked out.

Ever made her cry since starting your map? I did, multiple times. I'm taking snot bubbles, stomping feet level crying. Know what though? She didn't leave. Crying means emotions. What you need to watch out for is apathy. Apathy is what kills you, so you be worried when she doesn't cry over some dumb shit.

Now, my advice, of which you will neither heed, value, or do, is this... When in doubt, err on the side of action, STFU, or laughing at her womanly quibbles. IF you don't have the balls to try it, pick the most inconsequential shit ever.

Good example: I left the toilet seat up once. She came at me, screaming. I fell in the fucking thing, blah blah blah. Fucking pissed.

I couldn't stop laughing. probably 60 seconds in. All I could picture is her doing Trainspotting, the home game in there.

Fucking funny.

Know what? After about a minute of my uncrushable frame (who the fuck falls in a toilet?) she started laughing too.

This can be the power of a strong frame. Now, this example is about as inconsequential as it gets, but that's the point. Pick some dumb shit, build up the courage to start testing more boundaries with your newfound, rock hard frame you pussy.

Eventually, you start to see all the dumb shit crumble. 100%. And on the off chance you misjudge, and blow off some real shit? Hey, this is great! Hold her in your big man arms (those kettle bells) look her deep in the eyes, tell her

"Baby, I know you needed X, and I didn't do it. I made fun of it, and didn't take your feelings into account. I have to tell you, this is your fault you know... you're the one who married an asshole." Kiss her on the forehead, go fix whatever you fucked up and move on.

And now you know how far you should go before you go Rambo.

As for the 'don't eat paint' disclaimer that usually comes from there, I'll get them out of the way now. If you are a giant autistic fuckup. If you think you're a god among men, and that 30% BF is 'kind of lean' then stop, close your computer, and don't do any of this. Go learn human emotions and go lift quietly.

64

UPVOTES

FR I came here almost 3 years ago looking for a clue.

MoorishRP · 22 March 2017 · Archived copy · Reddit

I just shared this in a forum full of twin dads, half of which seem to be on the verge of divorce.

I have only ever come here for advice and I wanted to share my story. Many thanks to those of you who replied to my pm's and also to those of you who just laughed at how silly my questions were when you look at it from the perspective of a man who owns his shit.

Here is is -

Two years ago I was in a dead bedroom, sex was non existent. My wife hated me, thought I was abusive, was googling divorce lawyers after every fight and I had no self esteem left. I was in another country, working and realized I was not who I wanted to be, I was not the man who she fell in love with, who never tired of working, lifting or fucking. I found myself in the reddit dead bedroom forum, reading about pathetic men who begged and negotiated every aspect of their lives with their wife and realized I was one of these pathetic man-children.

I looked hard at what I had become, I'd gained 50lbs, I stopped lifting and chased her around the house for validating affection, I complained passive aggressively about the house being dirty, the clothes never being cleaned, and the lack of attention I got.

I found "the red pill" and "marriedredpill" and realized, I was the reason I was miserable and my wife was miserable, I was needy, childish, impatient and horribly sad. I started keto diet, lost 50lbs over a year and a half, put on over 15lbs of my old muscle, pants went from 44in to 36in. I stopped complaining about being sick or tired and just got shit done. When I needed a break I'd jump in the car and go fish for an hour or just sit in a parking lot or starbucks and read. I started reading about how to communicate more effectively and re-learned (and still read pickup books) how to flirt with her. I put myself first and I make myself happy first, but I do my best to never fail to pull her up when she is tired or sick or overwhelmed. I try to not take the complaints seriously, once I've weighed the complaint by my own standards, sometimes they are just calls for attention, sometimes they are just a desire to have someone hear how tough her day is and have some sympathy from her rock, sometimes they are indeed valid, you are that judge. Always. Assuming you lose the ego and hold yourself accountable.

I started cleaning up messes when I saw them, vacuuming, mopping as well as laundry and dishes until I set a standard that I would have no problem keeping on my own. I started telling her to sleep in when she had a bad night without any expectation of favors.

I make it clear via actions that I have better things to do than lay in bed and watch tv at night and that our relationship comes before everything else, including the kids. If we are happy and stable, everything else will come from this. It is not easy, I fuck up all the time, but both of us are happier than we've been in years, the sex is better than it has been, almost ever. (those first few weeks with a new girl... those are hard to get back to but I know we can get there). We have sex almost nightly, and sometimes manage nooners despite 3 year old twins.

The most important thing I've realized, when I smile from a good place deep in my "frame" there's no way that when I look at her, like I just found my favorite playmate, that she won't see that joy and smile back.

I see some of you are in the same boat as I was, I see some of you are way beyond the happiness I have and have found a way to get to a place where you are happy and self assured. I am glad to see similar thoughts echoed here occasionally. Those who have found happiness, share your methods and push the rest of us to be better men.

I really wish I'd not had to take that detour and was just always the man I knew I could be, if I didn't stop making excuses.

There have been lately quite a few "breaking free" stories at MRP, so I decided to add my own. I have been postponing this FR for quite some time now, thinking that "I will see this next step through, first", but that time never comes. There is always more to do, so I will share with you how it is going, right now.

I found MRP first almost a year ago. I came here to find cure for my sex life, but my first attempt failed miserably. Those who have been around might remember my great whinings about "the Main event" from last summer, see post history. As a new guy here, the overload of information was just too much. After reading NMMNG, MMSLP and all the popular blogs and posts with no previous information it was easy to go rambo, mute and sit on a sofa just to wait for a shit test to pass. The problem was that it worked at first. When I first passed a direct shit test my wife actually smiled, and in the middle of the next night she woke me up to have sex. A week later I came in her mouth after a blowjob without asking and she kept sucking. Now she had told me she doesn't like that. Without flushing her mouth she went hand washing her lingerie at 11PM. I was certain that my wife is a unicorn and I had just found the holy grail. Enter the most giant covert contract of them all; all I need to do is ignore her, and she will open her legs. Fast forward four months and I was rushing out of the door bawling my eyes out after a failed shit test. That was seven months ago. All this is documented here, and I got more replies than I deserved. I was back at back at square one, plug still in place.

The first decision to I made was to be honest. I know this is entry level stuff, but that is where I really was after four months chocking on the pill. Now I don't of course mean sharing my feelz with my wife, nor do I talk about MRP. But taking ownership of my own opinions, needs and wants. As a "nice guy", this created me some anxiety at first but I stuck with it. A few examples:

- "Would you make me cup of coffee?", - "No, I'm watching the game", or "Sure, would you like to have a sandwich, too?"
- "Do you like my new haircut?", - "Hmm, it's too short, I liked the last one better"
- "Did you you stare at her??", - "Did you see those boobs?! How come she wears such a tiny bikinis?"
- "I'm going to the movies and beer with the boys on Saturday"
- "I don't want to join, its my gym night"

And silence is honesty, too. I don't say what I don't mean or don't want to say. Of course, most notably not saying "I love you" when my brain is not filled with hormones we call "love" and I literally can't keep it in anymore. It also makes DEERing practically impossible.

To build on honesty, I refused star fish sex. The first time when I asked her to quit during foreplay when she was clearly not into it she ran out of the room. Second time she rolled inside her blanket and went mute. Third time never came.

No covert contracts. I still catch myself doing them time to time, but I always stop it right there and go do something else. This has included leaving laundry in the middle of the floor for couple of hours until I was actually more bothered by the pile of clothes than lack of sex and quitting set of bicep curls in the gym when it was not a bicep day. I have also cancelled a hotel reservation for the weekend and returned the first Christmas present I bought her to the store. And it does not have to be about sex. When I need something, I do it myself.

So, I don't ask her for anything unless the job physically needs more than two hands. If she is in the kitchen making sandwiches, I go there to make my own. If she offers to make me one, I'm happy to have one if I actually want. As a father of two, this includes also taking care of the kids. I cannot stress how beneficial this has been. If I need to get something done the kiddos tag along. After a while, it became the new way of the house and there is absolutely nothing that would not get done in our household because of the kids. I mean, a two-year-old is great help when making sushi, right? This is my best example of IDGAF. We are having awesome times, in which my wife's

presence is irrelevant. Leading by example.

Ok, so extrapolation from "I don't need her for anything" is "I don't care about sex". That, of course, is a lie. But for me this is the "fake it till you make it" part. It is also major tool for avoiding covert contracts. If there is anything else I want to do or needs to be done, I do that. And as I officially don't care about sex, I have quit porn and masturbation. I know opinions here are biased on this matter but that works for me. I used to be mad at my wife because I was jerking more than I had chances to have sex with her. Suddenly I realized that the solution was simple. Be warned, that if you choose to try it, first weeks are just shitty. It has been hard, and I have failed multiple times in past but the truth is that my game sucks when I release the sexual pressure myself. There is no need to do kino, be playful with my wife or even pass shit tests when I have other outlets. If I don't, well, ...

Now this is the fun part. Like lots of other newbies, I was worried how to pass a shit test and finding out smart lines when my wife was being AWALT. But passing a shit test here and there covers only 5% of the time. Other 95% is the time to display integrity and running my amused mastery is integral part of my game. It is simple: I don't take here seriously, have a smirk at her expense, exaggerate when ever possible and keep things covertly sexual, a.k.a "Is the anything more that needs drilling?". Not being evil or truly jerk at all, but keeping things light-hearted and being on top of it all. Within the last few months I've become rather good at this and we are both enjoying a lot. There are a lot of laughters in our house these days. Also displaying my status overtly, regular shit testing has reduced greatly. Sometimes when I'm minding my own business she comes me and throws a shit test just to see how much I can amplify and to get few laughs. Then she happily walks away. She has also become conditioned to expect sexual references so whenever she hears keywords like "rod", "meat" or "drilling" I can tell her mind is racing. I keep talking like nothing was said. She is turning out be a quite dirty girl.

After a while when I got more confident with my jokes I started to bring all this outside of the house with great success. Using covert sexual references and inside jokes publicly is great fun. The look on people's face when they are not sure what they just heard is priceless. Displaying AM with friends and family present has at least double effect. Late summer we were spending the day at the lake with my family-in-laws. The water was already getting cold, and after a playful banter with Mrs I decided to "punish her" and carried her into the lake with her theatrically objecting. Once I dropped her in the water she planted a deep kiss on my mouth while we were standing in the water fully clothed and her family looking dumbfounded from the dry land.

Ok, I got a little drifted but after "honesty" there are some other early steps I have taken since last June.

- Lifting. This has been said over and over again. I do Stronglifts 5x5 (there is a nice app!). I got a little contemplate with my lifting after summer but now I am back on track. I was not overweight to begin with, but I was definitely out of shape - and still am. But the most important part of lifting is that by leaving the house for the gym several times a week I am doing something or myself, already passing several shit tests and displaying OI. Also by handling the logistics to make the required time I am leading my family. I recently hit the plateau and could not add weights for a while. I added more core work, yoga and stretching and now the weights are going up again. I used to do some P90X so namely I do Abripper X, Yoga X and Stretch X in days between the gym. I also added some time to do warm up and reduced additional exercises besides 5x5 program.
- Communications. This is the core of leading my family. When ever I schedule myself an event, I make an entry into a family calendar and note it to my wife. If there is a conflict, it gets solved well before it comes an issue. I ask my family for their needs and wants, including the kids. The two-year-old can barely talk but he has a say when I plan the menu for the week.
- Hygiene. I shower now twice a day, every day. After a gym or in the evenings, I wash throughly using soap, facescrub, shampoo and conditioner. Then I blow dry my hair, soften my hands with salt scrub and lotion. In the morning I take a cold shower. Again, blow dry and I use comb and wax to make my hair. No bad hair days anymore, even on sunday mornings.

I know it is a trick, but I find cold showers empowering. The broscience behind it is that exposure to ice cold

water fills body with stress hormones rapidly and one's receptors get used to them thus increasing tolerance for stress in general. Also, my body gets primed for the day. Seems to work. Crank the temperature to extreme low, jump in and let the water flow. When the pain comes, breathe.

I use only electric tooth brush and floss every night.

- Looks. I was your regular career dad, not a bad dresser but I often wore what was available. One day I got all my clothes out and picked out everything that I did not like or did not want to wear, and sold them online, donated to charity or just threw away. Now suddenly, I had only nice clothes in my drawer and closets. After my clothes come back from the laundry I iron everything except underwear and gym clothes. It takes 45 seconds to iron a T-shirt, and it looks very different and keeps its shape for much longer. Now I have my clothes neatly organized and ready to use all the time. When I open my closet in the morning I can choose what I want to wear that day from all the clothes I own.

There is no downgrading of clothes. When a nice T-shirt seems worn, it does not magically become homewear. I also bought proper clothing for handy works so I don't need to paint walls in old sweat pants.

I bought a membership to a local barber shop chain. For a flat rate I can go and get myself pampered by nice young ladies as often as I want. I go get my hair cut and trimmed twice a month.

TLDR: The most important outcome of all this has been that I am happier than I have been in a long time. I keep failing all the time, and nothing is as bed of roses as above wall of text may imply, but now instead of going angry or depressed I move on and keep doing the best I can. Once I realized the anger is because of my own failures and shortcomings it has been easier to handle. Hard no's and rejection still make me sometimes angry and that is an indicator that I am still partly in her frame. Refusing to cuddle after being turned down may seem as butt-hurt, but more and more often I find myself singing in the shower afterwards.

My family is mine to lead, and my kids come to me for guidance and my wife for decisions. I end this with a small humblebrag;

During Christmas we were visiting family and were driving quite a lot. And as you can imagine, with two small kids and snowy roads the schedule was beginning to fall apart. My wife asked me:

- "As a head of a family, what do suggest we do next?"
 - "We should leave now, skip the next place and give them a call from the car. Then we should be well on time to make it to the final destination so the kids can mingle with grand parents before it is time for bed. How does that sound to you as my deputy? (smirk)"
 - "I don't want to be your deputy. I like you to draw the big picture. I can be a brand manager and choose the Christmas cards and make sure the kids look tidy. Your plan sounds good, though."
- And the wagon was moving again.

I hope other newbies find hope in the dark here. It might not be as faraway as it seems. I encourage you to post here or askMRP.

For others, I would thank you for holding the mirror up to me.

HOOMP

64

UPVOTES

A man is his own judge

stonepimpletillists · 10 October 2016 · Archived copy · Reddit

Judgement is a feminine quality

Bill Maher had a great phrase on his HBO show, the 'pussification of America'. A critique of modern manhood in the west. You see it in well meaning single mothers, absent or estranged fathers, the vilification of male life. You see it in interactions with groups, or the herd mentality, and judgement. Men adopting feminine qualities, to our own detriment. A man is his own judge, and it's a lesson that we were not taught early on.

Men are also never taught that we are largely ignored. the bottom 80% of men are the invisible workhorses of a civilization. They do the jobs, they suffer the workplace fatalities, they are sent to war, and they ultimately pay more into a system than they receive. They (read:we) are not women, but we have been raised by women, and are woefully unprepared. Not only in the sexual marketplace, but in general male interaction. Shame, it's one of the true joys of being a man, and has been dying a quiet death for generations. The herd is not the place for a man, we are not cattle. We band together for common purpose, producing more than we will consume over a lifetime, to ensure our tribes survival.

Women are social creatures, their survival is largely at the behest of the strong that guard it. They have their swingset, and their life depends on the social power they have inside of them. Their main tools are judgement, shame, and consensus. Sally can think Judy is a bitch, but that doesn't confer any power until they convince Sara and Karen as well.

Men are social creatures. We have our sandbox, and our life depends on the ability to form hierarchies, and work towards a common mission, for our betterment. Jim may think Sean is an asshole, but until Sean doesn't pull his weight, no one cares, nor should they. Now imagine Jim was raised by women, what kind of verbal judo do you think he will learn?

I'm a guy. I'm not an authority.

When interacting with other men, one of the greatest revelations I, and others have found, is the increase of life quality, once you shed the feminine strategies you have been raised accepting. Judgement is one of the first ones to go, and it's the most harmful, doing so much harm to our fellow brothers.

For example

- The woman that is divorcing her husband because she's not happy. The man is judged as a failure. The man accepts this judgement and doubles down on more chore-play, while the wife prepares the case of his abuse, the custody of her children, and the new man who will live in your house. This never works out for the man, he has adopted a horrible strategy.
- The man that works hard, stays fit, keeps up his quality, while a wife sits at home getting fat, lazy, and bored. Too bored to clean the house or watch the kids, Perhaps not so bored that she can get an emotional affair on account of the man's absence at work. Anyone else being taken advantage of like this should walk, but the judgement of the herd compels him to accept that he has to work harder, do more to please her. And like any parasite, she will accept all his hard work, and knows; the meaner and more judgemental she is, the more he will acquiesce. He has adopted a horrible strategy.
- A man who finds his wife was saving the best. He married a whore who fucks like a prude, and everytime he looks for the ability to grieve over his injustice, he will receive a lesson in judgment and shame. Her past doesn't count, you should put up with it, man up and marry those whores. He will put up with a dead bedroom, because of shame.

A man does not judge another man

When you read that, it reads like a command. You will not judge other men for their choices. It's a common bit of masculinity that was lost, and only now coming back. You also know that you cannot get others to act, according to your wishes, and will read as your willingness to be judged. And the only power judgement has on you is scarcity.

Scarcity

Scarcity, the worry of losing that which you currently have. Your resources, your social connections, all of it. Life has figured out a way to get you attached to your house, your phone, and your acquaintances, and to use these ties to coerce you into someone else's sexual strategy.

If you take nothing else from the manosphere, take this, it stops today.

Judgement, abundance, scarcity, and loss. they stop today.

How different would your life be if you were free from judgement? It would upend every facet of your life, for example:

- You don't approach women. You create a bullshit narrative, she is busy, you don't disrespect women like that. At its core, you fear rejection, or the judgment of you being unworthy. This person whom you have no emotional investment, and her hypothetical judgment has put you into a self-imposed prison. Remove the aversion to judgement, and you'll approach.
- Your LTR wants to go on to Cabo on spring break, with her single girl friends and old boyfriend from college. You would be judged as insecure, insensitive, and manipulative if you said anything of your comfort with this, so you go along with it. She will get some dick, and come back with zero regrets. Worst case scenario, you could be fathering Chad Jr. Without fear of the Judgement, you realize this relationship has ended, and could have your dignity, and the time to pursue other options. you didn't lose her, it was only your turn.
- Your wife has zero desire to fuck you. She had your baby, and almost immediately, decided your dick was poison. Years you've been the good husband, because of the judgement; a man who only thinks of her for sex, not at all concerned for her wellbeing. Without judgement, you could start up divorce papers, find a mistress, or otherwise sex up some starved soccer moms who could keep your dick wet, and keep their mouth shut.

All these examples have a common thread. Judgement is used to have a man self-select a losing strategy in life. Funny how morality is 100% aligned against you. It's time for your own morality.

A man is his own judge

You have to be. You are the only person invested in your own happiness and well being. The less it aligns with another person's happiness and well being, the starker the example. When discussing these things, you will hear rebuttals of "equality". Women do X, but so do a lot of men! Which is great, except you aren't fucking men. This will make you a hypocrite, which is fair. You never claimed to be searching for equality, you've had it for 3 generations, and the word has lost all meaning. Equality has been perverted by feminine power talk to mean power over you, not equality. Like animal farm, some of us are more equal than others.

So fuck it. You don't want equal, you want to eat what you kill, like any good hunter. Do you think prey, talking to the hunter hold merit? Where he is constantly told of his barbarism and evil nature by someone with a vested interest in getting him to leave his hunter ways? It is ridiculous to be coerced by animals, to pen them, care for them, and sacrifice your freedom, to be a slave to the land. It used to make sense, but your desires were aligned to their happiness. There were no strong independent females during the famine. Thanks to the modern age, you have no ownership or reciprocated benefit to relationship husbandry. the prey wanted to be free, so the rancher will revert to the hunt.

The Classics

Iron sharpens iron, it doesn't try to cut it down. To quote [TheUltimateCAD](#):

You cant pick and choose the parts of TRP that you like and call it a day. Here is an important point you missed: I don't care what you think and dont need your permission nor your approval to continue. Thats why your shaming tactics dont work. I could explain my past and probably convince you why my current life makes alot of sense for most parties but I dont need to do that. This is about sexual strategy and relationships and I am successful with both. Your opinion EITHER way changes nothing

To Judge, a Summary

Men have always been the workhorses that build society. They judge each other, they judge solely on their worth to the goal. For 3 generations, they have been raised by women, and a womans standards of value. They value consensus, they enforce it through judgement and shame. We have adopted their aversion of these things, and been conditioned to fail in our own lives because of it. You will be shamed for things, which by their nature, are meant to maximize the sexual strategy of the women around you, not for your happiness. They do it through the fear that you will lose the things you've become attached to.

Learn to let things go. There is nothing in the world today that cannot be replaced. Nothing but your happiness and your time on earth. Act as if you don't care of the opinions of others. Act as if you don't require their permission, or approval. Don't explain, rationalise, or otherwise demean your desire to do what you want for yourself. And throughout this mind shift, and refusal to accept the judgment of others, you can free your self imposed prison, and start to experience life, on your **own terms**.

Better yet, instead of acting, be.

64

UPVOTES

How to really gauge your OI, DGAF, need for validation: Have your wife die

taon4r5 · 29 July 2016 · Archived copy · Reddit

So, I've not been a frequent poster here, but I've been in and out for about a year and a half now. I thought I had become really good at not relying on my wife for validation, and just doing things because they're the right thing to do and I wanted to do them.

Then my wife died. Not entirely unexpectedly. We thought she had 'til the end of the summer, but she collapsed in the kitchen two and a half weeks ago while I was giving our son a bath. I ran to help her, found her bloodied, tooth broken out, with vomit on the floor, saying "this is it! this is it!" and complaining she couldn't breathe... I ran to get her asthma puffer and told her I'd be right back as soon as I got our 3 y/o out of the tub. When I got back to her, just a couple of minutes later, she was dead. 911, chest compressions, no good...dead.

In the aftermath, I'm left befuddled. If I'd conquered my need for wifely validation, why is the thing that makes me cry the fastest that I don't have her around to tell about...well, how well I've handled shit since? That our boy peed on the potty? That I organized one helluva memorial service? For all that I thought I'd made my own way with that particular part of this whole RP cocktail, that's the piece that's nagging at me. She was never one to give me that attaboy anyway ... it pissed her off that I sought the validation, so all the better that I stopped looking for it -- but not even being able to angle for it in this time of crisis is hurting. Just simple grief, or some sign that I was deluding myself about how well I was doing?

And as much as I thought I was OI and IDGAF about her staying or going in my life -- ok, I can say, convincingly if cognitively, that my best days are ahead of me and she was in some ways a shitty wife. But in poring over the memories and documents and scrapbooks and all that post-death stuff, I can't help but think things could've been better if I'd just been a bit more smack me if you need to romantic. Again, crisis of faith in my MRP learning, or just a griefily puke?

The answer may be as simple as "Dude, your wife just died in front of you and you're suddenly a single parent. Cut yourself some slack." Or, conversely, "She was a shitty wife and your SMV is going to skyrocket once you get back on the rails." Or perhaps ... "MRP doesn't work on dead people or memories."

I dunno. Mods may end up deleting this for bringing nothing to the table, but this isn't a subject I've seen brought here before, so on the off chance that there's something worth exploring, I'm going to click Submit.

64

UPVOTES

Be Married Like it's Your Job (Career Beta-Bux? Get in here!)

2gunsgetsome · 21 April 2016 · Archived copy · Reddit

When I started my MAP, I did a LOT of introspection, as do most of us. My married relationship was pathetic, but my career was exploding (in the good kind of way). How could this be? How could I be so effective in my career (to make those sweet Bux) but be such a Beta chump that I couldn't get sex from the woman who helped me spend that money? I was the common denominator in both facets; a canon of MRP is "You are the problem. Fix Yourself" so I took the proverbial step back and looked at my contributions to the two sides of my life with an engineering mindset.

Am I / Do I	In My Job	In My BP Married Relationship	In My RP Married Relationship
Successful?	Yes	No	Getting There
Constantly and consistently bust my ass?	Yes	No	Yes
Bring indispensable value?	Yes	No	Yes
Know my value?	Yes	No	Yes
Sufficiently Compensated?	Yes	No	Getting There
Willing to walk away for a better offer?	Yes	No	Yes

Well there's the problem! Let's talk about each of these elements:

Busting My Ass

In my job, I do everything in my control that needs to be done to ensure the successful completion of a **project**; I put in the hours, the effort, and the passion. I take control of more things just so I can ensure they get done. I learn new skills in a constant state of improvement. This improvement is mine and I do it for myself.

If something doesn't work the first time, I do it again without hesitation. I hold my team to the same standard. Even though I frequently delegate, I am able and willing to do the job of anyone on my team. If a coworker ever whines about something not being "their job", I've been known to wordlessly do that thing, right there in front of them, usually looking them in the eye, then go right back to handling my own responsibilities.

During my plugged-in existence in my marriage, I did fuck-all for self-improvement; I didn't lift, much less exercise. I procrastinated house maintenance and generally tried to do as little work as possible. I lounged around and felt entitled to sex. Since then, I've crushed the weights, sharpened my style, have my house, yard, and vehicles in top shape, and I do the chores as if I were single. I can honestly say I bust my ass, and I like it!

Bring Indispensable Value

I am the recognized subject-matter-expert in multiple areas at my current company. I became the SME by repeatedly demonstrating competence of execution and correct judgement. Besides that, I get calls a couple times per month to answer a question on a product or project I produced while working a previous job. I get calls from machine shops to interpret drawings done by other companies! One could say that this is value that I'm giving away for free, but I see it as an investment in my professional network.

I'm a cool cucumber when shit hits the fan.

In my BP marriage, I thought bringing home a salary (the equivalent of just showing up as an adult) was enough. Well, everybody's money is green and mine came with the burden of covert contracts. While not completely valueless with respect to basic-needs, money is nothing special. Also remember, the law says she can have your monetary value without your presence. The valuable contributions you make to be indispensable must be intrinsic.

Now I lead my family on adventures, I have hobbies, and I'm building a broad social circle. I'm a woodsman, a marksman, a mechanic, a musician, an oyster and whiskey connoisseur, and all around interesting motherfucker. I'm teaching my sons to be the same way. I can dance my boots off in a country bar. More and more, I'm becoming The Oak in my marriage and the Alpha in my bedroom. I would date the shit out of me.

Know My Value

At the beginning of my career, my mentor gave me some advice which I followed: Always keep your suit clean, your resume up to date, and every year or so, go find a job posting, have an interview, and get an offer. Do it just before performance evaluation and raise time. This does two things; puts a number on your value that you can compare come raise time, and makes you think about why you choose to stay at your current job. Is it just the money? The short commute? The reputation you've earned? The cute secretary?

Earlier I made a specific choice of words to indicate that my mission is the success of the **project**, not specifically the company. **I can execute a project and bring value to any company at which I work.** If I got fired today, I could pick up the phone and start another job or three on Monday with someone I know. In a week, I could have an interview with a stranger. I know this because I've done it repeatedly (not the getting fired part...). My current company knows this because they hired me based on past performance and reputation. I know they know I know.

Before finding TRP/MRP, I had no comprehension of the concept of SMV. Sure, I knew most hot chicks got with hawt dudes, but I was married so I didn't have to compete in the sexual market place. **False.**

After working my MAP for a year, I'm at Dread Level 7 and gaming lots of attractive women. Let's call it "Being interviewed" because I'm even getting some "offers". Knowing my value in the external sexual marketplace is effective for maintaining abundance mentality when my perceived value is trading low domestically. Eventually, my wife will also understand my SMV. Or she won't. And I no longer care; read on...

Compensation:

At first it would seem that you get compensated with money in your job and sex in your marriage, but this isn't really what it's about.

As Frank Underwood said about the Lobbyist Remy Danton in *House of Cards*:

"Such a waste of talent. He chose money over power. In this town, a mistake nearly everyone makes. Money is the Mc-mansion in Sarasota that starts falling apart after 10 years. Power is the old stone building that stands for centuries. I cannot respect someone who doesn't see the difference."

All things being equal, it's easy to jump from job to job if the only variable in compensation is just a little more money and a different name at the bottom of the check. But if the *respect* shown to me in the lower-paying environment allows me to operate with **autonomy**, that's a more **powerful** form of compensation. With power in your job, you get money without asking because your contributions are too valuable to be lost to the competition. With power in your relationship, you get sex without asking because your contributions are too valuable to be lost to the competition.

Be Willing To Leave For a Better Job (AKA Breaking Oneitis)

Every company pays you money and every girl has a pussy. Every chair keeps your butt off the ground. If my chair suddenly lost its legs, I'd get up and find another seat. If my company stopped paying me, I'd leave, simple as that. If my wife stopped having sex with me entirely, even Beta-me would have popped chocks and rolled out of there. Of course nothing is ever that simple...

I've had jobs that paid exceptionally well but micro-managed the shit out of me. Desiring the type of compensation I detailed above, it didn't take much discomfort to inspire me to look elsewhere, even though the money was

flowing. Each time I went to look for another job (even during my yearly value calibration), regardless of the season, there was always someone hiring. Maybe not in the city or even state that I currently lived, but there were always jobs available. Always. Not just jobs, but better jobs. **[abundance mentality]**

Following another gem of advice my early mentor gave me, the first thing I do when I sit down at a new job is write a letter of resignation and print it without a date or signature. I keep that in an envelope in my desk as a reminder that I only have to tolerate what I want to tolerate and walking out the door without emotion is just that easy.

Eventually, I took a job that paid average at first but showed me respect and allowed me to operate with autonomy. This company quickly realized that when they let me do my thing, they reaped increasing benefits so they adjusted my salary accordingly (industrial mate retention). This job will be hard to leave unless the status quo changes, but my LOR is in my drawer and I'm already mentally prepared to deliver it.

Examining my Beta role in my marriage, I had epic oneitis. I felt shame for even considering divorce or infidelity but yet I did nothing but whine and sulk. If this were a job, I would be trudging to work each day to punch the clock, putting in minimal effort, never getting a raise, and bitching to the bartender, while never even opening up the help-wanted section of the paper.

Establishing abundance mentality and willingness to walk away has, for me at least, taken the longest of the critical milestones on my MAP. I don't have unsigned divorce papers in a drawer at home, but after confirming the abundance of attractive, enthusiastic alternatives during Dread Level 7, the hammer is cocked. Researching the divorce laws in my state and talking through the process with some experienced friends has mentally prepared me to squeeze the trigger.

Conclusion

How could I possibly expect my marriage to be as successful as my career? I wasn't doing any of the things required for success! Identifying and correcting the major discrepancies between my effort and awareness levels at work and at home has made my satisfaction level at home approach that which I experience at work. It's taken me over 12 years of conscious execution to achieve what I have in my career so I don't expect one year of MAP-ing to produce equivalent results, but the data is undoubtedly encouraging.

Undefined problems are the hardest to solve and the most defined are the easiest. Define your critical parameters then apply to yourself the energy, skills, and attitude you've developed while making your career successful. Earn the respect and subsequently the power in any relationship **you choose** to have.

Obvious Questions

*1. Why am I choosing to stay in my marriage instead of leaving to be an "independent contractor"? Two reasons:

- Because I feel responsible for the day to day influence on my subordinates (young kids).
- Even professionally, I've never left a job in the middle of a project. My personal code is to see things through. The MAP is my project and observing my wife's response is within the project's scope.

*2. Is my personality this intense both at work and at home?

- No (well, maybe). I pull shenanigans at work all the time. Morale on my team is the envy of other groups. I'm actively working to improve my joviality at home.

64

UPVOTES

What's stopping you?

SBIII · 4 September 2019 · Archived copy · Reddit

You wanna be a better role model for your kids

What's stopping you?

You wanna lose 15lbs

What's stopping you?

You wanna make new friends and have a social life

What's stopping you?

You wanna make more money

What's stopping you?

You wanna bang some Tinderellas

What's stopping you?

You wanna have anal sex

What's stopping you?

You wanna have anal sex in a threesome with your Tinderella and your wife

What's stopping you?

You wanna start your own business

What's stopping you?

You wanna finish reading that book

What's stopping you?

You wanna have a woman that respects you and fucks like a bunny rabbit

What's stopping you?

You wanna stop drinking and smoking weed

What's stopping you?

You wanna have a joint and a bottle of beer

What's stopping you?

You wanna climb a mountain

What's stopping you?

You wanna sky dive from an aeroplane

What's stopping you?

You wanna just go home, put the TV on, crack open a beer and chill

What's stopping you?

You wanna be the best version of yourself

What's stopping you?

You wanna have a clear vision and mission for your life
Then what the fuck is stopping you?

Glossary of Notes to Increase Lifts: The Overhead Press

NeoTheJuanDJ · 22 September 2019 · Archived copy · Reddit

In case anybody gives a fuck, here's a couple of tricks that I have learned over the years to increase your overhead press:

Assistance Exercises to Improve Overhead Press:

- Seated Barbell/ Dumbbell Overhead Press (develops anterior and medial delts, grip, triceps, and shoulder stabilizers to assist with pressing strength and hypertrophy of the shoulders)
- Incline Bench Press (develops upper chest and shoulder stability)
- Handstand Push-ups (develops forearms, neck and cervical spine, core, and constant time-under tension on shoulders under limited range of motion. Translates to increased balance, core stability, lactic threshold, and better drive in the press, an overlooked aspect of the lift)
- Dumbbell Side Lateral Raises (develops medial delts to assist with pressing strength and hypertrophy of the shoulders)
- Plate Front-Raises (develops anterior delts for shoulder hypertrophy and conditioning)
- Klovov Presses (develops ability to engage the quads, glutes, and core while using weaker grip width (snatch grip), and generate more power output when driving through the press aka making it harder so the "real thing" is easier)
- Cuban Presses (develops Rear, medial and anterior delts, traps, rhomboids, and shoulder stabilizers. Also increases external rotational strength of the shoulder, and mind-muscle connection, for maximal stability, activation, and structural integrity of the joint when applied to the actual press)
- Barbell Shrugs (develops grip, upper traps, and surrounding neck muscles for optimal cervical spine stability during the Overhead Press)
- Triceps Exercises (Skull crushers, cable pushdowns, Tricep kickbacks, develops maximal pressing and driving force from beginning of movement-to-lockout)
- Core Strength exercises.. eg. GHD back extensions, Planks, Oblique Exercises (a weak core is the cause of many a'failed Overhead Presses, aside from inability to retract the scapulas correct, as well as chest/lat mobility)
- Scapular-Retractor exercises (Eg. Slow-Tempo Rear-Delt Flies with a resistance band, Face Pulls, and Crossover Symmetry - Develops scapular health for healthier shoulders and spine/ injury prevention, as well as scapular positioning for maximal power output during the Overhead Press. Weak scapular retraction is one of the two main causes of a weak Overhead Press)
- Chest, Anterior Delt, and Lat mobility exercises (better positioning, more stability, better power output, better lifts)

Mental Cues of the Overhead Press:

The key to a stronger Overhead Press is a combination of strength, positioning, and speed. You want to initiate the standing overhead press by first setting your grip width (A solid and common grip width for the overhead press is to grip the bar just-outside-of-your-shoulder-width), and utilizing a "false grip" around the bar (not having your thumbs wrapped around the bar. This allows for better muscle activation in shoulders, increased pressing strength and wrist angle more optimal for maximal power output, as well as maintenance of shoulder and wrist health in the long term). Now that you have your grip width set, and using a "false-grip", while holding this position, you want to retract your scapulas (by pulling your shoulders back, and down). Now that your grip is set, scapulas are retracted, you now want to brace your core, keeping a neutral spine. You should be rock-solid and stable. Now that your grip is set, maintaining a neutral spine, you now want to take a deep breath, pulling into your diaphragm, hold it, and brace your core. You are now ready to engage the press.

As you engage the overhead press, the first thing you want to do is to maintain a neutral spine, scapulas retracted, core braced, while simultaneously flexing your quads, glutes, and core. This will allow you to create as much tension in your body as possible, which will translate into increased power output, because you can now increase the force you apply as you drive through the bar. With a neutral spine, scapulas retracted, core braced, while simultaneously flexing your quads, glutes, and core, you want to drive through the bar to lockout, maintaining constant tension on your delts, and spine completely vertical to the floor (without leaning back). Keeping a neutral spine, scapulas retracted, core braced, while simultaneously flexing your quads, glutes, and core, as you drive through the bar to lockout. Once you reach full lockout, maintaining a neutral spine, scapulas retracted, core braced, while simultaneously flexing your quads, glutes, and core, you want to feel as if you are as immovable as you were in your “set-up” position. Once in the lockout position, maintaining an immovable frame of neutral spine, scapulas retracted, core braced, while simultaneously flexing your quads, glutes, and core, you now want to reverse-engineer the everything you did for the concentric portion of the lift now for the eccentric portion of the lift (negative). This means neutral spine, scapulas retracted, core braced, while simultaneously flexing your quads, glutes, and core from lockout, slowly lowering the bar using triceps keeping constant tension in the anterior delts, as the bar lowers, to the starting position or “bottom” of the press.

Reasons you may be failing and how to improve:

Positioning, timing, and speed, are important factors in the Overhead Press, but you also want the strength to be able to do so under maximal load. As with all kinetic chains, there is always a weak point and the overhead press is no exception. If you struggle with producing enough force to create the inertia to move the bar at all off the chest/starting position, your shoulders, upper chest, triceps, and core may be weak. If you struggle with getting the bar past the “sticking point” (half-way point on the concentric portion of the lift), your shoulders, triceps, and core may be weak. If you are all over the place and not “solid” or steady throughout any portion of the overhead press, you probably have a weak core need to strengthen that to improve. Also, keep in mind that doing lat, chest and anterior Delt mobility, having a solid and well-practiced “set-up” position consisting of optimal grip width for you, neutral spine, constant scapular retraction, and driving through the bar by flexing your quads, glutes and core throughout the entire press - will basically guarantee you lift more weight, because instead of wasting energy by fighting to stay in proper position, you’ll instead be in proper position and using all of that energy to focus on maximal power output through the kinetic chain. Again, these are common points where guys hit plateaus, and how they can overcome them with the overhead press. Will post again next week with the Olympic Lifts.

64

UPVOTES

Half Repping

Cloudy_Pirate · 16 October 2019 · Archived copy · Reddit

As I was reading through the OYS threads this morning, I couldn't help but think of a dude at my gym. I don't know his name, so I'll call him Chester. Chester is strong. If he were reporting here, he would say that he benches 320 lbs and squats 405 lbs. Chester is also a weirdly proportioned. His upper body is way bigger than his lower body. Maybe it's genetic. Maybe it's how he dresses. But most likely, it's because Chester is a half-repper.

He half-reps his squats in the worst way. He is so far from a proper squat (like 6-8" above parallel) that it isn't even close. But he also half-reps his bench, his chin-ups, his rows... I don't know if you can half-rep a shrug, but if you can, he does it.

I'm not a lifting expert and I'm not ever going to try to coach Chester. He is way more experienced than I am and has been lifting a lot longer than I have. But I don't need to be an expert to tell that he isn't doing the full range of motion.

I didn't give it too much thought until I watched another big guy at the gym. I'll call him Adonis. Adonis squatted 405 lbs to parallel (and for reps) and it was a beautiful thing. You could tell it was a tough lift and that it took him awhile to get there. Adonis is also ripped as fuck and doesn't have the weird body proportions that Chester does.

Both Adonis and Chester are significantly stronger than I am. But the difference between them was huge. I would rather progress more slowly towards being Adonis than progress rapidly towards being Chester.

Chester's problem is that he will have to kill his ego and practically start over if he ever wants to do real squats. He (probably) isn't willing to do that so he is stuck where he is.

There are too many men here that are half-repping their OYS. Yeah, it's hard, painful, and scary to go all the way down. You might fall over and do the walk of shame. But to get the results, you must do the hard work. You must grind it out. The weights don't get easier – you get stronger. Owning your shit doesn't get easier – you get stronger. And if you have been half-repping for awhile now, you are going to have to kill your ego, go back to the beginning and practically start over. Either that or you end up with a weirdly proportioned marriage that you choose to be stuck with.

Make your choice.

64

UPVOTES

HOA's MRP Cheat Codes to blow up your sex life - Part 2

HornsOfApathy · 5 April 2022 · Archived copy · Reddit

Retards! Gather 'round! **Here comes dynamite, part 2.** [Part 1 is here.](#)

I have an incredible sexual imagination that I give to my woman as a gift. From the years I've been here I am convinced that most retards here have dull and boring sexual imaginations. So I'm here to share my notes with you dudes.

All of the following Cheat Codes™ (part 2) **have been personally tested by me over the last 4 years, and everyone of them has been a successful and great sexual encounter.** So line up, pick a #, and go do some shit. You'll maybe fail, maybe not, but who the fuck cares? The worst that's going to happen is your dick is dry and you fail a shit test. Just like before. Oh, and shit tests? They will happen. Deal with it however you want.

Horn's List of Successful Sexual Cheat Codes:

I've chosen to model all of these under the structure of DEVI, which in the sidebar is covered by [Sex God Method](#). Even better, I've put all of this into a spreadsheet for those of you with a spot of 'tism even rated by difficulty. I've made it easy for you.

I want to be clear about one thing though - you **MUST** give each attempt your full undivided 100% effort.

Otherwise, it will not work. [Go read a field report here](#) from a dude who actually *tried something* that I wrote about.... and it worked.

I would like to finally add that you'll read below a lot of words being exchanged between you and your woman. They aren't necessary, but rather I have included them here so that you can imagine the frame of mind required to make them successful. In other words, [you can do all of this without communicating a single word at all.](#)

DOMINANCE

Devi Concept	Frame Required	#	Item
Dominance	Beginner	28	Grab her by the hipbones facing you. Squeeze more tightly than normal. Look at her. Walkaway. Think: I could pick you up easily and throw you anywhere I wanted.
Dominance	Grinding	29	During sex, stop. Grab a vibrator. With one hand, hold her wrists together above her head tightly. With the other use the vibrator on her and as she gets closer just say "No". Continue to say "No". As she becomes more aroused, make her ask permission to cum.
Dominance	Grinding	30	Before penetration, "Spread your fucking legs." As she spreads them, tell her it's not good enough. "More." Until she's completely spread eagle on the bed, keep commanding her "Wider" or "More". When you're satisfied she's done all she can, praise her saying "that's how little sluts come to bed", then fuck her.
Dominance	Hard	31	Use a combination of 29 & 30, but implement a spreader bar. Easy to make one with a 1 inch dowel and some eye hooks and velcro straps with a ring for \$10. Paint it black if you want it extra scary. Use a blindfold at the beginning so you don't look like an idiot fumbling around.
Dominance	Hard	32	Command her to go upstairs, use a toy, and masturbate for X minutes without cumming. Randomly throughout the day. When it's time for bed, see if you can manage to put her to bed wet.

Devi Concept	Frame Required	#	Item
Dominance	Hard	33	You need her help washing your cock everytime you take a shower. If she wants a man's nice cock she needs to take care of it, daily. She's not allowed in the shower, but instead will clean your cock by opening the curtain or shower door.
Dominance	Hard	34	Make her ask permission to enter the your bed at night, every night.
Dominance	Hard	35	Teach her the nadu position . After entering bed, she must hold his position to your liking. Critique her posture, make her proud of this through praise by looking good for you. You're welcome to inspect, touch, and grope your girl in this position until you feel she is acceptable, then invite her lay down with you.

EMOTION

DEVI Concept	Frame Required	#	Item
Emotion	Beginner	36	Look at your woman and only think about your favorite part of her body. Stare at it. Take it in. When she notices and asks what you're doing, say nothing. Just keep thinking about it and looking at it. Push yourself (metaphorically) into her. Keep concentrating on it. Then, take her upstairs. Think: I want to enjoy this part of her.
Emotion	Grinding	37	Randomly cup your hand under her chin while she is standing. Thumb on one side, fingers on the other. Look at her eyes, squeezing slightly, and smile until she smiles. Then walkaway. Do this several times across many days, and then from across the room days later look at her in the eyes and extend your hand in the same cupped way (empty). Keep it there until she comes running across the room and places her chin into your hand, or motion her to come with the same hand. Think: She is so fragile and small. I could crush her face with a single hand.
Emotion	Grinding	38	"Babe, you 100% cannot wear a bra today in that shirt." When protest arises, just stay firm. "Just give me the bra". Praise how her tits move in her shirt throughout the day. Point out everytime you can see her nipples and how you like it. You can't help yourself. Stare at them. Touch them, bounce them, flirt with her tits only. She is only a pair of tits, treat her accordingly. This is about generating authentic desire from YOU.

VARIETY

DEVI Concept	Frame Required	#	Item
Variety	Beginner	39	From across the room, get her attention. Point at her. Then point at your lap. Motion her to come. Smile. STFU. Wait. Don't say a fucking word. Touch your favorite part of her body. Then motion her off. Works well if you've been sitting reading, watching TV or relaxing. Think: I want to enjoy her for just a minute and then let her go do pretty things.
Variety	Beginner	40	Buy lingerie. Place it on the bed sometime during the day. Say nothing about it. When she inevitably asks about it, or refuses, just say "It will make me happy". If this fails do NOT be butthurt the least bit. Prepare to be rejected 100% beforehand. It WILL make an appearance one day.

DEVI Concept	Frame Required	#	Item
Variety	Beginner	41	On a day she is wearing a dress, look at her with a sexy smirk and say "panties". Hold your hand out, palm up, ready to receive them. When she asks questions, just keep saying "Panties." When she argues, hold the line by saying "Panties." This is particularly effective if going somewhere public, or in the car while already out. Put them in your pocket.
Variety	Beginner	42	In bed or on the couch, lay her head on your stomach, caress her hair and neck. When relaxed, take your cock out and lay it across her face, caressing her face with your cock - making it harder. Then using your palm, press the full length of your cock across her face from chin to temple. Press hard. This generates the feelz that your cock is massive.
Variety	Beginner	43	Randomly lock her outside of the house and demand to see her tits before she can re-enter. Praise.
Variety	Beginner	44	Walk up behind her, grab her tits under her clothing crossing your arms in front of her. Pull her in close, firmly, with a big bear hug then walk away. Max time 5 seconds.
Variety	Hard	45	Make her stand facing the wall, bent over at the hips with hands on the wall (or spreading her cheeks), naked, legs spread, as your cum completely drips out of her. Praise.

IMMERSION

DEVI Concept	Frame Required	#	Item
Immersion	Beginner	46	Blindfold her and put noise cancelling headphones on her. Touch every part of her with various things. Use your imagination, but only use hard/soft objects. Neglect the pussy entirely. Do not escalate. End this by putting her to bed wet.
Immersion	Grinding	47	During missionary, command her, "Look at me in the eyes. Do not close them." Fuck her hard at first, then vary what you want. If she closes her eyes, grab her by the jaw and open her eyes with your thumb and forefinger. Also useful for having her watch your cock go in and out of her. Think: You're not allowed to look away while being fucked.
Immersion	Grinding	48	Role-play as an older man sneaking into her virgin teenage bedroom at night where she's been furiously masturbating everynight for months without a cock to use.
Immersion	Grinding	49	"Come with me. It's time." Everynight for a week at a consistent time, drag her ass upstairs by the hand and then undress her. Buy a very nice plush robe, she will wear it and be naked underneath. Make her wear this everynight. Use your imagination for game. You can attach certain personas to certain robes based on what YOU want. Slut, whore, goodgirl, the possibilities are endless.
Immersion	Hard	50	While she is in the shower, open the curtain and hand her an anal plug. "I'm going to train my girl/slut/babygirl properly. You will use this everytime you are in the shower now." She will inevitably test you, so spot checks are necessary. If it's missing: "Your training is going to happen one way or another, up to you if it feels good."

64

UPVOTES

Year 2 field report

dmk078 · 31 December 2024 · Archived copy · Reddit

Haven't been on here in a while but thought I would make a year two field report. If you want to read the original field report here it is https://www.reddit.com/r/marriedredpill/comments/17gyko3/one_year_field_report/ Basically my situation was I was separated for a couple of months after I got the ILYBNILWY speech. After a couple of months apart we decided to give our marriage another shot but I learned my wife took her time apart to have some fun with other men. This was three years ago. The first year before I found the MRP I basically tried to make things work by trying to be the best beta I could. I spent less time at work, did more chores, helped with the kids. I did everything she asked for. Big surprise didn't make her happy and didn't make her attracted to me. Then I found the MRP and at the time of the original post I was working on myself for about a year.

Year 1 of my MRP journey was mostly focused on transforming from a man she didn't respect and wasn't attracted to, to one she did. This part was simple it's all laid out in the sidebar all you have to do is follow the plan. I hit the gym, learned how to have frame, became attractive and the respect and sex followed. She was able to memory hole the past and re write history. Although it was fairly simple it wasn't easy. There were no guarantees.

Two years after finding the MRP I can say I'm still married and more importantly thriving personally. After reading some of the comments to my original post I wondered what the hell I was thinking but here is how I made it to year 2. It's not that deep I knew what I wanted and I knew the price I was willing to pay. To get what I wanted I was willing to pay the price of forgiving the past. I was willing to put in the effort to become the best version of myself and she could follow or she could not. Staying in the marriage is helpful to getting a lot of the things I want but isn't necessary. I have a 20 year history with her so I knew the risks and could live with them.

Since I decided to reconcile I have gotten three more years with my kids at home. I have double my net worth. I went from 28% BF to 16% BF. I went from a pretty sexless marriage to regular kinky sex. I have done a lot of fun things with my wife, family, and friends. After a year of shit test about going to the gym and dropping weight my wife finally got herself to the gym and also lost 10% BF. In every way my life is better than it was.

I think looking back it would have been a lot easier to just have hit the nuke button and moved on, but I know myself and for some reason I have to learn the hard way. It is what it is for me. I put myself in a position to have to make a shitty choice either way. Whether or not it is the right one only time will tell but the best advice I could give is simply do something before you get to that point. Read the side bar, go to the gym, and do OYS if you can't figure it out on your own.

63

UPVOTES

Everything is about sex, except sex. Sex is about power.

Sepean · 21 November 2018 · Archived copy · Reddit

That great quote from Frank Underwood. He's getting shit done, leading, being Machiavellan, he knows what makes people tick, how to make them do what he wants. And that quote sounds so right.

"Everything is about sex, except sex. Sex is about power."

But it's 100% beta. It's a great description of the beta's sexual strategy. A thirsty chump who works his ass off trying to impress the girls so they'll fuck him. Everything he does is about getting laid, and when he gets laid it has nothing to do with the girl just wanting to fuck. What she really wants from him is something else.

Rollo once wrote a great piece on being alpha <https://therationalmale.com/2011/10/20/alpha/> including the news segment on Corey Worthington - a man who most of us would instinctively class as a loser, but who displays extreme degrees of alphaness. It's a great article because it illustrates how far the typical man's idea of a "real man" is from being alpha.

Frank Underwood is the other side of that coin. The guy has dodgy morals to say the least, but his leadership and power plays, that's impressive. He's a real man, right? Maybe, but like a lot of great leaders he's a fucking beta. He brings A LOT of beta to the table, but in the end he's playing beta game.

Maybe there's some alpha in him, I can't remember everything from the show and it's not that relevant anyway - it's fiction, not reality. The interesting thing about Underwood is how many men find him fascinating and how easy it is to mistake that for being alpha. The stuff about Underwood that impresses, that's beta. Power, influence, money, leadership, it's not alpha. Look at Corey from Rollo's article to see what alpha is. The typical male ideal of a real man is a lot of Underwood and very little Corey - it's a lot of beta and very little alpha. If your problem is a dead bedroom, you lack alpha and trying to be that sort of "real man" won't solve your problem. We're fascinated by power, but sex isn't about power.

To an alpha, nothing is about sex, except sex. Fill the rest of your life up with whatever you want. Some alphas are losers; lazy fucks, gamers, minimum wage personal trainers, lowlife drug dealers. Some alphas make the most out of their lives and work hard and lead. They do it because they like it, or like the fruits of it - they don't do it for sex. Sex is easy, because girls want to have sex with alphas, losers of winners. You don't have to promise them juicy news stories or a mansion when you're alpha.

As much as beta game doesn't make girls wet, remember that girls do have a dual sexual strategy. Sure she's attracted to alpha, but she also wants beta, especially for anything long term and involving a family. Here at MRP we're about bringing both. There are good beta qualities, stuff that we strongly identify with as men and that women seek in partners.

But if you lack alpha, you can't compensate with beta. If your wife doesn't want to fuck you, the solution isn't to bring more money, more leadership, more Frank Underwood. The solution is more Corey Worthington.

63

UPVOTES

"It's like everything is always on your terms"

InconspicuousWand · 12 September 2018 · Archived copy · Reddit

So I'm sure there's some work that needs to be done here. Let me know.

I never was a full blown beta. my issue has been more of becoming a better captain and bettering my shitty life to a point where, of course I respect myself, but also my wife can do the same instead of treating me like a mother and constantly falling into her frame. I wanted those tables to turn. Me, to be a leader of her. And our family. She is a control freak and that often comes into conflict with things. She wants things done her way. I want them done mine. We would butt heads and argue about it. I wanted to more shift into her trusting me enough to know I know what's best. And allow me to lead us to where we need to go. I know she wants this deep down also.

I realize this all starts with me and ends with me. And that comes as a side effect. Started by shifting my focus off her and onto me. I know we stress having a mission here but you Reallllly can't fucking get this shit without one. Once that falls into place I feel it makes things so much easier. It's like walking around in the dark and suddenly you have a flash light.

I started lifting 6 days a week. I found my mission. My purpose. Everything is starting to fall into place. I quit a heroin addiction. Got clean. Got into a good career. Got 3 raises in less than a year of being there. I love my fucking job. Now I found someone to not only pay for my schooling to further my career but hire me right out making great money. To my ultimate end goal which will be to run my own business within this career. All of this happened with in the last year +.

last weekend there was a couple boundaries I wanted to put in place and I sat her down and told her about them. I told her if things did not improve we would not be together. That there was something's I needed to take care of to better myself and if she wasn't going to help or make the process harder that we are best to go out separate ways. She cried. I didn't bite and left it at that.

The next couple days came and went and things have been awesome. Coming home to meals everyday (not part of the deal she has just been doing this). Great sex when I want. Putting up her end of the deal Etc. I realize this is bound to change after a while and this is because of the boundary talk. But for now I am cool with how things are going.

I come home from work yesterday after a 12 hour shift and a gym session. And she tells me she wants to talk. I say about what. She says what was said the other day. I tell her I said what I needed to say. There's nothing else to talk about. She says yes there is.

I continue getting undressed and go make a plate of food. When I sit down she is staring at me.

"I love you so much and you can't just say you'll leave. You're playing with my heart"

I say okay.

I can tell where this is going and I want no part of it. I have been here plenty of times before.

I forget what else she was saying but then She starts going.

"I'm not comfortable. With this" with an angry. Serious look.

And this is where I done something I never have before and I watched the magic unroll. Normally this is about the point where I give into her frame. This time

I immediately say.

"Well no wonder you're uncomfortable look how you're sitting. (She was slouched down in the couch laying back a little bit) here let me help you with that"

I go over pick her up and place her upright in the couch. She starts cracking up.

After her laugh she starts trying to talk again. I tell her I don't want to talk about it. She says "it's not fair. It's like everything is always on your terms"

I stfu.

She eventually gets over it.

This might not seem like shit to most of you guys but this was huge for me. I would normally jump right into her frame and start defending myself. Hating myself for it after and he being pissed off all night.

I am by no means where I want to be but I am a hell of a lot better than I was a couple months ago.

I think my biggest realization in all of this is the true importance of having a mission/vision in place that has nothing to do with your wife.

63

UPVOTES

Here's your wife having an emotional affair on a girls' night out [X-Post TRP]

ex_addict_bro · 9 August 2018 · Archived copy · Reddit

https://www.reddit.com/r/TheRedPill/comments/95xku0/bouncer_tales/

63

UPVOTES

[FR] You can't always get what you want. But if you try, you can get what you need. ~22 months of MRP.

Mithridates_Eupator · 16 April 2018 · Archived copy · Reddit

Stats: 35/m, married four years, 1 yo baby.

In mid-2016, I was in a really low place. I was in a giant city that I hated, my wife's bitchiness level was increasing, the sex was ebbing and I was depressed as shit. I was victim-puking on /r/deadbedrooms when someone red-knighted me about MRP. I had never really looked into the TRP stuff, since it all looked like a bunch of 20 year old douchebags trying to one-up each other; but exploring MRP was something of a revelation for me. Mostly lurking, I plunged in. This has been my experience over the last almost-2 years, for anyone in a similar position.

Step One was lifting, reading, and STFU-ing. The big importance and wisdom of this step has only become clearer to me with time.

At first, I wasn't sure how to get to where I wanted to be in my marriage - I wasn't even sure what that would look like. I wanted my wife to fuck me more, for us to have the kind of fun, kinky sex life we'd had back while dating, for her to respect me more. (Ha!) But the entry-level MRP advice sounded reasonable, and its sagacity became only clearer the further I went: STFU. Lift. Read.

- I joined a gym. I got on a program. Paid attention to my diet. Adjusted my lifestyle around that. Committed. 3-4x/week.
- I went on Amazon and picked up NMMNG, MMSLP, WISNIFG and Rational Male. Between them, MMSLP was outstanding, but I have to say that NMMNG was one of the most eye-opening books I've read in along time. It made me truly realize who I'd become in my marriage. Holy shit.
- Recognizing shit tests for what they were, I now mostly STFU instead of blubbering through some DEER bullshit. When my wife copped an attitude, I began charitably treating her like the child she was behaving like. Why respond? Who cares? STFU and disengage. Drives her insane.

After this initial stuff, it seems like a lot of guys want to sustain a steady pace of changes, because of course they're eager to get to the prize: getting more sex in their marriage. They go Rambo! Well, it didn't work like that for me. The process since has mostly more of the same: Lift. Improve yourself. Grind. That's it. That's how you get where you want to go. The most important parts to me have been:

Lifting: As I made lifting into a part of my lifestyle, I started to see gainz. Holy shit, that's fun. Lifting is now a whole part of my lifestyle regardless of my MAP. It's fucking great. All men should lift. I'm a 3-4x/week guy now. Over this time, I've dropped a ton of bodyfat and gotten much stronger.

Wardrobe: Tbh, I fucking hate shopping and don't really give a shit about clothing, but okay - I'm a grown man and need to invest more in my appearance. I bought new clothes. Changed my hair. Grew a beard. Looking better.

Aesthetic change has been gradual, but now, 22 months in, the fruits of my labor are clear. I look good. I'm much more muscular, have lost a lot of fat. Wife has scrupulously said nothing about this, but I know she notices: even her friends comment that I'm looking great, in her presence. IOIs increased.

Self-improvement: This is a long process that's completely dependent on you and what you do, but my thought process was: how can I improve my status? How can I publicly demonstrate my own competence and mastery? Do so in a way **you** care about, not necessarily one that your wife cares about. (Eg. do this for yourself, not your woman.)

Me? I settled on two things: I started volunteering a lot at a local charity I care about, and eventually was recognized for my contributions there. I also kicked off a big professional side project: a technical book, which was eventually

published just this year by a major publisher. Huge accomplishment for me. I'm getting asked to give paid conference talks/trainings on the topic now. Cool. Side revenue!

Presiding: I've organized a men-only hiking trip with a group of buddies, which has become an annual thing. It's a ton of fun, and has also resulted in an ongoing group text that's honestly both fun and a source of support. I also organized a group beach vacation with a few couple friends for later this summer, where I'll get to play Mr. Goodtimes and the key leader for the group.

Ownership: I own my shit in my house. If there is shit that needs doing, I either delegate it explicitly to my wife or I get it done myself.

In the middle of this process, my wife got pregnant and had our baby daughter. There have been obvious ups and downs to that process, but on balance, I feel it's been a positive. I love our daughter. She's great. Being a dad is both a lot of work and also, to me, completely worth it. Frankly, I am kicking ass at dad-ing. Doctor appts, daycare, schedules, etc - I've got it.

So has all of this "worked?"

Short answer: no, not really! A drop-off in our sex life over the last year is to be expected (pregnancy, and then the first few months with baby), but it's more like gone off a cliff. My wife is just not interested in having sex with me. She does not seem attracted to me at all, really, and our sex life has all but completely dried up. Bitchiness level has increased. Coincidentally or not, she has much more explicitly embraced feminism (where it is convenient for her, of course) than she ever did before.

(Side note: I know that in many couples, women shoulder most of the childcare work. This is fine and proper, IMO, and conforms to my idea of the ideal division of responsibilities within a family. That said, in our family, I have taken on more than my fair share, and Mrs. Mithridates still complains and nurses resentment towards me because she thinks she still does an unfair amount. A ton of "New Mom culture" programs women to nurse this complaint, regardless of whether it's accurate in their own household or not. Fucking irritating.)

That said, her Dread level has risen. She has dreams about me leaving her. As the delta between our SMVs has widened (she has gained weight, of course, and doesn't seem to care to do anything about it), she has not engaged in mate-guarding, but rather withdrawn from me. Her respect level has not changed appreciably, either.

So, since was/is it worth it?

Resoundingly, yes! Both psychologically, physically and professionally, I'm in peak condition. If divorce ever comes our way, I am in a great position. I feel great about myself, have a daughter that I love, and while I really, truly want my wife to join me/us on the path upwards, I can't control whether she does or not. I can only give her every reason to.

I don't spend a ton of time trawling through MRP looking for affirmation. That shit is a waste of time, but I appreciate the support this community gives to us men looking for answers to what's missing in our lives that isn't hopelessly twisted by the feminist cultural imperative.

Upwards, gentlemen.

63

UPVOTES

Trust in a Relationship

ReddJive · 5 March 2018 · Archived copy · Reddit

From a comment earlier...expanded in a couple areas

I've never liked the trust but verify mantra. By this I don't mean not knowing where your girl is going. Of course you should be generally interested in her life. Part of that whole relationship gig. Still some believe in keeping even closer tabs. So following up, confirming where she is and what she was doing smacks of a lack of frame. It smacks too much of me wasting my time to verify what is being told to me. I would then live in someone else's frame until I can verify what they are telling me. It's also a slippery slope of how much do I verify? Do I get a PI? GPS trackers? What? Furthermore, I have come to see trust as a weapon. Think about it. Someone says they don't trust you anymore and that you need to work towards earning that trust back. But are you ever given a check list? A set of tasks to perform to earn that trust? No.

I came to this conclusion during my journey as I would watch my shrew of a wife constantly tell me she doesn't trust me. It goes back from nearly the day we were married. I got up for work one day and she just blurts it out. The next 17 years I was and am held to a standard I never understood nor was given the rules for. When someone says they don't trust you what you get is a bevy of servant tasks and behavior controls that just keep you in your place. Yet what it's really nothing more than the other party maintaining control on you.

We use trust as a weapon. To hold someone to us and cause them to heel. Yet in our myopic views we rarely see the other side. Mistrust is a self-fulfilling prophecy. Furthermore what if the other party no longer wants your trust? You can only be made to heel for so long before you get tired of it. It's part of why men became betas. In order to please. Being held accountable to a "trust standard" that you don't know the criteria for is the exact same thing. A covert contract you both write.

What's more is that you will never earn the trust back you once had or what you perceived you had. This is because trust is never really earned. It can't be. It's given. We give trust and we do it all the time. We trust strangers to do things for us without harming us. Baristas to serve coffee without pissing in it. Restaurants to serve food that isn't poisoned. This is why when trust is violated at a public level it is so horrific.

There are millions of ways we trust in small doses each day to people we've rarely met or interacted with. Just think of any number of things we do on a daily basis that rely on someone doing their job correctly. Yet in our relationships we reserve the highest standards for this trust and suddenly the script is flipped and you must earn that trust. No. Trust is given and you keep giving it until you come to the point where you can no longer. It's called having boundaries. Once you can't give it any more the relationship is dead.

Before I launch into the loyalty part it behooves us to reexamine [Briffault's law](#). You can follow the link and read it. Briffault's Law establishes the female role in a relationship and in society. The rules are right there in front of us. We have been given the play book. Understanding where a woman's mindset is and how a RP man can use the idea of trust vs loyalty is beneficial on breaking the chains of control. Earning trust is all about control.

Briffault's Law is what established the hierarchy of love. Man, Woman, Child. It's also what established the idea she is never yours, just your turn. With this concept in mind consider that acts of loyalty need to be daily. They are what she gives you. Sure one can see the dynamic as she working for your trust and keeping her on a short leash...seems to appeal right? Yet consider who works harder? The one who is earning trust or the one who has to keep verifying that trust? We already know exactly what her priorities are. Therefore, we already know exactly how far we can trust her.

Compared to loyalty. Some will say women are not loyal not in the same way men are, remember women suck at overt communication. They are loyal...if you are Alpha enough and can demand that loyalty. Where loyalty differs from trust is that it's an act. A woman can demonstrate loyalty to you by her actions. A fantastic article about [Managing your bitch details this to some degree](#). Some will tell you to trust your women to go on a GNO after all

you can go out with your friends. Why can't she? If she breaks that trust next her. Yet what does this mean? There's no boundary here or if there are you have to list them out to her. Ugh...like a fool you have to sit her down and go over all the rules. Really? Ok yeah I get it we like the whole treat them like girls idea, but for fuck's sake who has the time to do that? Create a list of rules. Spend the time with her going over them and already establishing some level of mate guarding. Just like her dad did right? Remember the girl that used to sneak around when her parents slept? Yeah...keep going that way and see what happens.

Without the loyalty component, she can be trusted to go right to the line with another guy. Invite the validation and play around with it like a cat does a mouse....but you trust her to come home to you. You trust her to fuck you. So what where she gets her motor running. Right? Yeah. Thing is this is an act of disloyalty. She entertained the idea. It would be different if she laughed at a beta who was trying to get into pants. If a woman is with her Alpha she won't turn her head. She will instinctually know what she will lose. If she does sleep with some random dude? Its more likely the Alpha didn't vet well or knew what he was getting into and didn't care (ie a plate).

Women can't completely stop a beta or even another Alpha from coming up to them. It's just a fact as Alphas our women are going to attract other guys. Yet women know exactly how to turn off orbiters and know exactly how to stop attention. Just as they know how to keep them going. Women don't write these covert contracts. Other men do.

I've seen it play out this way many times. It's a simple "nope not interested" or other road block they will throw up. They have a series of them. If your girl is into you she will do it until it becomes necessary for her to send you in or make mention of you. RP talks all the time about being shut down by women, so clearly they are capable of it. If she is repeatedly **seeking, inviting, enjoying** validation from other guys it's a sign and it's an act of disloyalty. If she mentions it to you (OMG I need to tell you...) she may have found it amusing and thinks you might as well...but never forget it's a shit test. Your response confirms your Alpha status. Yet there is a deeper meaning here.

Threading the needle for you. Look at her actions not her words. Loosely, Trust is about words. Loyalty is about actions. I can tell someone I trust them all day long and get all sorts of productivity out of them. Doesn't mean I am going to want them standing a post with me deep in Injun Territory at 0300. Loyalty means I wouldn't have to ask. They would support my mission regardless, and would know how to do it.

Only you know where this stands on the acts of loyalty as it stakes up across the relationship. Acts of loyalty are accumulative but it only takes one act of disloyalty to remove it all. If this is systemic. She's disloyal and you know what to do. Compare it to business. Men are in a constant state of earning profit. We want to end our fiscal year in the black. Some of us have multiple gigs/businesses going. Of course these prices will vary based on market value but go with it...

- Sex maybe earns \$10.
- Certain sexual acts ups the margin. Varies between the man.
- Supporting your mission in life maybe \$20.
- being supportive \$35 per action
- Doing laundry, cooking, let's say \$30 for each time it is done
- Nag? Complain, be negative all the time then the account losses money to the bank. At three times the rate it went in. (NOTE there is a difference in her coming to you for support and just plain being negative)

At the end of the quarter, fiscal year the man will take an account. If the account is in the black when he makes this assessment he will make a return on that investment. if not...then he looks for other profit centers. Why would a man continue his investment in a profit center that is losing money or a low earner? If he is putting in the time to fix it, to get it to earn again but the maybe the business has run its course.

Maybe it was never really a viable idea to begin with. Maybe he is just a bad business man. As time goes on you will look at that account and wonder why you only accept having \$17 for your time and commitment, when you know someone is willing to make a bigger investment. But the man can only do this once he knows his business

acumen is solid and proven.

63

UPVOTES

FR - Teasing

wildnight98 · 15 February 2018 · Archived copy · Reddit

This report describes how I used an MRP technique to end weeks of passive-aggressive anger from my wife and resulted in wild monkey sex.

Background: [Here's my last OYS for stats etc.]

(https://www.reddit.com/r/marriedredpill/comments/7x81aw/own_your_shit_weekly_february_13_2018/du6alya/)

So our relationship has been in Siberia for a couple weeks, DBR, and as late as Tuesday night when I playfully asked "why don't we just kiss and make up?" She angrily said "because you need to apologize first. Your problem is you don't even think you did anything wrong!" I smiled and lightly said "ok" and went off to do my own thing.

Since we've been in Siberia I didn't get her anything for V-day morning. Just woke up normally and cheerfully wished her a happy one. She was cold, per usual.

Mid-morning Wednesday I read U/Reach180's [comment]

(https://www.reddit.com/r/marriedredpill/comments/7x81aw/own_your_shit_weekly_february_13_2018/du6sdz3/)

about teasing your wife and provoking arguments to give her feelz. Now, in the last couple go rounds my wife has complained that it seems like (1) I don't give a sh!t, (2) don't even care about her, and (3) need to give her an emotional connection. Feedback in my OYS on this point suggests I am being too autistic in my STFUing, even though I am not robotic or anything. So when I read the comment a light bulb went off. I thought, I need to *lead her out of her anger* by being playful and giving her feelz to replace the negative feelz that are currently satisfying her.

After lunch on Wednesday I made a surprise pop-in visit to see her at her work. She saw me walking over and gave me a grim look that said "what are you doing here." I came over, kissed her on the presented cheek (no kissing in Siberia) and said "I'm here to give you your Valentine's Day present!" She looked at my empty hands and said "what is it?" I said, playfully, "me, silly! You're welcome." She gave me a dubious look but I could tell I had her interest.

Then I said, "no, I did get you candy." And I pulled a small bag of skittles out of my pocket. (We really should set up a scholarship fund for that kid or something.) I tossed it down on the table and said "I hope you like it!" I wish I could describe the series of expressions on her face as her hamster tried to figure out what to do with that. She didn't say anything about it, but later when her boss came by to say hi, she was like, "look what he got me for valentine's--*skittles*" and I could tell she was *enjoying* complaining about it.

Then we had a nice chat and I teased her several times in a playful way. Shortly I left, "see ya!"

Fast forward through a busy afternoon of getting kids, family dinner out, and putting kids to bed. I'm in bed working on my laptop and she comes in in lingerie I've never seen before, looking delicious. We start deep kissing (pre-MRP she would almost never kiss me during sex, even dry ones). I lift her up and she puts her legs around my waist and we do that for a while till I throw her down on the bed. I do some dirty talking and then *she* starts some dirty talking. She says she wants me to fuck her and then lick her some more. At one point I'm pounding her good and she exclaims "I love it when you fuck me like a man!" (Ouch. This is rough but not *quite* as bad as it sounds as she was also exclaiming how big my cock is and so forth.) *Tons* of deep kissing, easily the most we've *ever* done during sex. More fun ensued and we both finished.

After we both jumped in the shower. She said, "what's that scratch on your shoulder?" I said, "you must have scratched me!" She said "no I didn't." I said, "well, it must have been my girlfriend then." She said "yeah" and changed into her PJs. A few months ago I would *never* have said something like that for fear of a rage explosion... which *would* have come. This time--a sh!t test passed!

This morning after my 5:30 workout I brought her a Starbucks (hat tip u/rian_stone, coffee is for closers), and gave her lots of kino and positive affection during getting ready.

My take-away is that the weeks-long Arctic episodes are my own fault. She's been manufacturing her own feelz when I don't give them to her. I don't have all the answers yet, because if it weren't for a few techniques I picked up around here I wouldn't have made it all the way through. I need to get my frame to where I come up with these responses on my own. But, the important thing for me is I've realized that *I* can be the master of her feelz, and *I* need to lead her feelz to the right place. Amazing. Thanks MRP.

tl;dr. Realization that I need to lead my wife's feelz through teasing and creating fun drama led to resolution of weeks'-long anger and DBR and some great sex--and I never apologized.

63

UPVOTES

Sexual Tension

Alpha_Engineer99 · 14 January 2018 · Archived copy · Reddit

Got several texts to repost this here in the main sub. So here it is.

First off, the main point of this post is to let hard case newbs understand that there is something called sexual tension. It exists, and you can learn how to build it up and then release it.

Like potential energy in a spring during compression, or first few opening moves in chess, you are building up the energy, more and more, just waiting to release it.

I was a hard case newb, dead bed room, etc. there's value in understanding the dance I think. I reached the point where I can fuck my wife when I want to, but it's fun to play with sexual energy. You can feel it in the air. Chicks love the anticipation of it more than anything else. My wife will get so giddy leading up to it and start doing hardcore drive bys on me and flirting. It makes it fun. I'm coming from a place where I could never do anything right, we were like room mates at home, I was a perfect little beta bitch husband that just wanted her to show me some affection, but she was always too tired from the kids, finger fucking her phone, doing the scroll, etc. this is a whole new dynamic now.

The last part about walking into tension also applies to your life. Learn to walk into the tension of any particular situation. At work, dealing with an aggressive asshole, etc.

————— Loved the sarcasm in the "Anniversary Ideas" Post yesterday. Had me thinking... It's funny, but also kind of sad, too.... For how many of us was this the Go-To plan in our marriages? It sure was for me.

While we can deconstruct what OP was lacking in his post, everything really, one concept that stood out to me was the concept of creating sexual tension with my wife. Well, my complete lack of it pre MRP.

I always thought that my wife would or should want to fuck me for taking her out to a nice dinner, getting a baby sitter, buying an expensive present, etc. This would be my reward for being Nice and dedicating my life to her. Being a nice guy who didn't force her to have sex. Bullshit. I was boring, predictable, vanilla, beta.

For newbs, She won't automatically just want to suck your dick at the end of the night spontaneously (well, maybe for vets) Yes, do all the other things that make you attractive by reading the sidebar material, but you Must stroke her responsive desire throughout the day. Remember, you are doing it for you, not her. Stick to basics: kino, text game, flirt, push/pull, just be awesome. Live your life in the Now.

I've been ramping this up last few days with my wife preparing for this weekend. It Was a busy fucking week. I started strong lifts too two weeks ago again after getting injured playing basketball, so I'm incredibly horny this week. Blood pumping. Imma fuck the piss out of her good.

Let her know this, tell her, you want her fucking body, want to ravish it. Ramp it up as the days go by. As my wife was leaving this morning for work, we kissed goodbye, I pulled her into me, pick her up and put on the edge of the counter, grinding, and said I couldn't wait to rip off her panties off later on.... And I started to unzip her jeans, she was all giddy and laughing, licked my face, gave a wink and headed out the door. I knew she had to leave. We had no time. That wasn't the point. I wasn't doing it for her, it's for me, It's fun for me to do drive bys. She already text me flirty shit all morning. She is primed up for tonight.

For hard case Newbs, learn how to sexually escalate with your wife. Sex is a build up for her, starts in her mind first. She doesn't just want to jump to the end of the story (sex) and insert dick in here- like us. Watch any dumb beta Rom Com movie, there's a story first before he nails her.

Sex is a build up, and then release. It's a dance. Everything is like this. Listen to the greatest composers (Mozart, Bach) on how they structured their melodies. It's a slow build up, with spikes here and there, ramping up, a peak, and then release (or multiple .. if you're good)

Everything needs tension in order to grow. Take a little acorn, it requires tension to expand enough to put enough hoop stress on it to cause it to split, and then attract nutrients from the earth in order to grow into a large powerful tree.

Walk into the tension. Don't hide from it. Don't avoid confrontation. That's where you will grow too. Confront it with confidence. Feel it flow through you, acknowledge it, and walk right into it. When you walk into the tension, your wife will see you in a different light. Chicks don't do this. It's your job. Then, you will get those unsolicited BJs. That's when you will know that your MAP is working.

Be a fucking man. Don't jump to the end of the story, build it up.

63

UPVOTES

From the Source..... How to Deal with Woman Being a Bitch

screechhater · 12 March 2017 · Archived copy · Reddit

TL/DR How to Deal with a Bitch - Red Pill Truths

I was at a basketball game last night for one of our kids. I was watching the Blue Pill fags disciplining their kids and the wives, were fuming with the lack of manhood. It made me laugh my ass off when my niece quipped- "Why can't they deal with their bitchy wives ? It's not like women are complicated"

Found this, this morning [Source](#):

Author I know how complicated women are — trust me, I'm living proof of this. But if there's anything I've learned about men, it's that the more I'm accepted for exactly who I'm being in this moment, the more I change and morph and melt into something more accepting myself.

6. When I act like a child, think of me like a child

Half the time when I'm being a bitch, it is exactly the same as when a 3-year-old is wiggling out because s/he's sleep-deprived. There is no logical reason for the behavior — it's a physiological reaction. As adults, we assume we're all capable of being normal, rational beings all the time.

We're not. Especially not those of us with riotously, spectacularly, outlandishly fluctuating hormones.

Seriously, when I'm whining or bitching or complaining seemingly just for the sake of it, picture me as a tiny little girl in a tiny little dress with a tiny little diaper and a tiny little face red from bawling, who is upset that you just gave her the wrong milk. How seriously do you take that toddler? How much compassion do you have for her?

You always knew I was secretly a 3-year-old. Now make it work for you.

3. Take care of yourself

You don't always have to put up with my crap. *(I hope some of the newbies can internalize this and kill the griping fear that controls them)* Just because I'm in a bad mood doesn't mean you're responsible for it — or for fixing it. **As my man, I expect you to give me attention and put energy into the relationship, but I don't expect either 24/7.**

You are, in fact, a whole separate being with your own experiences and needs and responsibilities. And your first responsibility is to yourself: If you can't handle it or don't have the energy or just don't want to deal with me in a certain moment, don't.

DO NOT sacrifice yourself or your truth just to make me 'happy.' It doesn't work, anyway — you usually get resentful that you tried to help and it didn't fly. I'd much rather you take care of yourself in the moment and have space for me later than overextend yourself now and blame me for it later.

Instead, try just letting me know: "Hey, I get you're upset and I want you to know I care. At the same time, I need to take care of myself right now so I'm gonna go chill for a while. Cool?"

With this, you've solved half of it anyway just by acknowledging that I'm not OK. I at least feel seen, and I'm also primed to get that it's not all about me all the time. *(Frame fuckers, frame)*

Sometimes, it's easy for me to forget that.

63

UPVOTES

OYS tip: Always Always Always be early.

[deleted] · 22 November 2016 · Archived copy · Reddit

[deleted]

63

UPVOTES

Mission Accomplished. Lessons Learned.

Sepean · 21 May 2015 · Archived copy · Reddit

Almost 6 months ago, I began on the path of self improvement in order to fix my hellish marriage. We'd had a dead bedroom for years. She was always bitching and so contemptuous towards me. It felt like we were always fighting.

When I swallowed the pill I got some initial results - and then they were all undone by PMS. It got better with ovulation, then bad with the next PMS. Handling her PMS would be my bar.

This time, I nailed it. Every time she got pissy I just went amused mastery and teased her lightly like "aw poor you with your PMS". It worked like a charm. The first time she just looked at me askance, smiled and gave me the "you just get it" look, pulled out her phone and showed me her Clue app and put in "mood: tornado." No bad arguments, and she was still taking my dick in her mouth every time I took out.

At the height of her PMS, she went to bed (she sleeps 2 hours more per night than me) and texted me that she was worried that I was trying so hard to look good for other women. I texted her back "you're doing a good job, don't worry". She texted back something about it made her feel bad and if I was on the way out she'd want to know. I wrote "if you're fishing for attention you're using the wrong bait ;)". She texted back more of the same, I went up to her, smiled at her, kissed her sweetly on the cheek and went back downstairs. The next morning she was super sweet. I had to go out of the house and meet someone at lunch, and right before I had to leave I called her up to show her something - which was my dick. Normally she'll just suck on it for 30 secs, but this time she went "I can get you off before you have to leave". I really like her newfound eagerness, and this was on PMS.

Yesterday (on her period now) she randomly texted me "I love you and I'm so lucky that we've been together so many years and I'm still so happy to be with you and attracted to you [kiss emoji]". Even though it completely glosses over the years of dead bedroom and constant bitching, it's a nice text.

And things are even better the rest of the time. She's pleasant company. Shit tests happen, sure, but they get handled and we move on instead of getting into arguments. She's actually horny now: she likes sex, she talks about it the day after, she asks for it, and all her inhibitions are gone.

I'm thinking Mission Accomplished. And don't get me wrong, I have no illusions about the difficulty of winning the peace. I'm far from being all I can be yet, and growing complacent will turn me into the sucker I was before and sink our marriage. But I fucking won the war.

In an attempt to add a little value to this post, I'll recap the process here. Maybe someone starting out their journey can find it useful.

My wife and I had both set out 2014 as the year we'd either get our marriage fixed or we'd divorce. She was putting in zero effort - dead bedroom, and not just bitching but being so mean and hitting me where it hurt the most.

We were approaching year's end and I thought it was over. I don't know if it was a last ditch effort or me preparing to get back into the dating game, but I pulled my shit together. I didn't know about TRP, but I had some issues that obviously needed fixing - mainly a porn addiction that was spinning completely out of control, and on top way too much gaming. Total escapism, probably due to my wife's constant tormenting. So I quit porn, gaming, social media completely and poured that energy into work, my kids, our house.

I made a habit of telling my wife's friends about this when we'd meet them, and they all had the typical smartphone zombie husbands so they responded with "you're so lucky to have a husband like that, I was mine was like that", which I guess was a kind of dread. And on top I was in good shape, I had been lifting and doing MMA for years.

So the sex started happening. It was frequent, it seemed good (I now know it was just decent), she was into kinky stuff, putting on lingerie and collar and leash.

Her first PMS and period was a complete reversal to the old days. I relapsed back into excessive porn usage, and my

otherwise awesome therapist gave me pretty much the only piece of shitty advice I got from her: ask your wife for support. I was feeling really shitty about my relapse and I had figured out my wife's rejections were the main source of my addiction, so I bared my soul and asked for my support. My wife shot me down. I then begged for her support, and she shot me down even harder in the cruellest manner you can imagine.

I hated her so much in the following days. And then I found the red pill.

A lot of the stuff made sense to me. I've managed people and negotiated a lot in my business and the concepts behind holding frame, shit tests, posturing and such were easily recognized. I've read a lot of evo psych, and I knew of studies that totally described AF/BB. I've always called feminism bullshit and I wasn't far from MRA.

And when I read TRP I was like "why didn't I connect the dots like this myself?" I *knew* intellectually that the blue pill idea of how to treat women was bullshit but *still* I had the idea that you had to put your woman on a pedestal and treat her like a princess, cater to her whims. It's classic cognitive dissonance, I was an indoctrinated sucker.

So I read, and I began implementing, and the results were immediate. Holding frame, passing shit tests, not doing small favors for her, leading the household, not asking her what she wanted but just doing it, it worked right away and I felt like I understood her. I wasn't perfect from the beginning, far from it, but I could see how it improved things instantly. My rejection issues went away and with that my porn addiction. I had it under control.

One thing I really struggled with was not always asking her for her opinion or what she wanted. Just little things, like where to get take away from her, it was difficult not to ask her but just decide it. But I forced myself to do it, and soon she was asking me "what do you want for dinner?" And she was cooking, but she was asking me. My blue pill thinking wasn't gone so I was considering was she tired so I should choose something easy etc. and picked something that considered her. I know, I know, I was still in her frame. But then I tried asking for something that took a lot of preparation, and she did it and was happy.

This was one of the big ideas I had to internalize: she didn't want it easy. What she wanted, more than anything, was a strong man. I was physically strong, but she wanted someone that was strong mentally and socially too. I had to be dominant. She wanted me to be dominant. She would be more than *happy to work hard* for a dominant man. You can't both be dominant and also care for her fee fees.

And this is the idea behind shit tests too. She's programmed to test mens' social dominance just like us guys are programmed to check out girls' asses. Your frame is like a girl's ass. A strong frame is like a firm, squat-toned ass. That's what you want to put on display. It's unfortunate that shit tests are done using language which makes them fly in the face of our normal value set (for example that we trust and respect what people tell us), but that's the reality of how women test for social dominance. The great philosopher Sam Harris believes we should always tell the truth, but understand that sometimes people are not really saying what they say - when your wife asks you "does my ass look big in this?", she's really asking something else.

I was getting all of the initial push back people describe. Things seem to be going good, then she gets all "are you mad?" and you wonder if this is really working. Stick to it, hold frame, don't engage - she'll get over it and be much more pleasant company afterwards.

One thing she tried hitting me with several times was that she accused me of acting like her teenage boyfriends - unpredictable, selfish, wouldn't talk seriously, blah blah - and that she had started dating me because she didn't want to deal with that sort of immaturity anymore. It was a good attempt and for a while I was doubting myself. But then the AF/BB reality of what she was saying set in - these guys she supposedly didn't like were the guys who got to fuck her in the ass for free. This was a good sign.

This was phase one for me. I was feeling great, but it was more like "fake it till you make it". I was getting by and improving, but my frame wasn't really strong yet. I was on our subreddit and asking for advice, and I got a lot of great advice. It was pretty rough at times what people said, but when you need guidance from tough people that

can't really be any different. I fought some of it, insisted on some stuff that later turned out to be irrelevant. The thing is, this is a process. The more experienced guys turned out to be right, but you're not going to get it right away. You start with your baby steps and you think you're so awesome for walking. Then this guy comes a long and says "you gotta run, boy" and I'm like "but I'll fall!" And that's true, when you're learning baby steps you'll fall if you try to run, but you have to keep your eye on that goal. Don't try to perfect your baby steps just because you can't imagine yourself ever getting to run. I might have insisted I needed to perfect my baby steps once or twice...

Phase two was Sex God Method. For many years I had operated under the idea that my wife had low libido, and while our sex life was now frequent and she was submissive, she was still giving off that low libido vibe. SGM changed that. She talked about our sex the next day. She asked for sex. She got bitchy if we didn't have sex, but aside from that this made things much better, more fun. She became happier outside of the bedroom. Phase one felt great, but I was just getting a passing grade. When you also begin fucking her good, the whole mood of the relationship changes.

The next book I read was the Book of Pook, and I thought I was going to get PUA moves, but it was all about being a natural. But it didn't have instructions on how to be a natural. So halfway through I quit it. Book was right, I had to work on me, I had to become the prize and I really had to internalize this, but I didn't need another 100 pages of it.

This was phase three, and that's when I picked up stoicism. Stoicism is awesome. It is a deep system that can and will improve your character, and it fits nicely with red pill. It was what I need to built a solid frame, to make it about me and not about my wife. A lot of my early progress was about my wife. I was not entering her frame as such, but I was operating from a frame that was about being attractive to her. A bit further on it became about being attractive to women in general - my wife was very welcome to continue holding the job as my SO, but there's a standard that has to be met and the company is making sure the position is attractive to future candidates. With stoicism my frame finally began being about me. I'm sure there are other ways, and I guess I could have arrived there in other ways, but it did the trick for me. And the thing is, when your frame starts being about you, the TRP mentality really starts to spill out into other parts of your life.

And that's where I am now. Things are awesome. Even when she has PMS, I can tease and get her on her knees for me. When she's ovulating, she's talking about getting a Brazilian wax. I've successfully flirted with other women. I'm enjoying being me, being tough. I'm lifting hard, starting the day with a cold shower, growing my beard longer. I'm self employed and being pushier with my sales calls. I'm leading my household. I'm down to 14% body fat and dropping; it's a fucking shame I've been hiding my muscles behind a layer of fat. I bought a squat rack and I'm taking my wife down to use it every other day.

I still have lots to improve on. Of course my wife isn't all submissive: I still get shit tested, but I don't mind and see them as a form of flirting. I pass them, but they still rattle me to some extent. I guess it is like when you're getting extorted for money. My old frame facing a shit test was like how most people see the tax man - he's entitled to take your money because democracy and the social contract. When you begin with TRP, it is like a mugging - you know the robber is wrong, you're seriously offended by it but you're scared and you're not sure you can handle the robber if he assaults you. These days, I feel like it's some punk trying to rob me on the street - I don't expect anything else from punks, I'm pretty sure I can handle it and outwardly I stay cool, but it still gets the adrenaline flowing; I don't have that deep sense of calm I'd have if I was sitting in an armored truck.

But fuck, this journey has been amazing. I can't believe how miserable I was just 6 months ago, and now I'm on top. Thanks for the guidance from all the great men of this subreddit.

63

UPVOTES

Swallowing the pill is only the beginning. This is a years-long process. Internalize that NOW.

Shackmeister · 13 April 2015 · Archived copy · Reddit

Gentlemen, this sub has a patience problem.

Many among us seem to have forgotten that "LT" in "LTR" stands for *Long Term*. You are in this for the long haul. There are no shortcuts here and you should not be seeking them.

I bring this up because there have been an awful lot of posts containing phrases such as "I swallowed the pill two weeks ago" or "I have been hitting the gym for a month" or "Since I began asserting myself these past ten days." Let's be extremely clear:

ONE MONTH IS NOT ENOUGH TIME TO EXPECT RESULTS.

If you are escalating to level 7 or 8 dread after hitting the gym ten times in a month and saying "no" every now and then, you are going to blow up your relationship very quickly. That might work just fine for single guys or plate spinners because they can Next a girl when she gets pissed that they are changing and find one that only knows the new them. This does not work for us, we carry the baggage of years of plugged-in behavior that our women have witnessed, become accustomed to, and now expect from us.

Consider this from her perspective. She has been with a sweet nice guy for years and all of a sudden he hit the gym and became a bit of an asshole. She is not going to think, "Oh, goodie, a whole new him!" She is going to think it is a phase, a mid-life crisis, or that you are ill. It will take a LOT of time before she gets used to the new you even if you are very consistent with RP behavior. I've been back in the gym regularly for 4-5 months and my wife still asks if I am off to the gym in a tone that suggests she feels I can't be all that serious about it. *Months* and it has not sunk in that it is more than a phase. These are the timetables with which we are dealing.

Because your actions and newfound balls are going to be a jolt to her worldview, *you need to slow down*. A lot. Frustrated that you have not seen results a month after manning up? No shit, we all are. Stay the course. Do not go upping your dread game hastily, as you WILL destroy your marriage.

The ideal scenario for you is that she does not notice a change in you. It was so subtle and took place over such an extended period that one day she wakes up and realizes she has the tingles for you again and cannot figure out why. It's because you have been working your ass off to be a better man for months on end, but you won't be sharing that with her.

So do yourselves a favor. The next time you want to post and ask for advice, take a careful assessment of your progress so far. Step back, breathe, and remind yourself... This shit is LONG TERM.

EDIT: Per /u/TheGreasyPole's suggestion below, I'll add this tidbit:

Another huge reason to take your time with internalizing TRP before applying its concepts within an LTR is that the anger phase is NOT the time to be applying higher-level dread or other hard TRP concepts. When you are still in the anger phase you may feel spiteful, resentful, and distrustful of your wife (and/or all women). These feelings will very likely present themselves in your behavior whether you like it or not. Fomenting the main event while still in the anger phase is a terrible idea and you risk being heated in any discussion. You need to be prepared to deal with it in a sanguine state.

63

UPVOTES

[MRP Theory] The Main Event

TRWolf · 13 November 2014 · Archived copy · Reddit

TL;DR: When you take on the red pill, expect the tension to build with her into the mother of all shit test tantrums as her comfort base erodes and she worries that this new you will dump her, and she seeks comfort, attempts to regain control, and test your fitness. This is a good thing and your opportunity to reset the marriage.

Reading through the experiences of many of us on here, I've noted that there's often a huge fight that occurs at some point after the red pill is taken. This fight is usually different than what is typical in the relationship with a new level of crazy and intensity. They are the ultimate shit and comfort test rolled into one. **These fights are going to be exhausting, and it's critical that you succeed.**

I wanted to bring this up here for discussion because everyone should be prepared for this to happen as they start to implement these changes in their own lives. I haven't seen a comprehensive treatment of this topic in the source material, and these fights are unique to the married guys (one of the advanced levels of our game, if you will). So, you won't find our other RP brothers having to deal with this.

The Main Event

My Main Event came this July. I had been introducing RP changes since around March. I had read NMMNG a couple years ago and laid a small foundation of boundaries at the time, but the major changes came after the rest of the RP thought was introduced to me. In a casual conversation one afternoon, she threw down some BS request, and I refused. Long story short, she hit the roof, left the house (dinner half-cooked, kids hungry, etc, etc), and moved her stuff into the guest room when she returned hours later.

In hindsight, **I probably could have avoided the fight if I had seen the comfort test underlying the BS request, and responded to it instead of the request. That said, her reaction went completely nuclear, and it seems that this had been brewing for a while.** I figure she was poking the bear looking for a fight, and if I got that one right, it was just a matter of time before this blew up over some other irrelevant topic. She was just about to get her period (not a coincidence), and I was already preparing myself for one of our typical tough weeks.

For three days she went rolling in the bat guano. Completely off the deep end. I held frame as best as I could. I probably talked with her too much, and I let my frustration show a couple times, but I held the line that I would not be ordered around and I would not tolerate her emotional outbursts. Mind you, when I said she was crazy, I'm not exaggerating. She accused me of everything she could think of, no matter how cruel or detached from reality. Some good examples include accusing me of conspiring with her mother to take away the kids, having a girlfriend on the side, not responding to her so that I could work with a lawyer on divorce papers. Obviously, none of these were true. She even tried to shame me for "letting" her stay in the guest room knowing that she had more stuff and that I was being controlling by not offering to switch with her. Dark days.

After around three days, she calmed down and said she'd like to discuss what was bothering her. We set up a time after the kids were asleep. She calmly laid out her concerns, dealing with the changes that had taken place, she felt that I wasn't being empathetic enough, and that she felt powerless because I "held all the cards" (I make the money and when push comes to shove she knows that I'd be fine on my own). She also expressed that she didn't know where these changes (the new me) were going.

Since then, after months of contemplation, I've boiled her concerns down to the following:

- She was pissed about the loss of her comfortable marriage to a guy that just gave, did everything she asked, and asked nothing in return.
- There was the big dread that she realized she might lose me.
- Once she was able to calm down, she started to realize that the hamster was way out of line and she was embarrassed by it.

At the time, I just tried to reassure her that my main commitment still resides with the family (not her specifically, but always with the kids first), and that I have come to realize that I have not been getting from the marriage what I needed. When she brought up that I seem like I'd be happier by myself, I didn't refute it.

While I was kind and supportive of her feelings, delivered calmly, I didn't want to let her off the hook, apologize profusely for her sadness, or give her any indication that things were going back to the way they were before. I also told her that her emotional outburst was complete unacceptable, no matter how upset she was, but that she was always welcome to bring concerns to me in a respectful manner.

Once she felt heard (it took a few hours), something incredible happened. I gave her a hug and a kiss on the forehead (a powerful paternal gesture, I might add in passing), and she buried herself in my arms. It was very loving and submissive, and I was a little shocked.

Things were never the same after this.

At this point, I felt it was appropriate to invite her back to the bedroom. Once we finally made it to bed, she came over and snuggled in to me and started escalating. It had always confused me how women will do this after a fight, but now with my RP perspective, it makes perfect sense. We had enthusiastic sex that night and the next morning before work, and continued to have sex almost every day for the next three weeks (the timeframe is not coincidence). This had never happened - not when we first started dating, not during our honeymoon, never.

She later admitted to me that despite being pissed, she was also incredibly turned on by my dominant stance during our cold war.

The Three Week Afterglow

So, things were great for three weeks. The mood around the house was a lot more positive, we worked well together, and we had much more fun around each other.

It was easy to get complacent. Things were going great, she got it! She was going out of her way to make me happy, and it was a huge difference. It's important at this stage to keep two things in mind: this won't last for ever, and she will go back to her old ways when she gets comfortable again. Stay vigilant. Remember, she hasn't changed, she's still like that. She's just in a little attraction bubble.

Secretly, she was recollecting her strength and starting to pick out the little issues that she would use against me. There is still some fear, uncertainty and doubt about this new way of things around the house, and she will test it. Since things were going so well, I let the little things go. She'd give me an occasional order instead of a request. She'd start throwing little tantrums about the kids or things that need to get done around the house. I would just ignore them instead of more proactive responses to nip them in the bud (in fact I'm still struggling with this). None of them escalated, so I didn't think anything more of it.

The Backlash

But then Aunt Flo comes knocking again. The frustration with kids and house chores come back, then the moods, then the cramps, headaches, and before you know it, the box of tampons are on the counter. In my case, things were still in pretty good shape going into the cycle. They changed quickly. As she became more uncomfortable and frustrated, she got back into the mode of avoiding or defending my advances. She became noticeably less playful and Since we stopped having sex for a few days, the attraction momentum trailed off.

Almost overnight, we seemed to go right back to our old ways. My natural reaction was to get discouraged, give up, and resign myself to the conclusion that this was just the way it was going to be. I lost any incentive to make it work, and turned my attention to just living my life while minimizing the wreckage of my home life.

The True Rebuild

Once this cleared, months of a long slow slog through the crap have passed now. The difference was that we had hit a tipping point and she now knew the New World Order, and her only choice was to be on board or move on.

Things are improving slowly. She's starting to truly internalize that I am a new man, that it is good for her, that she actually prefers her new role and is more comfortable there. She of course unconsciously tests me, and will throw unbelievable crap at me to see how (or if) I react.

The key has been the overriding mindset of outcome independence and confidence in my own direction. If she doesn't want to be part of it, then that's her issue.

As a status indicator, I came back this last Monday night from a business trip, after the kids were in bed, to find her in the kitchen, lingerie'd up, baking me a pizza. She had been teasing me with texts all afternoon: "please hurry home, I've *really* missed you", etc. She planted a huge kiss on me and dragged me straight to bed while the pizza cooked, followed by serving me a late dinner in the bath and another romp in the sheets. In all, 4 **enthusiastic** times in the next 24 hours. Again, that had never happened in our 16 years together. After one of our sessions, she told me she realized while I was gone that our marriage meant everything to her and that she had not done enough to try to make me happy. She felt bad about the years of neglect.

A little absence is golden. It also doesn't hurt that she knew I had a cute, younger, recently divorced co-worker who works for me along on the trip. Her hamster was imagining long company-paid dinners and drinks.

Some takeaways and summary

- You know it's coming, so stay calm.
- Employ true amused mastery and maintain frame – calm, controlled, you are the adult, you are in charge, this is the way it will be (no choices or negotiation), outcome independence (yes, divorce is an option). Your going to slip up, just stay on point.
- Don't argue, don't persecute her for the past, stay above all of it. The less said, the better.
- If she questions the change, simply acknowledge it, "there were some changes that I felt were necessary to improve myself."
- She'll likely seek comfort. As long as it's done with respect, acknowledge and let her know you are committed to the relationship.
- Let her vent, but maintain boundaries. If she gets out of control, becomes hostile or insults you, the conversation is over. Likewise, as soon as the conversation stalls, strays, or goes in circles, then it's time to wrap up.
- In the aftermath of the Main Event, don't be surprised if she moves into the guest room for a few days. Don't stop her, remain calm, and don't back off. This is a shit test. She is looking for you to give in. She needs to make the first move here. She will have a chance to think about things and experience what it's like to be without you. She may test you again. Eventually, she'll get on board or she'll state that it's unacceptable. This is your opportunity to hit the big reset button. Take back control of EVERYTHING, swiftly and with authority. Don't let her back in until she concedes or says she wants out. If she continues to resist, stay in separation.
- If and when the Afterglow hits, enjoy it, be prepared for another backlash and don't get complacent. The pendulum will likely swing a few times before it settles in the new norm. Stick to the fundamentals - they are your only hope.

Strength, wisdom, compassion, humility, and inner serenity, My Brothers. *Thanks for everything - I can't tell you how much this all has restored my life.*

I'd love to hear any observations.

63

UPVOTES

Where Sex Fits In: Thoughts on Mindset

Redpillbrigade17 · 28 April 2019 · Archived copy · Reddit

Guys

Lots of crap tactical stuff lately. I suspect many of you read these, and many start writing, then do not post silly questions because you already know the answer. I'm talking to you: guys who are on the hard path already, and are seeing enough results to know what questions to ask and what not to. Rule of thumb: if your question is of a tactical /situational nature, chances are you already should know the answer or the answer is in the side bar reading materials. If you were to truly internalize those you wouldn't be asking silly tactical questions.

So a few observations re sex:

- The mindset shift you want to attain is that of rewarding her with your dick. She is such a good woman that she's worthy of you. Play that role and that dynamic and her hamster will work overtime to please you. In and out of the bedroom.
- Give her an orgasm or two before you come. This is crucial. As she gets close to coming, grab her face, tell her how amazing, sexy, slutty etc, she is. Ask her if she wants to cum. Tell her how much she needs you. Then tell her not yet. Play with her like she's a toy to enjoy. You can do without her. But life with her is more enjoyable. Get to the point of rewarding her with sex with you : mentally and physically.
- Learn to view sex that way: an after thought and a side effect of living a mission-focused life. It doesn't matter if you have sex or not. Sex is like watching a movie, playing a game, watching a game, having a drink, relaxing, Netflix etc. It's basically pure entertainment (and frankly a bit of fun art in my opinion when done well). It won't deter you from what's truly important to you in your life.
- Talk to her as she cums telling her how she's such an amazing woman and you're now (as a result!) giving her your dick. "Release"/ allow her to orgasm when you want and after she waited for a bit and you've built enough anticipation. She exists to please you. Reinforce that dynamic. She earns your dick and her orgasms with you. You are generous and are giving this pleasure to her.
- If it's not enthusiastic sex, trick your mind to not want it. That's what sex-satisfied means. And what we talk about around here. It's very subtle, and you have to fake that state in case indeed you've suffered a dry patch. The moment you seem more eager, more horny, more needy, is the moment you're a beta bitch. To your own damn self. She of course has a dog's smell for that state. Just like she has for a true alpha, IDGAF, OI state. That's what a high-value man is. That's who you want to be. The longer you've been in a marriage where you've accepted sub par performance from yourself, in bed, from her - the harder it's going to be to turn the ship around. The less slack you tolerate from the outset (in the lucky case you've found red pill early in your LTR/ marriage) the easier it will be to set the right frame for your relationship. To paraphrase Jocko/ Leif Babin "It's not what you preach it's what you tolerate. "

So go live your mission. Become someone worthy. Then have fun with your woman, when you need a break from your hard work of making a difference in the world. It's that simple.

63

UPVOTES

Well no shit

redpillreach · 11 June 2019 · Archived copy · Reddit

I want to show some gratitude.

I heard about TRP then followed MRP. I didnt take it seriously. The past 2-3 years my marriage/sex life sucked.

My back round I was a US marine solid frame cut with 6 pack. After marines played semi pro soccer and became a bartender to supplement the income in a sport few people in the US give a shit about.

I had a nice body and had more game than milton Bradley. Then I met my wife. I became soft and now struggle to talk to women. It's been 10 yrs with my wife. My wife runs works out at least 3 days a week. I have become beta AF. She has became "man" of the house.

4 weeks ago I decided to take my life back. I have not taken the red pill I have only reached for it.

So far I have been reading. I have been learning. I started lifting again. More importantly I have been STFU. I hold frame. Shit that has been bothering me around the house I have been taking care of. Not for validation because half the shit she doesnt notice. I feel accomplished I feel prideful my confidence shows

Already sex has increased her slutty side has come back out.

This is just the beginning I have a shit ton to learn, I have much more to gain. My road looks promising a as long as I stay on path. I havent even swallowed the red pill I'm still understanding it, and all ready benefits have shown.

63

UPVOTES

You can't get better without doing. And you can't do better without thinking.

weakandsensitive · 29 July 2019 · Archived copy · Reddit

Past

Back in the PUA community, there were a ton of Keyboard Jockeys. These were the guys who would read all the material and theorycraft the hell out of everything. They knew the ins and outs of the lingo and would write about how all the theory should work. Those guys were morons.

The people who went out knew the KJs were full of shit. The theory is great (it really isn't..), but the application of theory gets messed up really fast. Being in field forces you to challenge your theory and adapt your approaches, otherwise you're going to continually fail. But being in field isn't enough - you also have to have the introspection and active/engaged learning to diagnose and understand what's actually going wrong. And those guys never did that -- those guys never failed or put themselves in a position to fail. So they never put themselves to succeed.

Present

Like I've mentioned in my OYS threads, I recently launched a side business in the travel services space. We're incorporated and we think we have a great solution to a problem people have. We're really excited to get out there and show how awesome we are to potential customers. So we did what any great company would do, we got in front of people. I spent this past weekend at a local festival trying to sell my product.

For the record, I've never sold anything in my life. I like engaging people when I'm in the mood, and I'd like to think I have pretty good interpersonal skills. I've never done any marketing, customer engagement, or sales. But I have a great service, so it should literally sell itself. Easy, right?

Day 1

Frankly, it sucked. It was awesome from a learning perspective, but right away I knew we weren't up to par. To our right was a gallery with photo booths and arts and crafts for kids. To our left was a Church was 5-7 people staffing it at any time, huge flow of friends and visitors, and a spinny wheel where they were just giving stuff away.

Our booth? It was me and my partner. We had a 4x8 banner and a canopy that you'd use while camping. We had literally nothing to engage people except the fact that there were 2 of us, and a belief in our product. So what'd we do? Cold approaches -- just like the good ol' PUA days.

It was grindy, like pulling teeth. People were polite, and some people were pleasant, others were interested, but ultimately, we were doing it wrong. They knew it, we felt it, the vibe just didn't flow right. It was draining and a defeating, but it was also such a massive learning experience.

Day 1 Retrospective

After day 1, it all felt wrong, but what was actually wrong? Taking the time to do a retrospective on what went wrong was so key to making progress on day 2.

There was the obvious

- We didn't have a good hook (no marketing, no free stuff).

But there was the much more subtle stuff

- We were trying to push our service onto people instead of knowing we have value and giving them the opportunity to want to learn about us. People hate feeling like they've a commodity -- and ultimately that was what we were doing day 1.

There was absolutely no reason for us to try to sell, because our service actually provides value. All we needed to do, was find the people who would benefit from our problem. Instead of talking about us and what we do, the focus needed to be on the customer and the problems that we can solve for them, i.e. our value add.

Day 2

It was awesome. It was a 12 hour day that felt like nothing. What'd we change? Just about everything.

- We pimped our setup. We added a globe and some airplanes.
- We went for a conversation instead of a sell. We got a globe and some pins to get an initial engagement. This was refined throughout the day from "Where are you going next?" to a more hypothetical "If you could go anywhere in the world, where would you go?" With the former, people still reacted as if we wanted to sell them something, and so wanted to avoid us if possible.
- We changed our approach. Instead of going to talk to people, we'd engage people who slowed down to read our banner. This made it a warmer approach. We gave an excuse for why we were talking to them, so they could feel the plausible deniability. "Hey! We're putting pins on our globe for where people want to travel. If you could.." We learned that putting a pause after "Hey!", actually drove people away, because that gave them time to worry about what we're trying to sell them on.
- We focused on learning about the customer. Who were these people coming to see us? Did they like to travel? If so, where? How often? What's their dream destination? Why? The lady who wanted to go to Zimbabwe was fascinating. And then to the points were our value lies. Do you book your own travel? What do you find most challenging? Is it the constant booking and price anxiety? That's where we can help. So now, instead of trying to get them to buy our service, we're solving their actual problems.

It was killer, just so much easier... and it's things I should've remembered from my PUA days. I'm not there to convince someone that I'm valuable. I'm already valuable. I'm there to learn about the other person to see if we're compatible. And if we are, let's see how we move forward to be mutually beneficial.

Day 2, we didn't need to sell anyone anything. They engaged with us. They asked for our cards. They signed up for our newsletter. Because we weren't trying to get them to buy anything, we were offering value and it was up to them to engage or not. And when they learned it was free value, they absolutely wanted to engage. Day 1, we had 4 email sign ups when we tried to get them to sign up. Day 2, we had multiple pages even though our approach was "we have a mailing list. if you're interested, feel free. if you're not, no worries."

You

There's a lot of stuff packed into the anecdote from the weekend. And none of it really has to deal with my shitty attempt at marketing. What it's really about is being better.

For you, dear reader, what I want you to takeaway are the following 3 points:

1. Not showing up means you're guaranteed to fail.

I thought our service was so cool that it'd be so easy to do marketing and customer acquisition. I was full of shit and very, very wrong. That's why getting the actual in-field experience was enlightening. Next step is to get a way bigger globe to do more peacocking.

2. Just showing up is not enough.

If all we did was to show up on day 2 and do the exact same shit we did day 1, we'd fail just as badly on day 2 with even greater volumes because of the longer day. "Hey! We're here! Buy us!" -- still a shitty tactic.

3. Being actively engaged, understanding the problem, and adapting are how you set yourself up to be better.

Refinement and improvement is all about understanding what's actually going wrong. You can't figure out what's going on if you're just dilly dalling going through the motions.

It's easy to end day 1 thinking we just had dickhead customers who didn't appreciate our greatness enough (true! by the way), and it was easy to think that day 2, with more people we would've had more and better customers (pipedream).

The hard work was understanding why things weren't really working and testing out different strategies to get that improvement. And then continually refining to be continually improving.

When I read OYS posts, so many of you guys are doing great work, doing the hard stuff -- the retrospection/introspection, the adaption, and the testing of various approaches, I love it. But there are some of you guys who just flounder and wait on other people's solutions -- and the reality for those people is they simply won't succeed. They'll be in a groundhogs day loop of Day 1.

I want you all to succeed, but if you have no interest in making yourself successful, I have no interest in making this fantastic place available to you. So be sure you're setting yourself up for success with or without MRP.

63

UPVOTES

So, you decided to try trying eh?

RPeed · 9 December 2019 · Archived copy · Reddit

Maybe it's just me but the sub seems a little quiet over the holidays. Without even a low effort lifting post to fill in the time. The latter is probably not a bad thing as lifting is easy and distracts people (like me) from working on harder things and this is reflected in the disproportionate upvotes lifting posts get.

Really the whole lifting posts thing is pretty gay... so I guess I should preface the following with a firm: "no homo".

With that formality out of the way, welcome to my low effort lifting post!

NB: low effort as I write from well within my comfort zone: I do hope you read and apply the tips here.

Intro

If you're subbed here no doubt you've at least signed up to a gym. Maybe you're a beginner who still believes in a mystic connection between deep squats and... everything and that Rippetoe is a god descended in human form or maybe you've already torn down that idol and are currently obsessed with getting enough face pulls in. You almost certainly identify as a powerlifter - though you'll likely never compete - and, since we all have to start somewhere, I am not going to try and change your mind here.

What I did do instead is put together a few things you can use this week without interfering with your 5x5, 5/3/1, n-Suns, GZCL, Candito or whatever.

Many are going to sound dubious. In fact, some of these nuggets are so small I'm going to **highlight them** lest they slip by.

Just try them.

If they work, keep doing them. If not stop.

Air Bending

Before we rock out with our cocks out, a PSA on the number of injuries I personally have had: none. I have never injured myself in ten years of weightlifting. I owe that to bracing and minimal volume.

Learn and re-learn to brace. Gigabytes have been recorded on it and I won't reproduce it here. Just study it and try and improve on it every session really.

What I do want to talk about now is "**oxygenating your blood**". No idea if this is the medically correct term but I mean a method by which you increase the oxygen in your blood and thereby are able to hold your breath longer.

I know of three methods for this:

1. **Wim Hof's;**
2. **David Blaine's;**
3. **Rpeed's:**
 - **exhale forcefully until lungs 110% empty.**
 - **Inhale - a huge breath in should now come reflexively**
 - **Hold that for a couple of heartbeats**
 - **Repeat above for 10-30 breaths.**

Take ten minutes to learn this superpower and then let's take a walk-through of the lifts you're likely doing each week.

Seriously: just skip to the one you're doing today/tomorrow, give it a try and let me know how you do. Why not?

Squat day

So it's leg day but we both know you're not going to leg press.

Wear a hoodie today. Just try it.

If you have lifting shoes, wear em. If not, the flattest, hardest sole you can find. And if you don't have those, I would much rather kick mine off and squat barefoot than puffy, running type sneakers. It really does make a difference.

You should **wear wrist wraps and knee sleeves** (not wraps!). If you don't have those, it's not the end of the world but get a cheap pair off Amazon and use them next time. While you're on Amazon, order a **non-slip drawer liner** and some "**nose tork**". We'll need those later.

Try and get 400-600mg of caffeine about 30-60min prior lifting. This can be some expensive pre-workout or just coffee.

Now we're at the gym, hoodie on (hood down please) and hopefully getting some cold sweats from caffeine.

General warmup advice: please don't be the guy that foam rolls prior to lifting. I have done this out of curiosity and seen an immediate drop in all my lifts. For similar reasons: **don't do any static stretching prior lifting.**

Warming up to squat: if you're diagnosed with, or confident you have a specific mobility issue, then of course address it in the least retarded way possible but ideally you should just walk in the gym, go straight up to a rack and load the bar with about 50% of your top set.

Set the bar at sternum height and walk into it. Like literally bump into it.

Put your hood up now btw.

Grip the bar with your index fingers on the rings. This may be wider than you're used to but just give it a try.

Duck directly under the bar. Not to the left or to the right, directly under it.

Breath and brace.

Bend the bar, hard, over your back.

Breath and brace harder.

If you don't know how to brace: take a deep breath in your belly and shove your tongue into the roof of your mouth.

Make it a big breath: you're going to hold it from BEFORE unracking until as many reps as you can.

Stand up straight. Don't "arch out of the rack". Just straight up.

Walk it out, let the plates settle, and squat. I have no specific rep goal here but will do 3-5 on that same breath.

Do 3-4 sets like this.

No need to ramp up: just keep the weight at 50% of your working set.

Now load the bar with your working weight and walk around the gym oxygenating your blood.

Try this: slap your quads, hams, lower back and ass hard.

Finally approach the bar. Now one last thing here: **try a loose limbed approach**. Like instead of marching head down towards the bar, make a conscious effort to have a loose limbed walk. "Fight" or "flight" is a powerful instinct but so is "freeze". Try consciously loosening your limbs somewhat, as you walk up to the bar, to lower your level of "psyche-up", while maintaining focus, and see if your body "unfreezes".

Then you bump into the bar, set up as before and start repping out, holding your first breath.

I don't want to confuse you during the set but if you fail in the hole, it's likely psychological (or your form is seriously retarded).

Your real sticking point should be slightly above parallel and there's a way to attack it:

Let your knees "wink" in at the bottom (discussed in point 9 here). That should let you ascend a little more cleanly. Then you'll be entering the true sticking point - usually 2-3 inches above parallel. All you do then is:

Fight to get your hips under the bar as early as possible. That's it.

I am so conscious of this that my squat slows down perceptively here. Then once I'm through, I almost "pop" up to the top with a rattle of plates.

What's happening there is my knees are pushing out again, my hips are pushing forward and my traps are pushing back on the bar and my elbows are trying to get under it - glad we're wearing wrist wraps. But **think "hips under bar"** and it should come together. [Discussed in depth here.](#)

It's not that hard to remember: drop, wink, grind, pop and you did your first rep.

Keep going fucker: we're not done.

Keep holding that same breath and keep repping out.

Once you run out of air, take another breath

Hold it and rep out more.

Take another breath

Rep out.

If you need a little more time between these "clusters", you may take three shallow breaths between them but no more.

Repeat until you have to rack it.

For me this is when my grind through the sticking point slows down to a snail's pace and a fly on the bar would have caused me to miss it. But I never actually fail the rep and if you taped it, each rep would look virtually the same. I decide whether I can "commit to the rep" or not. If you can't commit to grinding it all the way through, stop (Don't go 'eehhh" and sink limply into the hole cos you gave up).

Now that you followed those tips, I'm confident you either did a fixed set a hell of a lot faster and easier than ever or added 2 or 3 reps onto a AMRAP set. You might even have turned a high rep set into a true "widowmaker". In which case enjoy the white hair.

Bench day

So for sure you're in your hoodie again. You got your caffeine earlier too and you start oxygenating your blood while you set everything up. **Take that cheap, non-slip drawer liner purchased from Bezos earlier, throw it on a bench** and it's time to hit your bench warmup

Key to this is tiring your rear delts somewhat. You've got three options here in order of my preference:

1. Row or chin. Not to failure but fairly heavy;
2. Stretch them, hard, at least 60 seconds - **just like gym class**;
3. When you lay on the bench, with bar securely in uprights, pull the bar down isometrically (hard) towards you and hold for like 10-20 seconds (Set up afterwards if this distracts you or puts you out of position).

Maybe just try all three the first time.

If you need all the help you can get you might want to scrape your pecs: dig your fingertips into the fibres of your pec near your shoulder and rub across them, perpendicular to the muscle strands for like 20 rubs. Same where the pec meets the sternum, then again on the other side.

Now get on the bench.

Set up just be consistent with your normal grip width but **try a bull dog grip** .

This is key for me as my hands pretty much look **like this**. YMMV.

You should know to tuck your shoulders back but try **tucking your chin down too**. This lifts my sternum and puts the weight on my traps.

Finally, if you don't "get" leg drive, imagine four bathrooms scales underneath you:

1. Left foot;
2. Right foot;
3. Butt;
4. Traps.

Imagine that the three scales under your feet and traps each carry 33% of your weight and that the one under your butt is just wavering between 0 and 1% i.e. the lightest of contacts.

Now take that huge breath, tongue to the roof of the mouth, and unrack.

Get to it. Start repping. OK let the plates settle, but then get to it. You're on the clock, burning energy.

I find "belly to bar" a good cue for holding everything together for me. Then I just press as hard as I can.

This is the one lift where I'll do the traditional warmup pyramid of 50%, 60%, 80% before a top set.

All your warm-ups and work sets should have the same setup but on the top set you're repping out on one breath, re-breathing and repeating.

Deadlift day

Good news is you don't need the hoodie today (Good day for a tank).

But you do have to wash your hands. Thoroughly. Full on, aseptic technique: front, back, around the thumb, edge of hand, in between fingers. Pretend you're going to do an emergency appendectomy on your boss. If you have that alcohol based, anti-septic gel, even better - use some afterwards.

Now your hands are stripped of any oil, dry them and put chalk over them. Not too heavy. If you don't have chalk, get it. And if your gym doesn't allow it, get liquid chalk. Then add straps if you use them (or would that be cheating? Ha!).

Now if I said to cut down on warm-ups before, dead lifting is ultra minimal for me:

I do a few reps with 1 plate, 2 plate, 3 plates, then straight onto the working set.

I firmly believe, the stiffer you are, the better (giggity). Yes, you will need to prepare your mind for heavy weights somewhat but try to ration out the sets.

This can be a mind-fuck because your last warm-up may well feel shit and heavy. Just trust me here. Anyway we can get a little more out of those few warm-ups without taxing ourselves:

IF you know you have a major fault. Try emphasizing it deliberately in your warm-up sets.

So if, for example, you sometimes don't keep the bar tight on the way up, deliberately set up with the bar over your toes and let it hang out through the lift.

On your next set, lift as you normally would and it'll be glued to you.

I don't know why this works but it works and if you have major technical faults in the other lifts, it'll work there too. This is totally worth throwing in every once in a while anyway as the learning effect is retained for long periods of time.

I also get a little out of back or front squatting prior probably because it stretches out, and therefore weakens the opposition of my hip flexors and activates my core. If you feel like you must do something more then give that a try too.

Now you've got your work weight loaded. Oxygenate your blood as usual.

You should be good to go now but if the weight is particularly intimidating I've got a couple more tricks for you:

1. **Step off a bench or box and stick the landing;**
2. **Sniff that nose tork.**

Both give a temporary, but significant, boost in performance.

Now you're ready to rock. No comment on form, all dead lifts are beautiful, but I do put the bar way, way down in my spider hands. Like in the second knuckle. It might work for you. Then hold that breath and go. **When you need to breath, do it at the TOP of the lift as many times as you can.** Eventually when you're gassed you might get a couple more clusters (or just single reps) from breathing at the bottom. Don't stop until you get enough.

Press

I do this with "0" warmup, after squatting or deadlifting. Like literally just take a 3-5 minutes after deadlifting and then press 135-175lbs for reps.

Usually it "feels" off but the performance is always there.

But for you this is a good time to try an "**over warm-up**". This is where you put a little more, like 105% or 110% of your work set on the bar. Do one or two clean reps. Then strip the weight down and do your work set. It should feel easier.

It's easy to get this wrong though so best just go a little over what you plan for a high rep set. Again, if it works you can try with the other lifts. You can even do a slow negative with 110% of your 1RM on bench, prior to a PR attempt, for a proven boost.

Then just oxygenate your blood, like usual, take the bulldog grip and huge breath before unracking, held through as many breaths as possible.

Chins ups

Stand on something to take your grip, as opposed to jumping up to the bar. Supposedly a climber's belt is much better to add weights to than a traditional weighted belt but I've never tried. But anyway, when you pull down, pretend you're elbowing someone behind you in the face. Chin ups suck.

Post workout

After working out, **try some extreme stretching**. I get that stretching is about the least exciting thing every, so just do me a favor and start out by trying 90 seconds in a deep, deep dip position for your chest and triceps after benching for 3 or 4 weeks. You will see a big change, for sure.

And that's it bro's. That's all I got for you today. It's not meant to be the greatest of all time, just a few tidbits that are likely not on your radar but I can promise you everything here yields tangible results.

Good luck out there. Don't pass out or have an aneurysm. Wanna see how thick, solid and tight you can get.

63

UPVOTES

Starting And Changing Your Habits

MRP5248 · 8 May 2020 · Archived copy · Reddit

Overview

When you woke up this morning, what did you do? How much of that routine did you do without thinking? Our day is a series of habits that guide our actions and how we spend our time. We can spend that time on high value activities or low value activities. We can develop habits that are high value and stop habits that are low value. In MRP, our MAP is that plan for which habits that we want to **start** and habits that we want to **stop**.

As [u/ImNotSlash](#) said, we need to **Unfuck our habits**. I hope to build on his post by exploring specific strategies on how to build new habits and change old ones. At MRP, our default response is to Lift, Sidebar, and STFU. Rightfully so. Changing your habits will help you make this a reality.

Yes, I am going to shit for this post. "Just fucking make it happen!" Well, fuck you, I think we could all make progress *faster* if we understood our habits. So, I'm swamping notes here.

Habits

[u/ImNotSlash](#) already **described a habit**. I also like Charles Duhigg's definition from The Power of Habit,

[Habits are].. the choices that all of us deliberately make at some point, and then stop thinking about but continue doing, often every day.... we stopped making a choice, and the behavior became automatic.

This speaks to MRP, where we either used to be Alpha, but we developed new Beta habits and stopped thinking about it or we were career Beta's that made these habit choices in childhood (see NMMNG) and it's just automatic now. So much of the MRP veteran's response to new people are to fucking step up, make a choice, take action, and *change your behavior*.

At some point, we all consciously decided how to respond to someone questioning our judgement, how much to workout, how much to eat, or how to respond to rejection. Overtime, it just becomes automatic. With MRP, we become aware of how these automatic responses impact our attraction and sexual strategy. This post can help you rebuild those habits to whatever you choose.

Habit Loop

To rebuilt your habit, you have to understand how habits work. It's a simple three step loop:

1. **Cue** - There is a trigger that tells your brain to go into automatic mode and use a habit. It could be a visual trigger, a time of day, an emotion, a place, a sequence of thoughts, etc.
2. **Routine** - There is a routine that we follow. This could be a physical, mental, or emotional routine.
3. **Reward** - There is a reward. This could be physical sensations like sex, food, drugs, but could also be emotions like pride, calmness, etc.

Example - This is a **helpful visual** where your phone vibrates (cue), you automatically check for a new message (routine), and you get a momentary thrill / distraction from real work (reward).

Example - When we DEER, is a MRP example of an automatic habit. Your wife asks why you haven't cleaned the dishes yet (cue), you just automatically explain how you were busy doing the laundry (routine), and feel relieved when the conflict settles and tension / attention decreases (reward). You don't even think about why you responded that way, until you read WISNIFG and NMMNG. In this case the reward is subtle, I'd say it's an emotion reward where we avoided conflict and "Ah" it's calm again.

Example - It's 5PM, (cue) you pack up your bag, and head to the gym. (routine) That's just what you do now, you're

a man and you lift. You lift, and afterwards you feel satisfied, calm, and proud you spent this time on you. (reward)
You also get those endorphins pumping. (reward)

Strategies

It is not easy to create or stop a habit, but you're a fucking man and can do this. There are some strategies you can use to help.

Time Boxing / Time Blocking

As [/u/RStonePT](#) said, your time is valuable. You fill your time with high value activities. One cue for a habit is time of the day. It's 5PM and that means I do _____. The strategy is to deliberately plan every minute of your day and ask yourself "What should I be doing now?" You can use the time of the day as your cue to start a habit routine.

This [image](#) shows my plan for a random work day from 8-4 and [here](#) is an example from Cal Newport. Every line is a half hour. Hell, Elon Musk apparently time boxes down to every five minutes and Benjamin Franklin [did it](#).

To look broader, [this](#) is my plan for a typical weekday. Weekends vary too much, so every Saturday morning, my Wife and I time box on a whiteboard for that weekend.

Tips

- Be flexible. Unexpected things come up and you adjust your schedule. Things take less / more time than expected. It's about being intentional on how you spend your time.
- Compare your day to your MAP. Where did you spend time that was not a high value activity? Where was your time not reflecting your MAP? What should you have done instead? Adjust your time boxed schedule.
- You can timebox fun activities, creative work, etc. Making a schedule doesn't ruin life's fun.

Recognize The Cue - Change The Routine

Next time you DEER, play video games, or do some other stupid shit, ask yourself "What triggered that behavior / response / action?" You want to find the cue that triggered the behavior you are trying to change. The cue is usually a location, a time, an emotional state, other people, or an action right before. When you are trying to figure out why you did something stupid ask yourself:

- Where am I?
- What time is it?
- What's my emotional state?
- Who else is around?
- What action preceded this urge / routine?

After you find the cue, then work on replacing the routine with a better one. When ____ (cue), I will ____ (routine) because it provides me with ____ (reward).

"When my wife bitches at me about being late, I will STFU, because it provides me with ____." Fill in that last part on your own, if you can.

Example - I have a low value activity where I play video games at night. I want to change that to do a high value activity. Last time I played video games, I realized it and said, "You fuck, what are you doing?" then I thought about what happened right before I picked up that controller.

It was about 9PM (time), I was in my kitchen (location), I was bored (emotional state), no one was around, and I just finished my protein shake (preceding action). I made a plan that next time this cue happens, I will grab my Kindle to read MRP books. I will replace the routine and break this loop.

Start A Habit - Create A Cue & Reward

To create a new habit, you need to choose a cue that will start your routine and choose a reward. You Then, you have to do that over and over and over. You start to want that reward, expect that reward.

Your trying to unfuck yourself, right? That means you have some new habits you need to start. You need to lift, you need to agree & amplify, etc.

1. Create A Cue - Start by picking a simple cue for your new habit. Something like putting your gym clothes on when you wake up, or an alarm notification, or that feeling of anger that bubbles when you when your wife starts bitching. When I feel that anger bubbling (cue), I will ____.
2. Make Your Routine - This is the new behavior you want to start like STFU, lifting, etc,
3. Create A Reward - Think about your reward will be. It could be a feeling like pride, satisfaction, etc. It shouldn't be an ice cream sandwich after a workout, you fat fuck. Ideally, your reward should be internal, not external. Think Stephen Covey, you want private victories.

Effort Pacts

Make it hard for yourself to start your bad habit routine. If you are trying to cut and you have a bad habit of getting stressed (cue) and eating chips (routine) to lower stress (reward). You can use increase the effort it takes to get those fucking chips. Don't buy them, put them farther away, etc.

By making it harder for you to do the bad habit, you get more time to ask if it's worth it and stop.

Example - This is a personal example. I am trying to stop jerking off. Before MRP, when I go to take a shower (cue), I would bring my phone into the bathroom and browse reddit while taking a shit. (cue) Then, I would start browsing NSFW, jerk off (routine), and it felt pleasurable (reward). Fucking disgusting, right? Now, I don't take my phone to the bathroom, I leave it in a drawer in my living room with my keys and wallet. I made it harder for myself to do this bad habit.

It's fucking weird. I go to take a shower and my brain starts thinking about sex, porn, jerking off, etc. My phone is not there, I stop and think "What the fuck, brain?" and take a shower. That cue is still there, my brain is still trying to play out that routine. Now, though, I made it harder for myself to fuck myself.

Action - Look at your bad habits. Look at your red areas on your MAP. How could you make it so it's harder to do that bad habit?

Price Pacts

Put your money where your mouth is. We are more motivated to avoid loses than to seek gains. A price pact is to put money on the line to do what we say we will. If you fuck up, you lose that money.

Example - Let's say you want to go to the gym 4 days a week. You take a \$100 bill, a calendar, and place it nearby. You track every time you go to the gym. If you don't go to the gym 4 days in a week, you take a lighter and burn that \$100 bill.

Tips

- Price pacts are for behaviors you can control.
- Do this for short tasks.
- Set a price that matters to you.

Identity Pact

How you view yourself affects how you lead your life. MRP is often about rebuilding your identity to become the Chad McThundercock who is the ultimate judge of himself, captain of his ship, the prize, etc. As Nir Eyal said, "Our perception of who we are changes what we do." This is true with MRP with the phrase "I am the prize." It is how we think of ourselves.

Think of the "accountability mirror" that David Goggins talks about. Those sticky notes on that mirror is how he was reshaping his identity.

Example - Recently in one of my own pitiful OYS posts, I said I jerked off and [/u/Tyred_Biggums](#) said "Change your mindset to 'I do not jerk off' that's it." He was telling me to change how I see myself. To see jerking off as something I simple did not do. It wasn't apart of my identity anymore, I'm not that guy anymore.

Example - This might sound gay as hell, but after a workout, (cue) I found myself looking at my gains in the mirror and saying "I am the prize." (routine) and felt confident (reward). Unconsciously, I was trying to realign my identity. To build the self-image I wanted. It's straight from NMMNG and having a set of affirmations.

Action - Give yourself a moniker, a name for your MRP identity. Alot of you already did this with your MRP username. It's what you call yourself that helps shape your self-image.

Action - Write your list of affirmations to build how you see yourself. This is my list, "I am the prize. I am my captain. I am my own judge. I own my decisions and the consequences. I put my own needs first. I am who I want to be and fuck everyone else. I can handle anything. I am the leader of myself and my family. I am decisive and take the lead. I am the only person I have to please. If it's something I want to do, then that's what I'll do."

Yeah, it's alot of common MRP phrases. Fuck you, I'm still faking it until I make it. I won't need to look at that list one day because it will just be who I am in my actions and thoughts.

How you see yourself is a habit of thought. We can change that habit.

Keystone Habits

Some habits are more important than others. I think that's partly why MRP suggests Lift, Sidebar, and STFU. These habits are the **keystone** habits of MRP. You start / change those habits and they start cascading into other habits.

This strategy is to pick a **short** list of habits to focus on. Make those your keystone habits that will make the biggest change. It's similar to focusing on the red areas of your MAP.

Example - For me, lifting is a keystone habit. If I lift, I tell myself "Shit, I better eat more at this dinner and I better have that protein shake. I'm going to need it to recover." I tell myself "I need to get to bed now or I'm going to feel sore as fuck tomorrow." Once I started lifting, it was much easier to eat more, eat healthier, sleep more, etc.

Action - MRP gives newbies the first keystone habits: Lift. Sidebar. STFU. You might be past the basic advice, but you could still identify your short list of keystone habits you need to start / stop to improve.

Conclusion

I'm still figuring this shit out, but these strategies have helped me create new habits and change old habits related to MRP.

Resources

- [This graphic](#) is a good flowchart on modifying habits
- The Power of Habit by Charles Duhigg
- Atomic Habits by James Clear
- [Cal Newport Blog Post](#)
- Indistractable by Nir Eyal

Edit - Grammar. Title Change

63

UPVOTES

Practical Female Psychology, amendment videos

RStonePT · 29 March 2021 · Archived copy · Reddit

It's down on the sidebar, Franco's Practical Female Psychology. I've noticed a lot of guys I've talked to over the years needed a few reads on Glover, Smith, or Franco's stuff, so I've gone and done some companion pieces to the books.

They do not replace reading the material, I guarantee you'll miss important details if you replace actual reading with watching youtube. What it will do is help put some of the stuff into context, as well as some additional information, or in some cases, things information that hasn't stood the test of time.

Enjoy fellas

PFP ♦ 1

PFP ♦ 2

PFP ♦ 3

PFP ♦ 4

I'll eventually have about 18 of these, one per chapter. Releasing them every Sunday

Enjoy

62

UPVOTES

An Interview of Rian Stone

RedPillCoach · 25 December 2018 · Archived copy · Reddit

THIS is the interview

As I said on youtube: "this is a long form unedited interview of Rian Stone, the first Moderator of both the Married Red Pill and The Red Pill ([/r/marriedredpill](#) & [/r/theredpill](#)).

The discussion includes his time in the Navy and his participation in The Red Man Group and the 21 Con plus the Red Pill Reddit Quarantine, Rian's up and coming youtube channel and his tried and true coaching system for men. Get in touch with him on Twitter at:

https://twitter.com/_Rian_Stone

Yes, Rian's audio is exceptional and my audio is sub optimal because size matters. My mike is not as big as his and I will fix that little problem. If you have a complaint or suggestion, feel free to speak into the mike."

This is an outline of the talk (links are in the first comment on youtube)

1:10 Rian on Life Coaching

1:39 What do you do on the Married Red Pill Reddit?

3:10 Tell me about your Navy experience? Why do we have so many guys on Married Red Pill who are former military?

4:00 Rian's experiences in the Navy

5:00 Rian on PUA using the Mystery method in the Navy- but no American broads!

5:54 Rian on using PUA and cheating in the Middle East

7:10 Dave on the Red Man Group

7:55 Rian on the value and importance of the Red Man Group to see normal guys having a normal conversation

9:00 Dave & Rian summarize the value of demonstrating male banter

10:12 The mission for the Red Man group- Rian names names from the past and talks about how this type of masculine male banter is not seen anywhere else

11:40 Why don't you talk more in The Red Man Group? Pithy and glib? Of course, but look at the depth

13:25 An analysis of levels of information on different Social Media Platforms (this is an entire book, I know it!!!).

14:20 Rian on Roosh

16:10 Pithy phrases and Married Red Pill guys stepping on your own dick

17:19 Rian on Rollo

18:20 Plug your Patreon page and all the other stuff (\$5.00 / month gets you a private telcon with Rian):

https://www.patreon.com/_rian_stone

21:45 What is your secret to getting thousands of Followers on Twitter in just a few months?

https://twitter.com/_Rian_Stone

23:20 Instagram: https://www.instagram.com/_rian_stone/

24:00 The 21 Con Convention

25:20 Doing PUA at the 21 Con

26:00 The HUGE UPGRADE in the 21 Convention between 2017 and 2018: BMI DOWN! Muscle up! Confidence- sky high!

27:15 The first African Canadian! Is Red Pill anti sematic or racist?

29:00 Identity Politics is stupid

29:45 The Red Pill Quarantine & The Red Man Group Reddit Ban

35:10 My lifting stats are horrible (recovering from an auto accident- you heard it first here because men don't complain or make excuses!)

36:50 Suck it up buttercup!

38:00 Don't be impotent: You are not powerless!

38:50 Male Archetypes on Married Red Pill- almost every guy comes in with the same story. NO SPECIAL SNOWFLAKES!

39:40 Why we beat up new guys on Married Red Pill

41:15 Why is my epic book- "Saving a Low Sex Marriage, a Man's Guide to Dread, Seduction and the Long Game so far down on the Sidebar?"

41:50 Tell us about Robert Glover- Red Pill? What is Red Pill? Why are thousands of guys suddenly telling me I saved their lives? (Author of No More Mr. Nice Guy).

43:30 Guys we get on Married Red Pill- Fallen Alphas and Defeated Betas

45:00 BPD- Borderline Personality Disordered girls and how they interact with the different types of MRP guys

47:00 It's not about the nail- My coaching clients from the Married Red Pill Reddit- it is better than therapy but a tricky business model

48:40 Rian loves editing videos, Dave complains about editing videos

49:50 Inside baseball on video creating and editing

50:40 Tell us about your new youtube channel- what kind of content are you going to give us?

52:30 See Rian's YouTube Channel
(<https://www.youtube.com/channel/UC4ay...>)

53:20 Rian's Coaching Service/Consultation Service

54:38 How Level 11 and 12 of Dread Came about (The Ultimate Cad)

55:40 Sexual Strategy and Masculinity Coaching

57:00 Rian using Red Pill strategies in the workplace and for self-actualization

58:00 Coaching female clients

1:00 Guys refuse to get help!

62

UPVOTES

STFU & the Benefits of Doing

Th3JourneyRed · 18 July 2018 · Archived copy · Reddit

TL;DR - STFU does NOT mean simply keeping your mouth shut when she's irritated. It applies to every single thing you do, and it is the core of your independence and command of the household.

Intro

I've been reading and attempting to internalize/understand Red Pill concepts for what feels like a long time. I only became aware of MRP within the past six months or so, and it's been a breakthrough. [The Drunk Captain](#) post set off an introspective journey that has honestly saved my future.

I think I'm at the point that I can submit some of my understanding to the community with a reasonable chance of being right and edifying those who have yet to understand this particular topic: STFU.

In colloquial use, STFU translates exactly. Just be quiet at this exact moment. In RP parlance, it has a much wider application. When I stumbled onto [/r/TRP](#) and saw that term, my first thought was, "Oh great! I already don't talk a lot during arguments." That was not nearly as true as I thought, and it frankly missed the entire point.

If anybody else sees STFU and doesn't understand why not talking when she's upset doesn't seem to really get you anywhere, perhaps this will add some clarity.

Definition

Let's get this out of the way. STFU is *not* "Just don't talk a lot during arguments."

It is a philosophy with two core tenets. First, **always maintain control of your speech**. Respond. Do not react. When she's upset and blaming you, this means taking time to *think* about what she's saying, mostly by applying the concepts of [The Emotional Process](#) to the conversation. Is her recount of events accurate and truly linked to her frustration, or are her emotions simply riled and she's externalizing them by blaming you? Do I fog, neg, A&A, disengage?

In my own marriage, this means that I always have to remember that she is emotional before she is rational and that she exhibits highly narcissistic behavior on a semi-regular basis. Every time that I forget to do this, the conversation goes off the rails. Every. Single. Time.

Second, **STFU translates to, "Actions speak louder than words."** At no point in the beginning should you be talking about taking ownership/responsibility for your life and your house. At every point, she should be discovering the results of you simply doing so, and it should be a pleasurable thing (unless you don't care about the relationship, but this is MRP).

When you finally start explicitly directing the marriage or talking about things you want to change (more/better sex, financial objectives, children), it should be against a backdrop of OYS achieved in practical silence. Dread 9 and 10 only occur after months, possibly a year or two, of demonstrating SMV to her. The point of STFU is *not* that she'll magically change her behavior by fulfilling your covert contract. The point of STFU is to force you to demonstrate your competence and attractiveness to her thoroughly enough before opening your mouth and laying out how you want her behavior to change. Doing otherwise is a surefire way to blow up the relationship.

Tenet One, Benefits of Controlling Your Speech

STFU when she is upset has two very important positive aspects. **First, you are driving the conversation.** When she comes to you upset that you didn't take her where she wanted to go on the date or that you didn't ask her about starting your gym membership, *responding, not reacting*, means you are in control of yourself and where the conversation is heading. It means that you are solving the real problem, rather than the one her hamster brought to you. With this approach, a desirable outcome is inevitable.

It will take months, possibly years, for the surface lesson of this pattern to sink in for her: you know what you are doing when she is upset. She may never learn the true lesson of this pattern: she is emotional before she is rational.

Regardless, **the second benefit is the authority that *will* come from reliably and successfully STFU.**

Remember, leadership is hard. Your LTR, presently, has absolutely no clue why she can't talk to you about being upset without it devolving into a fight, and she will have no clue why all of a sudden it starts getting better. She might *think* she has an idea (my wife certainly does), but she doesn't. Over time, the absolutely bat shit things she says will start to pile up, and she'll begin to realize that she actually has no clue how you're staying so calm and collected while steering her back towards tranquility and happiness.

If she has an ounce of rationality and good will, there will be a tipping point at which she begins to trust in your ability to soothe her, because even thinking about doing it herself is exhausting.

Tenet Two, Benefits of Action Over Words

Even more important to /r/MRP than STFU is OYS. It's why the only recurring thread there is the weekly OYS post. STFU is merely the most important piece of advice when talking about *how* to OYS. Before you set your 1RM goals or your budget or the hobbies you want to nurture or the bad habits you're going to ruthlessly exterminate, you *must* internalize STFU. We do not talk about fight club, and this is why.

It establishes control in fact. If you look around and decide that X needs to happen and simply make it so, by definition, she has no control over your action. This *will* freak her out in the beginning, especially if it's some massive policy change for the household. So, it is best to start with small objectively good things. It is objectively good that your yard and house are neat and in working order. It is objectively good that your body is in shape. It is objectively good that you stop jacking off to step-daughter porn.

Secondly, think about the times that some buddy of yours has said, "I'm going to do X," and you knew that was as likely as getting struck by a meteor. I guarantee that your LTR has heard you talk about objectives that never get achieved with the exact same attitude. Do not give her the opportunity to deride you, either internally or externally, and do not hand her confirmation of her opinion of you. STFU ensures that she only sees your attempts at change when you succeed.

Tightly coupled to that point is the fact that talking about your plans softens the impact when you complete them. If finances suddenly aren't in disarray, that's a jarring positive thing. If the yard is always mowed, edged, and trimmed, this is a surprising and pleasurable experience of your responsibility. If you suddenly get haircuts regularly and dress well, she will be happily surprised.

Good surprises equate to dopamine. They tap into your reward circuitry. It's why you scroll reddit for hours on end, looking for that next hit. As you introduce good changes into your life, your wife will adopt a similar mindset. The more surprising you can make your achievements, the more pleasurable they will be to her. STFU optimizes how your LTR experiences OYS.

Finally, **she is not interested in the details of OYS.** She does not give a flying fuck about the nuts and bolts of lifting. She could not care less about what you are doing to make sure she doesn't have to worry about the vehicles. She *really really really* is not interested in your raspberry pi fixation or why exactly you're excited about turbocharging your project car. I can think of nothing more boring than an intimate description of how you keep the house in order. All she cares about is how exciting, attractive, convenient, and/or socially recognized the results of OYS are.

Which means that talking to her about OYS is shooting yourself in the foot. There is no version of you talking about it that does not end up with her wresting control from you, deriding your plans (internally or externally), or seeing you as some tone-deaf conversationalist who can't recognize that she's listening to you prattle on about <insert masculine hobby> because she wants to be polite.

The Exception

There is one really notable exception to this process. If it's been a while (1000 Foot Rope, or about a month for each level of Dread) since you *know* you started successfully and consistently applying an accurate model of your LTR to your conflicts and it really doesn't look like she's recognizing the benefits of a competent and attractive man who can handle her shit, you need to deeply consider that you're married to some flavor of a Dark Triad. This is especially true if her combative behavior has escalated, rather than diminished or acquired some level of humility.

Find a counselor who has experience with Dark Triads and figure out where exactly she is on the spectrum. Be prepared to blow it all up and for her to go on the warpath when you do.

The Final Result: Admiration, Independence, and Great Sex

Female love equates to admiration, and it exhibits itself through varying degrees of starry-eyed cooperation. A good woman recognizes her true nature and encourages her man to act in such a way as to create that admiration. You create that admiration by OYS and STFU. If either of these components are absent, you might as well burn it all to the ground.

Once you successfully OYS while STFU, though, two things happen. You gain increasingly peaceful access to independence and authority, and she becomes more sexually interested. You still have to initiate and flirt, but if that's not part of OYS, then you're doing it wrong.

Concluding Thoughts

I wrote this as much for criticism as for the community's edification. I'm pretty sure I'm on the money here, but if anybody disagrees, I'd be interested to understand why. I think one thing that doesn't really come out in the post is the fact that I'm following OYS and STFU as much because I just want to be the one taking ownership of my life as I hope it will make the relationship better. I've got a 65 point plan to OMS, and I legitimately don't care if she approves or even notices. Even if it doesn't shift the paradigm of the relationship (which I think is only possible if she's diagnosable), the confidence that it will create will be worth the struggle, all on its own. This is not a covert contract. Once I OMS for a time, I will make my desires for certain changes known.

I also don't think that I connect this to sexual strategy very well. I'm kind of capitalizing on STFU being an established concept, but I wanted to get into what I think the mechanics of STFU are and how they drive an LTR towards viewing your independence as a good thing in her life. Connecting her admiration with her sexual availability is best done more rigorously in another post, though (and has been done. I'm not really breaking new ground here, just figuring out if I understand STFU).

62

UPVOTES

Be A Good Partner

GargantuaBlarg29 · 7 September 2017 · Archived copy · Reddit

Over the past few days, I've watched [this](#) part of Peterson's lecture until 1:34:30 several times. The amount of relate-able material in here to what we learn here is enormous and compact. And I would suggest going through it multiple times, each time viewing from the perspective of 1) How did our frame get broken, how did we break our old ideas to get here 2) How have we remade our frame based on what we've read from posts, sidebar, and what we see in life 3) How other people respond to our breaking their frames and 4) How we can most effectively lead them to build a frame that follows our vision.

Very early on Peterson states succinctly that when you get what you want, you feel good, and the frame (your frame) is validated. Not in a yay-look-mommy-validate-me way, but a reinforcing, positive feedback loop that the way you are acting is getting you what you want, so *you're* happy way. Likewise, when you don't get what you want, your frame (that is, the substructure of if-I-do-this-this-outcome-happens) starts to crumble. And we all live in a world where we fool ourselves into believing we know what's going on. But as Peterson says elsewhere in the lecture, all we've done is develop frames based on learned ideas that work *most of the time*. And when it doesn't, the chaos of the world rears it's ugly head and we hate that because it shows us we really don't know anything after all.

"How deeply should you unlearn something when you make a mistake?" (and likewise read: How deeply should you dive to rearrange someone else's frame when you want to lead them?) When we examine the substructure of frame of both ourselves and those we want to influence, Peterson shows that there are multiple multiple pieces we can break a frame into. And in our heads we can all speculate how the life of an ideal man runs. But we somehow find it difficult initially to know how to live that life because we're looking at the abstracted view. And just like when we read countless PUA books on how to pickup women, the number one piece of advice we get is ultimately to put down the book and go out there and do it. Because, as Peterson states, the abstraction of the ideal man is grounded in micro-activity. You need to act, not speak, not think, to ground those thoughts about who you want to be in action. The actual act of something is what gives that dopamine kick and reinforces your frame. And I've stated multiple times that when I'm feeling down or lacking, the best way to get out of that is to stop thinking of how to get out of it, and simply go do something, *anything*.

We build ourselves into the new idea of our ideal man from the bottom up, with all these micro-actions. Just as a child would coming into the world...which was our problem in the first place. We were all children who developed a frame of the world, and as I commented in a recent post, with a lot of the problems we encounter, the WHY behind our problem is that we are still using that frame we developed as a child and haven't put anything better in place yet. As we build our frame up rigidly with new rules based on our wants, after awhile, we can start to play with the rules like a game. And you'll encounter many men on here who refer to shit tests, or playing with their wife's emotions, or other actions in the world as games. They really are that. We are playing with the rules in order to bend them most to our advantage and learn their nuances.

Last thing and I'll let you view the rest of the video with these thoughts in mind. Again, "how upset should you get and how do you calculate it?" So if you are attempting to change yourself, or you are attempting to change your wife. If she doesn't comply, how upset should you get? You need to have that introspection to realize where on the substructure of your frame and hers you are operating. If she is an ass to you when you get home from work, doesn't help out with the kids, and then hard no's you early on in your unplugging and you jump off the bed, throw pants on, and slam the door on the way out, you are pushing back at a very top level of her frame. You're effectively

saying: "You're a bad partner." And she is, you're not lying. You know all the sub-sub-reasons that she's a bad partner. But she also knows all the other sub-sub-reasons she isn't a bad partner (and or you are), and that's what she'll use in her hamster defense. When you respond globally to many micro-problems, you're not attempting to influence at that sub-level, you're going to a broad, top-level view and attempting to shake her entire frame. That's being rambo. And she's going to punch back. You're not leading on the level that influences her being an ass, or her not helping with the kids. When she backtalks you when you get home, you have to go all the way down to the level of: "You see that teddy bear right there? I need you to pick up that teddy bear." Sometimes this will happen with a boundary. But more often than that you will positively and negatively reinforce with your actions. Build that global frame from micro-changes in an action based way.

62

UPVOTES

The Taming of the Shrew: A Red Pill Analysis (X-Post from TRP)

BluepillProfessor · 3 August 2017 · Archived copy · Reddit

I saw Shakespeare's circa 1490 Taming of the Shrew in London recently and thought it would make an interesting post. In this timeless play about male and female behavior, Katharina is a vicious Shrew whose rich father is desperately trying to marry off but she keeps Shit Testing her suitors into oblivion. We first see Katherina dragging and beating her bound younger sister and yelling hysterically at her father.

The Shrew talks disrespectfully and rudely but I had trouble seeing her as a "Shrew." She is pretty much like almost every woman today I have met in the last 10 years. Arrogant. Loud. Boisterous. Petty. Aggressive. Mouthy. Opinionated. Useless but demands a perfect man. Katherina viciously bad mouths every suitor who approaches her and I recognized her "bad" behavior as nothing but normal and common shit tests men deal with today. Katharina's Shit Tests are almost nothing! I have seen worse shit tests at the bank.

In Shakespeare's time at least some men knew how to deal with mouthy, shit testing, harpy screechtards. Petruchio is an Alpha Red Pill Man™ who recognizes Katherina's childish attitude and attacks as Shit Tests inviting a masculine frame. He determines to conquer the Shrew (and get the hefty dowry to add to his wealth). Early in their first meeting he basically tells her to shut her complaining yap and she responds as a woman today might albeit without the eloquent rhyming couplets:

Why, sir, I trust I may have leave to speak;

And speak I will; I am no child, no babe:

Your betters have endured me say my mind,

And if you cannot, best you stop your ears.

My tongue will tell the anger of my heart,

Or else my heart concealing it will break,

And rather than it shall, I will be free

Even to the uttermost, as I please, in words.

See what I mean? This is nothing! The "foul mouth" and "bad attitude" Katherina displays is really the norm today and the "Shrew" is just a strong-independent-female. Perhaps mildly shocking to a Victorian audience but not today!

Petruchio passes the shit tests and convinces Kate to marry him. Today a newly married man keeps his head down. Certainly it is always important to remember "SHE HAS THE PUSSY" and to bow deep and scrape before the majesty and glory of his wife- she of the most holy and gracious golden uterus and overlord and gatekeeper of the coveted slimy, warm orifi. Today, Petruchio would be a henpecked husband in a dead bedroom. Today, Petruchio would have almost NO WAY to respond to the violent, arrogant, cruel little bitch except of course Dread Game. She would use sex to manipulate and control him. She would wear him down. What could any man do in the face of complete female domination except give up and let the woman dominate and abuse him?

Oh wait, this is Shakespearian times so there IS something the man could do to "man up" and stand up to his

haggard” wife and force her to submit beyond being prepared to Next that Bitch at any moment. I wonder what masculine power looks like? Let's see what Pettruchio thinks:

Another way I have to man my haggard,
To make her come and know her keeper's call,
That is, to watch her, as we watch these kites
That bate and beat and will not be obedient.
The eat no meat to-day, nor none shall eat;
Last night she slept not, nor to-night she shall not;
As with the meat, some undeserved fault
I'll find about the making of the bed;
And here I'll fling the pillow, there the bolster,
This way the coverlet, another way the sheets:
Ay, and amid this hurly I intend
That all is done in reverend care of her;
And in conclusion she shall watch all night:
And if she chance to nod I'll rail and brawl
And with the clamour keep her still awake.
This is a way to kill a wife with kindness;
And thus I'll curb her mad and headstrong humour.
He that knows better how to tame a shrew,
Now let him speak: 'tis charity to show.

Yep, that's right! Petruchio denies his wife food and sleep. He tames the shrew and curbs her mad and headstrong humour” by starving her into compliance and keeping her awake until she submits to his demands! Obviously in real life he would have beat her ass with a stick but this is a comedy after all.

Petruchio demands COMPLETE SUBMISSION. He tells Katharina the sun is the moon when he says so and demands her to acknowledge that he is right and to submit to him completely:

PETRUCHIO: Come on, i' God's name; once more toward our father's. Good Lord, how bright and goodly shines the moon!

KATHARINA: The moon! the sun: it is not moonlight now.

PETRUCHIO: I say it is the moon that shines so bright.

KATHARINA: I know it is the sun that shines so bright.

KATHARINA: Forward, I pray, since we have come so far, And be it moon, or sun, or what you please: An if you please to call it a rush-candle, Henceforth I vow it shall be so for me.

PETRUCHIO: I say it is the moon.

KATHARINA: I know it is the moon.

PETRUCHIO: Nay, then you lie: it is the blessed sun.

KATHARINA: Then, God be bless'd, it is the blessed sun: But sun it is not, when you say it is not; And the moon changes even as your mind. What you will have it named, even that it is; And so it shall be so for Katharina.

With the wife's submission to her husband, and Katherina falling into Petruchio's frame, weirdly enough her behavior suddenly changes completely.

At the end of the play Petruchio and 2 new husbands are drinking and wager which wife will be obedient when summoned. They lay out bags of gold and the first man sends a servant to fetch his wife. He comes back and peevishly advises the lady will not come, 'she says she is busy.' The second man sends for his wife and the servant returns to say 'the lady says she will not come. She says you are joking and bids you come to her.' Finally, Petruchio summons Katharina, telling the servant: "Tell your Mistress that I **command** her come to me."

The men grumble that Katharina will not come but within seconds she is at the door:

"What is your will, sir that you send for me?"

Petruchio orders his wife to go get the other disobedient wives from the dressing room but first, just to demonstrate his power over her, he forces the Shrew to remove a cap that she liked and stomp on it. She obeys and her father says 'you have given me another daughter' and doubles the dowry (along with the substantial bet).

At the close of the play, after Katharina has thrown the disobedient wives into their husband's arms Petruchio commands:

"Katharina, I charge thee, tell these headstrong women What duty they do owe their lords and husbands.

Her answer is shocking to a modern ear:

Thy husband is thy lord, thy life, thy keeper,

Thy head, thy sovereign; one that cares for thee,

And for thy maintenance commits his body

To painful labour both by sea and land,

To watch the night in storms, the day in cold,

Whilst thou liest warm at home, secure and safe;

And craves no other tribute at thy hands

But love, fair looks and true obedience;

Too little payment for so great a debt.

Such duty as the subject owes the prince

Even such a woman oweth to her husband;

And when she is froward, peevish, sullen, sour,

And not obedient to his honest will,

What is she but a foul contending rebel

And graceless traitor to her loving lord?

I am ashamed that women are so simple

To offer war where they should kneel for peace;

Or seek for rule, supremacy and sway,

When they are bound to serve, love and obey...

Just in case we were in any doubt how Petruchio managed to tame the Shrew, it apparently wasn't all torture because he responds affectionately. Weirdly enough it doesn't look like Katharina denying sex was the issue- of course such a thing would be unheard of for a Victorian audience- but it was that she was being mouthy and unpleasant.

Not any more! Now she is sweet and affectionate.

Well there's a wench.

Come and Kiss me Kate...

Come, Kate, we'll to bed.

We three are married,

but you two are sped (meaning you guys are done for!).

Lessons Learned:

Men today have a so much less power in intersexual games like marriage than they had in the past that it has clearly become a bad deal. Consider that it was COMEDY to a Victorian audience for a husband to starve and sleep deprive his wife if she mouthed off. Nearly all you go girls of today hepped up on girl power and arrogance are AT LEAST as bad as the Shrew. They won't listen or shut their trap and quit complaining and they shit test and challenge everything.

How are men supposed to tame the ubiquitous Shrews of today? Dread Game and the ability to walk away helps a LOT, but it doesn't seem as useful as the power to deprive them of food, water, and sleep.

Just sayin....

62

UPVOTES

Single Father v. Single Mother Stats

Red-Curious · 2 August 2017 · Archived copy · Reddit

I posted this to someone else in the Divorce Inc. thread, but this might be worth noting for a more public review.

- 85% of all children with behavioral disorders come from fatherless homes (per CDC)
- 90% of all homeless/runaway children are from fatherless homes (Census Bureau)
- 71% of all high school dropouts are children from fatherless homes (National Principals Association)
- 75% of all adolescents in chemical abuse centers come from fatherless homes (Rainbows for all God's Children)
- 63% of youth suicides are from fatherless homes (Census Bureau)
- 80% of rapists diagnosed with displaced anger come from fatherless homes (Criminal Justice & Behavior, Vo. 14, p. 403-26)
- 85% of all youths in prisons grew up in fatherless homes (GA and TX Dept. of Corrections stats)

Children from fatherless homes are:

- 5x more likely to commit suicide
- 32x more likely to run away
- 20x more likely to have behavioral disorders
- 14x more likely to commit rape
- 9x more likely to drop out of high school
- 10x more likely to abuse chemical substances
- 20x more likely to end up in prison

... than children where they have an active, present father-figure in their lives.

Now, I get that "fatherless" means no father at all, as opposed to "mom gets custody, dad's still present as a non-custodial parent." So, when it comes to custody-based stats, here are a few from the Pew Research Center (yes, it's a Christian resource - deal with it):

- **Median household income** - F: \$40,000, M: \$26,000
- **Average Age** - F: ~40, M: ~34
- **Education** - Interestingly, F/M are almost equally likely to have a college degree (17/18), women are more likely to have started, but not finished college (32/40), but men are more likely to have graduated high school (32/26) - remembering that these are stats only for single fathers v. single mothers, not all men/women
- **At or Below Poverty** - F: 24%, M: 43%

Why I Prefer Female Judges for my Male Clients

My county actually has 5 domestic judges, 4 of whom are women. Interestingly, if you go into smaller counties, the judges are almost exclusively men. Those smaller counties are **FAR FAR FAR** more likely to hand custody over to a mom than my big-county female judges.

Why? Because women judges don't have anything to prove - they are already the epitome of female power. They can do whatever the heck they want and the feminists will support them for it because they're powerful women. As a result, they're more fair. The men, however, are so used to sucking up to women that they can't get it out of their systems. This isn't true for every male/female judge dynamic, but in my county every attorney knows who they'd rather have presiding over their cases with male clients.

I also see empowered female judges looking down on SAHMs and needy/dependent women. Do I like the condescending tone they have toward their "inferior" sisters? Not really. But I do find it interesting that their attitude is, essentially, "I'm a woman and I made it into power. You obviously chose a different path that didn't lead you into power. Why should I use my power to help you when you've done nothing to help yourself?" In this sense, they often do maintain that feminist entitlement attitude, but it doesn't play out to favor other women the way you'd think.

As for the men, I actually had a case where a male magistrate said on the record (he forgot it was still recording), directed toward my client (I was representing the woman in this case) - "Man, I would do anything to tap that. Doesn't someone like that make you wish they'd repeal that ethical law about not sleeping with your clients? You'd have it so easy because you're her savior!" He then proceeded to flirt with my client repeatedly throughout the trial. Needless to say, we won that one and that fat magistrate didn't get any from her.

More fun stats: In a neighboring county where I practice, a statistical analysis was done on a male judge's most recent 60 custody cases at the time (2014):

- Shared parenting was requested by one or both parties in 45 of the cases (75%), but was only granted twice.
- Custody was granted to the woman in 51/60 cases (85%).
- Of the 15% of cases where dad got custody, 6/7 were because the mother had severe substance abuse or violence problems, the remaining 1 was due to extreme mental health issues and medical disability. None of them were just because dad was clearly the better parent.
- Although it wasn't part of the study, that same judge also rejected an **AGREEMENT BY ALL PARTIES** that Father get custody. The Father, Mother, and the children's Guardian ad Litem all testified under oath on a fully-signed agreement at a final uncontested hearing that Mother was incapable of parenting the children and Father had to be the custodial parent, and that Father was stable and capable. The children even went in-chambers to talk to the judge and explained that their mom never fed them, often left them in the home unattended (they were under 11), and just slept all day when they were over ... and the judge ripped up the agreement and gave custody to the mother anyway.

CONCLUSION??? - Beta and SJW men are more likely to help women than empowered women.

62

UPVOTES

Let's talk about your time.

ReddJive · 18 July 2017 · Archived copy · Reddit

Once again many of you are not researching. You aren't reading sidebar material other than books. So let's discuss one of the most basic principles to Red Pill, MRP or otherwise.

Your time.

The first thing you need to understand is that your time is the only real currency in the world. This is a universal truth. It can never be created. Once you spend it...it's gone. It cannot be saved. It's here and then gone. It is a finite resource that requires your careful attention. Where you spend your time as a man tells the world what you find important. Spend it wisely.

The RP adage is that women are the gatekeepers of sex. Men are the gatekeepers of relationship (time/commitment). It's also further said that women NEED men but men WANT women. They NEED relationships. We want sex. I get it. You feel that shit in your soul, but bare with me. Consider as part of this paradigm that women can get sex whenever they want it. This then means that even beta men are getting sex. sex is easy. A beta can get a woman to fuck him at least once. It may not be the woman he wants, it may not be the best sex of his life, but he can do it.

The time and commitment for a woman to get a quality relationship is even more rare. Of all the beta men out there, while perhaps good for a one time or twice fuck are not quality enough for a relationship. A woman can fool herself with a beta provider for only so long. Some do it for their whole lives, but the angst they feel manifests in other ways. Time proves this. I am telling you right now once exposed to true masculine/Alpha behavior the bullshit a woman has built up in her life will come crashing down around her. Then you will see her true self. These walls may come back, but they will not be strong, and she will not be the same person. Your time, and ability to create a great relationship is a rare commodity and one you must know in your being you provide. It is defined by your confidence. By your decisiveness and your actions.

Newly unplugging men lately are not using the basic technique of limiting your time and attention to her bad behavior or rejections. Consider this. A woman will tell you she's too tired for sex. That she doesn't have enough time. There was so much overwhelming tasks during that day....I mean putting laundry and dishes in a machine is tough work. Have you ever told her you're too tired for a conversation? That there isn't enough time to get into something. She will still demand and expect that you will be there to hear about her day. That you will still support her, show up on time, do all the things a good man in a relationship does.

Digression: gentlemen, right now disavow yourself of the notion of honor, gallantry, and keeping your word. Unless you explicitly said you would....you didn't. She may think that you showing up on time is you not keeping your word, but you never said you would. She will manipulate you into thinking that there was an inherent commitment to being honorable, but unless you said it....never happened. Many a man will sacrifice under the illusion of honor and chivalry. Men make sacrifices. No matter how Red Pill you are you do. It's what men do. It's our nature. The extent to which you sacrifice and the expectations you have from doing so define your masculinity. Honor is only useful to those that can afford it. They have no emotional attachment to the acts they perform, but they are just as quick to turn it off when presented with a situation where honor is a hinderance. Case in point: the only woman who gets the door held open is the woman i am currently fucking. All others have two hands that aren't being used. Mine needs her strength.

In martial arts there is a concept called flow. Where the artist moves from technique to technique. A street fighter, while capable, may have only 3-5 techniques that he uses. He puts them on repeat because they have worked for him in the past. He loops them until he wins or doesn't. A martial artists will have many techniques and will flow from one to the next and adapt to the changing situation. This flow, this fluid comes with practice and time. There is no other way. Sure there are naturals that have some level of skill that make it easier for them to learn but they are still beholden to making it work under stressful situations.

The reason most AA AM and LMOP isn't working is because you have no flow. You aren't moving from one to the other and you haven't limited your time. You are just hanging out in the house being a sarcastic asshole, not the fun busy guy that has great quips every now and again.

Here's the rub. The difficult part of putting in the work and time into flirting and escalating with your girl, and still having her reject you brings up those original emotional reactions of anger. I mean you put the time in right? Then you think back to what many of us here are saying and you get angrier still. Problem is you wrote a contract. The key here is that you enjoy that process of flirting. Sure she didn't respond. Smack her ass wink and go back doing something else but enjoy the masculinity that you exuded. You're the guy that smacks her ass...and in public! The fact that you grabbed a woman's ass, and that you expressed your sexual desires. You made it known. Fuck the world and their conventions. This is your world and you will spend the time and energy the way you see it. They don't like it. Well....fuck them

You must flow from task to task. She rejects you? happily move on knowing that you have other, and in this case, better options for your time. She is the one that will lose out. She just lost a little bit of access to awesome guy. Now this doesn't mean full on dread where you disappear or go away for days on end. Suddenly cutting her off is butthurt. Dial it back, remove awesome guy for a couple hours. trickle it. Then re-engage. Rejected again? a few more hours still, further and further until many months later you have lost interest in the relationship or her bullshit.

Think of it like this:

Men are in a constant state of earning profit. We want to end our fiscal year in the black. Some of us have multiple gigs/businesses going.

- Sex maybe earns \$10.
- Certain sexual acts ups the margin. Varies between the man.
- Supporting your mission in life maybe \$20.
- being supportive \$35 per action
- Doing laundry, cooking, let's say \$30 for each time it is done
- Nag? Complain, be negative all the time then the account losses money to the bank. At three times the rate it went in. (NOTE there is a difference in her coming to you for support and just plain being negative)

At the end of the quarter, fiscal year the man will take an account. If the account is in the black when he makes this assessment he will make a return on that investment. if not...then he looks for other profit centers. Why would a man continue his investment in a profit center that is losing money or a low earner? If he is putting in the time to fix it, to get it to earn again but the maybe the business has run its course. Maybe it was never really a viable idea to begin with. Maybe he is just a bad business man.

As time goes on you will look at that account and wonder why you only accept having \$17 for your time and commitment, when you know someone is willing to make a bigger investment. But the man can only do this once he knows his business acumen is solid and proven.

Read the entire post on the Family Alpha Blog: <https://thefamilyalpha.com/2016/12/05/the-burden-of-family/>

Nick Kelly recently released a Podcast [Listen Here](#).

In the Podcast he answers the question as to whether he'll get married or into an LTR and have kids. He says(paraphrased), "*no, not now – possibly not ever.*" He then goes on to discuss how he puts work before all else and all of the married men & fathers he knows have lost their fire.

When I heard this I nodded in agreement as having a family *does* reduce a man's output. I let the thought go and listened to the rest of the audio clip which conveniently ended right before I finished my commute from work.

I didn't come back to this topic until I was laying down with both of my kids. I had intended to work on editing the TFA book, but both my son and daughter came up to me right before I was going to put them down for a nap (we had a late party to attend that night) and they asked if we could have a '*family nap*'(think Willy Wonka's grandparents, everyone in the bed napping) basically I'll nap with them, one on each side – me in the middle.

My immediate instinct was to say "*No*" as I had edits to do, but I thought of all the other times where I've said **No** the past 2 weeks because I was studying for finals, knocking out assignments, writing posts, etc.

So I said, "*Yes.*"

While lying there I thought of Nick Kelly's point on Work. I was also thinking of how there is nowhere in the world I'd rather be than laying on that bed with both of their little heads on my chest listening to them lightly snoring, in rhythm. I thought of how choosing to nap with them over editing was me placing the 'work' I had to do with them over the work I had to do on the book.

I caught myself thinking of this/that and intentionally forced myself to immerse in the **now**. Hearing their snores, their soft hair, the warmth from their little bodies, my mind was warmed by the comfort & joy that comes from knowing your kids still need you.

I won't have these moments for much longer and that's a sobering thought. My son is becoming a man, more and more independent with each passing day. Same with my daughter, I find her asking for help less and less with the passing months.

I chose this life; I purposely chose the grind of fatherhood knowing that by doing so, I'd become a less productive individual with regard to my own pursuits.

But that's the point; their development, upbringing, and life experiences have become a part of **my work**.

This is an aspect of fatherhood & marriage that is lost on many men. They view their wife and kids as a burden, they think they would be better *if only they were single*.

This is a flawed mentality and it is where the **FAMILY** aspect of being a Family Alpha comes into play.

Nick Kelly can travel to anywhere at any time he chooses. /u/IlimitableMan can pump out a high workload of writing without having to worry about dedicating time to others. Some men view them with envy, wishing "*if only I weren't married with kids*" as if their failure to perform has to do with their life status.

Married men and fathers, look upon your wife & kid(s) as fuel, not an anchor. Recognize that your role in life is different than the single guys out there. They can travel in a moment's notice while you are raising the next generation of men and women who will raise the standard of masculinity and femininity in our society.

When you create a pathway to act as your son's **Rite of Passage** you are doing your work as a masculine man. When you lead your wife to staying in shape, being a freak in the sheets, and allowing her to fill her feminine role you are doing your work as a man. Most of the work done by the Family Alpha's out there is done in silence. We are the _____

Silent Professionals of the Manosphere; the men who write on our blogs when the family has gone to sleep, in between activities with the kids, or while a wife is talking to us and seeking guidance.

We are the men who have to wake up earlier to get time alone and stay up later to get edits done. We make time to lift, read, and write while also leading a wife, educating our children, and ensuring the entire clan is truly living, getting the most of their days, and **Hanging Polaroids**.

Read the Rest on the Family Alpha Blog: <https://thefamilyalpha.com/2016/12/05/the-burden-of-family/>

Follow on Twitter: <https://twitter.com/TheFamilyAlpha>

62

UPVOTES

[FR] Laughter is the Best Medicine

RPeed · 26 January 2019 · Archived copy · Reddit

In our better years, my wife and I used to laugh about her "tableaux". For example, if I went out with a bro, which happened rarely enough, despite all the "yeah, go have fun!"s, we both knew there would be something waiting for me when I got back. I'd get home late and she'd be pretending to sleep on the couch, shoulders bunched up in fury. At times like that, I'd sit down next to her, talk about my night and drag her into the bed and the next day we'd laugh at it.

She always said afterward that she knew what she was doing was dumb. She just couldn't help herself.

A couple of years back, the tableaux was replaced with something darker, more serious. I could ignore it but without the laughter, I was afraid to tackle it head-on, as it could only escalate to places I was afraid to go.

The gaps between what was "normal" and the dark periods got shorter until it seemed like darkness was all there was.

Obviously: fuck that shit.

I came here. Got lost. Reset. Got better. Faked it a while. Learned some shit. Regressed. Progressed. And eventually, something clicked.

The other night as my wife sat with her back to me, raging at some imagined slight, I realized it was kind of funny. I impulsively said, "let's touch butts!". She grudgingly wiggled her ass against mine and all of a sudden the laughter was back.

My son had a nuclear tantrum he couldn't calm himself from. But once he was safe and contained and I knew it was just a waiting game. It was kind of funny. As I chuckled at this, he screamed "stop laughing daddy!" and immediately calmed down.

After a real blow out over dinner, my wife stormed off home on her own. For reference, this indicates she requires either a full and unequivocal apology or a full 24 hours of sulking according to the Rpeed family manual. But when I arrived home (much later) and saw her, It just seemed funny. I couldn't help but snigger. We locked eyes. I laughed. And we were both laughing.

I guess when you get out of her frame and back into yours, you find the right tools for you. And for me, laughter might be the best medicine.

TL:DR: I thought I had my shit dialed in but my foundation was weak. I was working on Game, while failing on shit tests. I haven't quite completed this level but I've seen the full map now. Maybe I got the giant key from the dead boss and all I have to do is backtrack a bit and unlock the elevator to head up.

62

UPVOTES

It Felt Really Good to Write This

Cloudy_Pirate · 14 February 2020 · Archived copy · Reddit

I've been participating in the weekly OYS threads for over a year now. This is mostly advice for the newbs, but it applies to every one.

“It felt really good to...”

This is a phrase I've been seeing in way too often in OYS reports. Here is a small sampling (there are many, many more examples).

It felt good to:

- Clean up the cars
- Show off my [195 lb] squat
- Focus on myself
- Shoot the shit
- Change the light switch in the bathroom
- Be noticed by women
- Have sex without ejaculating
- Be alive and game women
- ... Be aggressively kissed by a drunk, ugly female
- ... be assertive
- ... Read the sidebar
- ... verbalize all the shit I've been learning
- ... set a boundary to turn down late night sex.
- ... be doing something.
- ... set boundaries and tell people no
- ... align with my own goals
- ... bust out some reps

All of these things fall into 2 categories:

1. Shit that **wouldn't normally feel good**, but somehow felt good for you because you are a faggot. You felt the need to tell everyone that it felt good because otherwise we wouldn't care.
2. Shit you would **normally be doing already** if you weren't a faggot.

So why do this? Basically, you are feeling good about feeling good and think that you need to share it. As a result, you pump up your ego and build up more self-protection.

- Self-congratulatory

- Chronically overestimate your accomplishments
- Delusionally positive self-perception
- Constant self-absorption.

In one context (Narcissism / Dark Triad), this is fine because confidence leads to success with women. But in the OYS context, it's harmful because it leads to an inability to handle failure/rejection and avoiding confrontation/discomfort.

Owning your shit is about owning your *shit*. It doesn't feel good. It sucks. It requires real introspection about failures in order to learn from them and improve. Moving from beta behaviors to alpha behaviors is uncomfortable. It's painful. It doesn't feel good. **Killing the ego** is required to begin **building frame**.

If you feel great every time you leave the gym, you are doing it wrong. If you feel great every time you write an OYS, you are doing it wrong. If everything was rainbows and unicorns, you wouldn't be here. I wouldn't be here.

When something really feels good, you don't have to say it. /u/Red-Sfpplus didn't need to say "it sure felt good to have **two women at one party**" or it sure felt good to "**anal train my slut**". /u/HornsOfApathy didn't need to say "It sure felt good to **create my 24/7 D/s wife**". Real successes are self-validating. **You don't need to tell anyone how good it felt. We already know.**

So when you write your OYS, take a risk and write the uncomfortable stuff, the shit you really need to own. Dig in, get real, and reap the rewards.

And if you find yourself using the phrase "it felt good to...", take a moment and ask yourself why you are writing it.

62

UPVOTES

Understanding the "Anger Phase"

man_in_the_world · 6 August 2020 · Archived copy · Reddit

Recent events in the news remind us that anger often leads to violence, and nearly always precedes it. Among social animals, anger serves in part as a warning of impending hostility or violence, such as the anger of an Alpha male at a challenge or resistance to his dominance, or the **seemingly sudden explosive anger of a Beta male** pushed too far ... and the threat is often sufficient to alter others' behaviors to avoid violence.

Seen in this light, **anger is a subconscious social strategy which threatens hostility to get something from another without having to take further action of your own.**

This understanding sheds new light on certain behaviors of beta males, including the "anger phase" experienced by most new initiates to the married red pill.

The anger phase as strategy to avoid personal change

MRP reveals to frustrated beta males that

- they could be getting much more out of their marriage or LTR,
- their own failures are responsible, and
- they must change themselves fundamentally to get what they want.

The first message is easy and desirable to swallow, but the last is difficult and painful to digest. When the subconscious mind accepts the first but still resists the latter, it reverts to the timeless strategy of anger as a last-ditch attempt to get the desired behavior from his wife/LTR without having to make the difficult changes in himself. This is why his anger is misdirected at his wife/LTR, instead of at himself where it belongs.

Why anger won't work

Use of anger as a threat of enmity or violence to coerce desired behavior from others sometimes works, which is why it's such an ingrained behavior in all of us. But the threat must be credible to be effective. It's not.

Domestic violence is prohibited and punished in modern societies, so the primal threat of direct violence is largely removed. Divorce law may reduce or remove the cost of withdrawal of financial support. Loss of a husband's goodwill likely means little to the women whose self-selected husbands find themselves here. Guys end up here because they have *already* lost so much value in their wives' eyes that they're not worth her investment of better behavior (sexual or otherwise), so the implicit threat of further withdrawal of support or divorce is hardly an inducement.

Guys are here because many earlier displays of anger such as butthurt, beta outbursts of rage, and passive-aggression have already failed. More anger won't accomplish anything beyond delaying their progress.

Increasing your value in the right ways is the only path to improving your relationship (or to a better LTR with someone else). But you're here because your beta mindset has for years resisted such changes, and has instead pursued failed BP strategies (including anger), and it's not giving up that easily. *The anger phase is your inner beta's final attempt to double down on this failed strategy* before fully accepting the hard RP truth.

Getting through the anger phase

The anger phase is a psychological strategy enacted by the subconscious, so it is very difficult to overcome by conscious thought or action. My hope is that through conscious understanding that its true cause is your incomplete acceptance of your full responsibility for your situation, and the necessity for difficult change in yourself to get the

things you desire, you can

- pass through it more quickly,
- avoid further damage to your relationships in a hopeless attempt to get what you want without making difficult personal changes,
- or at least consciously force yourself to get started sooner on those difficult but necessary personal changes your subconscious so desperately wants to avoid.

62

UPVOTES

Divorce Doesn't Have to be a Nuke

PillUpAss · 30 September 2021 · Archived copy · Reddit

Many guys seem to be fingering the divorce button like it's a first date lately. It's not a button you should finger lightly and if you do decide to slide into it, you will get far better results if you know what the fuck you're doing.

Disclaimer #1: This is one of those, "don't read it if you are new to MRP" posts. This is not meant to give you the easy button to make that horrible, meanie, sexless wife of yours disappear and then your life will be perfect. No, unless you are 1 year+ in, have clear interest from other women, have interests outside of sex and have become captain *of your own life*, bookmark this and come back to read it when you are there. You need to be sure of what your destination is before learning how to sail through these troubled waters will benefit you.

Disclaimer #2: This advice applies to most but not all cases. Yes there are crazy bitches; you may have married one, you may be one. If shit has gone abnormally bad - and I'm talking point of no return bad - then yes, you're fucked. Go back to the full nuke model.

So moving on.. Assuming you haven't been disclaimed out, how do you know what the fuck you're doing from a tactical perspective? That's our topic today.

Divorce is about frame. And the frame we get from most of the internet and even most of MRP is: you're nuking things, you're going to get fucked, divorce raped, kids taken away, etc. It's all true insofar as it's possible, but I'm going to assert that the vast majority of the time, this doesn't have to be the case.

There is a **difference between a good divorce and a bad divorce**. In order to fully appreciate this, we need to dispel or at least reframe some myths:

Myth #1 - You need a lawyer in order to reach a settlement

Lawyers love this myth. But they don't love you. They don't give a fuck about you. It's like two realtors working on a house sale - they don't work for you, *they work for the transaction*. Divorce law wasn't meant for the current age we are in - it was meant to determine fault. However, with all states and most western countries now being some form of no fault, the process largely makes no sense. What's worse is lawyers are incented to drag your case out, incite conflict and amp up their billable hours to the max. It's only when they have sufficiently depleted your wealth and sucked you dry that they start talking seriously about settlement. And 99% of divorce cases do settle outside of court. They nearly all settle within roughly the same standards that could have just been disclosed upfront and agreed to by both divorcing parties - leaving them with far more wealth after the divorce and leaving the lawyers with far less billable hours.

You don't need a lawyer unless you have a unique / very bad case. You may need a mediator, but the legal part is really just procedural once you take the typically contentious lawyer model out of it and reach a settlement.

Myth #2 - You don't owe her shit / Bitch will divorce rape you

Really? Who entered into an open contract with *two other parties* (yes, you've married your wife and another bitch, the government) that has its terms and conditions undefined to be decided by a fucktard feminist judge that doesn't even know either of you at some point in the future as-needed? YOU DID. Paying her is the cost of doing business and agreeing to such a contract. Don't be a bitch about it. Worry about not paying lawyers instead. Your wife doesn't divorce rape you, the lawyers do. Ultimately a good mediator can help you land on what is a standard settlement for your state / region. Accept that and be glad lawyers aren't fisting your ass.

Myth #3 - Divorce has to be a fight

Why? Because your frame is shit? How about instead of a fight, you prepare well and then level with your spouse to find a fair settlement? More on that below, but just like any interaction, it doesn't have to be a fight unless you allow it to be.

Myth #4 - You can't be a family afterwards

Again, why not? It depends on your frame, but you're still the captain even if you are sending the first mate to another ship. You should be shooting for collaboration, which I'll show you how to maximize your chances of. With collaboration, you can still have a family and do some things together as a family even after the divorce. It can simply be a reorganization of the family, not the end of it. Or do the opposite - comes down to what you want in your post-divorce world. The point is it is possible because you say it is.

Myth #5 - You will be financially ruined afterwards

Assuming you have your ship's finances under control (which you should have taken control of long ago), dividing assets by 2 and using your state's standard maintenance and child support payment calculators should not ruin you. Use a mutually agreed upon mediator if necessary. Then get even smarter about your finances and what you will have left. Think **Mr. Money Mustache**. You don't need much to live a life of great abundance if you just manage it the right way.

Myth #6 - You shouldn't fuck your wife during the divorce

Doesn't matter much in my experience. I say take the great hysterical bonding sex while it's on the table. Eventually it will wane. Keep the divorce on track and don't give any false hope that good sex is turning things around. If you got this far, sex shouldn't be your problem in marriage or life anymore.

Myth #6 - Your wife won't get over it

Maybe not as common of a myth, but if you have a high SMV, your wife will be attracted to you. You will feel her attachment to you. You will get tears, snot bubbles, pleas, overt negotiation, etc.

Take all of this seriously! It's not bullshit. She's trying to find a way to stay on the ship. Maybe there is a way, maybe not - up to you. If you get a request for therapy, take it. Go to therapy and give it a fair shot. Most therapists use shitty BP techniques, but they also have training in helping people reconnect and providing a forum for desperate overt discussion and negotiation. It can work, although very unlikely. By going to therapy, you are also showing you are exhausting every possibility, which shows you don't take your decision to divorce lightly.

All that to say, if you end up in divorce and manage things appropriately, she will get over it. You may be surprised at how fast. Remember, it was always just your turn. Older women (40+) are going to follow TRM's **Preventive Medicine** map and look for the first beta they can find to provide for them. There are 1000's of beta man-children in line to do whatever your wife says - no matter how fat and harpie she can be. Realize this is a good thing and embrace it.

Myth #7 - You don't want her to move on

Lose your ego. You are the prize, but **women are built to adapt to new mates when needed**. And you want this to happen. When she moves on, she gets closer to remarrying - which in western society she almost certainly will. You want this to happen ASAP. Tell her you understand, you are happy for her and you support her. Get her ass remarried and end those maintenance payments!

Myth #8 - It's worse for the kids / they will hate you / some other hamstering about kids being a reason to stay together

Kids follow the frame they are given. If you can get your wife on the same page as you overall, it will be much easier on the kids. Again, this is a restructuring of the family. Be clear it is not their fault, there's nothing they can do to stop it and explain in detail what their lives will look like after the divorce (e.g. where they will be on which days, they will have 2 bedrooms now in 2 different houses, how school activities / buses will work, etc.). They are probably more resilient than you can imagine. They may need a period to cope with the news, but they will adjust and be fine.

Execution

So once you've reframed the divorce you are going to lead your ship into, you now have a clear picture of where you're going. Now spend some time picturing this new reality from (1) your point of view, (2) your wife's point of view and (3) your children's points of view. You are about to affect many people's lives here and you owe it to your crew and yourself to do it responsibly.

Divorce settlement has 4 components:

- 1 - Custody
- 2 - Child Support
- 3 - Maintenance / Alimony
- 4 - Asset Division

None of these are rocket surgery and none require a lawyer to gain agreement with your wife on in most cases. Think through what a fair picture of these four factors would be for you and your wife, one at a time. Think of gives and takes that are important to you and that will be important to her. Be reasonable.

Telling your wife you want a divorce

How you start a divorce lays the groundwork for how it will end. As captain, you should have laid the groundwork for months. You should have set expectations clearly with your wife, which she is clearly not meeting otherwise you wouldn't want a divorce (or you just never wanted to be married to begin with). Be active with her in working to help her meet your expectations where it's possible. After some time, when you run out of ideas on how to improve the marriage, tell her that. Ask her if she has any ideas. Be open to them. Again, go to therapy if requested. Set a limit the number of sessions with your wife prior to starting. Within that limit, you should start to see results, otherwise you are going to move to divorce together. See here for [more good tips on how to tell your wife](#). [Plan all the way to the end](#) as LOP #29 taught us and do it right - it is the most important part of the process.

Reaching settlement

After giving your wife adequate time and with sensitivity, start talking through the 4 components of divorce settlement. Try to reach agreement on each one as much as possible. Whatever you don't reach agreement on, find a mediator to help you resolve.

Finalizing the divorce

Once you reach settlement - it is just administrative from there. You can get a single lawyer to execute your paperwork if you'd like (and only to do this function, no drama-inciting services required), you could use an online service or you could fill out the forms yourself (I recommend having a mediator or lawyer check them however).

In conclusion..

My main point here is to show you divorce doesn't have to be this big fucking catastrophe unless you and/or your wife are big fucking catastrophes. Most normal people can work through their differences, be fair and as positive as possible about it and move on with their lives.

PS - I suggest holding off on fucking the 20 somethings until you or your wife moves out. It's already a complicated time, don't add unnecessary risk to your masterful plan. [The thots will all be there waiting for you once you are in the clear](#).

62

UPVOTES

Why field reports are important.

RStonePT · 9 November 2021 · Archived copy · Reddit

The field report, the most important part of this place, aside from actions. I'm writing this because I learned it, and others are having trouble — or seem to be — and I've always thought of this place as take a penny, leave a penny. Here's my 0.02

Why write a field report?

The main reason is because writing and thinking act in synergy. My brain handwaves a lot of details away and offers me the feeling of completion. I can think and meditate and ponder and navel gaze all day and still not understand things any clearer. Writing makes it permanent, it removes my ego from the equation. There's a reason Roissy was considered one of the 3 guys who epitomize red pill, it's because he was talking to himself through his blog. Notice he didn't put his height and weight, he didn't put his girls age, his lifts or any of that in his posts, he put the things he did into writing.

You can't bullshit yourself when you write it down. Well you can, I did, others did; but it's obvious to anyone reading it that it's bullshit. Details that are important are missing, details that are insignificant are done with amazing detail. The protagonist in a field report is representative of who is wearing the pants, or who has the frame in whatever happened. This is why the mod team are adamant about I statements and she statements. It's because defining my thoughts through the I pronoun forces me to think about things from my perspective. The she pronoun is reactive, supplicative, validation seeking. Most guys miss the point, and that's ok. Long as they get there they get there. I got there and I ain't special, I'm sure others will eventually.

Then again, how many guys have I seen here that don't get it. **Alpha As Wolf**, that Will88 guy, the **husband of vampiresquid**, **trudatness**, and a hundred other names no one has ever heard of. They all have their stuff up here, and all made the same mistakes. They didn't focus on themselves, ignored the idea of **rational egoism**. I don't know why, maybe they love their wives and daughters so much that they refuse to let go of the obvious covert contract: *If i do the right things, say the right things, then my family will love me and I'll have a problem free life.*

Basic Glover. It's funny how there's almost 15 years of material on the redpill, from how to cheat to how to divorce well. From coming back from the brink of death to overcoming a drug addiction. From the 10 yard line of a suicide touchdown to Chad coming here because he can't brag about his exploits anywhere else. Still, the #1 thing guys cannot seem to internalize is the first book, first chapter on the sidebar.

I think a part of it is a misuse of the field reports. There's a reason whinemoreplease used to say it was the only part of these subreddits worth a damn, and I agree ... if it's used correctly. When I would write mine, it was past tense. I chose an end state I wanted, took what I learned and applied it in achieving that end state. I don't want to suggest I was switched on and figured it out early, I'd say it was mostly luck, back then there wasn't a roadmap to go with other than Athol Kay, and that wasn't exactly inspiring. My second field report was OK, and I remember whinemoreplease asked me

"so you knew this was useless, why even bother to write it?"

My response was:

"Everything's already done, I'm not looking for advice. If it's beneficial, take it as a roadmap, if it was bad, a cautionary tale."

The point was that it wasn't me seeking validation, I wasn't trying to brag about some alpha brah shit ... I wrote it down so I could see what I've done, and if my ego was hiding the obvious from me. I can think I'm awesome all fucking day, but when writing it down I can't polish a turd. After reading through hundreds of these field reports I've come to realize I was fairly quick, by MRP standards. I think 6 months, less than a year. I went hard, some would argue Rambo, but it worked for me. Could I have done it differently? Sure. I could have done it in a way that wasn't so jarring to my woman? I think that would be why it wouldn't have worked though. I was mad at the time,

the military was my zero'ing out, and my only focus was on a expedient and profitable release (which they were) and to put myself into a position never to be taken advantage of or for granted again. Her feelings were secondary. I'm pretty **sure I did have to be an asshole.**

I was stubborn, self reflective and I wrote down a lot. when they boys here added me as a Mod, I saw their chit chat over it. /u/UeMcgil noticed that I wrote more stuff in here than anyone else, which flattered me. I wrote things down when I had something to reflect on, and it turns out you can remove childhood issues, codependent behavior, covert contracts and nice guy behavior after a lot of self reflection and action ... fast or slow.

My favorite MAP on here was /u/the_litz. **It was 2 years of CSPAN level field reports.** Boring, often misguided, a lot of mistakes, but always forward progress. If you're one of those guys (and most of you likely are) who have been doing this for a year and still have the same problems a brand new poster have, I suggest you go through his posting history, like a fucking school marm homework assignment. Because a simple statement like this:

The MRP tools gave me the courage to tell her, straight up in a calm and measured tone, ' I don't need you, I choose to have you in my life, you can stay, or go. Makes no difference to me'

And realize this isn't repeating some catchy MRP talking point, or saying the right things to get the bros online to give him an attaboy. It's a guy who went from codependent pussy to a man with a mental point of origin in two years I believe. It wasn't a line, it was a description of reality. I wish I could put him into a box and wrap it with a bow beacuse I could give it to men for Christmas and retire a multi-millionaire, but I can't. No one can give that to anyone, a man has to take it for himself. I took it, Litz took it, so many other guys don't want to take it. All the 'lift fagget' and 'stop being a bitch' and 'I feel your pain' can't change that.

I wrote this hoping I would be able to articulate why guys spin their wheels and get into ruts; ruts in marriage, ruts in MRP, ruts in life, etc. I still don't have an answer, other than they probably aren't thinking, are too attached to the comfortable things in their life (including wives and kids) and would rather be 'doing something, anything' than actually doing what is hard, but effective. There's no endorphins that come with Litz telling his wife she doesn't have a place in his new life. There's no dopamine with demoting your wife to plate. there's no rush when you realize that you married a dud. the Marriedredpill is like the marshmallow experiment, and everyone refuses to wait for the second marshmallow. I don't think it's fixable either. When this place was 5k members everyone was switched on, the good guys made progress and the piss poor guys were shown the door. there's 41k members now and the regression to the mean is real.

I think I have a way to articulate it. Most guys are meant to be fodder for the herd, a few are meant to succeed in the ways that matter. A small amount of the latter had the bad fortune of being put into a situation where they ended up being fodder. For those small section of men, this place has value. I suppose the best way ahead is to come up with a system to keep the groups separated because if there's one thing I know, **it's to avoid the unhappy and the unlucky.**

How to write a field report

1. Make it past tense. Do something, then reflect on how it could have been done on the field reports
2. Start with the goal. It does you no favors the brain dump your bullshit onto a post then ask 'did I Redpill right?'
3. If you don't see the answer in your post once you've written the last word of it, you're not reflecting well.
4. If you're not the protagonist to your own life story, you're the antagonist. Act accordingly
5. The guys who do the best the fastest take their wife out of the equation early. She's dead to you, fix yourself and then let her worry about winning you back
6. Seeking approval from this place is like asking the mentally handicapped to give you accolades for your calculus skills
7. The books on the sidebar are actually important. You only fuck yourself over by not just reading them, but understanding what they are there to accomplish

8. New posters put their lifts onto posts to show they are worth the time of day to help them as they get started.
After a year, people know whether you are worth a damn or not.
9. Personal note: being OCD about reading stuff in here pays off. There are only maybe 6 different types of guys in here, and they all have the same types of problems. Read enough and it's like you're able to predict the future
10. Top 10 lists are gay.

62

UPVOTES

Why don't you cum inside me this time?

billisdue · 15 September 2023 · Archived copy · Reddit

Ok now that I have your attention

This is what my wife said to me during sex yesterday and honestly I'm still processing how it made me feel.

TLDR at the bottom

I need some help and guidance

I've (M37) been married to my wife for 10 years.

We really struggled with a connection after year 1. We were just 2 young kids not really sure wtf marriage or long term commitment was about. Did not have any good role models.

I've always been a get shit done kind of guy. She struggled finding direction or meaning and spent the first few years chasing dopamine and eventually getting depressed.

I fell into the role of a typical nice guy.

Year 3 started couples therapy after many getting to lots of boiling pints of communication, intimacy, time management.

Year 4, had our son. Was a surprise, well...she just ran out of birth control pills and she didn't have the time management skills to refill it.

Year 9 I discovered she was having an affair. She had met him when we were traveling and they just stayed in touch. Over the course of 3 years it became emotional and eventually physical. It was 90% digital except for the 3 times they met up.

I considered and talked about divorce. Truth is the discovery broke me. I knew there was something wrong but I couldn't imagine that's what it was.

Over the last 3 years I've rebuilt myself. My wife has done a lot of work addressing her issues. We've become a lot closer.

Here I am 3 years later, and I feel like the dynamic is off. Like of course it is, but it's off enough (or I'm clear headed enough) that I'm nuke conversation ready.

There's a respect I don't feel. There's a desire I'm not getting. There's something missing. Like it's just assumed that I don't need to be courted / sought after as well.

We've talked about growing our family and wanted to start trying after the summer. We had mentioned a few other things we wanted to get done before as well (therapy, resolving some topics, maybe a symbolic renewal of our marriage [?]). And you know what, she's heard me say these things and other things many times and yesterday during sex it just got me. Either what I'm saying doesn't matter and she doesn't respect me or she's giving me just enough or IDFK.

Like why we've held off getting pregnant for all this time and now without warning without checking in without anything she's ready. Fuck that. And no I don't think it was a heat of the moment thing.

I've kind of shut down since yesterday. Stopped communicating last logistics. Kept it friendly enough but I'm kind of all over the place right now.

Anyways I've been lurking MRP for a few months now.

Still reading. Hopefully starting to lift again next week after I get the all clear from orthopedic.

I want to work on my self. I'd like to keep my family together. But I expect more out of life and my relationship.

TLDR; wife said something yesterday which had a huge shift in my mind and I'm feeling a bit lost. Know I need to focus on myself just a bit frazzled

62

UPVOTES

5 yr FR/notes

ChestHighandClean · 12 February 2024 · Archived copy · Reddit

I'm a bit past the five year mark from my first reading of TRM. It's been four years since I finished my OYS journey. Besides a dabble here and there, I've taken a little over a year or so away from here but I decided to share my FR/notes in the most important portions of my life...

Lifting: OYS forced it and I've never stopped. I'm small overall, 5'7, 163 on a good day. I am a surfer, so I was never really fat, but I was not strong and my back was beginning to seriously fail me. When I started lifting my bench was 95 and same with squats. I'm at least now at 190 (3,3,2) and squat at 255 (1x3). I have few physical issues anymore and I am an older one around here for sure. Im not really passionate about lifting but the benefits are far too many to stop. No one in my family lifted (3 boys, 1 girl) when I started. Two years in and everyone now lifts, including wife and daughter.

Personal: When I finally grasped that OYS was about me and not a covert contract on 'her, them and what', some significant progress was made in personal weak areas of my life. I had **some issues** to overcome and this process helped me identify some specific weaknesses and put those largely behind me. I do laugh a bit when I see men say 'It's not working.' What worked? Being much closer to the man I want to be, being honest with myself and much less fearful of going for what I want. Not being as reactive to life around me or worried how people view me. "The world happens to a blue pilld man, a red pilld man happens to the world" is a much more fun way to operate. That's what worked.

Social/hobbies As a typical beta, I was nearly always available and had given up much of my life outside of the house/family. I re-engaged my social life early on and this has only gotten better. My social relationships have become very rich as I gained a much stronger sense of self and I learned to appreciate people for who they are and not as much about what I can get (validation) from them. I have built and maintained a fairly strong social life outside of my family. I have also continued to commit my own time to things/hobbies I enjoy.

Spiritual/faith: Almost too much to go into. I am Christian but when I read TRM and found Dalrock, I knew I was in for deep changes. My anger phase burned with a high intensity due to following typical Christian personal and relationship advice nearly my whole life, and feeling completely duped. That bled over to other teachings that have now been undone in my life as well. This has been a painful but ultimately freeing process of change, probably the most significant. A change from religious legalism to actual freedom - and us men value freedom. The no moralizing rule was hard for me to get used to, and got me banned once but removing all barriers during my OYS process allowed me to look at my faith and beliefs objectively in what actually worked and what didn't. What made sense and what just didn't. This was something that my RP journey opened up but I did my own work elsewhere. Well after my OYS, I received a dm from the late, complicated but insightful blarg_risen, asking me what makes me tick in life. What's it all about for me? This started a several month chain of back and forth and was very helpful in me putting my thoughts/journey in written form as I'm not much of a journaler. I'm no longer the ego invested, judgemental man-child I used to be and am OK with being a work in progress without thinking I have all the answers.

Relationship: I was a typical supplicating beta and had all the problems that went with it. When I hit iron rule #6 in TRM: "A woman is utterly incapable of loving a man the way he expects to be loved," I threw my phone across the room and knew it was time to get busy. I ran the program (lifted, stfu'd, read, oys'd and figured out what I wanted). At first it was loaded with cc's but over time the work became real for me. As I ridded the 'beta' and upped the 'alpha', no doubt the responses were strong and results we are not supposed to pay attention to showed up. I kept it going strong, too, no fucks given on my part. I ran this straight to a classic main event. "What is going on with you, where do I fit in your life, what do you want from me?" In the spirit of trading notes, it seems most post main event FR's report some smoother sailing than what I experienced. My wife tested this framework hard seemingly to make absolute certain I was for real. She would lean in and pull back, lean in, pull back. Trust, test, trust, test... After a

while it seemed that the foot on the gas began to lose some mileage around the one year or so mark. As in - a depression of sorts set in for her and the effort waned some. The sex would get inconsistent and sometimes unengaged. HOA has used the line, 'not keeping up' and it seemed that is what I was experiencing. A piece of [u/InChargeMan](#) 's story had always stuck with me concerning his wife/women... "Above all things, she needs security, guidance and that she is of value." I did care, I had done the work and was not so inclined to nuke so around that one year or so mark I began, acta non verba, I guess verba too, instilling value as best as I could. Some might call it a bit blue, but I don't think so. Not from the position of where I was. Self sufficient, self validating - in my frame. I hadn't given up my masculine edge. The depression, or 'not keeping up' slowly disappeared, and the effort to please and submission came back. She later told me specifically that the threat she felt of me replacing her if she didn't measure up shut her down and she wanted to feel that she is the only one I want. Her actions were congruent to these words. I guess my woman just needed a lot of reassurance, and I gave it. I still struggle at times to immerse, attach emotion to my words and convey well to her that she is mine but I am getting better. The attraction and dread were there, but that reassurance kicked her responses into higher gear. I know the need to give comfort is up for debate often here. In my case, not so sure how necessary, although it is another set of feelz to give. But value? I've learned to make her feel valued or - safe (her word) without nice guy pleasing/ass kissing pedestalization. She has gone so far as to tell me that she used to feel that sex was her only value to me and how much she used to resent that. That is one of the issues I now see that sexual validation caused. That resentment is gone and sex now is as I wish. I hear and experience few objections to frequency or activity any more at all.

All in all, 85% of the relationship dysfunctions were fixed by fixing me. For newbies reading along, don't even think about comfort, value, safety or reassurance until you have actually done the necessary work. It's a beta, short cut attempt if you haven't.

62

UPVOTES

Field Report: Calling out shitty behavior, holding frame

Ambitious_Buddy_6723 · 5 December 2024 · Archived copy · Reddit

This might be a bit long but it encompasses quite a bit for me. I can be a bit retarded but trending in the right direction. It's taken me a while to get to this point because I LARPed for a while and did the Dancing Monkey Routine for a while.

Context: for several years My wife and I have standing date appointment to go grab breakfast on the first Friday of each month. We would drop our kids off at school go to our favorite breakfast spot and take an hour or so to just relax, eat a big breakfast and catch up unimpeded by children. It's extremely practical, for one I don't have to pay for a sitter, two breakfast is much cheaper meal than dinner.

Eventually my wife's work shifted to her being off on Thursdays so naturally it made sense that we would change it from a Friday to a Thursday so we did. And 2 plus years we've pretty much never missed one of these dates unless there was some other major logistical hurdle which we always agreed upon beforehand and made it up.

Last month she scheduled a Pure Barre class on Thursday during our breakfast date. Once she realized what she had done she tried all these gymnastics to move things around and I simply said no it's okay (OI and STFU). Later she comes moping that she was sad because she thought I was indifferent to us going on a date or not, by not making a big deal it drove her hamster crazy. I told her I have lunch free and we could do that instead this time.

So once again my wife does the exact same thing so I schedule a coffee with somebody else and move on for the day.

On my MRP journey I've been learning to set my boundaries and enforce them. In the past I've been too amenable which leads to getting taken advantage of. Give an inch they take a mile. Another challenge for me has been calibrating STFU. In the beginning I had to go full retard and literally become a mute. Think of it as a hard reset to factory settings. Over time I've gotten better not DEERing, or being needy and focusing on myself.

That being said with this most recent missed date I was actually ticked off because it shows a lack of respect for my time, schedule, and not prioritizing me. That night I say the following (paraphrasing to the best of my memory):

Me: I wanted to let you know that I'm disappointed that you scheduled something during our breakfast date for the second time in a row.

Her: I forgot

Me: You forgot last month and again this month. One time is a mistake two times is a habit.

Her: well we used to do it on Fridays and the hurricane messed things up.

Me: it's obviously not a priority for you. I'm not going to alter my schedule to suit you anymore.

Her: I can change my class to 9:30 or we could do lunch

Me: I've already booked a coffee appointment and I'm not going to do lunch with you.

Her: well I feel like I prioritize you. I pick up the kids from school a lot so you can work later.

At this point I STFU. She's deflecting, trying to pull in other shit as if that has anything to do with her missing the dates. I knew engaging and arguing was a fool's errand and would make her feel justified and I could lose frame.

A few minutes later...

Her: I do care about it and I enjoy our breakfast dates.

Me: Show me what someone spends their time doing and I'll show you what they prioritize. My time is my most valuable gift and if it's not a priority to you I'm not going to build my schedule around you.

Cue long night of her on her side of the bed and me on mine. I actually slept pretty good although I couldn't help but replay and question what I could have done better to my own advantage. My natural beta instincts were to ask if she wants to talk and to comfort her but I know it's not my job to comfort my wife for her shitty behavior, in fact it would be detrimental to our relationship and our well being, also cuddles ain't free. It would essentially reinforce to her that it's okay to not prioritize our dates and it's okay to not respect my time.

The next morning she is reading the bible and journaling, I see her stuff a note in my lunchbox (yes I have a lunch box, fuck you). Our son gets up and I'm engaging with him and we're having fun. Finally she comes over to me, looks at me, I pull her hips into me and she hugs me and starts crying. I do not say a word. At this point she just needs to feel my masculine strength and energy, she needs to FEEL I'm the rock and that I'm not going to be persuaded or pushed, that I'm going to lead her and hold her accountable. I pick her up and take her to the couch and hold her on top of me while she cries. My son comes and hugs on her and tells her not to cry. She sits up and through tears tells me she doesn't want to disappoint me so I pick her up, carry her up stairs, lay her in our bed and embrace her. For a solid 5 minutes she just lays her head on my chest.

I then get up lock the door, come back to bed and undress her; she starts to grin through the tears, I look her in the eye and tell her "you understand that all I was asking for was for you to give me you." We have a good session; as wet as ever and then I held her afterwards. The rest of the day she has been bouncing around and smiley, called and texted 4x. Came by my office, sent me memes, etc.

For me this was a big leap in calling out shitty behavior, holding frame, not comforting bullshit while comforting her when warranted, and giving her validation sex that she needed. It's my job to lead us much as a Parent would lead the oldest teenager in the house. I used to think that term was somewhat demeaning but now I see it for what it is: it's to describe someone youthful in their thinking, desire for fun, their need for someone to lead them, someone to call them out when they make mistakes, someone to be the steady oak when they are emotional. Over the course of our marriage I had slid to being a doormat and doing whatever to appease her and "make her happy", even if it was dumbass misguided bullshit. You wouldn't ask your teenager for financial advice would you?

As for the note she put in my lunchbox:

Ambitious Buddy,

I know it's only words and you are right as much as it pains me. All I can say is I'm sorry and do better. You are my favorite person in the whole world. I'm going to do better and I will do better. I'm sorry.

Love,

Mrs. AB

61

UPVOTES

FIELD REPORT: COMFORT AND FRAME

Bushpilot817 · 9 November 2018 · Archived copy · Reddit

For the last couple of weeks I've been very busy and working late at work as a couple of hard deadlines approach. I let the wife know it was going to be this way, and it occurs from time to time in my career. She knows this. I am very focused on making sure everything goes down as planned during these times.

Side note - she is 39 and two months pregnant with our 4th.

Yesterday she sent a long email about how I have changed, I'm not the man she married, she misses the old me that would share my feelings, she is scared about the pregnancy, blah, blah. (Read: needs comfort and reassurance).

I made sure I was in a good mood when I got home. I always take a few minutes on the drive home to clear my head of work stuff and be fun when I make it home. I come in the house, say hey to everyone and give her a quick kiss. She asks if I'm hungry and heads to the kitchen while I hang with the kids for a few and tuck them into bed.

I go back to the kitchen, grab her and give her a real kiss; she's all over me. I keep kissing, move to her neck, kissing and biting, finger her with one hand and finger her ass with the other. She immediately starts squirting and comes. I turn her around, push her against the island and fuck her while she's begging for it, then I fuck her in the ass and finish.

Food got cold, so she re-heated it while I sat down. I told her to come sit by me while I ate. Asked about her day and listened. I addressed the email, and told her that she knows we've both been tired, her emotions are all over the place, having another baby doesn't change anything. We already have three kids. She agreed, happily. When we were done I told her we were going to go lay in bed and watch a show. She was a sweet little kitten, and I had a great night and ending to the day.

Women want to know you desire them, and the best way to show it is to take them. Always lead, hold frame and give a little comfort as needed.

I'm not posting this to boast. 15 months ago I was a different man. I couldn't have even had the same outcome and post this a few months ago. But after I swallowed the pill, posts like these were always an encouragement to me. I welcome feedback and discussion.

61

UPVOTES

AWALT confirmed. A MRP FR

nothestraberrypatch · 30 September 2018 · Archived copy · Reddit

“A monkey will not swing from one branch without a firm grip on another”

I started my RP beta de-program about a year ago. Since then I have gone from a fucking overweight, depressed, overtly needy co-worker, friend, lover, father to a fucking a man.

SW 220lbs, 6'0 BF% high 20s CW 184lbs, BF% mid teens

I'm on the verge of a significant raise and me being needed more than I need my job (currently make 150k +)

My SMV is probably 8-9 depending on the woman. I see myself as a 8.5. Six pack and better delts I'll be a 9 forsure (December)

In the beginning my wife loved the new me. I was Rambo and pissed off. I settled down after about 3 months and began to really focus on our relationship, which meant completely changing my ideals of life. Slowly the comfort and fitness tests became daily, and every time I passed (or failed) one she began to pull more resentment from the past out to try and beta-ize me again. I eventually told her we are not talking about these issues that are 10 years old anymore, we have been to counselling, we have put these to rest. If we can't get past them we need to explore other options.

We split.

She split quick too. I didn't give a fuck. Didn't ask her to stay, didn't ask what she was up to. Just continued my mission as IDGAF. My suspicion is that she had found someone else. I view(ed) this as a positive. It's a distraction for her, and makes my life easier.

AWALT confirmed. She told me today after a heated financial discussion that she seeing someone. “Sounds good” I said. Buddy has some pretty fucking big shoes to fill, hope he likes being compared to me and used as a pawn in her eyes to try and stir up some emotions from me.

I got a HB8.5, HB8 and another couple 8s waiting for me to text them. Gonna go lift some iron now.

IDGAF.

61

UPVOTES

Is this it?

drty_pr · 30 September 2018 · Archived copy · Reddit

So with TRP being banned, are we going the way of the dodo too? If so, it's been a good run mother fuckers and thank you for helping me pull my life together.

Peace ☺

61

UPVOTES

1 Year In, Looking Forward To Year 2

BostonBrakeJob · 20 April 2018 · Archived copy · Reddit

I'm not going to tell my backstory, it's been told a million times over. What I will say is that I came for a more fulfilling sex life, but stayed for the key to my own prison.

It's been a pretty awesome year, fellas! For the first time, ever, I'm leading my own life and reaping the benefits. Case in point, the new job offer I just accepted.

A little context here, I've been working 2nd shift for almost 10 years now. Good pay, great benefits, and excellent work experience at a well respected machine shop. I used that time to learn as much as possible which ended up mutually benefitting the company and myself. But I'm a simple man, and missing the "prime-time" (nights) with my family ate me alive from years 3-5. I eventually used the pay, benefits, and lifestyle change from my previous job to hamster my excuses for staying. In reality, I was just scared to look for a new job, knowing I would have to take a pay cut, start over on seniority and a bunch of other lame ass reasons. But at any rate, I started dealing with it somewhat better from years 6 to now by focusing on the good things my job provided and ignored being unhappy with the hours, or at least tried. Led to a lot of faggot behavior, again, that has been talked about here a million times over.

I never had a good example of a healthy marriage dynamic to learn from growing up. MRP changed that. Knowing what I know now, it became less about me missing my family and more about realizing the *opportunities* I am missing to lead my family. Setting a good example of this for my sons is high priority, and being gone all night won't cut it. It was time to change that. I told myself this was my last year on 2nd shift

So I get a heads up from a buddy that the company he works for is trying to fill a lead position. It's 1st shift and in my home town, cutting 2 hours drive time a day. I asked him for an email address to ask about the job and ran with it. Sent in a resume and a week later was sitting down for an interview. Reading about powertalk and posturing all those months ago came in handy. Nailed the first interview and started mental prep for the 2nd immediately. Anticipating the normal "what are your strengths/weaknesses" routine. Pay was also a big concern. In the first interview they threw an offer way higher than I expected, but still not close to what I needed. I was worried I would push too hard for what I wanted and they would give the job to someone less qualified (they told my buddy I was the front runner after interview #1) and willing to take less.

I showed up for interview # 2 and right out of the gate he told me they wanted me on the team. It really felt like I was interviewing them the entire time. They offered my low number as their opener, I told them I could make it work but ideally would like \$2 more per hour. Ended up working out a compromise, they start me at their offer and then add into my contract that I will get X amount in raises over Y time period, which is not standard procedure for this company. A year ago, hell even 4 months ago, I wouldn't have had the balls to try negotiating *at all*. And here I am now, knowing what I'm worth and what I need and asking for it without hesitation.

This position is also bigger than I expected. The VP told me they're looking to expand the department and, to quote my future supervisor, "That's where [I] come in." I can't. fucking. wait. to get started there. Just waiting on the background check to go through, should be starting around the beginning of May.

I did end up taking a small cut in pay from my current job, but the lifestyle change is more than worth it to me. I will not only be able to make it to all my son's games, but once I get started will ask about becoming an assistant coach for his team. So many doors are open now. You can't put a price on doing what makes you happy.

The kicker to all this is about 8 months ago I started taking my finances a lot more seriously. I seen a change in shift, which would undoubtedly mean a change in jobs, in my future and had to make room for a pay cut in the budget. This included knocking out as much debt as possible. I started making extra payments on my car, and got it paid off at the beginning of this year. And I'm a few hundred away from paying off my credit card. I knew I would have to take a pay cut if I didn't want to wait for the seniority to bid into a first shift position where I'm at now,

which will be at least 2 more years. 3-4 years realistically. I buckled down, picked up extra jobs and O.T. and cut out excess spending. Chess not checkers, I *made* this pay cut workable.

My marriage has done a complete 180 as well. My approach was pretty unorthodox, Rambo and fake it til I make it all the way up to the last few months. I wasn't just going through the motions though, I would dig for the root causes as to why things bothered me more than I showed. Don't get me wrong, the butthurt still showed through. I just quit yelling at her about it. Stfu, ate it, tried my best with the AA/AM/fogging, and really used removing time and attention as my crutch to get away from the chaos and figure my own shit out.

I don't completely ignore her now, I just don't give her words any weight on my self-esteem, respect and mood anymore. She may, and sometimes does, make some valid points while she's bitching, and it's on me to figure out if I want to work on those things and how to go about it.

There are just so many little things that have changed in our day to day interactions. Nothing worth pin pointing and going on and on about, but on the grand scheme of things they all add up to make a much better relationship. I'm much happier and feel more fulfilled now that I've started taking the lead and owning my shit, and she is starting to settle in nicely as well. There's much less pushback on me taking the lead now, she's actually deferring to me for decisions now which was unheard of in the past. I make a plan, figure my moves, let her know what I need from her, and fill her in as I'm putting it in motion. I want to do some refining here, but I'll get to that in a bit.

And the realization that all of this, all of the ways I interact, the way I handle her rollercoaster rides, all of it....it's all transferable. None of this is hinged on *her*, she just gets to enjoy it so long as she continues to add value in all the ways she does. If it were to end, nothing changes for me.

And finally, the sex! What we're all here for in the first place. I don't get hard no's. I blow through soft no's. I'm not ashamed of what I want, and I go after it uninhibitedly. The intensity and dominance has gone way up. I'd like to be more vocal and commanding, but in the moment I don't really think about it and just enjoy myself. The sex is great, no rush.

I've been playing with manufactured drama and it has been a blast. Negging to full on acting mad about something I could really give 2 shits about just to get her riled up. There was a night she went out with the girls after school, I told her before hand I didn't think it was a good night for it being that it was a school night for the boys and she already gets them home later on her school nights as it is. She went anyway, and it really wasn't a big deal. **(Note - just months ago I would've lost my fucking mind about "being disrespected" bc she didn't take my advice)** But instead of playing the "nice guy" and telling her how I really felt (not an ideal decision, but no harm was done. it was the first time, so it's not like it's habitual.), I ended the phone call quick and went radio silent the rest of the night until I got home. She was texting non-stop and, thinking I was pissed, got mad as hell herself to match. She tried aaaalll the tricks to try to get me off topic and start fighting back.

Instead, radio silence until I got home, walked in to find her "sleeping", ripped the covers off her, flipped her from her side to her back and spread her legs. She protested and tried getting shitty about what went down earlier. I asked her, rhetorically, "you wanna fight or fuck?" Her clit was in my mouth before she even had time to answer.

Enter stacked orgasm and the wettest pussy she's ever had (with me, anyway). She jumped up and sucked my dick like her life depended on it. That night was the roughest I have ever been with her, my hand was full of loose hairs I'd pulled out of her head....we both loved every second of it.

There was no doubt for me how that night was going to end. I didn't let her emoting distract me, I didn't play into the verbal intercourse. Just set the trap, watched it spring, then had my way with her.

I also realized, I do this kind of stuff to compensate for the lack of being the "fun guy". I'm now planning date nights and really just trying to view every night at home as a date night, so work is being done on that. I've also lightend the fuck up in the last month or 2 and have started enjoying myself everywhere I'm at. Some days aren't as smooth as others, but in general this holds true.

I was just so stuck in my head with all this information that I ended up playing 4D chess, as I've been called out for here, when we were together. Forcing fun a) isn't fun for me and b) comes off lame as fuck to her, I'm sure. Everything is fun to me now, until it's not. And then it's either dealt with if it needs fixing, or looked at with indifference.

So that's a little bit about the last year. But moving forward, the 3 big things for me are balance, refinement, and progress.

Balance: The lines between dominating/domineering and leading/controlling have always been blurry to me, and as a result I always opted to "play it safe" and basically be a submissive little faggot. So I stepped out of my comfort zone, after finding this sub, and starting trying to lead and be more dominate in bed, and assertive in day to day life. I've crossed those lines maliciously several times, and caught/stopped myself from doing it even more. My completely fucked mentality was the cause of it, and now that this "new me" feels more and more normal, it has become easier to ride the line to my advantage or completely avoid it altogether. But it's still something I want to keep an eye on.

Refinement: I've been working on my leadership skills and did a lot of reading and Youtubeing on the subject. I have a better understanding of the concept now, and seem to be executing pretty well, too. I have a good foundation to build on and refine and really I'm just looking to not Rambo this and be a little more calculated until it all comes natural. Having a literal leadership position at this new job means I will get to practice this skill everyday. At home, everything from delegating housework and our parenting methods to creating my slut and leading our sex life is on the books to obviously continue leading, but also to do so more effectively. I know that's a pretty vague statement, but if I'm being honest I'm still not quite sure what I need to work on as far as leadership goes. Like I said, I don't get much pushback, so maybe I'm doing better than I give myself credit for. I just have a *feeeeeeeeling* I could do better. Maybe because leading other people is still new to me and I assume there's more to learn? I don't know. But I know I have no plans for ego efforts here, I will take my lessons as they come and build off those.

This ties in with my planning and execution. I've heard a few times that she feeeeeelz left in the dark. I take it as face value as a shit test and treat it as such...to her. But I do look back and dig for some merit in it. I've yet to decide that I did something wrong, by my own standards. But thinking of the Captain/FO dynamic I do think I need to get better at somehow including her in the process, or at least make her *feel* included, without it coming across as deferring to her. I'm still mulling this whole idea over, so for now, it's business as usual until I find something I can work with, or maybe I won't and she'll just have to adjust and deal with it. I wish I could remember what was going on the last time I heard this so I could give an example. But it's been awhile and nothing is coming to mind.

Progress: That's the name of the game! 'nough said. I have no grand visions of becoming a millionaire next year. Just a lot of little mundane things, in comparison to mansions and Bentley's. But to me, they are everything. Coaching my son's baseball team. Planning and even preparing dinners with my family at night. Nights out during the week, both with and without my family. So many. Too many to list.

It's said that MRP is a sexual strategy. It's also said that there is so much more to it, and I'm understanding more and more what that means. I like to combine the 2 and look at the world as an HB10 and this stuff can help me fuck her raw. And I intend to do just that.

61

UPVOTES

FR: almost 3 years swallowing the pill. Personal reflections

CopyAndPaste2015 · 23 March 2018 · Archived copy · Reddit

Background: 40 year old, senior professional in highly regulated environment. SO 42, together 14 years, married 9. 2 kids, 6 and 8 year old. If there was a picture of the definition of the Nice Guy it would be definitively my own. There were a lot of beta traits and covert contracts to deal with in the beginning. I found out the red pill after a short period browsing r/deadbedrooms and devoured all the info. On the first few months I managed to go red pill Rambo and fuck things up even further. After that I STFU, took the advice from MRP, continue lifting and worked on my MAP. I reread all the recommended books again and this time I took time to let it sink in. This is a self-reflection of my own journey which, by all means, it is far from perfect. I will make the 3 year mark of swallowing the pill around June/July this year. I want to share some nuggets that might/might not be beneficial for men unplugging.

- **The journey is about you and not about her or anyone else.** If you, (like me), start your journey with a post like “how can I get more sex from my wife?” then I’m talking about you. I have never been truly alone, (no girlfriends/wife), and I was truly dependent on my SO to fill my needs. Following the book read about the MAP, (man action plan), I had no idea where I wanted to be personally/professionally/financially in 3/5/10/20 years’ time. It took me over 6-9 months to figure this out. Focus on this and don’t put any names on your plan, (does not matter the place, company or person; at the end of the day it is about you!). My only caveat on this is that my plan includes my kids.
- **Lift, exercise regularly, but most importantly, control what you eat.** My progress on my physique was delayed because of this. You will get the benefit of exercising but to see a significant increase on your SMV stop eating garbage!. I have good improvement with IF and Keto, but due to my lifestyle I have stayed on low carb low cal diet. Count your calories every day as you check your cash flow.
- **Enjoy the fucking journey.** I went full redpill Rambo in your first months and I can assure you it was not fun for anyone and caused a great strain in our family life. STFU should apply and focus on the changes you can make by yourself. After implementing those then there is a lag, (in my case of 6 months), where your SO will test the new frame you are building to the eleventh degree. I enjoyed the path of self-reflection and assessing the things within your control. Things as leading with your kids at home, (those little shit testers), have been great in building the life you want to live in. Meditation should be advised during the anger phase.
- **When sex is back be aware of the previous baseline.** If your SO decides to be in your frame and be part of your MAP your sex life will definitely improve. My own reflection is that it is unlikely that the frequency will increase more than on those years prior to marriage; that is the baseline. On the other side the quality will massively improve, (sex god method all the way), including things that didn’t happen before.
- **A personal note on finances:** financial independence. I’m still in the same role I was 5 years ago. My MAP includes to progress to executive/board positions in the mid term, (2-3 years), but I am aware that will not happen within my current company. During these three years I have built my experience in project management and strategic skills and I have engaged with recruiters in looking into new opportunities, but, being in a niche market they have not materialised for different reasons. I ended up demotivated in my role for some time. Nevertheless, when a path is closed a new one will appear. I focused on improving my financial situation; budgeting, saving, tax efficiencies, etc. I read financial blogs and ended up on financial independence blogs. I have saved enough “fuck you” money to, if I decide to do so, leave my current job and be able to carry on living the same life style for over a year. In addition I have an early retirement plan that would allow me to retire in 6-7 years if followed. This has caused me to increase motivation in my current role with a new, fresh approach. I always talk my mind and senior management has taken this new approach favourable. In addition a weight has come out of my shoulders and I keep being contacted in linkedin for new opportunities, and I know the right one will come, (or early retirement whichever comes first).

So, what's next?

I truly don't know but I have enough occasions where I took to foot off the gas pedal and see your frame being damaged, if not destroyed, in a blink of an eye. I now live by my work and I know consistency is key. I'll keep lifting and controlling my diet and building on my map. If my SO wants to continue be part of it then great but that is only the cherry on the top. I will focus to continue building the man I want to be.

61

UPVOTES

Cheating means you are a "Beta Faggot"

Scurvemuch · 25 August 2017 · Archived copy · Reddit

In the spirit of some of the recent posts regarding getting sex outside of marriage, I wanted to clarify something for the blue pill morons who think they are red.

If you choose to have sex with someone other than your agreed upon contractual sex partner, understand what you are doing, and why.

Do you need to get your dick wet, because it hasn't seen the inside of a vagina for a decade? - You are not ready

Do you want variety but are getting consistent good sex in your life? - Create your slut

Are you just done with her , but are staying for what ever reason you choose to hamster out? - Well, see if you want to call it cheating

cheat verb gerund or present participle: cheating

1. act dishonestly or unfairly in order to gain an advantage, especially in a game or examination. "she always cheats at cards" deceive or trick. "he had cheated her out of everything she had" synonyms: swindle, defraud, deceive, trick, scam, dupe, hoodwink, double-cross, gull; More

2. avoid (something undesirable) by luck or skill. "she cheated death in a spectacular crash" synonyms: avoid, escape, evade, elude; More archaic help (time) pass. "the tuneless rhyme with which the warder cheats the time"

Don't be dishonest with yourself. Do not run away from what you are doing. This will make you feel bad. And feeling bad, guilt, will fuck you up.

Until you are ready to not feel bad about having sex outside of your marriage, no matter how "cheated" your wife's inability to get wet for you makes you feel, you are not ready

61

UPVOTES

A profound and surprising married red pill example

MRPFuckMe1 · 13 June 2017 · Archived copy · Reddit

I ran across an old episode of "Wife Swap" from the UK. You remember that show? Not exactly sure how it came on, YouTube just sort of does what it wants sometimes. [Here it is](#) if you're interested.

They're British, and as such, quite unattractive the lot (sorry). If you're not familiar with the show, basically they send two wives to each others' homes for ten days. They've got to deal with the other's husband, kids, routine, finances, etc. Honestly, it's fascinating from a MRP perspective.

This one really grabbed me in several ways. Obviously, in an effort to make it a "fish out of water" story, they put the wives in dramatically different environments. In this one, there is a rich man and a poor man.

The rich man comes home from work and spends the rest of the day and weekends in his man-cave playing XBOX and slot machines. Occasionally he goes to the pub to play slot machines as well. He pays his wife to do everything. 5 pounds to iron a shirt, 10 pounds to take the boy to his karate lesson. There's even a not-so-subtle allusion to him paying her for sex.

The poor man is poor--and I mean fucking poor. Not exactly sure of the exchange rate, but I reckon his family of four survives on less than \$1000 a month.

The poor man OWNS HIS SHIT. He works full time. He cooks. He cleans. He plays with the kids. He saves up all week to take the family out to an arcade on Saturdays.

This rich, boojie, well-dressed, spoiled-to-shit wife ends up at the poor man's house and HAS A BLAST! By the end of the 10-day stint, she's openly talking about leaving her rich husband. The poor wife goes to the rich man's house and is absolutely disgusted by his behavior.

The money plays such a minor role in the dynamic as to be nearly inconsequential. Quite the eye-opener.

Lessons Learned

- Own your shit
- Be fun
- Lead your family
- Fuck the money

61

UPVOTES

Omega Chump to Man on a Mission

donedreadpirate · 7 June 2017 · Archived copy · Reddit

I don't post many personal details here and today I decided it's time to change that. I'm going to let you guys in, fuck it.

I remember so many neglectful moments where my parents dismissed me, shamed me, and attacked my character. I never really grew up into a man who had confidence in himself because of this. Most things I did were doubted, questioned, or mocked, so my internal dialogue was one of self-doubt. I was also brainwashed with religion a lot and developed an entirely BP view of the world and women.

Not surprisingly, as I got older, I was a fucking mess. I retreated into video games, drug addiction, and porn addiction. I let life pass me by. I'm talking *years*. I was depressed. So depressed. I avoided people. I cut myself, I fantasized about suicide, and I wanted to die. Instead, I created my own world where I was cooler than everyone else. I cultivated BPD tendencies. On the inside, I was barely a shell of a person. It was all I could do to survive. I hid it well.

I don't know how, or why it happened, but when I was 24 I decided I was going to stop being a victim. I enrolled in college, started a business, got married, started a career. I went from barely making \$20K a year to pulling six figures in three years. I bought a house, had children, quit smoking weed and popping pills, quit porn, quit videogames, and built a **real** life of my own but my mindset was still shit.

Right after my son was born, I was put on a really bad project at work that required 100% travel, nights, weekends, and holidays with no PTO allowed. With my shit mindset, I couldn't take the heat. I was eating junk food and drinking every night. I ballooned up to 230 pounds at 6'2". I couldn't sleep, I was put on antidepressants, my blood pressure was through the roof, and one day my back went out. I have had chronic musculoskeletal pain ever since. So did I sit around feeling sorry for myself and making excuses about my special circumstances like my old Omega self? Fuck no. I started lifting.

I lifted constantly. I went from 230 to 195 lbs. I saw a picture of myself from 4 years ago - I am unrecognizable. I built strength from *nothing*. I was 158 pounds until my early twenties. I was never strong, I just got fat. I dove in head first and learned everything I possibly could about lifting. I finetuned my routines, my diet, I tried different things, I got fit. As for my musculoskeletal issues, I have been to every doctor around, read every book, bought every tool (straps, lacrosse balls, rollers, name it). I manage it, like a fucking man, and I never let it stop me.

So here I am, I have done all these things. Why aren't all these improvements getting me the crazy sex life I want with my wife? Why don't we even have sex much? How come I can buy her all these Christmas presents and she doesn't even give a fuck? I know, I'll write her a letter asking her why! That'll do it!

I wrote a huge letter lamenting over why I wasn't getting my needs met. Her response was essentially; "thanks for saying this. uhh I don't know I guess I'm self conscious and sometimes you smell?".

Cue heartbreak. I started researching divorce, every morning I would wake up studying my options, learning about custody, etc. I noticed a girl at work acting kind of silly around me so I googled it and a Cheateu Heartiste article came up. Alpha/beta? Is this a joke? These dynamics can't be real, humans are way more complicated than that... Around the same time, I stumbled upon Gorilla Mindset. Then, I overheard my wife spewing vitriol about me to my own mother, who sympathized with her. This was the beginning of my RP journey.

Again, I dove in. I read every fucking thing I could get my hands on. I started applying it. My family rejected me.

My wife hated me. My mother told me to get my shit together. My brother sold me out. My sister lectured me. I kept going. I lifted, I read, I STFU'd, I AM'd, I AA'd, I got my finances in order, I got my social life back, I started pursuing hobbies again, I killed my oneitis and started following my fucking path - my way. It took months, but my wife started coming around. I stopped using her as an emotional tampon and I stopped letting her use me as hers. I encouraged her to get therapy and, with some pushing from you guys, started going myself.

I used to basically avoid women entirely. I was so unsure. I hated conversations with strangers. I was a closed book. So I started talking to every-fucking-body. I opened groups of friends I never met before and party all night with them like we've known each other for years (this has happened more than once). I gamed women constantly. I have talked to so many fucking girls I can't even remember their faces. I successfully N/K/F closed randos. I fucked my wife constantly.. constantly. I still fuck her constantly. She has literally told me I give her the tingles and she just wants to follow me. She defers to me for all decisions, she does shit in bed she never would have before. She has fully fucking submitted to me and I don't even GAF because what I have learned here has changed my mindset so much, I finally have the tools necessary for living a life worth living, and that's so HUGE none of the little things even matter.

Not even to mention this has made me a much better father. I have been able to lead my family through many challenges that I would have been a drunk captain in before. My own FIL accused me of fucking my MIL for Christ's sake. You have any idea how bad that could have gone for my family if I wasn't on top of my game? Now I'm working on moving us all across country without a single fucking worry. My kids absolutely adore me and I them.

I comment on posts and I don't really share my story a lot. If I can go from who I was, to who I am today, anybody can do it. Thank you, MRP, for giving me the tools I needed to finish the job. I never thought I would look back and laugh at all the torment I put myself through. Yet here I am. I can finally fucking LIVE.

61

UPVOTES

FR: 8 Months into MRP Journey

XianMRP · 6 June 2017 · Archived copy · Reddit

To begin, I would like to thank the Blue Pill Proffessor, Rollo Tomasi, and The Family Alpha for being inspirational and motivational voices in the return to Alphaness I have experienced in my marriage and in my life. Their wisdom, postings, blogs, challenges have given me the insight into how to pursue the kind of life that is worth living and the kind of marriage and family worth having. I thank you and I am sure my wife and kids would thank you as well.

Quick Background: I wrote an earlier post about this, 36, married 12 years, 4 kids, been with same woman since she was 19. She had low N count of 3 and fell for me hard. In the beginning I was too Alpha, pumping and dumping on the side, etc. I stopped living a lie, got right with myself and her, we had kids and I went from healthy Alpha/Beta mix, to pure Beta, maybe with some Omega after our 3rd kid.

Fast forward to October and our sex life was down to 2-3 times permonth, I was begging for sex, wife said I was acting like a baby, took my shirt off and looked hard at self in mirror and was disgusted then weighed myself for the first time in a year and the scale said 340. Someone said it was the Phoenix point. I knew I had to change.

Found MRP, Read NMMNG & MMSLP, listened to BPP youtube videos, started reading The Family Alpha and The Rational Male, and most importantly, I started LIFTING!

Physical: 6'5" 279lbs, down from a high of 340. (Former D1 athlete so transition has been faster then most due to muscle retention of nuclei) Bench: 305 from 225 in November when started. Deadlift: 415 from 315 when started. Squat: 315 from 250 when started. Began grooming myself regularly getting cheap haircuts every 2 weeks and paying for High end haircuts 1x every other month. Pant size went from 44 to 38. Goals by December are: Weight: 260 Bench: 350 DL: 500 SQ: 375

Frame: I have been working amused mastery and agree and amplify ike a champ. Laughing off her shit tests and making funny comments. For example, last night she wasn't in the mood (which she probably wasnt because her period is coming soon) so I got up to leave. She started saying, "You are so manipulative. You are manipulating me." In the past, I would have defended my self and argued with her. This time I said with a smile, "You are right, watch me manipulate your pants off." She rolled her eyes and I started laughing. Then massage, then clothes off, etc. By the end she was orgasming and thanking me.

Another example is I made a comment about her weight last night. I did it xompletely in jest. And this morning she got up to challenge me on it. I fogged, said I barely remember saying it and then laughed, kissed her on the forehead and said, "Oh, am I that far inside your pretty head?" She smiled and laughed.

Sex: Back to where it was when we first got started. 10-15 times per month, more blowjobs, often spontaneous, in the past 6 months then in previous 5 years, integrated toys and slight dominance. She's letting me do things to her and with her that she never has before.

On top of this, I have taken back control of the condition of my household. Building things, cleaning up the kitchen, cleaning our bedroom, managing the property, being the first one up every day in the house. Basically becoming the man I should habe always been.

61

UPVOTES

Let's define Hard Mode

weakandsensitive · 10 April 2017 · Archived copy · Reddit

People say married red pill is red pill on hard mode. I've never agreed with that statement. I personally think it's a cop out. That doesn't make it a wrong statement.

What is Hard Mode?

Hard Mode is the reality that your wife has years and years of experience of you being a total schlub and loser.

The truth is that it is always easier to make a new impression on someone completely new than to change the impression that someone already has. This is why there's the 7 hour rule in PUA. It's impossible to have 2 first impressions.

Why is it hard mode?

Hard Mode is the natural consequence of growing relationships.

The first and foremost challenge in any situation is complacency. Complacency will overcome everything. When humanity is dead in 10,000 years - nature will have reclaimed the greatest buildings in human civilization. If you're being complacent in your relationships (marriage, work, otherwise), your relationships are decaying. They're not going to be thriving.

Second, the roles and requirements to be attractive change. Remember, a toddler saying "Look daddy, I wiped my butt" is cute. A 13 year old doing it is not. As we grow, basic concepts of growing up are expected.

You, as man, should be able to adult at the very bare minimum. A 16 year old making \$10,000 a year is impressive. A 40 year old doing the same is not.

What do growing requirements have to do with Hard Mode?

Attraction.

It's actually very simple and it makes a ton of sense when you think about it. In a relationship, there are multiple stages. First, you're a boyfriend, then you're a husband, and finally you're a father. Let's break this down a bit.

Boyfriend

When you were just a boyfriend, the only thing you really needed to do to be attractive was to have fun, enjoy life, take an interest, and show her a good time. The requirements were really low.

Your requirements for her were simple too. She had to come over, be pretty, dress well, cook some dinners, and fuck you.

Husband

But at some point, you guys decided to move in together. Now you've got co-habitation requirements as well. Things like being able to pay rent, flushing the toilet after taking a piss, leaving crusty dishes in the sink. None of those are going to build your attractiveness, but not doing them will probably kill your attractiveness to some degree.

Now, instead of showing her a good time every time you guys spend time together, maybe it's once a week. And hell, you're busy (read as: lazy), so instead of being spontaneous and fun, you schedule a "date night". But planning date nights is hard, so you get a routine date night - dinner and movies. That absolutely screams romance and passion and not apathy and complacency.

For her part, she no longer feels the need to impress you as much. After all, she's your wife now. Maybe she's only shaving every 3rd day. Maybe she's only going to the gym once a week. There's no need for her to keep trying as hard. After all, you're more than willing to put up with it - you're not fucking that skank Tracy down the street yet

anyway.

Father

But let's suppose you did the husband thing all right. Or, probably more accurate, let's assume you didn't slip as much as it could've.

Well, now you're a father. So now, not only do you have to figure out to thrive for not only yourself, you're responsible for the kids as well. Again, while being able to provide for the kids isn't attractive, not being able to provide for the kids is very unattractive.

See where this is going?

Hit the trifecta

For me, this insight came when I was trying to figure out why I wasn't as satisfied with my wife as I should've been. And it was because she wasn't checking the girlfriend box to my satisfaction. I realized I was also slacking on parts of my different roles. The reason Married Red Pill is hard mode is because in order to be attractive, you have to be attractive as a boyfriend, as a husband, and as a father. If you get a new plate, you just have to be attractive as a boyfriend.

Similarly, the expectation should be that your wife is attractive to you as a girlfriend (that slutty little thing that would fuck for days on end), as a wife (because who wants a nasty house?), and as a mother (no cunt kids for me, thanks.). It's ridiculous to expect all 3 to happen all the time, but it's not as ridiculous to expect each of the three to happen some of the time.

The solution is to recognize and kill complacency. Easy, right?

61

UPVOTES

My Journey: What I learnt to do, or what **not** to do!

mrprider · 20 March 2017 · Archived copy · Reddit

My Journey: What I learnt to do, or what *not* to do!

(This is what I should have posted instead of 3 separate bare bones posts earlier. /u/bogeyd6 – it's all here, with meat this time.)

This will be a bit long, so here is the structure:

- **Mistake 1** – Red pill Rambo – aka AF/BB and how to balance
- **Mistake 2** – Mixing up masculine qualities with good-person qualities – How to assess correctly
- **Mistake 3** – I have become awesome now, but I see no changes – aka Possible reasons why I am over-estimating my progress
- **Mistake 4** – Getting frustrated – Flowchart to follow if you are unhappy
- **My timeline of RP as reference**

Mistake 1 – Red pill Rambo – aka AF vs. BB and how to balance

Every person is unique, so when you have two unique individuals then their relationship is unique too. So, depending on the personality of the people involved every relationship has minimum requirements for alpha and beta qualities. Too much alpha is cocky asshole, while too much beta is the uber-nice guy trying to please all the time.

Note that so far I have not used genders or relationship type so far. Because I believe this dynamic is true for any relationship in your life. You have had that one cocky asshole friend that never understands your problems but is always making fun of you. There always is that one pet-employee/student that is trying to please the boss/teacher. The *quantities* of alpha and beta *present*, and *the minimum required* for each relationship is *unique*.

In short:

- Alpha qualities – Leadership, Stoicism
- Beta qualities – Comfort, Empathy

When starting on this journey, we all learnt about the basics, the alpha fucks and beta bucks qualities and actions/activities that establish those qualities. We learned how the bad boys give tingles as they exhibit a lot of alpha qualities, while good guys (not “nice guys”, that’s another topic) exhibit a lot of beta qualities and make great husbands/providers. Go back to sidebar books if you need details, but here is a quick recap:

Coming back to MRP, most of the newbies start with very few alpha qualities, and usually moderate number of beta qualities. Also, of note is that dating and single life does not require as much beta qualities, while marriage or a LTR requires fair amount of beta qualities to be sustainable. Bigger the family (i.e. more kids, or grandparents living together etc) the higher the requirement for number of beta qualities for that relationship to be sustainable.

- Alpha qualities – tingles – favored for short term feelz - Increase SMV
- Beta qualities – comfort – favored for long term - Increase RMV

where SMV is Sexual market value, and RMV is Relationship market value.

So, what happens when a newbie comes across the TRP/MRP and ‘correctly’ identifies the lack of alpha qualities in himself and then proceeds to ‘incorrectly’ **reduce** beta qualities while acting like an entitled asshole. That my friends is what we refer to as going **Redpill Rambo**.

Why does he do it? Because everyone told him to model after bad boys, and what is glaringly obvious to a 'good'

and "nice guy"?

"The bad boys are assholes."

What you actually want to model after is:

Confidence, boldness, muscular body, interesting hobbies, being fun

Don't feel discouraged, happened to most of us, sort of a rite of passage.

How to fix that? Having been reading for a year now so I forget who advised this in MRP but the gist was: **Keep doing what you have been doing, while adding alpha qualities. Do not stop doing the beta actions as these required for the relationship to survive.** Now, this does not include *nice guy* activities that inherently have covert contract. Feel free to cut down on nice-guy activities as you see fit.

You might still be able to cut down on some beta activities without threatening relationship survival, but how much is that – it all depends on your (unique) relationship with that unique individual.

But wait, I don't want to be beta.

Of course not. That is why you **add** enough alpha that the *ratio* of alpha-to-beta tilts in favor of alpha. If instead you decide to decrease beta and thereby have more alpha than beta qualities, then you are just a lowly schmuck with not many qualities.

Now is a good time to refer to the chart that shows the paths forward. The horizontal axis is increasing beta actions in right direction; while vertical axis is increasing alpha actions in top direction. The red boxes show various idolized keywords as follows:

Balancing alpha and beta - Chart Link

- Low on Blue; Low on Red – **Loser** – No redeemable qualities at all
- High on Blue; Low on Red – **MRP Newbie** – Good for relationship comfort
- Low on Blue; High on Red – **TRP Chad** – Goof for sexual attraction, or tingles
- High on Blue; High on Red – **Ideal RP** – A good balance of alpha and beta actions, and *lots* of alpha and *lots* of beta

Horizontal dash line – If you are too low on alpha scale and as you keep adding, it will be a while before she or anyone notices a change in you. That is the minimum alpha required before a change is observed. Depending on the other person, there might be a power struggle or smooth sailing, but this is the right path forward.

Vertical dash line – This is the minimum amount of beta activities required for a relationship to survive. Chads are famously lacking in beta comfort actions so they are not ideal.

Transitions:

- **Red Pill Rambo (Blue arrow):** If you abandon all beta qualities while not adding enough alpha, you are going red pill Rambo, and following the blue arrow.
- **TRP in LTR (Yellow arrow):** In rare chance that you arrived here from being a TRP veteran, you are in great position already. Just need to add beta actions and boom you are the unicorn every woman is dreaming of.
- **Growth mindset (Green arrow):** For rest of us, we just need to keep increasing our alpha actions, while ensuring we do not drop below relationship threshold of beta actions.

But wait, what are these alpha actions, and why do I keep mixing alpha/beta/masculine/human/etc??

Mistake 2 – Mixing up masculine qualities with good-person qualities – How to assess correctly

That is the next mistake we made, at least I did. While I thought, I was increasing my alpha, I was just becoming a good human being (and shedding off my “nice guy” traits). Which is correct thing to do, but those are not the qualities that will generate tingles. Necessary but not sufficient.

Note that alpha-beta, masculine and SMV/RMV are all interconnected. For e.g., Doing the dishes or tidying up to ensure house is clean – alpha. Yes, it is your house, even if she is SAHM, you are a leader that ensures your place is in top top condition. However, it increases your RMV more than your SMV.

Being pleasant all around, joking and flirting with everyone, that will increase your SMV as well as RMV. Not being fat, but ripped with low bodyfat, that will increase your SMV more than RMV. Using foul/abusive language just to show you are badass – that is plain stupid.

Since most of us here start out bit overweight and not fit, the low hanging fruit is Lifting! Also, it is a slow process so it must be the first habit to be developed.

Further reading:

1. [/u/Sepean posted excellent article here](#)
2. [/u/JDRoedell 's post on balancing RP](#)

And this is where your self-analysis gets important. If you are improving by leaps and bounds, but not observing any changes, you need to:

1. **Ensure you are working on things that require *most* working on.** If you are an investment banker, you do not need to work on getting more money. If you are gym trainer, you do not need take your deadlift from 3x bodyweight to 5x bodyweight. Find out what you are **most** lacking and ensure you have that on improvement track.
2. **Ensure you are correctly understanding effect of each quality** – Is it good for Sexual attraction or Relationship potential? If you keep working on RMV qualities, then do not expect SMV to improve.
3. **Ensure you are not overestimating your progress.** Which brings me to the next mistake.

Mistake 3 – I have become awesome now, but I see no changes:

Or Possible reasons why I am over-estimating my progress

[MrPrider and (/u/drtypr)\ 's checklist eg]

(https://www.reddit.com/r/marriedredpill/comments/5udfwn/so_you_think_you_are_doing_everything_yet_nothing)

This is just a checklist I like to review periodically to ensure I know where I stand. As noted in the discussion on that post, it is important to compare my current self to what I want to be, and not where I was at the start. If I get discouraged or impatient, then I look at the starting point and lift myself up that I have made progress, a little in some areas, a lot in other areas. And I will keep at it until I meet my goals. (And keep moving my goals forward as required).

Follow the link for more discussion on various things.

However, even after all this, you might be frustrated. If you are worried that you are missing something, then here is the flowchart to see what to do next:

Mistake 4 – Getting frustrated – Flowchart to follow if you are unhappy

Flowchart if you are frustrated

If you know what you are doing, then do not start the flowchart. It is when you are confused and frustrated with your progress.

Why this flowchart? At the start of every MRP journey, there will come a time when you will start getting IOIs from other women, some even blatantly flirting with you, but there would have been no change in your relationship with your wife. Plainly put, this is frustrating.

No, you are not doing it to improve **this** relationship but to improve yourself. No, there are no covert contracts that if you improve, this relationship will improve. However, as a human being, it is natural to get frustrated when everyone around can see the prize you are, but not your wife. You have this strong urge to serve the divorce papers and move on. Every few weeks.

Patience. Deep breath.

This flowchart ensures that you are doing everything you can to improve yourself. To increase your SMV so high that if you should leave your wife then you will have no problem in (1) getting laid and (2) maintaining RP lifestyle in any new relationship.

Follow the link and go through the discussion there. There are only 2 outputs from that flowchart, either you work on improving yourself, or you file for divorce. If you truly understand 'complete ownership' then you probably are already on the path to improvements and no need to start this flowchart.

Finally, on frustration and patience, here is a reference for newbies:

My timeline

I have considered myself smart, have engineering background, making 6 figures since late-20s, but I was a career beta. Until a year ago I did not know what redpill was.

34M/SMV 5/RMV 9 with 34F/SMV 7/RMV 5 and together 10 yrs at that point of time, no kids or pets, yet – felt disrespected and taken for granted

- Time: Zero – Came across Athol Kay's MMSLP
- 1st month – spent at MMSLP forum, reading forum posts etc.
- 2nd month – Came across TRP and MRP, Read NMMNG, WISNIFG, Rational Male etc
- 3rd month – Start lifting in true sense. Yes, I was stupidly slow in starting this. Realization of being career beta.
- 4th month – went redpill Rambo, almost thinking of divorce
- 6th month – getting IOIs in bars from HB6-7s, more frustration at home, changed job
- 8th month – read bang and day bang and started approaching, got a number from girl for first time in decade, entered LDR and felt doomed
- 9th month - depression, went back to sq 1, gained 20 lbs, mostly fat
- 10th month – Sobered up, back in 4x/week in gym, running on weekends, 5 approaches/weekend
- 12 months – LDR end, but new job requires me to travel 3-4 days/week
- ~14months – SMV 7 by looks alone, can get to 8 given right situation. Had a FMorFY event. Replied "ok" to her threat to divorce. Ball is in my court to decide if I will continue or quit. She knows the boundaries and keeps testing them. IDNGAF. I have the MRP knowledge, and lifting experience to blast away.

Summary: I made all the usual mistakes, and sometimes keep repeating them. But, I know the path forward, and am gaining ground one step at a time. I felt I am going much slower than most FR I read here, but then accepted that is what it is. This is **my** journey, it is *unique*. I started this relationship as a complete beta, a happy go lucky aloof but beta, and then turned into pathetic beta. I am undoing all of that while adding the alpha qualities. And enjoying the process.

If you think you are going slow, it is okay. You made a mistake or you relapsed, it is not end of the world. You will be fine if you keep pushing. Journey is half the fun as well.

61

UPVOTES

Change or Die

XianMRP · 21 February 2017 · Archived copy · Reddit

I have been applying MRP principles since the end of October when I reached a crisis moment in my life and in my marriage.

One night, after begging my wife for sex (it would have been only the third time that month), she said, "Why are you acting like such a baby, pouting and whining."

I immediately stopped, stepped out of the room, and went to the bathroom. For the first time in almost a year I stepped on the scale. 350 stared back at me. Now I am a tall man, over 6'4", but that weight shocked me. I hadn't even weighed that when playing college football.

I stepped off the scale, turned, saw myself in the mirror without a short on and looked hard at myself for the first time in years. I was disgusted. I realized why my wife wouldn't willingly give herself to me. I was fat, sloppy and disheveled. Unkempt beard and hair, plain clothes that fit too tight in the wrong places.

Over the past 8 years, 4 kids and 3 moves, I had put on 80lbs. And has become careless in my appearance and in my attitude. Our sex life had slid toward 2-3x per month and I was exhibiting all the negative beta characteristics I had once despised in other men.

I found RP first then MRP and devoured the content and threads. I read NMMNG and MMSLP and 75 percent of The Rational Male. I began doing all the things I had avoided before on my slide to comfortable mediocrity. (the irony is that comfortable mediocrity becomes painfully uncomfortable).

Since I always had an active social life with other men (something church provides that I don't see in non-religious friends), rarely complained to my wife about work problems, was the sole earner for the family, never went to places or watched movies/shows just because my wife wanted to, and was a good father/spiritual leader for our household, I realized my issues lay elsewhere.

Getting things done, seeing problems and fixing them, keeping up the house, cleaning the things I own and care about, and setting the mood of the household.

I also began lifting and doing cross fit while changing my diet and putting down the fork. Since I had the necessary mass already, the cross fit allowed me to redefine the muscle while losing weight.

I also began flirting with my wife, using amused mastery and STFU to hold frame. Worked on being the oak tree when she raged and learned to discern between different kinds of tests. I began planning activities with her and for her. She loved it.

Finally, I created a shared calendar for our schedule that was color coded and planned out our lives months and weeks in advance. This ended the constant checking in and allowed our communication to be more fun.

Finally and most importantly, I am beginning to learn the power of OI. If things happen the way I want that's great, if not that's great too. I can either choose to join or do something else. It's one part humility and one part not being emotionally needy.

MRP has helped me MAP, our sex life is back and growing, I am becoming more of the man I was at my best, I am accomplishing things because those things are worth accomplishing and I have lost 50lbs while gaining strength and muscle.

All it took was the crisis. That would be my hope and prayer for you and your friends. The crisis forces a choice. Change or die. I'm glad I'm changing.

61

UPVOTES

Ladies: Your husband is obliged to put up with your shit, not MRP

stonepimpletilists · 27 November 2016 · Archived copy · Reddit

Bogey has provided a wonderful post on women posting to MRP

However, some have forgotten the cardinal rule of women on the internet

Men here are perusing their goals. You may not share them, you may not like them, you may even despise them. Your approval, your blessing, and your opinion aren't asked for, or required.

We aren't fucking you

Men will post on generalities, so you can use them to guide decisions, aka 'assume all guns are loaded'. If you are offended because some of your qualities are on the list of 15 things psychos do, no one cares to hear you fight for your virtue. No worries ladies, we don't care.

We aren't fucking you

I know some of you see RP guys, and relationships really taking off. I'm glad you're happy for them. There are two female subs, that cater to both your sensibilities, and perspective. redpillwives and redpillwomen, I suggest you ask questions to them, us helping you control the relationship is not a primary aim.

We aren't fucking you

If you want to run your mouth, Purplepilldebate could use more poorly thought out showerthoughts and rants. I'm more than happy to shit post with you over there. This sub is designed to build men, and I am more than happy to show you the door if you decide that you have a problem with that

And unless the other mods have issue, I'm issuing a quick rule, so you don't think we are cruel virgin assholes. If you send a picture of you (topless or bottomless, we have preferences for both) to one, or all the moderators, you can have 1 free-for-all post, either yours, or someone elses, to run your mouth, and get serious engagement from said moderators. Don't worry, we don't do anger, they will be treated with discretion and privacy, consider it a mutual show of good faith, see attached image to see why.

61

UPVOTES

MRP hazard: When IDGAF becomes too real

spexer · 14 November 2016 · Archived copy · Reddit

Sometimes the Red Pill still leads to the end of your marriage, and not because you can't fix it.

There is a real danger after your transformation where you honestly are no longer interested. You now can have sex whenever you want, and she is the one making moves on you because... your passion and desire for her...is not there.

I have witnessed posters here share their surprise at this unforeseen result, and others who either stop trying because they don't care, or stop giving a fuck and take on plates and other high risk behavior. Often this leads to the same result - divorce.

So be aware this might be on your path. I have recently found myself on this trail, and I welcome feedback on how to captain out of these waters.

Many factors that I see that lead MRP'ers such as myself to this place of disillusionment:

- After the pill dissolves and you see women for how they really are, there is a loss of attraction as the mystery disappears. Too much time in the manosphere might turn you even more bitter, encouraging an even more pessimistic view of females. This hurts your natural attraction to them.
- as you let go of the beta blue perspective, and realize there is no true love, and that AWALT - your blue heart breaks and your bond with your woman weakens.
- as you silence your emotional outbursts, and stop sharing your innermost fears and failings to instead be the strong silent oak the family needs, your connection to her becomes weaker. Any emotional codependency also dissipates.
- After doing the work (lifting, reading, working on social skills, flirting, gaining confidence, getting shit done and becoming alpha) you see your SMV skyrocket, and as you look down at hers, there is a loss of attraction.
- After year+ effort into your transformation and taking responsibility for the problems between the two of you, It becomes more and more difficult to not see the remaining issues to be problems with her, or to grow increasingly frustrated with where she still resists the corrections you are implementing. This builds resentment and clarifies her flaws that you cannot change. Your attraction and interest in making this work takes another hit.
- with your higher SMV you find yourself with ample opportunity to have something with other women. These other women suggest an easier answer for short time fulfillment. They also reveal that you could have a fresh start with someone better. And if you end up plating one of these, then returning to the less fulfilling sex with your wife is not appealing.

Those are a few thoughts on the routes that get you to I DONT GIVE A FUCK ANYMORE- WHY AGAIN MAKE THIS WORK?

I personally have had great success with MRP.

Finding myself here at IDGAF Avenue could be as simple as finding the strength and discipline to do another workout set after a year plus at the iron temple. Maybe it is just a momentary case of being burned out.

Or it could be a more complex philosophical quandary of how to find and maintain love, passion and purpose in marriage when you refuse to wear rose colored (blue?) glasses.

thoughts?

61

UPVOTES

The Value of Maintaining a positive frame especially for new guys

BluepillProfessor · 13 October 2016 · Archived copy · Reddit

Once again the purpose of one of my posts is to caution men to take these changes SLOOOOWLY. There is no hurry. Don't throw it all on the fire at once so that it explodes! Move slowly enough so there is not explosion.

The bottom line is that by following the MRP program, you are making a commitment to "Alpha Up." That is, our goal is to become more "Alpha." That is, our goal is to become a more attractive man. The problem is that we often focus on the sexual side of the equation to the loss of the rest of the relationship.

Yes, it is true that becoming a cave man muscular guy who doesn't take shit from anybody, and is in control of every situation is extremely attractive to women. It is also true that to a certain extent, "Beta" behaviors are counterproductive to the goal of sexual attraction.

That is, being the sweet, caring, considerate, thoughtful, reliable little pussy begger is counterproductive to the goal of increasing sexual attraction and interest.

However.....

If you sprinkle on the Alpha and cut off the Beta we are getting many old and new reports of a poor result and a poor outcome. We have long realized that you cannot just sprinkle some Alpha on it and make the meat taste good.

However, it appears that when you sprinkle on the Alpha AND at the same time suddenly stop being the Beta emotional tampon you were before, then you have suddenly removed the entire reason for her staying married to you. News flash: This is NOT going to make your marriage better.

Add a little "anger stage" into the mix and we have the makings of the cluster fuck described in many stories.

Let me help out especially you "Alpha" guys who are natural assholes. If you are going to sprinkle on some "Alpha" by, for example lifting, doing guy stuff, responding to shit tests, leading etc then it is NOT a good idea to also remove all the "Beta" for example listening to her, expressing emotional connection blah blah.

When we say go slow, we really, really mean it. Don't go Red Pill Rambo. Don't start to challenge your woman, especially in public. Don't remove YOU and your emotional connection to your wife (aka "Beta") at least not completely.

Do cut back on the Beta and increase the Alpha. Do become SLIGHTLY more aloof, confident, and busy. Do make an effort to pass Shit test AND COMFORT TESTS.

Now for the **cute animal story** brought to you by MRP APPROVED contributor: /u/druganswer (with some minor editing and clarifications).

When I say "play the nice card" I don't mean bend over backwards for her.

For Example: She wants you to go to a play with her, but you have prior commitments to whatever.

Her: Why won't you go to this with me? You never do anything with me.

You: I would love to hun, but I have blah blah blah that night.

Her: That's so like you! You are such an asshole! You only think about yourself!

You: Okay sweetheart.

Her: I don't even want to be around you right now!

You: I understand, I will talk to you later. Go out and do something with your friends/gym/whatever

Her: giving you the silent treatment

You (hours later): Completely different subject as if nothing happened and keeping your "nice card" demeanor Rinse and repeat as necessary. If she tries to have a more adult conversation with you about it, just broken record that you already had plans and you told her that. Even though she is calling you an asshole repeatedly you can say "I see this is important to you, let's look at our schedules and see if there is something that works for both of us in the future."

Do the same thing with brutal sexual rejection. Attack her frame with your frame of being a happy guy who gets along with his wife no matter the circumstance.

You are not pulling your time and attention as a "punishment" or based on how you feel about her actions.

For newer guys until you have read all the sidebar and have been lifting for a minimum of 6 months, the only time and attention pulling you are doing here is getting yourself busier. This is part of your long term goal anyway) and when she basically tells you that she is sick of your shit and doesn't want to be around you guess what? You have a place to go so...no big deal!!!

Draw her into that frame....it is not big deal. See you sweetie.

If you're thinking "This is standard MRP stuff dude," then go the head of the class because there is a perception that MRP is about becoming the asshole Alpha who DNGAF! That's what we say ALL THE DAMN TIME.

What is often left unspoken is that **YOU ALMOST ALWAYS NEED SOME BETA IN A MARRIAGE IF YOU ARE GOING TO MAKE IT WORK** So this is MRP stuff and hopefully you get it. If not, keep studying, you will get it sooner or later.

The problem is that some of the advice to new guys is "tell your wife she's being a bitch!" and "Don't hang out with her if she isn't putting out!" and it causes all sorts of fuck ups. So the new guy is getting his shit in order somewhat, but absolutely creating the bumpiest road possible while he still very much does not have his shit together. He's gone to the gym for a month straight, but now he just decided to skip his wife's birthday like that's not going to blow up in his face.

Trial by fire is definitely a thing. And it's those confrontations that will make him more comfortable with things in the future, I get that. However, **I am really adamant that 6 months of rock solid "nice card" frame (while doing whatever you want behind the scenes) would benefit most of the guys just starting out.**

The major problem I see with the new guys is them thinking they have to assert their dominance or protect their ego or something. I'm not sure exactly what to call it, but I see the above hypothetical situation ALWAYS ending as the woman screaming that he is an asshole and him either deciding "he will not accept this tone!" and calling her a bitch or trying to out silent treatment her. In case you were wondering, THAT IS NOT THE GOAL OF MRP.

there's definitely a time for telling your wife she's being a bitch, but it's probably when you have your own emotions in check and you aren't going to rattle off a laundry list of shit you hate about her and end with both of you not speaking for a week. And there is a time to ghost your wife, but it's probably not when she doesn't see your time and attention as anything worth a shit.

If you try to do too much too soon you're going to end up with a wife that has just proven to herself how much of an asshole you are or is happy with your newfound absence. Even if that doesn't happen, you risk turning her into a crazy mess when you start "punishing" her for every boundary that you used to let her walk all over you on. So even in a lot of the best outcomes of this overdoing it at the start she ends up neurotic and walking on eggshells around you because the guy who used to cry to her begging for her attention turned into the guy screaming at her that she is a terrible wife and he won't put up with this shit any longer, of course in between stints of trying to "remain OI and DGAF."

So that's why **I suggest saying "For 6 months I'm not going to punish her, take anything out on her, or do anything for her in hopes of her doing something for me in return.** No matter how shitty she treats me I will respond with kindness, but I will also get my shit together and start doing things for me."

bpp note: At **LEVEL 4 DREAD I SUGGEST THAT YOU "BEGIN CONDITIONING YOUR AVAILABILITY TO HER WITH HER SEXUAL AVAILABILITY TO YOU** This means at 4-5 months you can **BEGIN** **CONDITIONING**. Not jump from 0 -500 suddenly. Begin! At 4-5 months. Not before. /u/druganser is exactly right saying 6 months before you really stop playing your nice card. Before that, play your "nice card basically all or most of the time."

I have stolen his anecdote and quote it verbatim- well worth the read guys because it explains so much:

Growing up we had a cat. Really nice cat, but definitely an "only cat" and it was very cat like in that it had times where it completely wanted to be alone and would get annoyed at you if you tried to pick it up or pet it. Now... we ended up finding this other little kitten and wanted to give it a home.

This kitten had the most solid frame of any living being I have ever seen. It wasn't afraid of anyone... people, other cats, anything. It basically thought it was the shit.

Old cat **HATED IT**. Swiped the shit out of it anytime it got near, hissed at it if it was even in the same room, would go out of its way to avoid the kitten. What did the kitten do? Didn't even notice. Tried to play every day. Would turn the angry swats of the old cat into a game. This lasted for at least a month. We were pretty certain that we just had two cats that would never get along. **But the kitten was so resilient and had a frame of "hey best friend" that was so strong the old cat eventually gave in.**

I'm looking at this in hindsight, but this was the most literal example I can think of that I have ever seen of something imposing its frame on something else. Everyday swatted at, everyday hissed at, and never did it think to hate the old cat... never once did it hiss back. Never once did it doubt that they were going to be friends and play together, even in the face of absolute resistance. They ended up getting along great for the rest of their lives. Would it have turned out like that if the little kitten had occasionally snapped and attacked the old cat? We can't know for sure, but I would say I doubt it.

61

UPVOTES

[FR] Be a wild tiger.

rpnow · 22 March 2016 · Archived copy · Reddit

One thing I keep having to relearn is to *watch what she does, not what she says*. [FR] about ignoring what she says, give her what she really wants.

This video really hit me, it's funny, but it's actually tragic. I saw into the dark things that AWAL this last weekend. Vid is well worth the two minute watch, even if you don't continue reading.

I've been trying become a better Family Alpha™ and leading my family towards the direction of my vision. Most of this process has been improving, lifting, reading, and doing me. I hate how long it is taking while simultaneously knowing that I'll never reach the end, so I'm in this state of embracing the suck while attempting to enjoy the ride.

I've been trying to bring the family along to get outdoors more often (*embracing the suck that I can't afford an extravagant vacation, while truly enjoying the experience of hiking for free*). Last week there was an opportunity with perfect weather, and we had a Sunday free, so I told her a few days before, "Keep Sunday free and we'll go hike the Creek Trail as a family."

She replies that she's not sure if she can, she has stuff to do. **translation: "I'm really not attracted enough to hang out with you Sunday, you haven't reminded me today that you are the prize"**

I say, "Too bad for you!" smack her butt and walk away.

An hour later she says, "What time on Sunday are we going hiking?" **translation: "I'm a little moist from my recent interaction with you, and want to see if you are truly the prepared and determined leader that I may be attracted to."**

"I will leave the house by 10am sharp, I'd like the whole family to be in the car by then. I will get the kids and their food ready." At this point I thought I had won, and we would all enjoy a great time.

The night before the hike she tests me with, "I really want to sleep in tomorrow, so I'd like to leave around noon." **translation: "I know you think that you are a strong alpha tiger and I'm allowing you to have a little fun, but remember who holds the leash here."**

At this point I'm thinking, you bitch, you just have to tweak something to get the final word. Luckily it was just for a second and I try to return to OI zen. "Not gonna work babe, I want to get to the top and back in time for us to grab some dinner, and then we're gonna go to the movie at 5pm. We can't leave any later. I'm leaving at 10 with the kids. I'd love to have you come." A little 5 second kiss and I'm gone. This is subtle, but 6 months ago I'd change my plans completely if it meant I was getting a shred of what I wanted. For me this is a huge improvement in my OI.

Day of the hike she was in the car by 9:55am (would have never happened 6 months ago, **watch her actions**), and excited to leave, even helped get kids ready before I knew. **translation: "I respect you as leader, and trust your vision so I want to do what you want"**

Again, I thought I was done with shit tests. We are driving and she asks why we are going a different way. The trail has many starting points, I had chosen a simpler one since we had kids with us, told her simply that we are starting from the south. Then comfort test: "I don't want to go that way. I like the other way." (use of I). **translation: "I am afraid of the world, and I'm not sure you are able to protect me or my offspring."** All that improvement is now out the window, I thought I went from Alpha Motherfucker to Asshole who doesn't care about his wife's comfort! The unknown is terrifying to her, and fear seems to dominate a lot of her mental process. I should know better, as a beta pussy, how could I dare push her to be challenged. I admit I almost didn't make it, but I attempted to treat her as the oldest teenage daughter. She doesn't know, and I do, and so I didn't back down.

I said "I know this is the better way, and we are going to go this way, even if you don't want to." Satisfied with this response I forgot to STFU, and let leak, "I hand picked this was for the kids. My decision for the safety of the kids

comes before your preference." Big mistake, DEERing. I notice it immediately, tell myself I'm a fucking idiot, and STFU. Still an improvement for me. She is upset, and fidgeting to show it. I would have caved in at this right away, I just want to get along. It's at this point, when she's upset when I start to think there is no way we can have a good time now. That isn't true though, I can still have a good time, and I start to tell myself that. I can enjoy my time, she can choose not to, but it won't affect me. (I'm repeating this in my head, faking it to make it.)

I push hard to STFU, and we pull into the trailhead before I have a chance fuck it up.

The gate is closed. Now I might fuck it up. She says, "Well looks like this place isn't as good as you thought? Didn't you say you researched it?" I didn't say that, although I did research it. **translation: "You may have hid it well, but deep down you are a pathetic beta bux faggot, and you are MY beta bux, now say it! Say it in front of me and the kids."**

I was bummed, I won't lie, but stayed with STFU, got out to inspect the gate, and realized it just blew closed by the wind, it wasn't locked and there were other cars in there. I opened it, and placed a rock to keep it open. I had to stop myself from doing an "I told you so, see I'm a big boy mommy" routine, but I just got back in the car and parked it, just saying, "Man it's perfect weather today for this."

Her last ditch effort as we started walking was a shit test, "Well, this place you picked looks way shittier than the other one." **translation: I'm starting to feel some tingles, are the legit or not?**

I told her I didn't notice because she was in front and I like the pants she wore and the way it shows off her ass.

She acts mad "Quiet! There's other people here" **translation: "Louder! Let them all hear."**

As we almost made it to the top she couldn't stop saying how much she liked this trailhead better, how it's a better for the kids but so much more pretty. A couple of times she said she was glad our kids are learning to enjoy outdoors. She had an amazing time, and honestly the kids just seemed to enjoy it because we were enjoying it. Afterwards at dinner she kept grabbing my leg and telling me how it was one of the best family days ever. We never made the movie because the kids were tired, and so we went home and I pounded her into the bed instead.

Still today she keeps bringing up what a great time she had, and how nice it was. The same trip that she doubted every step of the way, the same trip that she could barely be bothered to come on.

I LEARNED A LOT ON SUNDAY

- This is a sexual strategy, but there are excellent side-effects that come from all of the changes required, and all of life is affected.
- Wife is relentless at trying to tame me, get me to doubt myself, get me to admit that I am a beta.
- Maybe AWALT, but she has the right to reserve her pussy and/or company to only the best man, I truly wouldn't want to be with a woman who lowers her standards (but my life would be easier).
- All the way into the start of the activity she never *said* anything to reassure me that she was enjoying herself. And I desperately wanted that validation! I almost caved several times.
- Shit tests and Comfort tests are foreplay, I should look forward to them instead of avoiding them or being upset by them. My wife's panties are soaked with my Shit Test defenses.
- She will never love me the way I want her to. I want her to be quiet and believe me and never doubt me. She actually is usually quiet or and submissive most of the time, but never when I want. And when she is a sex denying shit testing harpy it is only an indicator to me that I'm failing at Dread Levels 1-5. She is a mirror that I can see how well I'm leading in.
- Even when she gets all pissy I can still have a good time. And when maintaining frame she will usually become less pissy and have a good time after a while.
- I'm glad I didn't give up. I still have a way to go as far as getting rid of the dad-bod. I started to get more sex, and almost relaxed a bit on the lifting and dieting. I'm so glad I didn't.

- I'm glad I didn't give in. My beta training was screaming out that I am fucking up and being a prick and all kinds of stuff. STFU goes for my schizo-beta voices too, just gotta keep telling my self STFU.
- She's counting on me to translate and appropriately deal with her shit. This is big, SHES COUNTING ON ME, she has no interest or reason for trying to prove that I'm attractive to her! That's my job.
- This was a small victory, I need to continue to improve a LOT before I can start to achieve a big victory like her begging for my cock in her ass while I eat a pizza on the beach in Hawaii. I've set my sights on that kind of marriage, but it's on me to be as Brad Pitt/Ryan Gosling/Jake McDorman smvwise.
- My wife doesn't know what she wants as well as I do. I cringe at saying that, but I think it's true. My wife thinks she wants me to be a domesticated tiger, friendly and cuddly, but that's not what she wants even if she doesn't know it.
- "I told you so" routines are a display of low value.

Deep down she wants to be hunted by a wild tiger, but all she will ever do is try to tame you. Don't let it happen.

Update: Thanks for the encouragement. I have realized through reading it and my own comments that I'm balls deep in her frame, and have learned that I need to reconstruct a strong, personal, masculine frame that doesn't need validation in order to maintain integrity. Thanks /u/redneck001 /u/redpilldad /u/spexer /u/scurvemuch and /u/reddreadwolverine for illuminating that. If I'm going to be honest though, I really found out how important validation is to me with the positive comments on this thread, and how much I eat that shit up. I am on the tit of your guys' approval, and I am getting off it today. Seriously, thanks men.

61

UPVOTES

Thank you. No really, THANK YOU.

1965Chevelle · 12 February 2016 · Archived copy · Reddit

Last October I reached the point where I was tired of my marriage being an ongoing source of frustration and emotional pain. I have been a “Good Man” and my wife has always been a keeper, but our marriage just wasn’t right. Both of us were trying to “do the right thing”, but it wasn’t working for me, and I’m sure it really wasn’t working for her either. Too many years of swallowing conservative Christian Blue Pills and “conventional wisdom” had brought me to a place of being a dark shell of a man, and something had to change. I did NOT like where we were.

I started my search for, "something" that might help, and I found MRP in December. To be blunt, it made my head explode: anger, self-loathing, surprise, regret, hope, conviction, a few internal temper tantrums, you name it. Then? Then self-assessment, planning, action, some spurts, stutters, success, and outright failures. However, for the first time in a LONG time I had hope, and I was seeing some (immediate) positive changes in our marriage - no way I'm going back to the old model... I wish I had a video camera for some of those first interactions under the new paradigm; I'd love to replay some of her expressions and responses – especially when she tried to shit test me while we were in the shower and I just smiled at her and walked out (thankfully there were clean towels in the dryer)!

Now? Now I'm almost ten weeks into lifting again. I'd forgotten how much I enjoyed that during my 20's. Praise God for all the bodybuilding I did in the past, and for trying to stay in shape as best I could all these years, because the bulk is coming back FAST. I'm running stairs on the days I don't lift... My youngest boy saw me flex in the mirror just after returning from my workout last Thursday; his eyes grew huge and he exclaimed, “Wow Dad! You look like Captain America!” My wife’s head snapped up from folding laundry on the bed and I kid you not, I think she was actually panting.

Now? Now I'm implementing what I have been reading, and looking forward to reading all of the other books on the growing list. I also eating up MRP – it’s like being in Man College. THANK YOU.

Now? Now I’m setting more and more of the pace at home and at work. I have a modest personal development plan for 2016. Baby steps, but steps nonetheless.

Now? Now I'm dressing better - just a little bit more each week. All of a sudden, EVERYONE out there treats me better. The only drawback is that my pants are getting a little baggy and my shirts are starting to get tighter. I'm gonna have to replace a goodly section of my wardrobe in the near future.

Now? I have had the most frank month of communication with my wife in the history of our marriage. Good grief that’s liberating.

Now? Holy crap! Our bedroom wasn’t dead by any stretch, but compared to what’s been happening in the last weeks it was a corpse. I had no idea she had that in her. She has also upped her game in the self-care department: she has always been an attractive athletic woman who turns heads, but lately she has returned to the knockout that I met and married.

Now? I just saw my wife make THE biggest leap ahead in her personal life that I NEVER thought I would see, and, it was an element of my change that was the catalyst. Better still, she knows it and is genuinely grateful to me for it. (No shit, she killed a huge demon).

Now... Now I am committed to getting just a little bit better every day and passing that lifestyle on to my boys as well.

Thank you for the manifold wisdom and resources that all of you have collected here. It’s a lifesaver.

Once again, THANK YOU.

61

UPVOTES

[FR] Resurrected bedroom

MRPguy · 1 November 2015 · Archived copy · Reddit

This is long, but I think that it needs to be. I'm not new here, I've been posting for months here and there, but I've created a new account because in many ways I feel as though I've turned a corner. *I'm setting up background so that those lurkers who are in the depths of despair can understand that if I can do this, they can also.*

Intro

I found RP philosophies through a round-about way. Over 10 years ago I would occasionally listen to Tom Leykis on the radio. This was my first introduction to what could be considered an "alpha" mindset when it comes to relationships. I never implemented any of his advice or rules because I believed it was only for single guys.

I'm a doctor and an alpha at work, but have been a drunk captain at home. Married for 16 years and we have 4 children.

This past May I was browsing the dead bedrooms subreddit and found a recommendation for the MMSLP book. I purchased the pdf and read it in a matter of days. I implemented many of the principles and noticed an immediate improvement in the bedroom. After about 2 weeks, however, the bedroom reverted back to old habits. In hindsight I can now see that part of this was because I felt that "playing games" with my wife was simply too difficult and I found the prospect of having to do that for the rest of my life to be too exhausting.

Of course, now I can see that the information in MMSLP is invaluable, however it can't be a permanent bridging of gap in any marriage. There is other knowledge that is necessary and a compliment to MMSLP. At the time I did not know this. In hindsight I also find this shocking because Kay specifically mentions "the manosphere" in MMSLP, but I had no inclination to discover anything about it.

In August I once again found myself in the dead bedrooms subreddit and saw a mention of TRP subreddit. I clicked it and read for about an hour. I liked the principles I saw. What I liked even more was the mention I found of the MRP subreddit.

There (here!) I found many of the same things I had heard years ago from Tom Leykis, coupled with things I had read in MMSLP...but it seemed to be finely-tuned for me, a guy married for 15+ years and a handful of children.

Implementation

In August I read NMMNG and WISNIFG. In September I read Pook and discovered various manosphere blogs. In October I ordered and read The Rational Male books 1 & 2. These weren't just cursory readings. I ordered hard copies of all of them and made highlights and took notes. I got serious about it. I also re-read MMSLP. It made much more sense. I implemented the Captain/FO model and verbally acknowledged this to my wife. I began tracking her cycle using the Clue app. I've feasted on all the top MRP posts.

Tests

Through September things weren't perfect, but they were improved and improving. Intimacy still wasn't where I thought it should be. Her most common complaint/shit test was "all you think about is sex!" I defused this with STFU, answering with "of course I do," or using A&A or AM. It no longer bothered me.

The Event

Mid-October she was in a funky mood. Her parents were in town for the weekend and I knew she was going to blow up at me. I knew this because she felt that her parents would give her emotional support. I knew they wouldn't be involved in the argument but I also knew that she believed I wouldn't stand up for myself if they were around. She was wrong.

The began by saying "is this it? Are we done with our relationship because I don't feel any emotional connection to you?" It didn't phase me. I calmly said to her "I'm not here to please you. Feel free to leave, but it's my house and I'm not going anywhere." I then left the house to run an errand.

We had plans to go out to dinner with her parents, so after I was gone for 10 minutes she sent me a text asking where I was. I didn't respond but made my way back home, which I was planning to do anyway. She greeted me at the door as the kids were getting into her car. She said "I'm sorry" and I said "let's go inside so I can speak with you."

Inside I kept it short and sweet. I said "*you can do whatever you feel but I will NOT be held emotionally hostage by your vagina anymore.*" She had a look of shock and I walked out to the car, she joined me, and we went to dinner.

Dinner was good. I had a great meal. Everybody enjoyed themselves and I felt an immense sense of freedom for the first time in a long time. I had finally said something that I felt was vital to me as a person. If I valued myself I could not be held hostage by her vagina any longer.

I didn't know how things would be when we arrived home. The kids went to bed and then I went to bed. I was exhausted from the emotional release. She said she was going to stay up and hang out with her parents for a bit and then she would be up to bed.

I fell asleep, she woke me up when she came up and we had crazy sex. She was turned on. I wanted to think "damn, this RP stuff works," but I didn't know if it was the RP or just her having emotional swings from our conversation.

The outcome

That night was October 19. Here is a list, by date, of times we have had sex since then:

October 20, 20, 23, 25, 27, 29, 30. That's right, we had it twice on the 20th, once before work and once after. Those dates include sex in the kitchen, sex during my lunch break, and blowjobs every time. *Prior to this I've received a blowjob from her ONE time in our marriage. I've now had 8 this month.*

We've averaged sex once every 10-20 days in our marriage; I know because I track it. During our marriage I would initiate every 1-2 days. I basically had a 90% rejection rate. *We've had it 8 times in the past 12 days.* We could have done it more frequently but I didn't want to and therefore didn't initiate.

On two of those above evenings I didn't initiate, because I felt great and honestly had an abundance mentality. *I think that this made her more horny and she couldn't help herself.*

What am I doing?

Am I satisfied? Yes, in many ways. But now more than ever I recognize the effort that a Man put forth in being a leader, a father, a person who commands respect because he is so awesome that not giving him respect is recognized as detrimental by those around him. I'm enjoying life and my wife is along for the ride.

I'm surprising her multiple times each week. I'm radio silent during the day. I don't respond to calls or texts, and *she absolutely loves this.* She wouldn't say she does, but I know because of her actions. I'm the king dick around these parts. Leading, delegating, creating opportunities. We ran an obstacle course 5k as a family today. We've never done that. She loves and craves the new stuff.

Am I resting? No. I've been lifting & conditioning every day for two years now. I lost 30# in the process, but need to lose more. I'm reading more than ever. Meditations by Marcus Aurelius and The 48 Laws of Power are on my nightstand. I started them today. I hit a different manosphere blog each day and read the writings. I go out with guys hit the shooting range every 1-2 weeks. I'm making choices that bring me happiness and make me a better person. IDGAF has taken over my life.

Summary

This stuff works. It takes time and effort. I know, I've used it to resurrect a dead bedroom. Turns out our wives don't want to be married to a whiny baby. It's all on my shoulders. Our familial successes and failures. My successes and failures. Isn't this amazing?

Update

Two weeks later, time for an update. Still boning hard. Sometimes missing a day but making up for it twice the following day.

61

UPVOTES

Only one month in, holy fucking shit..

The-Fast-Yeti · 6 October 2015 · Archived copy · Reddit

5 years married, one 7yo daughter. Two months or so ago My wife walked out and called me a bitch ass pussy with no balls and that she wished I was like her dad. I was standing there crying like a little bitch boy (because I was and didn't even know it).

I wasn't always beta. In high school I was shredded, worked out 10 times a week, did what the fuck I wanted, fucked almost any girl I wanted, and was happy. Then I met my wife. Sexy as fuck punk girl, I had to have her, so I got her. Then it went down hill, we were "soul mates", we were "meant to be together" you know the Disney bullshit. But I still regained a little bit of my attitude but was slowly catering to her, because "I wanted, to make her happy".

I stopped working out in the mornings.

I got her pregnant.

I went from a fairly cut 175 to a soft 225.....and felt like shit. Barely getting laid at all, I thought maybe this is how it's supposed to be. I was buying into all the bullshit. I never wanted to get married, she knew that. It's just a fucking piece of paper. So we got married when our daughter was 2. I was getting bored with this shit but kept it all inside, I couldn't upset my princess now could I?

Just work, pay the bills, come home, fuck once a week maybe, everyone is happy.

Jesus fucking christ.

Fast forward to two months ago. I was in despair. A shell of a man who just got castrated by his wife as she walked out. All I could do is Google "wife called me a bitch ass pussy". THANK FUCKING GOD I DID. My life changed forever. I was brought here. You can read my victim puke if you can stomach it.

I immediately started lifting again while she was gone. I deployed STFU and didn't cry for hr to come back. I actually started to not give a fuck of she did. She then text me one day and asked if I wanted to go out to dinner. I said no. I then picked her up and had my daughter with me and we went to the zoo, my plans, didn't ask her, we just went. It was actually a good day. My new (old) attitude was already getting positive results from my daughter, and my wife was in awe.

She came back home two days later. Everything has fucking changed for the better already. I fuck with her and she loves it. We fuck at least every day, if not more, and it's good sex. She calls me an asshole (half jokingly) at least every day, and I love it. I made her cry last night because I wouldn't go in the store to get her something but instead told her if she wanted it, she should go in. Great sex was had an hour later.

Guys, I know I'm nowhere near where I want to be as a leader, a captain, a father, or man, but god damn I feel amazing. My wife and daughter feel amazing. It's so refreshing to just be. I cannot thank you guys enough for your harsh, constructive criticism you all gave me. Especially /u/trainingthebrain.

You guys have literally, helped me save my life.

61

UPVOTES

The lies we tell ourselves

UEMcGill · 7 May 2015 · Archived copy · Reddit

I've seen a lot of influx of new guys here. First, congrats, knowing you have a problem is the first step. Second, stop fooling yourself into thinking you have just a few things to tweak, and it's all good.

Here are the lies I see every day that you tell yourselves.

"We've got a good marriage, except for a dead bedroom"

"She's a good wife and mother, except she drinks too much"

"I've been redpill for a month..."

These are all things we tell ourselves because we don't want to face the hard reality that maybe things are not what they seem to be. Some of it comes from the feminist imperative telling us we should just suck it up and be happy to get what a woman gives us. Some of it is us trying to rationalize us making poor decisions. Mostly it's us trying to make excuses for all the bad crap we've either accepted as truth or allowed to happen in our lives.

Yeah we throw words around like "hypergamy" and "solipsism". We use terms like "abundance mentality" and "Outcome independence". Here's one redpill truth we don't talk about much, the sunk cost fallacy. Every single situation you find yourself in as a redpill husband should be looked at with an eye to the future not the past. "She was a great wife up to the point I caught her bouncing on another man's cock" or "We have a great marriage except for no sex" shouldn't even come out of a redpill husband's mouth. No my friends, you should always look at her actions as they are, outside of the context of the past.

The upside, you now have vision and clarity.

"She's a cold fish"

"She's a drunk"

"I have a lot to learn"

Now you can see your options a whole lot better once the truth is clear. That's truly redpill.

61

UPVOTES

Why you shouldn't care if you wife doesn't apologize

strategos_autokrator · 11 December 2014 · Archived copy · Reddit

This is a counter point of view to [this post about how it is important to make your wife apologize](#). *Disclosure:* Making her apologize was one of my biggest hang-ups. Because of this, I've worked very hard on this topic. My post here is to challenge myself to clarify my own views.

Expecting apologies from your wife is beta.

Here are some reasons:

- Expecting an apology signals to her that she has power to hurt you. Even if she apologizes, you just taught her the bad behavior gets to you. She will only do it more. It also signals that you are offended by her behavior. Taking offense is a way to say that your self-image can be affected by her actions. This is losing frame.
- Expecting an apology gives her *more* power over you. If she withholds the apology, this is power to fuck with your head and emotions, it gives her more bargaining power. Why give her power to keep the fight going?
- Expecting apologies is manipulative and unassertive. It signals that there is a secret contract between you and her: If she doesn't retribute your self image, you will be a dick to her, all wrapped in expectations of guilt and secret debts to each other. It presumes you are the judge of her actions. That even if she just made a mistake, she has to somehow ask for forgiveness from being a bad person and hurting you, that you hold this against her. This is resentment; resentment is beta. Also, it mixes up two problems: the real concrete problem at hand, and the problem of your fragile ego. The book "When I say no, I feel guilty" dedicates the first few chapters analyzing precisely how this mindset is manipulative. I defer to that book for more details on this point.
- Expecting apologies is a waste of energy, it is increasing the dimensions of the conflict. Conflict only makes the ship run less efficiently. This new area of conflict now adds nothing to solving the problem at hand, only to your fragile ego that has a secret contract with this apology. She is your FO, and you are working together on getting the boat to where you want to go. All that matters is that behavior is corrected.
- Captains don't ask for apologies from their crew. They only care about making things work in the ship. When someone fucks up, the Captain corrects what can be corrected, disciplines, and even, owns up *himself* because he delegated on someone that shouldn't have been entrusted with this important thing. But the captain never expects or cares for an apology, because this is giving his crew power over himself. A Captain's ego and authority cannot depend on what others say or don't say.

What is the point of an apology?

Apologies are for the Giver of the apology, not for the Receiver. The Giver fucked up, and they recognize that part of their responsibility is taking ownership of the consequences of their mistakes. So they apologize, owning up to their mistake, making amends, and proposing what they will do in the future so this doesn't repeat itself. Why? Because they want to get to the task at hand quickly, and admitting mistakes is the first step towards correcting them. That is all. Any more expectations is a secret contract, and manipulative.

Apologies are *not* for the Receiver. Even if the apology isn't accepted by the receiver, the giver already gained more self-respect and improved on his/her mistakes by just apologizing. *The receiver gains nothing from the apology*, unless the receiver has a fragile ego that depends on the apology to feel like he is better than the Giver.

How to apologize like a man?

You just say you made a mistake, say what you will do as reparation, and what you will do to not do it again.

Period. You move on, work on concrete things, even if the receiver still feels resentment. You don't ask them to accept the apology. That is a hidden contract, a guilt debt. Resentment is *their* choice, accept it, plan how to deal with it, and stop worrying about it.

A man doesn't need other people's judgement to understand his mistakes. This process of owning up to our mistakes IS keeping frame and being a man. Having a fragile ego that won't accept mistakes is beta.

But also, don't apologize only because she wants to hear you apologize. That is her problem with her weak ego. Separate the problem of her ego from the problem at hand, and deal only with the problem at hand. True apologies should only come from *your* judgment of yourself, irrelevant of the judgment of others.

How to accept an apology like a man?

After I started doing all this, and stopped expecting apologies from my wife, she started to apologize. That was the most surprising thing of this process. So, now that you accept that you don't gain anything from her apologies, and you don't even expect them, how do you handle them gracefully when you start getting them?

This is what I've been doing lately. When she says she is sorry for what she did, I say "I appreciate you bringing this up. Now, what are you going to do about [concrete issue]?" First, I'm grateful to the apology, but show that the apology isn't the point. Concrete action on the important concrete issue *is* what matters. The problem wasn't that she should feel bad for fucking up, or she should apologize for hurting me. The only problem is that we must troubleshoot things to improve to get towards my goal. By doing this, I show that the apology isn't important to my ego, that there is no resentment, that my ego doesn't care. Also, I show this doesn't erase the mistakes and problems, that we must address them. If she doesn't change stuff towards that, then *I* will change stuff towards addressing the problem. Sometimes, this includes withdrawing responsibilities I had previously placed on her. Not because she is bad, not because I'm punishing her, but because I need this shit to get done, and this way isn't working.

Also, this lead to even more apologies from my wife, with less drama and fights. Why? Because she learned I don't need to 'prove' that she was wrong. I only care about getting the stuff that I need done, and as long as we figure out the best way towards that, we are good. Now it is easier for her to apologize because she doesn't have to fix up my hurt ego anymore. By focusing on getting to my goals, my goals became her goals.

What to do when she doesn't apologize?

Don't care about it, but do take action to solve the issue without her. Remember, the apology is only needed if your ego is hurt. The solution to a hurt ego is: work harder to having a strong frame such that she can't hurt your ego and stop needing apologies.

However, this doesn't mean ignore the problem. Assume that the problem will happen again because she didn't propose how to address it. And then, do everything in your power to make sure the problem doesn't happen again. This means withdrawing responsibility you had given her, and it might mean more work for you. Don't grow resentment only to hide you are a lazy fuck. Just do everything in your power to address the problem, and don't blame her for the problem. Blame the problem, and deal with the problem. This shows her she has no power over you, and that you are focused on the goal.

Sometimes these actions might upset her, because she preferred the old way where she had power over this stupid crap. Don't fall for the fight, stay focused on solving the problem. She fights, focus on concrete problem, and solving it. Own up to the new dynamics to cut through bullshit: "I understand you don't like this, but I need to fix [concrete problem], so this is what I will do about it." Sometimes I add: "Since you don't like it, what do you propose *you* want to do about [concrete problem]?" and often she actually owns up to her actions, or we have a concrete adult discussion about solving the problem. If she says what she thinks *I* should do, I just say again that I recognize she doesn't like what I'm doing, but I'll keep doing it because it is the way I can solve [concrete problem]. That if she doesn't like my solution, she has to propose what she can do to cooperate. I don't tell her how to change, I'm not asking her to change at all! But I'm open to her suggestions on how she can help me solve this problem. If

your wife gets to this point, do negotiate. But don't negotiate to feel like you 'won', or to 'prove' she is wrong. Negotiate to solve the concrete problem; remember that problem is not your hurt ego.

Another way to put this is to never act as if she is the problem. **Focus on the concrete problem yourself, and this is the most convincing way to make her become part of the solution to the problem.** If she doesn't, you are demonstrating you don't need her! When she does offer to own up, then (intermittently) reward good behavior.

TL;DR Having resentment towards your wife because she isn't apologizing is losing frame and giving her power over you. Captains fix problems to get the ship where he needs it to go. Focus on problem solving, even if it means accepting you can't count on her for solving the problem. By doing this, it is more likely she will try to change to be part of the solution to the problem.

61

UPVOTES

How I Took Back My Marriage

[deleted] · 10 October 2014 · Archived copy · Reddit

I posted a brief success story in /r/thankstrip and was asked to elaborate. Here I will give some examples of actioning the redpill philosophy in the fields of MONEY, TIME, and SEX.

BACKGROUND

My marriage spiraled downward as I tried harder and harder to win my wife over. Ironically, all the hard work I put into saving my marriage was misdirected. Instead of manning up, I went full beta - sacrificing my time, my interests, buying gifts, etc. because I mistakenly believed that's what she wanted (that's what she told me - what a mistake to think women are rational beings!). Fast forward 3 years and she totally despised me, I hated myself and my marriage, she cheated on me, and she was the dominant force in our relationship in every way.

I habitually submitted to her leadership, hoping she would see my sacrifice and appreciate it. I hated it, but couldn't figure out how to change it. I would have left her immediately when she cheated if we didn't have a young son. In short, it was really bad.

When I found TRP it instantly resonated. I had game before I married - it was now time to bring it back as a last ditch effort to make my marriage work. I had nothing to lose. The first part of my life I took back was my money.

MONEY

One morning at 0430 as I was getting ready for work I realized she had thrown out my hair product along with a load of junk we were cleaning out. It was annoying; I told her so via text when she woke up. She was a total bitch about it, and would not even say sorry, so THIS is where I decided to begin holding my ground.

That day I went to the barber and bought the most expensive, premium hair product for myself. While I was in the shop I decided to get a \$40 haircut too. I also made sure to buy a \$13 lunch that day. I wanted to make a point.

I came home from work later than usual (without explanation) with a new, good looking haircut. Predictably, she checked the accounts online and launched into an attack, "You spent \$75 today!?" expecting me to become defensive and apologetic - setting the battleground for a war she'd win. Instead, I held my frame. Calmly, and totally unaffected by the shit she was throwing, I told her I purchased the hair product because she threw mine away, and I wanted a new haircut anyway. For lunch, I was hungry. Period. NBD. I was not defensive, I did not engage, I just held frame. "This happened, here's why, since you're asking, now let's move on now sweetie. Did you get that job you applied for?" Basically I refused to engage in an emotional argument. She huffed and puffed, and I went about my business in the home, totally unaffected.

She pushed back the next day with the following shit test. So, I'm moving our family to another city so I can go back to school to become a doctor. It's my lifelong dream. She will work while I take courses. She tests me with this: "When I start working, I think we'll have separate accounts." I sense the shit test immediately, and raise an eyebrow while staring directly at her with a crooked smile - amused mastery frame mode engaged. She laughs nervously and says, "I'll give you an allowance."

Now, Bluepill-Me would've indulged her in the privilege of a logical explanation about how we've had joint accounts our entire marriage while I was sole provider, this wouldn't be fair because blah blah bluepill shit. I would've lost her respect, and possibly the argument. Not this time.

Instead, I chuckled, and said "that's cute. Not happening." Shut it down, and changed the subject. Not the most alpha reply, but it effectively shut it down instantly.

Another money example: last week we took a load of unwanted books to the used bookstore to sell. I ended up with \$140 store credit. Instinctively, she took the credit note and put it in her wallet.

Not this time. My books, my store credit, thanks babe ;) Her responsive shite test: She tried to list my store credit

note on craigslist, looking for cash. Because she did this without my permission, I just gave the credit note to a friend. When she found out, predictably another shit test ensued. I just held frame. Amused mastery. Laugh it off, no biggie, when you sell your books you can be rich like me, let's move on.

There are limitless opportunities to take the power back in this arena. I now make it my responsibility to pay all our bills. I decide where to allocate my paychecks. This is a huge leadership position in the marriage, and you must lead her.

TIME

I used to rush home from work like my life depended on being there ASAP. I was conditioned into thinking this way because she'd text me constantly near the end of my workday, setting up her timeline for the things she had planned. The sense of being there for her so she could do the things she wanted actually created anxiety in me. Somehow she had stolen MY use of MY time.

This is where I realized I wasn't just acting beta, I had internalized the whole thing. I felt like I had PTSD. I needed to take back my use of my time.

The next morning I woke up and without saying a word I collected my gear and headed out the door. I shouted, "going to the gym" and just left. She called me as I began jogging to the gym and told me she had plans to go for a run this morning, when will you be home, you need to be home by x-time, blah blah. I just said, "I'm working out. Back when I'm done." Radio silence ensued.

I did a 1.5 hr workout and ignored a lot of calls and texts during that time. When I showed up at home she was kind of pissed, but I could tell it was just an act. I held frame.

The same night I told her, "you need to put [the kid] to bed tonight, I am going to study for my math class." She threw up a shit test claiming I'd been gone all day (really it was 1.5 hrs, and she worked out later that day herself), and blah blah. I just said calmly, totally unaffected, that I'm going to work on my math class so I can become a doctor and I'll see her tonight. Out the door. Not even a text from her until an hour later asking me. "How's it going? :)"

The other thing I'm doing is not asking her plans when I make my own. Yesterday we were walking together when I got a phone call. A friend wanted my help with a project on saturday, so I said Yes, I'll be there at 10. She started trying to talk to me while I was talking on the phone, saying she had a plan for us on saturday or something - nothing she'd mentioned to me before. I confirmed my plans to my friend right in front of her, said goodbye, and hung up the phone. In the past she would've fought me hard... I would've canceled my plans - or not made them at all, in order to let her do the thing she wanted to do. But she was now getting the message and she didnt even fight me on this. Instead, she asked if she could come along with me on Saturday, and she was happy the whole walk home. What!?

SEX

Recently one night I needed sex and she declined, as she usually does. I held frame and told her she was failing in her duty as a wife, and that I want her to give me a BJ. She threw a fit, saying "you can't say that to me." She may have said something about me being misogynistic. I held frame, confident and unperturbed, and told her in uncertain terms what I required sexually, and that her failure to perform is unacceptable. She threw a fit and left the bedroom, calling me an asshole. I held my frame, and did not chase her. She was accustomed to a dramatic routine we'd usually engage in, where I'd follow and console her, she'd play the victim, and I'd reward her for denying me sex. Not tonight babe.

I stayed in the bedroom reading my book, ready to do my own thing tonight, but clearly upset with her for her failure to perform. After 10 minutes she realized I wasn't chasing her to apologize, so she came back into the bedroom. She says, "Fine, we can have sex" and she just lays there. I was about to take her, when I realized she was planning to lay there like a dead body. This was a shit test, and something she'd use against me later. I told her no,

gtfo. Not good enough. I maintained the frame - I need sex, this is a big issue. She needs to perform. I left the room, and went to my chair to read a book, content to write her off for the night, but clearly mad. Another 10 minutes pass and I can hardly wait to see what will happen next. I know we are making progress. She eventually comes out of the bedroom, and says we can do it on the couch. I tell her to start with a BJ, she says no, so I escalated. I threw my book across the room and left her again. Now she's starting to understand I'm serious, and it's turning her on.

She follows me into the bedroom immediately and takes her clothes off. BJ ensues. She's into it. I take her from behind and just have my way with her. She's so turned on she climaxes faster than I've ever seen! After we both finish, she asks me sweetly if that was OK? I give her affection. By being dominant I turned her into a sweet feminine creature. We both feel very, very good.

The next night she asks me if we can have sex again.

CONCLUSIONS

Gentlemen, this shit works. My wife is more calm, much more happy, she is acting right. She seems to love me more than I've felt in years. I am taking every opportunity to lead, and seeing HUGE improvements in every area of my life. I am focusing 100% on my mission of becoming a doctor (quit my job yesterday!), and she is focusing on me, and our son. I am flirting with every girl I meet, and she's marking me everywhere we go. My sex drive has increased. I am more confident at work. I am enforcing my authority with my son. His behavior has improved too.

I am not suggesting you become a cold dictator. You need to engage with her emotions - but only on your terms. You need to fuck her good and show her love. But first, you need to make yourself into the man you were destined to become.

I realize my marriage might never improve to the level I require for happiness, but TRP has improved life for everyone in my home - almost overnight. We tried counselling, I've read a lot of self improvement books and relationship books, and none of it made any appreciable difference. With TRP I feel like a man, my wife behaves better and is happier, and my son has a strong male role model.

Every aspect of my life is improving, and my wife is much, much happier than she's been in years. If you are a husband you need to lead your wife. My wife has a naturally very dominant personality, but I now realize the ONLY way she can be fulfilled is to be led by an even more dominant husband. Make no mistake, this is hard work. She will constantly test your fitness - it is her nature. Your nature is to get lazy when you make it to the top. You must not let that happen.

Own your shit, and everything else will fall into place. I'm living proof of the truths of TRP. My entire family is benefiting from me living up to my potential and becoming the man I was meant to be. When my wife tries to start shit, I shut it down immediately. Do not engage. "She can start it, but you must finish it." You must call her out on her shit. You must not reward bad behavior. You must not tolerate her disrespecting you in front of your kids. You must reward her for good behavior. You must protect her. You must be **STRONG** for both yourself, and for her.

Masculinity is not a bad word. Embrace it. Be bold. You must not fail in this- the most basic quest of becoming a MAN. It is what you were born to be. She will love you more for being a man than acting like a woman. Give her what she really wants by becoming what you were born to be.

It is embarrassing to reflect on my past and see how castrated I was, so I hope this account helps some of you guys decide to swallow the pill and make a necessary change. Like many, I had a father who was incredibly passive. So by default I inherited this trait, and even internalized the idea that it was the "right" way for a man to act. But no, it was totally wrong. I am determined to ensure my son will not learn the same mistake I did. I am finally proud of who I am.

61

UPVOTES

“Asked my Opinion”

Redpillbrigade17 · 6 February 2019 · Archived copy · Reddit

Guys, quick nugget :

This is a trap. She does not want your opinion. Stop taking her words at face value.

Lots of askMRP posts lately describe a situation where “she said this. I am confused / I said that. What to do?”

Start by understanding that the fact that she speaks or shares some idea is more important than the idea or question itself. Look to connect with the emotion behind the actual language. This is womanese. Men reliably screw this up and we put our feet in our mouths when we engage with ladies in conversation as if the words were on paper in some technical manual. They do not matter. Conversation initiated by her is to a large degree simply an opportunity for you to be attractive and reinforce your frame and higher value. End of story.

Watch what she does, ignore what she says.

She talks about sexy bathing suits? What she means is she wants your approval so spend some money and she wants to have her brains banged out by you while she looks like a total dirty slut. Perfectly fine. She's yours for now, it's your turn, enjoy it.

Want simple rules ? A rule of thumb I read a long time ago on this sub: anything that starts with “you” is usually a shit test. Treat as such. Anything that starts with “I” is most likely a comfort test.

Engage with how she feels about whatever she's talking about. This is a great exercise with all women you meet. At the department store. At the cafe whatever - get out of the ordinary bla blah generic conversation on boring facts and ask/ talk more about how she engages with whatever she's experiencing. Eg: “Did you panic/get excited/ smiled etc when you saw X”. Instead of “So when you saw X then what happened after that.? “

Next level up on that is to inset hyperbolas, jokes and metaphors. Eg.” You got excited like a little girl in a candy store .”

Watch what she does, ignore what she says. She'll say anything she feels like in the moment.

61

UPVOTES

DOD Week 0 Part 2 - How to be Happy - The 3 Step Guide

Taipanshimshon · 23 March 2019 · Archived copy · Reddit

The Happy Man – How to Guide

Simbarlion started us off by framing the concept of happiness. This is the follow up, “how to” guide for those struggling with the concept.

First, I’ll address the most common problems guys will have with the concept of happiness itself.

A common argument will go something like “life is eternal struggle with brief moments of satisfaction”. The idea being that life is full of difficulties and challenges for the average man. While true, life can be very difficult, I will simply reply with – perception is reality. It is difficult to deadlift weight if you have never done it before. It is hard, possibly painful and potentially damaging. However, doing it right and eventually succeeding, does lead to a moment of happiness. Stack up enough moments, and you have a string of happiness.

The second common misconception is that what we call happiness others will define as pleasure in the hedonistic sense. While pleasure is a kind of momentary happiness, it is not all that encompasses “happiness”.

For reference , here is a definition :

“Happiness is used in the context of **mental** or **emotional** states, including positive or **pleasant** emotions ranging from **contentment** to intense **joy**.^[1] It is also used in the context of **life satisfaction**, **subjective well-being**, **eudaimonia**, flourishing and **well-being**”[

But, Shimshon, what the hell does that mean and how do I do that??

Step 1. Decide what makes you happy

This is probably the most difficult part of the whole thing, We learn as little boys to make our parents happy, because hey, they feed us. Its not that simple, but in general it applies. We also learn how to drop dopamine into our brains from various activities. Games, video or actual, physical play. Certain foods can make a child happy. FFS Happy MEALS were created as a way to tie food to joy. Great marketing there.

But Shim, I am an adult! What do??

Well, since you are a man, you know that a happy meal is a trick. Think back to your brief moments of happiness. Usually they came from achievement. You won a foot race. You did well in school. You got the girl (more on that one later).

Contrast that with things that were fun but ultimately did not make you happy. Maybe it was drinking a little too much. Maybe it was fucking a fratmattress. Maybe it was having too much cake.

You will find that the things that make you happy came from a sense of achievement. Pride.

Getting a black belt at a McDojo doesn’t give the same sense of happiness as getting a blue belt after a long time in BJJ. Trust me, I’ve done both.

So, step one is looking at your life and figuring out which of your behaviors lead to unhappiness. What makes you fucking sad for yourself to think about.

Cut that shit out. Cut it like cancer. Those things are death.

But like a surgeon, cut out only those things which Are cancer, and spare any potentially viable tissue. Its your life, and your opportunity and responsibility to figure out which one is which.

Step 2

What makes you happy?? Is it a nice car? A better more capable body? Financial independence? More time to

spend on your hobbies? (You have those now, right?)

All those things take work. All those are rewards. Winning the lottery and buying those things will of course give them to you... but none of them will be worth shit because you did not put in the work to earn them.

That is what happiness is. Accepting the struggles of life, picking your own damn struggles to have. Choosing what to struggle for. Choosing how to struggle. Choosing what to earn.

Face it, you don't actually enjoy the pain of drop sets or trying to get a PR on deads. You do it because you know it is a means to an end. And because you know that achieving goals feels good.

You know that its not fucking the girl that is the achievement. You can fuck a hooker. It's getting the girl to want to fuck you that's and makes you happy.

Step 3.

Figure out, after trying it out, what actually IS worth your effort.

A couple of examples from my life:

In my marriage I figured out that for multiple reasons (most of which were my fault, as its always your fault, because you are in charge of your own life) , I was not happy being married to the woman I had married. I had given her all the rope I wanted to, and was seeing no behavior change that indicated that she wanted ~~me the way I wanted her to want me~~ that made me happy.

I planned and am now nearing divorce.

In terms of my physical goals, I lost 50+ lbs of fat, after being literally physically disabled. I returned to what I like to do, which is some sort of martial art. I chose bjj because I knew I needed the competition in a (somewhat) safe environment. I am by far not even the most average at it. Even for a beginner. I suck. Im not 18-25 and a recent college wrestler (those are the guys I roll with, that's the competition). It fucking sucks to get choked, tapped, pounded by people stronger, bigger and faster. Its not pleasant . I love it. I feel better afterwards. Everything is sore. I know I am more dangerous than I was yesterday. I know that I am more capable. I can take pride in any tap I get, or in going one more 5 min round than last week. Its not pleasure. I enjoy the shit out of it.

Money - briefly – getting rid of the idea that I work for a company, rather than AT a company, for myself, created cognitive opportunities to make more money, have more control of my day, have more free time. In fact, I haven't done any work in a few years. By that I mean that, most of the time, I enjoy what I do nearly every minute. It doesn't feel like work. It feels like a hobby that pays me.

Getting the girl - Several plates, ONS and so on, into separation, I realized that its getting the girl interested and having her show that interest is what's enjoyable for me. Sex is a byproduct. Oh, and now I can think much more logically about any given woman and the time I want to invest in her, if any. Works wonders for creating that correct mentality for game.

61

UPVOTES

Be a man - Go outside and scare yourself

simbarlion · 10 April 2019 · Archived copy · Reddit

Ok girlfriends,

Its been a while since i posted about getting out there into the big wide world and doing some manly stuff. Maybe you do already, maybe you don't. But there is a lot of talk here about who should be making dinner and what it means when she is being a bitch (its day 3 of her cycle, so...). If I stumbled across this site i would assume y'all are pussies from the recent posts. I can't remember the last post that made me think one of you was bad-ass - probably [u/red-sfpplus](#) i guess, or maybe [u/screechhater](#)

So let go of that wheelbarrow you need to carry your balls around and tell us about your adventures / challenges / risky behaviours. Y'know like multi-day hikes, back country skiing, surfing big waves, fight with a homeless person, you get the idea.

61

UPVOTES

Mediocrity is your worst enemy - and too many men are mediocre in life outside their main job.

SKRedPill · 27 April 2019 · Archived copy · Reddit

TL:DR - Mediocrity in a man is unattractive, excellence is attractive. High value in one area of your life doesn't mean you can afford to be low value in all others. For most men, selective excellence is their undoing and most never realize how much their embracing mediocrity outside work causes their life to suck. Excellence must become a way of life.

This started out as an observation of various boys and men in and around my life - myself, my dad (especially him), uncles, neighbours, my friends, and the like. All but one or two never got the respect they needed from the people around them, especially their wives or other women in their lives. And they knew it. Deep down it filled them with resentment and anger and often led to victim piking, jealousy and other behaviour. And none of that helped, it made it worse.

And what was the root cause? Mediocrity.

But wait, mediocrity? Come on! Dad was a CTO at a major MNC, my uncle was a genius, my neighbour is a very rich man, another friend became an award winning researcher, another's a banker, no one can fix a car like the man next door.... - what do you mean?

Unfortunately, they excelled in only one or 2 dimensions, which were career oriented. In all other dimensions of life, they were mediocre. And it wasn't for lack of ability as much as lack of vision and the will. And a big ego that wasn't ready to stretch out from the comfort zone and "This is what I am and that's that".

Therefore their wives and girlfriends (and eventually even their children) need to nag and beg and plead with them to keep their room clean, keep the keys where they're supposed to be kept, don't dump the clothes on the floor, go to the gym, lose weight, decide what clothes to wear, buy the groceries, know what the kids are studying in school (or even when their birthdays are), or the fact that the bills aren't paid, etc.etc.etc. Not one of them were an exception to a huge, fat belly. Some of them are so pathetic that they won't have the motivation to do anything all day or even cook their own meals if their "second mama" wasn't around, unless they're nagged hard. And even when they had to do it, the results were pathetic. And not because there was a learning curve involved.

With that attitude, you wonder how any of them survived a week at work. Except that at work, they brought in all their high value qualities, and promptly left them all at the office when they returned home. The contrast could not have been more stark and for a while I wondered if they were indeed split personalities.

The fact was that their excellence was selective and reactive. And that was their undoing.

This is the biggest thing that's making one beta - thinking that it's enough to just be good at one or two things, and get just passing grades at the rest, and of course, fail to pass even basic standards at the rest of life. Their favorite question at home, "Ok, so what do you want me to do to keep you satisfied?" They were ok with the fact that someone else would fill up their holes for them and were expecting their partner to do it for them. At work, they were abundant. At home, needy.

And they wonder why life's not working for them. These men were leaders in their lives at work - others asked them what to do, they had the vision, the competence, the drive, the standards, the results, maybe even the inspiration. But at home, they were busy trying to supplicate and hope the true master / mistress of their lives would give them a pass this time. They'd complain they did do a lot of work at home, but the problem was -- they weren't the leader. They weren't generating the right energy - the energy of a true master. They did not exude high value outside of work. Most of them even believed that it was enough to be good at work alone.

This is pathetic. This is what was making them unattractive. They weren't taking responsibility for what was needed to be done for their life as a whole. Deep down they knew it, but never realized what to do about it, or their beta

egos got in the way of their own salvation. Many of them were even treated with contempt daily and all they ever did was spread their miserable energy around the environment. It was a bad cycle.

In retrospect the solution was simple :

- becoming aware of everything that exists in your life - that includes your clothes, your room, your hobbies, your health, your vision for the family, your finances, your cars, or even how you brush your teeth (seriously, most men don't even keep their tongue clean and drink enough water, which is what causes most bad breath)
- Being truthfully honest with where you stand in each one of these and where you ought to be.
- Accepting that your life is your responsibility. Others can help you out, but you must lead from the start, sit in that driver's seat, or else you are not taking responsibility for your life. A true leader does his job and knows how to get everyone else to do theirs as well.
- having a vision and standards for each and every single one of those, and developing it till it becomes a signature style that is respected for its standards. Of course, using others' ideas are totally fine, but these need to be integrated till it becomes your own.
- bringing in the needed masculine energy, the desire, brains and drive into everything one is or does. You need to bring in huge desire to do this, not a small, weak desire that promptly flees at the slightest discomfort.
- not living a life dependent on reactive emotions all the time. For e.g. a need to keep things "fun" all the time makes it impossible to deal with the tough stuff. It's better to accept what needs to be done, and do it because it is the right thing to do. Unfortunately few people ever outgrow these childish paradigms. These men needed self generated drive for feeling, instead they were depending on externally dependent emotions. This was not just their problem, it is a collective failure of humanity to distinguish between proactive and reactive states of living.

It's at this point most of them resorted to rationalizations - as if they were children. The worst part of that was as they got older, so did their egos, so they found the truths harder and harder to handle and began to engage in too much beta thinking about worrying about what others would say when they started improving (as if their image was good to begin with). These men wanted to be revered - but they found it more comfortable to deal with being treated like shit than to do something about it.

A very common characteristic of a beta male is to resist truth and act arrogant when confronted with his own mediocrity.

Unfortunately there is no magic wand, no way to grow that muscle without the right pain and discomfort. A lifetime of mediocrity cannot be erased overnight, but over time. Every man has to go through the process where he's still unfinished, and none other than those who care about his growth value him, before becoming a finished product that his former critics now shamelessly adore and try to imitate themselves. And he's the beneficiary of it.

This is man's biggest weakness and BP conditioning - to think that just being good at a couple of things is enough to take care of his entire life - to think that only a few things matter and it's ok to just make the passing cut or neglect the rest. **Nope, your life is way bigger than you, and every aspect of your life deserves the appropriate best of you - otherwise you will find yourself undeserving of the life you want.** Every aspect of life is different and needs to be dealt with accordingly - what worked for you as a child will not work as a friend or a parent and definitely not a leader. You can't fit a square peg in a round hole, so you must do what works.

The second is that proficiency in one area of life won't guarantee results and excellence in other areas of life. Rather than trying to indirectly compensate for your lack of game with your salary slip, that weakness needs to be addressed directly for what it is. You must learn to game women, become an excellent lover - I know a lot of people come here and somehow do not want to acknowledge this as part of self improvement, but there's no point hitting the nail except on the head. Likewise, if you have no dressing sense, instead of using your nerd credentials, it's time to learn the art of wearing clothes. **Whatever area that is found lacking needs to be addressed directly.**

Excellence doesn't come overnight. Your earliest attempts at self improvement will be met with the usual contempt because you've created that reputation for yourself. A little later, you might inspire enough dread in the people around you that they'll tell you any shit to keep you mediocre, and even see you as a threat. Because you changing is pushing them out of their comfort zone as much as it is pushing you. But eventually a change happens in the very way people experience you. And that is where they must adapt, or die. Many will adapt and treat the new you in ways that will shock you. Others will drift away, which is ok, because those relationships are no longer authentic. Only the few ones who knew what you were capable of, wanted you to grow and helped you in your journey will take real pride in your growth at all stages. All the others are simply reactive to how you are at any given point in time, notwithstanding their earlier memories of you.

Your mediocrity in the aspects of your life which your BP self deemed unimportant (which is untrue) is making you unattractive, and the results in your life are the proof of it. You are losing respect, authenticity and attraction. You are treated with contempt. Forget sex and positive energy, you're not being treated with the same grace and basic manners given to another human being who may be a complete stranger even. Do you really want that?

An attractive man is respected, even revered, let alone being the heartthrob of many a woman. Without that respect, there is no foundation for the rest. **But that respect is earned.** That needs excellence, vision and standards to be a life principle. And if you want excellence, you must be willing to take the discomfort needed for your own growth and a more authentic life. **Selective excellence must be banished. Only when your excellence is not selective, and is a way of life, will it begin to appear in all facets of your life, not just your job or passionate hobby.**

Discomfort? Yes, it's the way of the man. It must be embraced with pride, with strength. One day you'll be grateful for it. And you'll sleep so well you'll know what real comfort is.

61

UPVOTES

Field Report: Lessons in Leadership - The Meatballs

HornsOfApathy · 23 December 2019 · Archived copy · Reddit

I look for ways to lead my wife into adding more value to my life. This example alone doesn't mean shit. This is simply a single observation.

For the record, a year ago I was getting passionless dread sex. Now I never get it.

Before we get started: Now what the fuck does all this mean? I had to rewrite this fucking post because of the autists here that didn't seem to get it. So let me spell it out for you: **If you want your woman to add value to your life, you must give her ways to do so THROUGH YOUR LEADERSHIP.** You must give her side-missions that support your mission. I need to gain weight. Meatballs have protein. Plain spaghetti doesn't. *Thanks, wife.*

Before you autists jump in.... *The meatballs are clearly not the point of this fucking story. JFC.*

I thought of this story because my wife came up to me tonight and said, "Hey Horns, I'm making meatballs for dinner tonight, *again*." With a kiss on the cheek and a bicep grab. So here we go, this all happened about a week ago.

It has been a long day of running around and getting shit done by everyone, and my wife approached me asking if it was OK if she *just* made spaghetti for dinner. I sensed approval seeking in her voice. Frankly, boring spaghetti sucks. It was a long day, afterall, and I knew that my wife was tired. Instead, I decided to test her. "Do you think you could make meatballs sometime with spaghetti?"

I decided a while back my wife added value by preparing good meals. My wife has never made meatballs before.

"Oh, I don't know Horns. It's late, I still have to go to the grocery store, but if you want to... can you look up a recipe and maybe I'll try to make it?"

I didn't catch the compliance test in that statement at first. She was testing me back with my compliance test with a test of her own. *Sly* little girl. After fumbling through cookbooks for about 5 minutes, I caught it. Stopped. Fuck. I need to recover.

I told her: *"Oh, it's ok. If you want to make them some other time, you should find the recipe. I'll trust you on this one. I have to go take care of some things."*

Why did I say this? By trusting her to complete this task (her task) I implied that this was her opportunity to bring value to the relationship. Either she would do it herself or not. DNGAF. She can choose to add value or not.

Dinner time came and the most predictable thing happened – **she had found a recipe herself** and was prepping meatballs to be baked in the oven. Dinner came and they were fantastic! Perfect I might say. I even went for seconds. I'm now hearing the following statements during dinner:

- "These weren't so hard to make, it was really quick!"
- "They turned out pretty well didn't they?"
- "I'm so glad they are moist and not hard like rocks!"

Why all these statements? **She was seeking my approval.** Trying to figure out if she was good enough and it made *me happy*. I did not satisfy her desire during dinner, because I realized long ago that dishing out praise when warranted is a double-edged sword. Too much praise, and your approval is too easy to obtain. Too little praise, and you risk her feeling worthless.

The feminine grows through praise.

It left her hamster in suspense of “*Did I do well enough?*”. Take too long and she will test. I’ve discovered this through thousands of failures and successes of tests. Like most faggots that “get it” ‘round these parts... it comes second nature now.

Later that night we went to bed. Before I could even initiate (those meatballs were damn good and I was proud of her)... her hand was already on my cock. **Damn, this woman is STILL seeking my approval but now with comfort.** If you’ve read anything I’ve written in the last year, you know that I’ve managed to build this comfort approach with my wife where she now associates sexual desire with comfort. That riled me up into a very heavy initiation of my own.

I flipped her over on her belly and forced her down onto the bed. I grabbed her by the arms just above her elbows in the **perfect squatting position**, pinning her upper back against my chest and pulled her back to her knees. I entered her from behind, holding her arms behind her with my hands tightly and fucked her on her knees. Hard. Fast. Her back was **overextended** (not good for squatting but her tits were out and looked great facing the mirror across the room). As I fucked her from behind, she came quickly, and I shortly thereafter. We both collapsed in the puddle of juices she had dripped onto the sheets below us.

I threw her on her side of the bed onto her back and she collapsed trying to catch her breath. In a sheepish voice she said, “*Oh my god, Horns. That’s exactly what I needed.*”

Of course you did, sweetheart. **I know.**

She finally had the approval and validation of a man of value that she had *added* value to. I smiled. Her praise was complete, and she was happy. I was happy too. The cycle of mutual gifting was complete. I turned my body over on top of her and ran my fingers along her the sides of her face slowly. **She quivered and sighed.** Her legs were still shaking. I watched her eyes close, and then open again and she stared into mine. I felt the connection. She felt it too. She started to say something, but I pressed my finger against her lips and said a quiet “Shhhh” to her.

“What?” she said, my finger pressed against her lips still.

I looked into her deeply and said: “**Thanks for the meatballs, babe.**”

CONCLUSION

You must give your woman opportunities to succeed in small ways everyday, or she will become *bored* with you and just go back to what she knows. What have you taught her? In my case before all this realization, this usually manifested itself in my woman furiously cleaning. Or giving me passionless dread sex. Or doing more laundry unnecessarily. Your woman will only add value in ways that you’ve taught her to.

What I attempted to do here was lead my wife to a new recipe, a new way to provide a small amount of value to my life so that she remembers that. And guess what? It works, faggots. If you give your wife 100 different ways to do small things, you might forget about them – but I assure you that if you reward her, then the next time her hamster goes wild trying to figure out how she’s going to keep a high value man, she may remember that time she made you meatballs and she was handsomely rewarded. She learned that made you happy, it in turn made her happy, and she benefited in the end as well. It’s all about her feelz in the end.

This is also an example of creating the rollercoaster of feelz.

Remember – women are generally defined by solipsism. They can only really see into themselves and their benefits subconsciously. If you reward good behavior and praise these things you enjoy, this will grow her femininity in ways that YOU can control and manage... **and lead.**

So lead, motherfuckers. Quit expecting your wives to read your mind. That’s a covert contract. Just man the fuck up and tell her what you want. And don’t be like me and miss the compliance test she’ll inevitably throw right back at

you as a last ditch effort to test if you're a man worth putting effort into.

Do you want some practicality to this post, you autistic faggots? Lead your wife by telling her exactly how you want her to suck your cock. Praise her every time she tries to do what you tell her to. Feed her ego. Praise, praise, praise. Before long you'll have a woman that not only knows how to suck dick well, but she'll also know how to suck your dick exactly the way you like it! Want to blow a load on her face? Tell her how hot it is. Tell her how you love to see it. Tell her to spit on it. "Oh god, you are so hot. Spit on it MORE." Praise the things you want even when they aren't praiseworthy. Praise, praise, praise.

Strength, motherfuckers.

61

UPVOTES

Parallels

sea-tease · 27 October 2020 · Archived copy · Reddit

Over a year ago Horns had a great post, [Your woman is one of your greatest creations](https://www.reddit.com/r/marriedredpill/comments/c2l5dt/your_woman_is_one_of_your_greatest_creations/). Over time I have observed the similarities between the leadership needs of my wife and my kids.

I often see where people post in their OYS's about the challenges in the relationships with their kids, wanting to have better connections and more influence. In my journey I've noticed some parallels in what I was learning here, the execution of that learning and how it related to improving the relationship with my kids. The more I worked and watched, I realized that my kids are also a reflection of me.

For context, I have four kids ranging from 20 to 12. The oldest, a girl and the rest boys.

I know I can't control my kid's outcomes, I can only be in control of myself. With that in mind, part of my mission is to model, lead, and guide my children in line with my worldview. Working on me and then giving them my gift of capable leadership has created better connections. Kids want to respect you, they crave your approval and want your time, attention and leadership. Sound familiar?

Frame and mission.

It all starts with you and the work on yourself. As you progress and begin to live in your own frame, rather than others, you become more consistent and less affected by things outside of your control. You will most likely become a more consistent, capable captain. I think this is the most important thing you can do to improve your relationship with your kids – become a HVM - do the work (you know... ending validation seeking behavior, ending covert contracts, expressing emotions like a man, stop trying to control outcomes...).

Awhile back in my journey, I received a DM that stated, "A blue pill man lets the world happen to him, a red pill man happens to the world". We all know or are learning this and it's a good framework to have in building connections with the kids. Much of what we all learn here are several ways to "happen to," instead of reacting to our environment. As I took the time and space to envision the life I wanted, I did the same in how I wanted to "happen to" my kids. Once I did this I could outline clear expectations and boundaries that were congruent with my worldview. These were expectations I had to model in action and reinforce with words. What are your expectations? What are your boundaries? That part is fully up to you, captain.

Outcome independent leadership

Once you have taken the time to figure out how you want to lead your crew and are leading/modeling it in actions, you can lay out your expectations and boundaries. You'll need to enforce them. Your kids are little shit testers. Regardless of age, they will test this framework until they feel safe inside of it. If they do not, it will continue. Again, most kids need and want this from you whether you see it or not. They need consistency and emotional safety from a position of strength. They want to respect you, they want your time and attention, they want to know you are on their side, they want boundaries and they will shit test you endlessly for it. A good mental model would be to view this as a gift.

Respect: One of the best pieces of advice I picked up when it came to kids is to "never let them see you sweat." In the face of kids breaking boundaries, you have to learn to remain calm and enforce them. If you yell – they win. If you react – they win and they know it and will keep it up until you have established respect and authority – which is what they want. Broken record follow through is my favorite in this part. "I said to...x, I understand, but I said to...x, I heard you, but I said to...x." The earlier you begin this, the more effective it is. Does all of this sound familiar?

Being on their side: We often hear that the masculine grows by challenge, the feminine grows by praise. I have also observed that children will seek your attention and approval and will grow by praise. Praise helps to guide them to

lean into the fear of challenges. I have found this to be true even with my 18 year old son – I just praise him in a more masculine way. Being on their side goes beyond cheering them on in sports, band or other activities and achievements (which could very well be ego driven but that would be a whole different post). For instance, I don't want my boys getting caught up in watching pornography. Not necessarily for moral reasons, I want to give them every chance to develop a masculine frame and to minimize what can undermine that. So rather than looking to punish them if I find it on their phones, I have clearly laid out my expectations in advance and the reasons why. I reinforce with words, "I'm not looking for ways to get you in trouble, I am telling you this because I am on your side." If you set up a more punishment based (reactive) style without explanations they will just find ways to work around it and you lose the opportunity to guide.

Time and attention: This one is my favorite. Not only do I pay attention to them when they are sharing their interests with me and encourage them in their own pursuits and passions, I introduce all of my interests to them and spend time teaching. It's killer time together. My physical outlet and passion is surfing. It's my thing. Not surprisingly, all three of my boys surf and one has learned to shape his own boards. I love to fish, same with all of my boys. We do these things together constantly. They've not taken up everything I do but they have taken up a lot and it is a great way to connect. By the way, my 18 year old son lifts four times a week. He's shredded. Go figure. We lift together when schedules coincide but we trade notes often. I believe this portion alone on fun, lighthearted time and attention is why they nearly follow my footsteps. That and that I have become more of a HVM. Again, sound familiar?

All in all, in my journey, I have observed that there are clear relational parallels with children and women in the behavior and responses in our action or inaction. They both look for many of the same things. A HVM to follow, a mix of alpha/beta qualities, time and attention and praise... Leadership.

Btw, your wife is looking to you for this leadership too, captain. I have found the more **confidently and consistently** I lead my kids, the more she follows my leadership. This clears her mental plate to provide value in areas within her strength. This is a side benefit that has been fun and damn satisfying to watch.

Realize that working on you alone will maximize the opportunity for connection with your kids many of you want. Another reason to end the fuckarounditis and get busy.

61

UPVOTES

Hypertrophy is King

Alpha_Chupacabra9 · 30 November 2022 · Archived copy · Reddit

A question I had initially when starting lifting was about the relationship between hypertrophy and strength. They are interconnected, but how do concepts of muscle mass relate to strength. Well the more mass you have the more ability to generate greater force, but strength as measured by 1 Rep max is a skill. Sure the size of your muscle influences it, but there are many other drivers as well including neuromuscular adaptations. All that is to say, is strength work is specific to strength work.

Why does that matter, because for purposes of this forum putting on muscle mass and exposing it by getting lean are really all that matter for attraction. Chicks have initiated contact and complemented me on my physique, but none have ever asked me what my one rep max is on any lift, only dudes have.

3 principals that have served me well towards hypertrophy

1-Intensity- taking the working sets I do as close to failure as I can

2-Doing as much of that hard work as I can

3-Allowing myself to recovery as needed to continue getting better and doing more work (Any of the dials weight, training density, reps, # of sets) over time

Some practical takeaways and notes of things that have helped me

Form matters most to powerlifters and Olympic lifters. People in weight restricted classes who have to move the most amount of weight as efficiently as possible. These individuals may be anatomically leveraged to be proficient at certain lifts. However, when it comes to hypertrophy we are not trying to arch our backs almost to rack to move the barbell only a few inches so we can push the most weight as possible. I've had great results at times altering form or using suboptimal form with poorer leverages to target certain muscles and achieve greater hypertrophy overall.

Also, people have different body types, peoples hips joints literally can be forward facing or more rotated toward the side. People have different length of their bones leading to different sized legs, torsos, arms, and other body types that also can affect their leverages on lifts. Practice through doing has helped to me to learn the lifts and how they best suit my body. Over time I have developed a mind-muscle connection that has further cemented the effects lifts and their variations have on my body.

If you goal is just get jacked you don't need to do very specific strength work that can be taxing on your joints and increase your risk for injury. Reps in the 5-30 range taken close to failure are all you need.

Don't worry about perfection, pick a hypertrophy program and see what works for you and what doesn't. Play around with different lifts. See what intensity techniques are helpful for you (AMRAPs, drop sets, myoreps, supersets, giant sets, ect...) If you spend forever trying to maximize efficiency, find the ideal program, or perfect form on a lift your opportunity cost will always be any growth missed on searching for an idealized version of program that doesn't exist.

61

UPVOTES

[FR] - Busted

red-sfpplus · 10 June 2024 · Archived copy · Reddit

Dear Diary -

Busted. Caught red handed. It didn't matter I am still the prize.

Recently I had to boot up an old iPhone 11 to look for a file. I pulled it out of my phone graveyard and did exactly that.

I then proceeded to leave this phone on my desk for a few days for no particular reason. One morning Fitchick discovers the phone and unlocks it. She then proceeds to read through all my text messages from 3+ years ago. We have been together for 5 years.

Lucky for me, the only text messages on this phone, for whatever reason are from my ex.

About 2.5 years ago my ex had a court date with her ex. I was aware of the situation and was going to be her witness for something specific. I ended up never being a witness but at the time Fitchick was pissing me off so while texting about court it got sexual for 2-3 messages.

So back to being lucky, these were the text messages that somehow were saved. Luck right?

I get a call while at work, I honestly didn't remember so she sent me screen shots and I was like, oh yeah, I do remember.

I remember we were not living together, you had pissed me off and if I were you I wouldn't piss current state red-sfpplus off again about something from nearly 3 years ago.

The next 24 hours were interesting. She applied for an apartment, got approved, had a moving van ready to come.

I told her that I will help her move and I never apologized. I spoke to a couple of the guys here about it.

Long story, long - it 100% blew over by the next morning. In fact she came into my office the next morning and half apologized for her reaction. She said something remarkable. She said "I understand this happened 3 years ago, but it just happened to me today. I never thought that another women would be talking to you."

It took everything I had to STFU, but I did and just kissed her on the forehead then gave her duty sex.

That's all.

PS - have male friends so when you do something stupid you to can experience what an Eiffel tower feels like.

60

UPVOTES

Thinking Your Way to Misery – A Brief Guide to Action

RuleZeroDAD · 2 July 2018 · Archived copy · Reddit

All things are cyclical, and our little misogyny hamlet of a Subreddit is not immune to the lazy tendencies of society at large. In a world of virtual EVERYTHING, we often conflate the effort of analyzing a thing with the exertion of building that same thing. So before anyone else goes off on a frustrated rant, I believe it's time for a semi-annual "Thinking v. Doing" check-up.

The users of MRP, me included at times, would rather wax poetic about the esoteric aspects of what makes a man, rather than give examples of action demonstrating the building of a man. Theory has its allure, because it can be applied in the abstract to our own personal situations. Educated guesses can be made about how people may behave with regard to whatever circumstance a man is addressing. To further buttress this "virtual testing" we simplify (intentionally or unintentionally) factors from the problem that is to be solved by the use of categorization and stereotype. (E.g., if AWALT, then in theory, X woman will react to Y in Z manner.)

Great, a man has discovered the path to paper Alpha and keyboard cowboy, and might even fool himself into believing he gets it. Has filling the space between a man's ears ever gotten his dick wet? Does knowing how to pray guarantee a place for a man in Heaven? Will being good at "fantasy" sports make a man qualified to run Minnesota United FC?

Knowing isn't enough. Being smart isn't enough. Recognizing the patterns in the Code is not enough, Neo. Does a man enjoy fucking or not? Is it worth the effort to be a coveted man? Is a man that frightened of what a woman will think of him? At some point paralysis of analysis and procrastination has to end.

Getting Out of Your Head

There are several causes of analysis paralysis and these can affect smart men the worst.

People fear making the wrong decision

Often we don't make a decision because we fear making the wrong one. It can be impossible to work out all the many possible consequences of the choice or strategy to employ, particularly with people. Because it is impossible to know which decision is best, we avoid making any decision at all. This can be particularly difficult for linear thinkers who are used to using logic to resolve problems. People are irrational, complex and often words betray what they are really thinking and feeling.

There is too much choice

In our current society, there is a huge amount of choice available. From diets, lifting programs, the hobbies we engage in, the shit we buy, the careers we choose and the relationships we foster, our lives are made up of endless choices. Having lots of choices seems like it would be a good thing. However, having many options (not to be confused with abundance mentality) can actually make it more difficult to choose. It is also the case that we are never quite as happy with the choices we make because we are always wondering if a different choice would have been better. Every fucking guy who married his High School sweetheart ends up puking on this sub or AskMRP about not having sowed his oats. This combination of "Paradox of Choice" and "Fear of Missing Out" is pervasive in this space.

There is too much information

For each choice we make, there are vast amounts of information available. Take the example of eating healthily. A man will be able to find thousands of books, academic papers, websites and TV programs about this subject. It would be impossible to read or watch all of these resources. Even if we did, many of them are conflicting. Some tell us not to eat fat, some say avoid carbs while yet others suggest we avoid meat or dairy. MRP tries to narrow information by providing anecdotal evidence in the form of Field Reports and "Own Your Shit" to demonstrate what works for individuals to whom the reader might relate. YMMV.

A dude looking for relationship advice likes to find a conclusive answer before he makes ANY decision and this simply isn't possible in the information age. Sometimes perfect can get in the way when good enough will do in a crisis. In addition, The Red Pill isn't meant to be prescriptive. I'm not a deacon, and this isn't a cult. I'm not trying to fuck your SO, you are.

Lack of focus

Some of you fuckers have undiagnosed adult ADHD. Added to this, the incredible amount of options for our lives can also make it more difficult to focus. We can see so many people doing so many different things with their lives and we want to do them all too. However, spreading ourselves too thin can mean that we do not do our best at any one thing. With the constant distractions of porn, social media, and other people, we can find it hard to focus on what is really important to us.

This is a main reason why the virtues of lifting are extolled here. Lifting takes up a regimented period of a man's day, which used to be misspent oversleeping in bed, making money for someone else, or sitting around with the SO not fucking on the couch. Many of us use lifting as the catalyst for the entire day. It provides discipline, focus, and strength of mind and body. More and more studies are being published showing that strength training allows a man to be more vigorous, youthful, and masculine long into his life.

Trying to do too much at once

As a result of our lack of focus, we often try to do too much. Multitasking sucks, and study after study demonstrates that it does nothing to increase productivity or results. In addition, we only have the mental and physical energy to make a certain number of decisions every day. As our energy is consumed, decision making becomes harder and harder. We begin to make less well-informed decisions and this can affect our productivity and creativity. This is why we also implore men to initiate sex when they feel up to having sex. A man has the energy to do it right, and if rejected, can move on to do something productive with his time.

A high IQ is no guarantee of success if men become paralyzed by making decisions. Overthinking can lead to being less productive and less creative. It can also lower cognitive function, exhaust willpower and undermine happiness. Getting stuck in one's head will beat a man down.

Ultimately, if intelligence gets in the way of taking concrete action, it can lead to eventual failure, rather than success. This is why so many intelligent, outwardly successful men are miserable. They don't act, react poorly to the smallest of failures, and don't persevere.

Tips to Act

After identifying why men overthink things to the point of catatonia, I should probably provide some actionable solutions to the issue, or lest I become part of the problem.

Prioritize your actions

We have a limited capacity to make decisions. So to be most effective, men need to prioritize the most important ones. Making a man his mental point of origin will simplify this greatly. If a decision is a needless sacrifice, it's probably a bad decision. This is why successful people develop a routine and don't suffer the bullshit of others. To "not give a fuck" is not a call to be callous, it is a call to prioritize what is important and disregard the rest (or find it absurd). Why wear out decision-making abilities choosing things that could be delegated, or have almost no consequence to a man's life?

Take important action when you are freshest

Because we have a limited ability to make effective decisions, it is worth making important ones when we have the most energy. We have all experienced the situation where we struggle through work even when we are tired. We make mistakes, and get clumsy. This is not the time to make important decisions. Most people are better at making decisions early in the day: before their limited amount of mental energy and willpower runs out. Initiate earlier.

Game during the day. Take time to rest and recover.

Limit time searching for further information

When a man has a decision to make, decide how much time will be spent researching it. Obviously, different decisions will need different amounts of time. Choosing a toaster has fewer consequences than choosing divorce. Deciding where to go on vacation is less important than choosing a place to live. Work out the worst-case consequences of the decision and allocate a reasonable amount of time to make a choice. If a man can't act in a meaningful way, minimize the damage that could be done by keeping his fucking mouth shut. Not acting can also be the best action if he is unprepared.

There is a plethora of information available on any subject. Reading too many posts here will likely lead to further confusion. Choose a few reliable sources and learn on your own time. Set a time limit, do the research and then make the choice. I've seen divorce research last many, many months on this sub. Law school only lasts six semesters, and your research won't result in a diploma or job.

Some necessary action is admittedly reflexive or close to instantaneous. This is where good practice and repetition come into play. This is why we have a staggered interaction strategy proposed for men having trouble expressing their wants in relationships. (1) Observe (STFU) and minimize damage; (2) sorting emotional speech (AA, AM, Fogging, etc...); and (3) proactive, overt expression of boundaries and desires (meaningful mouth sounds used to say what a man wants and deserves). The fact that the sub uses training wheels to get men to talk to women as though their own lives are important is both sad and illustrative. Men in this sub are generally poor advocates for themselves and blame others for it.

Be clear about your objectives

What the fuck do you want? A man can't make an effective decision unless he is clear on his desired outcome. Also keep in mind that a man's desired outcome might change, which requires a change in course. Before he begins any research, he needs to think about what it is he truly desires from the decision. This will help a man to focus on the most pertinent information he needs to make that decision.

The vaguer a man makes his objectives, the less obtainable they will be, and also the less likely a man will be to act to achieve success. The "Own Your Shit" weekly thread serves to distill a man's shitty vagaries until he can clearly state what he wants.

Conclusion

It's easy to retreat into the comfort of theory when people and life are unpredictable. In order to get the most value from this sub and from the advice it dispenses, a man needs to step away from academia and into the arena. Above all else, this requires knowing what he wants.

By providing some cogent and congruent solutions to this pervasive problem with our membership, I hope at least some of you faggots are spurred to act, regardless of your fears and misgivings.

60

UPVOTES

RP Theory : I love you

Neo_1975 · 19 May 2018 · Archived copy · Reddit

Long time lurker. Infrequent commentator. I have ingested the sidebar, worked on my MAP, and made many improvements on myself. Clearly a long way to go, but I am solidly on track.

This post is on theory, so enough about me. The words 'I love you' have been fully hijacked by the blue pill bullshit consortium. 'I love you' now means 'even if you get fat, I will still pretend to want to fuck you'. It also means 'if you behave poorly, I will be a bitch'. It also means 'I am going to do the dishes, even if I worked all day while you had coffee and bitched with your friends all day'. Fuck that.

I have switched. Accidentally in fact. After a great romp session with my wife, I smacked her on the ass and said 'I'm loving you'. And then it clicked in my mind. I was loving her. Loving that I was getting bjs again. Loving that she was not bitching all the time. Loving that she was being happy. All because I had retaken the helm and am again captain of a badass ship. She was happy to feel that the first mate position was a good one, and that I was trustworthy enough for her to let go and enjoy the freedom that comes with not trying to be the captain. Heavy is the head that wears the crown.

'I'm loving you' means that, at this moment, you are kicking ass and doing what needs to be done. It also means 'don't start slacking, because my love is not unconditional'. Don't get fat. Don't be a cunt. Don't bitch. Respect the fact that I do a damn good job as a father and husband.

'I love you' means 'walk all over me'. It is a sign of weakness, and frankly disrespectful to ones' own self.

60

UPVOTES

David Takes on Goliath: Married Red Pill Relationship Coach Sues Our Social Media Host Alleging Gender and Political Discrimination in Access to Advertising

RedPillCoach · 7 May 2018 · Archived copy · Reddit

Fellow Red Pill Men:

I am a “Red Pill” life and relationship coach who works with men in troubled marriages and long-term relationships to make them better or to end them. I can work both sides because in most cases the “Stay Plan” is the same as the “Go Plan.” The “Plan” is drawn from Red Pill praxeology, including Married Red Pill and The Red Pill and includes a healthy but skeptical dose of **Gottman Centered Marriage Therapy**. “The Plan” always includes self-improvement, understand the cardinal rules of attraction, being mindful of attraction, establishing your boundaries, and leading your life and marriage.

I am writing to let my Red Pill brothers know that the discrimination is real; but take heart because I am taking the fight from all of us right into the belly of the beast.

Today I filed a lawsuit in the State of Michigan with the Wayne County Circuit Court (Detroit) alleging Reddit discriminated against me, my brand (the name Redpillcoach and the website www.coaching4men.com) because of my political affiliations and sympathies for the Red Pill and Married Red Pill Reddits in violation of California law, and because of my gender as a man in violation of Michigan law. Further, that these violations constitute a breach of contract with Reddit on its term of use policy causing actual economic damages to me.

This is a copy of my Complaint:

I was a divorce attorney long before I ever thought of becoming a life and relationship coach and have started several businesses. None have been as difficult to get off the ground as this one with advertisers suddenly getting squirrely and jerking me around for weeks. Normally companies in the business of selling advertising likes to, you know, sell advertising! Not so with Reddit which appears determined to stamp out offensive advertisements like mine.

For the record, **This is the ad Reddit refused to run:**

And it simply asks: “Are you a man ready to move forward with better relationships and a better life?”

I tried to get a reasonable accommodation or at least an explanation and was ignored. Apparently, the idea of a man working with another man to better his relationships and life offended them so bad they said:

Upon revisiting our policy and reviewing your ads, we are unable to approve your ads and allow you to advertise on our platform. This decision cannot be appealed.”

I am not here with my hand out asking for donations. I just want to get the word out about my unique coaching service to the Reddit community. My coaching is targeted at men in problem marriages. I participated in writing /u/bluepillprofessor’s book on **Saving a Low Sex Marriage: A Man’s Guide to Dread, Seduction, and the Long Game** and I was inspired by the comradery, and the work being done on both The Red Pill and Married Red Pill. I left the practice of law and went **back** to school to pursue Board Certification in Coaching (BCC) where I added much more than “Red Pill” into my toolbox.

Now I am done with my coursework and I am studying for the BCC examination and busily working to open a full time coaching practice. I picking up some traction and had picked up several clients just from random posts on Reddit and Quora with a few comments linking my web site. I was so certain there might be an explosion when my Reddit ad hit that I spent several weeks preparing for it. Then Reddit rejected the ad at the 11th hour like a wife rejecting her husband at 11:00, and just like that in fact. I have to say these unpleasant and unnecessary bumps in the road are quite irritating. Frankly, like a lot of you, I am sick and tired of getting pushed around all the time by

these damn SJW's, and wives. We are right this time and I will not go quietly into that good night.

TLDR: Get me some Clients Brah.

Help out yourself or a guy you love who is in a lousy marriage and wants some help by referring him to me. You probably know 10 off the top of your head.

You can visit me at:

www.coaching4men.com

for my pics and personal information and for more information about coaching. I can help you, your dad, your cousins, uncles and brothers- and yes, I can help the wives, sisters, mothers, and daughters who love them.

Dave the "Red Pill Coach"

Oops! I think I just doxed myself!

60

UPVOTES

Passive dread - be the prize

BobbyPeru · 9 February 2018 · Archived copy · Reddit

This is more of a relationship building post- just a heads up. However, it can also be used for “spinning plates:”

The concept of dread is one of the most misunderstood concepts out there....

Alright, lately I've been hearing a lot of talk about the concept of dread. Usually, I see people talking about it like it's an active action to elicit a response of dread in a woman (usually in a relationship). While this concept can occasionally be effective, it is kind of like a kid playing with dynamite.

The dread levels are very specific and set up to gradually increase your value as a man, and if you are in a relationship, it should be used passively. Now, I'm not talking passive aggressively, but passively. In other words, as you improve as a man, dread is a natural response that a woman will have in a relationship or your plates will experience dread.

Passive dread is healthy as long as it is balanced with doses of comfort. In other words, you don't want dread to spiral out of control. Passive dread is essentially a buffer and insurance against women's natural propensity towards Hypergamy. But, it's much more than that.

So, in order to understand the concept of dread better, let's look at the actual levels. **These should be taken slowly** - general rule of thumb is 1 level every month or 2:

Levels of dread

So, understand that **going through the levels of dread will give women what they desire- a man that they believe has high sexual and social market value**. But, it should also be understood that you are essentially becoming a man of high social and sexual value by going through the levels of dread.

Essentially, **dread isn't about the woman or women**. It is about you, and becoming the best version of you. Now, if you are in a relationship or go into one, these can be a great side effect and balance the power in your favor. Let's face it, every relationship has a power dynamic, and if a woman says “we are equal partners,” it probably means she holds the power in the relationship.

So, dread is a safeguard.

Dread is a tool.

Dread is power.

Dread satisfies women's propensity towards hypergamy, but you are the prize.

Dread is much more....

Women need to feel it (but they will never admit it) because it reinforces that they made the right choice , you. Of course, this can be used if you are just spinning plates also.

Don't think of dread as “ I stayed out late and took a shower when I got home right away” to make her think I'm fucking another woman. This is **active dread, and it is used by weak men** who are too lazy to go through the levels of dread .

So, REALLY become a man who they KNOW has choices and can fuck other women by going through the levels of dread. It's similar to passive income because passive dread yields rewards without effort beyond the initial efforts. However, remember that the initial efforts should be thorough, increase your SMV, and **make you the man you want to be, for you... not for a woman**

There is no fake it til you make it.

You either are or you aren't a high value man, and perception is based on your actions.

Be a high value man. Don't put women on pedestals.

YOU are the prize.

60

UPVOTES

[FR] The Styrofoam Cup

red-sfpplus · 15 January 2018 · Archived copy · Reddit

As you may know from askMRP post (which was clearly a troll post for folks who don't realize it) my wife and I celebrated our 13 year anniversary on the 12th. Last night I arranged to take the kids to "kids night out" at the gymnastics place here in town, so we had a free evening from 6-10pm Sat night!

Wife and I got dolled up and went up the street to the local sports bar that has a band, and overall good scenery. It is a 35-50 year old type place, so it is good for us. We get there at 6:05pm on the nose and post up at the bar and order some shrimp apps and drinks, and start the evening.

Before we went out, I had told my wife about a social experiment I was going to try in which I will call the styrofoam cup (SC for short.) I had read about the SC in another post, and the gist of the post was that a guy got his drink in a SC for the sole purpose of a conversation topic, and to gauge female reactions.

After we had a few drinks and enjoyed our apps, the bar started to fill up with other old people like us around 7:00pm, so I knew that I had 3 hours for my test. By this time several groups of guys had shown up, as well as women in their typical GNO attire.

The plan was simple, in our typical fashion we would make some bar friends and see what happens with the ladies in their GNO groups. I had no idea what was going to happen next.

Being an old guy, it only takes an hour or so for me and then the seal gets broken. So off to the mens room I go. When I come back there are two guys that have moved in on her, which is very typical for us. I come back and make my presence known (both are out of shape, typical 40 year-old dudes), and pick up my SC cup. Bro #1 sees me take a drink from my SC immediately asks why I am drinking from a SC? I tell him I am clumsy and like having a lid on my drink, but it is more the facial expression I gave that did the communication. They both respond with an awkward laugh and smile, and kind of look at each other.

Before anything else happens, the same Bro has waved over the bartender, and orders himself and his Bro a drink, but for some reason orders my wife and I a drink as well. When the drinks come, the bartender (whom we have socialized with in the past) puts all 4 drinks down and tells me that the Bro ordered our drinks and they are on him. I look at him to say thanks, and he tells me that he did it because I should drink out of a glass properly, and not out of a SC cup. I smile, shake his hand and tell him thank you for the round. Minutes later I pour the drink into my SC cup and keep on going with our night.

I was very surprised at this point by the reaction from this man. I have no idea what his logic was, if he was trying to AMOG me, or what? Why did he buy my wife and I a drink after literally less than 5 minutes of interaction? I saw the bartender hand the drinks to us, so I know they are clean. I have tossed drinks away people have given me, because of obvious reasons, but straight from the bartender, meh.

So here we are, about 7:30 or so and already have a beta Billy buying our drinks, so now I decide to add on another layer of the game. The SC is clearly working in some fashion, but not how I expect thus far. We post up and watch a table of 3 women (late 30's early 40's 5&6's) get approached by other people, and promptly pushed away.

Every single one of the men approached in the same fashion – from the back angle. Imagine a round tall top bar table big enough for 5, and 3 women on one side somewhat sandwiched together to watch the band that will be starting up around 9:00. Which direction do you approach from? The fucking front. They need to see you coming. Listen boys, when you approach anyone from the corner of their eye, or backward direction they immediately are in a point of discomfort. Approach head on, so they have time to see you, size you up and realize you are not going to steal their purse. Don't be a fucking insecure creeper.

It was time for me to make my move. The plan was simple, approach use the SC for conversation and then after a few minutes call the wife over and make it a party. I was not out to pick anyone up, and parties are always more fun

with more people. We both love meeting random people out. It is a spice of life for us.

I approach with my SC, and I will spare you the details but I was sitting at their table within 60 seconds and the wife was over after that. The SC was a hit. Every single one of the women could not believe I was drinking out of a SC with a lid and a straw. They wanted to see the drink, they wanted to smell it and see if there was alcohol in there. It was ridiculous. When one of the women asked me why I do it, I told her that back in my youth I would use it as a piece of paper, and give it to women so they can write their phone numbers on it. One of the women took it and drew a pair of tits on it with a smiley face. By the end of the night, my SC was covered in graffiti, and a couple phone numbers.

After chilling for a bit, I notice that Bro #1 and #2 are still posted up at the bar, so I came up with an idea. I told the women we had met about our interaction with those men and how after less than 5 minutes they bought my wife and I drinks. I wanted to see it happen again, so I made a proposal/bet to the women.

I told them that I was going to invite them over to our table, and there was a very high likelihood that they would buy all 5 of us drinks. At first one of the women (the hottest) was very against it, but I reminded her how fun it is to get other people to buy drinks for us, and then her other two friends jumped on her, and said that they will “shoe” them away if they don’t buy a round within a few mins of coming over.

Well men, you can image what happens next. I signal Bro #1 over, and he just about runs across the bar floor. When he gets there he immediately tries to bust my balls about the SC, but he just had no skill set at all. I showed him my SC with the tits drawing on it as well as a few numbers, and I saw the “you’re not clumsy you’re an evil genius” look on his face appear.

Anyway, as you can image I was correct and they did get all of us another round of drinks. This mentality never stops surprising me. How guys think that by buying drinks for random women, (and men) that this will get them in. I know that my tab for 2 shrimp apps, and drinks (I paid for) was \$80 which, in Dallas, drinking Grey Goose means that these two guys probably paid well over \$50-\$75 in drinks for my wife and I over a 2-hour time span. I know I had a couple on them, as well as my wife and they were buying the other 3 women their drinks, and there was ZERO, and I mean ZERO interest from them towards those men, other than being an ATM and providing free drinks. I never paid for another drink for my wife or I the rest of the night.

We left at 9:45pm on the dot, because we had the kids to get, so I will say that my social experiment was a blazing success. I had at least a dozen women ask me about the drink, and one very insure man try to tell me the proper way to drink. If he only knew, and if he only had the frame to even do something like this, he wouldn’t have spent hundreds of dollars buying random people drinks. They sure were not fucking me, or my wife that night, and neither one of them was doing a very good job with the other 3 women, that I introduced them to.

I honestly have no idea what their reasoning was. Maybe he was just trying to get them drunk enough, and go about it that way...

So, newbs hopefully you learn something.

1. Don’t buy people drinks.
2. Approach head on so they can see you coming. Esp. if you are HAWT.
3. Don’t be afraid to try shit.
4. Don’t buy people drinks.
5. Be HAWT, and smile when you talk to people.
6. Hi – is the perfect approach. It works for me 99% of the time. No one line bullshit.

60

UPVOTES

The penis is a cruel master

88Will88 · 2 January 2018 · Archived copy · Reddit

Cross post from TRP. The same rules apply here, if you are worried that your wife is not fucking you enough, then you are still a slave to your own cruel master.

- **"it is like escaping from bondage to a raging madman." - Plato**

Plato wrote this in the Republic as the answer when an old man was asked what it was like to be free from lusting after women in his old age. **Unless one learns to master the demons within you, then the demons within you shall be your master.** Those of you who have been slaves to pornography know this master well. It is cruel and demanding. Any guy who has stared at a girl in his class, social group or work just wishing you could be with her know this master. The sad beta who falls asleep thinking of a girl and wakes up and she is the first thing on his mind, is a slave to a merciless and angry master. The thing you need to realise is that it is your own weakness and unfulfilled potential that you are a slave to, not to the external validation of women. You are the warden of your own prison. You are not in love with her, you are in love with idea of being free of the desires that control you.

This is not a MGTOW post, not at all. This is a post on mastery and abundance. What is the enemy of need? It is satisfaction. When you are hungry you need to eat. Pretending that you do not need to eat will just lead to poor health and eventually to death. Pretending that you do not need sex and intimacy will turn you into a fat, fedora wearing incel who beats off to anime. So denial will not work, not on the cruel master who rules you. So how does one slay the demon, escape the prison, feed the beast? One does this by changing the dynamic and taking back control. One must go through a process of transmutation and go from the slave, to the master. You need to transmute the leaden collar of your unsatiated desires, into a golden crown of rulership.

How do we do this? Well it is a mental and physical process. One must begin to transmute from a needy, weak follower, into an abundant, strong leader. You all know how to do this but many of you would rather stay in your cage than to put in the hard work required to escape. There is no need for me to give a detailed breakdown of this process of transmutation, because it is all there on the sidebar. Those are the steps required but they are merely training wheels for the weak beta to follow. They are baby steps for the meek, milk for the puppy. Milk for the babes, meat for the men. The senior men of the red pill are here to feed you milk because you are not ready for meat. So start with the milk on the sidebar and use it until you are strong enough to walk alone. When you master that, your penis will no longer be a cruel master that you try to beat into submission in front of a computer screen, but a wonderful tool for your enjoyment, and hers.

60

UPVOTES

Alphas, Betas, Omegas, and Oaks: Let them NOT eat paint

BluepillProfessor · 28 November 2017 · Archived copy · Reddit

This post is for the Rambo's, **those who insist on eating paint**, and all the guys who are so pissed off at their wives they are being rude, petulant, cruel, denying them sex, or whatever else you think is "punishment" enough for her treating you like a sexless Beta all those years.

I have for you men those 3 little words so many of us long to hear:

Get over it.

Leadership includes managing your subordinates and making sure they have everything they need.

Women NEED validation and approval from men. They greatly prefer that validation comes from a strong, attractive, Alpha man. They greatly appreciate it when you show them a warm gooey center every now and then so long as that goo is encased in a hard shell of mostly Alpha. They really like it when an Alpha male leads them on an adventure and a good time.

You know what they don't like? They don't like a petulant Beta male trying to "man up" by treating her rudely, with cruelty, and/or with little or no awareness or regard for her needs.

On TRP/MRP we often tell guys to man up. We tell guys to take her off the pedestal. We tell guys to not take shit and to respond to shit tests with Agree and Amplify and other methods.

You know what we don't teach?

We don't teach men to withhold love and affection from their woman.

A women will almost always CHEAT if she is denied love and affection for too long. If we accept that women NEED love and affection and validation then this should come as no surprise.

I think some guys just don't get it in part because there is a divide over the terminology we use so let me highlight that because I think some confusion is because we don't even agree on what exactly is "Alpha" and what is "Beta."

I and many others have suggested that Alpha is what makes girls wet and Beta provides comfort but not tingles. Unfortunately this makes women the gauge of MRP success and is problematic.

Another terminology dispute is that MRP has more tightly defined "Beta." As a result, in MRP terms, the main sub conflates "Beta" with "Omega"(which is a person or behavior that does not generate tingles OR comfort) and never uses the term "Oak" (which creates BOTH tingles and comfort).

So to summarize:

MRP:

Alpha: Hot guy who get's all the girls or a behavior that tends to improve your chances of getting all the girls (i.e. increases attraction for men).

Beta: Loving guy who shows his caring and comfort but rarely gets laid or a behavior that is loving and caring and comforting (but doesn't generate the tingles).

Omega: Objectively gross and unattractive people and behaviors that provide neither comfort nor tingles.

Oak: Attractive cool dude who generates the tingles AND brings all the warmth and comfort they need (but not to much).

TRP

Alpha: Hot guy who gets laid or behaviors that get you laid.

Beta: Weak men or weak, supplicating behaviors that turn you into a "nice guy" who doesn't get laid.

Thus, in TRP terms, one should avoid "Beta" and Rambo the fuck out of your plates.

However, in MRP terms, one should be Alpha, but also provide strong Oak and Beta comfort **especially to reinforce good behavior**.

So fellows, get teeth off the window and wipe your chin already. Yes, take charge. Be the man. Lead the family. Yes blast her Shit Tests from orbit and don't take any shit either. Just make sure you realize that part of being the Captain is making sure your crew is getting what it needs.

TLDR: If a wife is NOT getting the affection, validation, and attention from you that she needs and deserves she will get it from somebody. MRP is a praexology that you adapt to your own circumstance. This information works but it is DANGEROUS. We are giving out dynamite to children so please don't go full retard or Redpill Rambo; don't eat paint.

60

UPVOTES

The Best Book The Manosphere Has Never Heard Of

pikadildo · 24 August 2017 · Archived copy · Reddit

Did you know "The Manipulated Man" is the first book of a trilogy?

The first book talks about women's behavior. The second book is "The Polygamous Sex" and talks about men. The third book has never been translated (her advice for "The End of Manipulation" and I have not read it nor found commentary about it).

"The Polygamous Sex" was very briefly discussed on TRP years ago [here](#). The interesting part of the discussion was the link to an extensive Red Pill analysis by Eric Crowley. Which is excellent and worth a read.

It's very interesting--in particular the parts I find interesting are the kernel of her analysis that men are taught to distort various complex emotions into "love" the same way we are taught to distort a lot of emotions into "anger". And that women don't do this and are more clear about different types of love. So it's interesting to think about this whenever the love hierarchy and Rollo's women-in-love men-in-love discussion comes up.

runsonmagic is dead but it can be found in [archive](#). I've linked the parts below.

The following is an excerpt from Crowley's introduction:

When I first read Esther Vilar's The Manipulated Man, I thought it was the most important book I'd read on gender since Warren Farrell's The Myth of Male Power or Jack Donovan's The Way of Men. The Manipulated Man left me in stunned silence. I wanted to write about it, but had no response to the book.

Roosh wrote in his review of The Manipulated Man:

I've never had a book that made me reconsider so many of my beliefs like this one. It ended up being the most vicious takedown of the female gender that I've ever read, five times harsher than anything I've written.

He is entirely correct. Esther Vilar makes Return of Kings look like Dr. Phil. I had nothing to add to her work or his review, except a strong recommendation to everyone who follows the manosphere to go read her book.

That is until I discovered her second book, The Polygamous Sex.

Esther Vilar's The Manipulated Man is actually part of a trilogy of books – the third of which, to my knowledge, has never been translated into English.

The Manipulated Man describes the problem between men and women, The Polygamous Sex describes why the problem exists, and the third Das Ende der Dressur ("The End of Manipulation") describes the solution.

The Polygamous Sex could be the most important book the manosphere has never read. It begins from one simple premises about human drives and works it's way forward with clear reason. Because it is out of print, and her first book contained such intensely harsh truths, few have heard of the The Polygamous Sex.

Fortunately, you can read the entire book The Polygamous Sex online for free [here](#).

- Introduction: [The Best Book The Manosphere Has Never Heard Of](#)
- Part 1: [The Desire For Protege Is As Natural As Sexual Attraction](#)
- Part 2: [Women Exaggerate Their Weakness For Male Protection](#)
- Part 3: [Women Act Like Children So Men Will Adopt Them](#)

- Part 4: [The Only Person Repressing Women's Sexuality Is Themselves](#)
- Part 5: [The Roots of Male Sexual Dysfunction](#)
- Part 6: [This Is Me](#)
- Part 7: [Men Have Been Confused About Love](#)
- Part 8: [Is Vilar Writing To Win Men's Love?](#)
- Part 9: [Why You Never Read The Truth About Women From The Mainstream](#)
- Part 10: [What Feminism Is Really About](#)
- Part 11: [Why Intelligent Men Won't Admit Weakness](#)
- Part 12: [What I've Learned From Esther Vilar](#)

60

UPVOTES

Use red pill to get out of a dead bedroom

mancozbi · 25 July 2017 · Archived copy · Reddit

I had been following a certain subreddit that deals with dead bedrooms (if you don't know what I'm talking about don't bother looking for it – it's too depressing). There is an attitude that prevails there: if you're in a dead bedroom, then the only way out, is "out" (aka divorce)! It's not bad advice because if the sex is not good now, will it improve in the near or distant future? Probably not.

Take a red pill and things will change even in the deadest of dead bedrooms. If you love your low libido SO and don't want to give her and your family up then try this.

TL;DR: you need to man up, stop whining. Yes, it's that sort of advice. It's not *her* fault you're not having sex, it's **your** fault - 100% mea culpa. The mess you are in now is not her doing, it's yours. If it's your fault then you can change.

Mrs LL SO lays down the law, she makes all those silly rules. Mrs Cozbi used to have sex with me infrequently, only during the day, in total darkness, no kids around (like when are we ever at home during the day with no kids around), only a certain type of sexual contact etc. Other women have other "marvellous" rules (like no sex until the dishes are washed and dried). I have pushed us out of this.

Remember this, know this: most women want to be sexually submissive - they want the man (that's you) to be dominant. Do you see the problem here? To me it's glaring, obvious. You've let Mrs LL SO be the legislature and the police officer, she sets the rules and enforces them because she controls the sex - but, she really wants to be submissive and she wants you, her man, to be dominant. It's contradictory and confusing. What she really, really wants is for you to "take charge", to be dominant, and to do that **YOU HAVE TO BREAK HER RULES**. The more you keep her rules, the weaker you are, and the less dominant you are, and the less she's attracted to you.

I was in a similar situation and got out of it. There is no more daytime, total darkness sex. *My* rule is that I want to see my woman. She said: "I can't do that. No darkness? No sex!" I said: "OK :) no sex"! We now have sex with the lights on and not just at a certain time of day. She said no "oral sex", I said "put it in your mouth", eventually she did it, now she asks if I want it, (yes, she asks to do it). You know what, Mrs Cozbi complains but she respects me now and *she* is enjoying sex much more.

When she says "I'll have sex with you if you xyz" you must be tough as nails and say "No" to her. Don't be arrogant, be assertive. Stand your ground, gently. She's a woman, you love her and you're not a gangster or a rapist. At all times you have to be ready to go to monkmode, denying yourself sex is not impossible. Being self-confident and assertive against her shitty behaviour makes you more dominant and therefore more sexually attractive. If a woman finds you sexually attractive she'll want to sleep with you. If you're submissive then you're weak and she's not going to respect you and will not sleep with you, and if you're in a LTR then that's a dead bedroom.

The worst is *choreplay* - never, ever, let her set conditions, or payment, for sex! This is the weakest. Sex is just for sex. You give her your body and she gives you hers. That's how it works. Anything else is asking for trouble.

In my next post I will discuss 10 things I did to improve my sexual relationship with my wife.

60

UPVOTES

Shitlords from yesteryear.

RexAnglorumSaxonum · 4 April 2017 · Archived copy · Reddit

In my spare time (yea right) I like to peruse old newspapers from the early 1900s and 1800s. It's something everyone here should do because it provides a glimpse into a forgotten world; well...forgotten for most. A world where RP knowledge was so ubiquitous and near universally accepted that it didn't even need a name and no one batted an eye.

I've collected a few articles by one of the shitlordyist shitlords that ever shitlorded - **Paul "keep'em barefoot, pregnant, and in the kitchen" Popenoe**. Be warned though, when you see what men once were and what we are today, you can't help but get pissed the fuck off. I read his stuff and I'm like *FUCK*. It's easy to get angry at our forefathers for bending the knee to feminism but it's important to know about the men that saw what was coming and tried to stop it. Paul is one such man.

-July 5, 1934 - These Modern Eves

Dr. Paul Popenoe, director of the Los Angeles Institute of Family Relations, spoke on marriage last week before the American Home Economics Association in this city. He said very few men visited his Institute in search of wives, but the husband-hunting women were numerous.

Then he said, in regard to marriage failures: *"The superior education of wives is a frequent cause of breaks. No matter how successful the husband may be financially, the wife has, in general, a superiority complex towards him."*

Thus again, science verified old folk ideas. The dominating female continues to nab her man and then "henpeck" him. And the only avoidance for the male of the species to follow his grandfather's advice about women - either marry them young and dumb, or else don't marry at all.

-August 3, 1949 - Keep Sons Posted, Fathers Advised

A father should take his son to the office, shop, or factory rather than to the movies or a baseball game, according to the director of the American Institute of Family Relations. Dr. Paul Popenoe, Los Angeles, told summer students at the University of Cincinnati that it is important for a boy to know what a man's world is like and to feel that he understand it.

The small fry in long pants, the family expert believes, should look forward to being a part of the adult world with a full share of his responsibilities. "The importance of a father is not sufficiently recognized in a great deal of current discussion of family life," he said.

Dr. Popenoe said father can set a good example by being more demonstrative and affectionate with their wives in the presence of the children. He also called for more married men in the nation's school system, whereby younger boys would get a more masculine outlook on family life.

Dr. Popenoe decried the fact that many persons in charge of children are women and frequently unmarried women who have no family patterns to give them.

-May 26, 1939 - Soulmate idea in love scorned

Girls who wait for their prince Charming to appear are likely to be disappointed, according to Dr. Paul Popenoe, director of the Las Angeles Institute of Family Relations.

The dream that somewhere there is a "special soulmate" waiting for everyone is just so much "childish bunk" Dr. Popenoe declared here.

"There are nearly 30,000,000 marriages in the United States and each year a million more are added to that number," he said. "Unfortunately, nearly 200,000 of the million married couples in the present year may end in divorce court, and others, though not breaking up the marriage, will be miserable in it."

Dr. Popenoe said the reason for the high divorce rate is that the couples "don't try".

"They intend to get, not to give," he said. "It's up to the other fellow to do all the work"

"Before marriage, they made some effort to please each other. Now they are married, they think it is time to 'settle down.' If you want to 'settle down' after marriage, don't trouble to rent a home; just move into the graveyard."

"Too often," the marriage regulations expert continued, "the husband begins to consider himself a star boarder rather than a lover, and the wife gets careless about her appearance and disposition."

The trouble is, he said, that the home, the church, and the school in the past have paid little attention to education for marriage. It's an encouraging fact, he said, that schools are adding courses concerning family relations as fast as teachers can be trained to give such courses.

-June 9, 1960 - Criticism Helps, Nagging Harms

Mr. G. in his letter complains: "My wife needs a good deal of instruction from me, but no matter how necessary it is, she always accuses me of criticizing her unfairly. It seems to me she just goes out of her way after that to do the opposite of what I tell her. Is that just because she's a woman, Dr. Popenoe?"

Many women do react that way to criticism, Mr. von G., as do many men. But maybe your "instructions" are not really as necessary as you think they are. And, if they are necessary, it's evident that your technique isn't all it ought to be!

Try the approach of a high-powered executive out to get proper action from a subordinate. There's a great deal of help for family life to be found in the current writings on personnel in industry! In their book, "The Executive Interview," Benjamin Balinsky and Ruth Burger give some useful guides to sound criticism, that every one of male or female, could apply to advantage:

-Keep it impersonal. It's a situation that you want to correct, not a personality. That's the greatest mistake most of us make. We start with: "The trouble with you is..." and we start a fight!

-Stick to the fact - don't exaggerate.

-Don't criticize unless you add a clear-cut remedy at the same time. The remedy is much more important than the complaint.

-Choose your time and location carefully. It is not a good idea to criticize immediately, but to wait until a calm period and then take up the question in a courteous but businesslike way.

-Don't try to be funny. People sometimes pretend that this will take the sting out of criticism. A woman who takes things personally is more likely to believe you are being sarcastic.

-Tie up loose ends. Settle the matter with agreement all around, if its at all possible. To do this you'll have to listen attentively to what the other says, and agree with as much of it as you can.

Beyond all this Mr. von G., the truth is that many of us, women as well as men, are merely naggars; more exactly, it's not by nature but through a cultivated disposition which can therefore be eradicated.

-1934 - College girls make the worst wives?

This is a full page article so I'll only include a snippet.

At the start, Dr. Popenoe was careful to point out that he is not disparaging the college girl nor calling her a matrimonial failure. The college girl, like the college boy, has passed through a weeding out process, so that she is almost inevitably the mental and usually the physical superior of the average of her sex. It would be strange indeed if such a superior class could no succeed at least as well as their duller sisters in almost any enterprise, including matrimony. And many of such college girls as actually do get married make a good showing.

"But," Dr. Popenoe points out, "that is in spite of their college education and not because of it. It is because college women represent a selected group. They come for the most part from successful homes. They have good family backgrounds, parents who were successful husbands and wives. They are girls who would make successful wives and mothers if they never had stepped foot into a hall of so-called higher learning and in many cases their college education actually detracts from their natural endowment as good home-makers."

"The point of my contention, which is based on first-hand observation and study of thousands of cases, is that the college girl gets nothing out of her education that helps her in marriage and frequently emerges with her degree professed of attributes and viewpoints that constitute a definite barrier to married happiness and burden her with problems that her less highly educated sisters do not have"

...

"Some college girls fail to marry because of over valuation of a liberal culture. A girl in this class has been led to think that it is so valuable and omnipotent that any man ought to be tickled to death to marry her just to get this second-hand culture."

"But the average husband is not interested in having the warmed over remains of a course in philosophy or English literature served up to him"

"The girl graduate of this class is not a competent home-maker because she has had no training for that job. She is not an emotionally satisfying object of love, to be guarded and adored, because she has been over-intellectualized. All she has to offer her husband is femaleness and she has no monopoly on that."

So here's to you Paul - thank you for being a man among men.

60

UPVOTES

Requesting Advice: Wife texting other man, right on the line of ok

whatfor9900 · 31 January 2017 · Archived copy · Reddit

Marriage: 23 year marriage, MRP for maybe 2 years, but never really too beta previously, never a dead bedroom, wife remains attractive, child now 18. Edit: 2 years ago lost our other son [many posters suggesting probably correctly this tragedy significantly alters this situation]

Problem: Last week, wife mentions she had lunch with another guy who she met at work, says they have lunch every now and again to discuss industry and catch up. I recognize this right away as preliminary hamstering and ass-covering. So I check the text messages (which I normally never bother checking), sure enough almost daily text messages, including talk of "stuff I can only comfortably discuss with you" and "I love our lunches," and "I adore our time together". But I believe nothing physical has happened, they have sent each other a single picture, him out hiking by himself (posing) and she sent one that included our son. It probably fits the definition of emotional affair so far, nothing explicit in the text log and no obvious deletion gaps. Were I to directly confront her with it, she would certainly trickle truth and hamster "We're just friends" and probably move to "Why are you so jealous I can't have any friends." and of course go nowhere.

RP specifically advises against Mate Guarding, which I agree with, until the behavior becomes a real problem. If this were physical cheating, even direct flirting by text or explicit picture sharing, it would be clear and I would obviously address. But right now it's right on the line of deniability.

The MPR approach to this, from MMSL, is to gather all the evidence, fill out the divorce paperwork, and have a nuclear decision session -- instructing her to either cut off all contact with this guy while I watch or I will submit the divorce paperwork to the court and have her served.

Am I going nuclear too soon?

The only other option I see is to ignore (and continue monitoring while it inevitably escalates) and continue to work on myself. If I ignore, I feel like I am setting myself up to become cuckolded, but if I divorce her over this it seems perhaps petty and she will feel fully justified, certainly will look pretty bad in the social world, not that I care much about that, but may even push her to press harder on the divorce rape button. Any halfway solution like telling her I found her texts and they bother me will result in denial, no progress, and me coming off as beta/butthurt.

There are other troubles in the marriage, so divorce would not come completely unexpected, but she would almost certainly be quite surprised to find this to be the final straw. Also, I am comfortable moving forward with divorce, child is legal adult now (thank god), but all things being equal I think the marriage could be made to work and eventually be pretty good, and I really would hate to burden our newly-adult son with divorced parents.

I am requesting advice.

TLDR; Wife texting other man constantly, super friendly but not yet physical, considering nuclear option to stop it before progressing.

60

UPVOTES

She's Unhaaappy,...

Rollo-Tomassi · 17 November 2016 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2016/11/16/shes-unhaappy/>

Excerpt:

As a result of our equalist social narrative, women have been conditioned to believe that they can find this security and happiness in some untapped well they have hidden in their psyche if only they can be Strong and Independent enough to access it. In prior essays I've made the case that the ultimate goal of our feminine-primary social order has been to facilitate women's optimizing Hypergamy by essentially outlawing men's influence on that process. Every gender-based law that's come into being since the time of the Sexual Revolution; from sexual consent, to what constitutes sexual harassment, to father's (lack of) rights, to divorce settlement has been motivated by this deep seated female need for an enduring security. This was a security unique to men, but in an 'equalist' paradigm it is no longer required of, nor is it expected to be found in, men.

Yet for all of this handwringing, for all of the great efforts needed to legislate men's direct or indirect financing of this security, and despite every social dispensation intended to empower women to provide this soul-gnawing need for security, women are still not happy.

The masterful Pook once said that the surest way to make a woman unhappy is to give them everything they want. I recently got into, yet again, another debate about the merits or non-merits of Choreplay and whether the idea of women getting hot for guys who do dishes was really a thing,...or not. This time the spin is that women will cheat on their husbands if they don't do more chores.

As I was quoting myself for this debate I realized how long the Choreplay dilemma has been playing out – the first time I took it on was 2008. Men are deductive problem solvers. We want to make women happy as a means to getting sex, keeping the peace, sustaining intimacy, security, and just making a woman happy. The problem with that is that nothing a man can do will make a woman happy in the long term. In fact, just the whack-a-mole attempt to intentionally try to make a woman happy is itself a display women read as coming from a man who Just Doesn't Get It.

The majority of men (Betas) would like nothing more than to sustain a woman's happiness. They're taught that relationship are always 'hard work' and his work will ultimately never be good enough. Even the most dutiful Beta can't make a woman happy, but their efforts become a process of him negotiating for a woman's desire. Whether that's earning the 'happiness' of his mother, his sister, his female co-worker or his wife, the effect is the same.

We've made women's happiness a litmus test for how successful a man or his relationships are. The common refrain of a woman leaving a man due to her being "unhaaaaaapy" is almost a cliché in the manosphere now. But if it's a cliché it's because this is the go-to reasoning we've heard from pop-psychologists, marriage counselors and mommy bloggers for the 70%+ of divorces initiated by women. We are expected to put a premium on women's sustained happiness in a feminine-primary social order. Women's happiness has become the prime directive and the metric for a relationship's success. Any concern for men's happiness is either a sign of his weakness or his problematic misogyny.

60

UPVOTES

FR- When she you realize she has fully entered your frame

Spaw-1-4-5 · 12 November 2016 · Archived copy · Reddit

For most of my marriage, I was the drunk captain of the ship. I found TRP, MRP, started lifting built my frame, but the hardest part FOR ME was understanding shit tests and how to handle them.

Now, keep in mind but I'm still learning, and with practice, I have been hitting these lobs out of the park.

When you really start nailing these shit tests, incredible things start happening: In my case, I find my wife initiates a lot more these days, especially around ovulation.

Her "No's" and excuses have nearly stopped entirely. And when she said no to me last week (through her body language, I don't verbally ask her haha), I responded by saying "Alright babe, but you're gonna have a boner poking you all night". Five minutes later, she's rubbing my hands under the pillow and dragging her feet up and down my leg, her typical signal.

The next day her mother was over at our place to meet her friend. Her friend cuts hair, and meeting at our place was a halfway point for them.

So, I'm watching football, and all 3 of these women start chatting, haircutter tells this story of her beta husband, gambling away settlement money, drinking and smoking all day (this is a man in his 50s btw), and finally kicking him out.

The conversation progresses and eventually they are discussing our pets. Wife talks about how it's a pain to deal with the animals.

Haircutter: "Why?"

Wife: "...because I am not the one in charge around here"

Excuse me? Did I hear that correctly?

At this point, some sick part of me, some disgusting, lingering beta part of me almost spews out some bullshit. I was almost about to say "Oh we're both in charge around here. The bird just doesn't like you and the dog is hyper"

But I chose to use this situation to further solidify my frame. I was already in the kitchen getting some cheese so I approached my wife with slight grin, smacked her ass gently and said, "That's right baby."

They all chuckled, her mom more so in disbelief that I said this (I fully believe her mom has no respect for men) but the haircutter friend says "I wish I could have said that about ____" (I can't remember what dudes name was...)

Remember to build and always maintain your frame. You never know when or if that blue pill nonsense is going to just spew out of your own mouth. I almost blew it right there and instead I paused, and seized the opportunity to solidify my position as the alpha in the family.

TL; DR : After almost of year of building frame, passing shit tests, and righting my ship, my wife openly admits to her mom and her mom's friend that I am in charge in this household, and then I capitalized on the opportunity.

Edit: I fucked up my title... can't change it...

60

UPVOTES

Do you have your "fuck you" money?

urpe · 23 December 2015 · Archived copy · Reddit

When I was younger, I worked at a terrible fast food joint washing dishes. The job sucked but I did it because I wanted money to take a trip for spring break with my friends. I worked nights after school and on the weekends and saved much of what I earned.

Spring break rolls around and I ask for some time off to take my trip. My "boss" expected me to wash dishes over spring break and he told me that I could not take the time off work. I simply told him that I would not be working but would be available the next week if he wanted me to come in. And then I left and had a blast at the beach for a week with friends. He called two days after I returned and let me pick the days I wanted to work.

A few years later I was working at another low skilled job and the higher ups decided to move my group to another location across town. My coworkers flipped out. Some were crying, others had genuine fear in their eyes. Some could not fathom how they would continue to live if they had to drive an extra 40 miles a day. I had enough money in the bank to live for a few weeks so I just told them I would just find another job and continued working while they cried.

A few years after that, in a much better job, a few coworkers and I were asked to provide 24/7 support to customers overseas. This meant that it would be normal to troubleshoot technical issues at 3am from someone who barely speaks English. My coworkers immediately agreed to take on the additional work, but I did not. I expected to be compensated for the additional hours and inconvenience. I knew I had enough money in the bank to live for a few months and did not "need" this job to survive. I received a raise and time and a half for my after hours calls but left because I did not want to answer my phone at 3am.

When most people daydream aloud about "fuck you" money they use numbers in the hundreds of thousands or in the millions. These people are delusional. You only need enough to cover your obligations for a set period of time. When I was 16, this number was in the hundreds. Today, it is in the thousands since I know I only need to take care of the bills and can cut to the bone if needed.

I'm seeing a lot of posts here about finances and budgeting. In order to get your own "fuck you" money, you need to create a budget and some goals and then work to it. I have found that it is easier to save or cut expenses by trying to identify what is "needed" vs "wanted". For example, we recently killed out cable. It was something we wanted but not something we needed. This is a big shift for a lot of people who are used to spending every dime they have and is really big shift when this new worldview is imposed on them by a spouse. In order to be successful, they have to be on board with the vision for less debt and more "fuck you" money. Here are some books that have helped my household.

1. "Your money or your life". If you need a last minute gift idea for your wife, this is it (you should read it too).
Fair warning: This sometimes has a "new age" vibe with terms like "life energy" but the idea is solid: When you spend 65 on another pair of shoes, you are literally exchanging X hours of your life. Some things may not be worth the trade off.
2. "Total Money Makeover". Once you both agree to change your habits, this book gives you a clear path forward.
Fair warning: The book has a slight Christian slant but mostly avoids being preachy and is only slightly annoying.

tl;dr: "Fuck you money" is a critical for "outcome independence" in other areas of your life. I have it and you don't because you are too lazy to read a post.

60

UPVOTES

Vetting and the Golden Calf

Taipanshimshon · 22 July 2019 · Archived copy · Reddit

Twitter Bros out there including Rian and Hunter are having a little tiff over vetting.

With the utmost respect - they are both wrong.

What is vetting ?

- using available data of someone's past and current behavior to predict future behavior.

Makes perfect sense. People tend to do what they did in the past.

Vetting seems like a great idea.

Unless you make it the Golden Calf of future relationship potential.

High N count , prior cheating, tattoos drugs- all great red flags.

Low n count, good job, good family , long hair , cooking, great sex, submissive - what ever - great green flags.
Maybe.

Neither one predicts future behavior with you.

Those guys on the side of vetting will tell you that you just have to vet well.

You do. Just like you just have to be yourself. If yourself has frame and has his shit together.

But all those who tell you to vet well - it's because they got lucky. They vetted for the right things for their given situation and have not experienced the stressors with that woman that would make that specific no longer be a good partner.

Think of it this way - if you vetted when she was young - she literally didn't have enough miles on her for sufficient data.

If you're vetting an older woman after your divorce - consider that all her prior negative and possitive behavior had context. A beta husband/ ltr , etc.

Consider that all her positive behavior has context (trying to sell you on a relationship with her).

It's all ego.

" I vetted well therefore I have a good relationship".

" I vetted poorly therefore I picked a bad woman"

Bullshit.

You did what you could do at the time. Use the information to guide you but understand that in the end of the day you're making a bet.

Hedge the bet as much as possible. But since you don't know what life has in store for you - understand that hedging a bet is ALL you're doing.

Your only power is to walk away if you bet badly.

If you're here you fucked up once. So how about you start by vetting yourself.

60

UPVOTES

Echo Chamber

red-sfpplus · 26 August 2019 · Archived copy · Reddit

Echo Chamber: An enclosed space where sound reverberates.

I, and you probably also - have an echo chamber. It is located in your head.

This echo chamber is an interesting place to hang out in. It is where plans come to life, anxiety is created and people get lost in their history. This echo chamber is where your hamster lives, where you wonders live, where the uncertainty of your live grows.

Inside this echo chamber, you wonder:

Did she cheat?

Does she love me?

Should I dump Mandy?

How do I build a D/s relationship?

Should I apply for that job?

Why did Joe get the promotion and not me?

Should I try to pull 315, or is 275 good enough?

Where do I want to be next month, in a year, in five years?

Can I ever respect a woman I pee on? Do I even need to?

Your echo chamber is not all bad. It is where Outcome Independence (OI) is born. In competition there are three possible outcomes. Win, lose, tie. When you visit your echo chamber, you are run through the various scenarios so that you can create OI. You can visualize, and hopefully understand that no matter what the outcome is - the only thing you can really control is yourself, and your reaction to external forces.

The OYS you posted last week? That is you living in your echo chamber. Yes - I purposefully posted this on Monday morning to give you faggots time to ditch your OYS for this week. It is why I always start my OYS with "Dear Diary -"

It is a log, an written down echo chamber. I see far to many men on this forum living inside their echo chamber. I don't give a fuck about what happened last week in your echo chamber. Where are you going this week?

I will admit - I have been spending far to much time in my own personal echo chamber. Thinking about the possibilities of my divorce, child custody, my future and where I want to go. Lately I have been able to escape my echo chamber and make some serious, yet incremental changes to my life which has been great.

I recently made the connection on meditation. In fact, I have never seen it written like this:

"Meditation is a process by which you can escape your echo chamber, and become present in the moment."

Quote me motherfuckers, I just thought that up.

Its true for me, maybe not for you.

You echo chamber can be a very beautiful, healthy place to visit from time to time.

But get the fuck out of there ASAP.

The only place you can make real change is outside your Echo Chamber.

60

UPVOTES

Fear

simbarlion · 9 September 2019 · Archived copy · Reddit

"We suffer more often in imagination than we do in reality." -Seneca

Overcoming my real and imagined fears, and actively seeking more fear, has become an important cornerstone of my frame for a range of reasons. Control of your real and imagined fears is a prerequisite of a Leader, dare I say, an Alpha. It's a topic I'd like to expand on here.

In essence, fear can be divided into real and imagined fear. Real fear is obvious – if you swim in the ocean and see a big shark, that's real fear, because you might really die. If you refuse to swim in the ocean because of worry about sharks you cannot see, that's imagined fear, created in your head. I challenge you to think about how often you seek and experience real fear, which is pretty easily avoided in modern everyday life.

By contrast, imagined fear is a preoccupation with the unknown, specifically possible outcomes in the future. Fear of the unknown manifests as anxiety quickly because humans have a large brain that likes to 'run possible scenarios'. This has positive uses such as creativity and problem solving. But some problems you are trying to solve have no easy solution or there are too many unknowns to be able to settle on a single most likely solution. Unsolvable MRP problems such as your wife's potential infidelity leads you to seek further evidence through 'hamstering' or 'looking for signs'.

Where real fear is no longer common in modern society every day life, Anxiety and overthinking are extremely common and unique to all of us - e.g. fear of plane travel. Your brain can't compute the concept of flying through the air, but your brain knows is that if you are up high and there is nothing below, you are going to fall. And if you are high enough, you are going to die. Hence the logical connection between plane flight and death. But you 'know' flying is safe, so all you can do is buckle up and listen to the pilots announcement and make an assessment as to whether or not he/she sounds like a 'good pilot'. Maybe you try to pick their nationality from their name and think about if they are good at pilot training in that country. You probably also look at how close you are to the exit, and if that fat dude in the exit row is really going to be able to open the door on this tin can we are all in.

All of what I described since you got on the plane is overthinking in response to your fear of falling and dying. Overthinking and ways to manage it has already been covered [here](#) so I'll leave it at that.

Stoicism and OI are the number one theories that explain how to control your unknown fears. But this does not address the *active seeking of real fear*. If you want to grow as a man you need to find some real fear, seek it out and face it head on - get out there and scare yourself, do something with a bit of risk. Lifting and regular sports won't give you what i am talking about. Like I have said before, once in a while you need to arrive home thinking, "I am glad I made it out of that!". So stop being a pussy and get out of your comfort zone - Harness what you had when you were 20 if that helps. A little bit of real fear in your life will wipe away those imaginary concerns that your wife's last text message seemed "a bit short". Instead you'll arrive home with the look of a man who has been outdoors, seeing shit and doing shit, and 'she' is the last thing on your mind. And that is attractive.

Facing and controlling your real and imagined fears should be a priority area for your ongoing development. Proving such mastery of fear is a clear indication of a leader of men.

We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light. - Plato

60

UPVOTES

The Work Is Mandatory

Gherial · 16 September 2020 · Archived copy · Reddit

Observation, and Implementation

I have been here for 4 years, 2 as a lurker and 2 as a FNG. I read all these stories about how these men were going through pain and turmoil. and I identified with that, but I didn't Own My Shit. I was better than them you see. I had sex on the regular, My (now) ex wife was doing what I wanted in the bedroom, she didn't fight and yell and scream much anymore. and I thought well I just don't have it as bad as these sad sacks.

(AWALT, gets tossed around but how many of you have been in a similar situation)

How Wrong I was. I introduced her to a friend, because I was always hanging out with him, and she was shit testing me non stop about why I wasn't home. We all started hanging out, it was fine at first. but soon after that she started respecting his opinions. and then she started talking about him A LOT. soon after that she'd ask me, "hey did you see so and so tonight I think he was checking me out/staring/holding eye contact". I told her what I thought she wanted to hear, "maybe he is, I didn't see it but you look good baby". Time goes by, about 6 months. she asked if they could hang out alone, I think sure yeah why not he's a friend to us both. She gets home crying around midnight, "He rejected me". I was beta bluepill comfort boy, why wouldn't she?

(this was beyond the point of no return, ILYBINILWY had done be said and gone. just because she is fucking you doesn't mean she isn't picturing someone else's face.)

The next day she tells me she loves him, and tells me about how she told him that the night before and he shut it down. he calls me at 9 AM and tells me the same thing. so I figure I'm in the clear. What follows is a series of late night hangouts I'm not a part of. following similar patterns and her seeking validation from me because he says no. It's NRE I'm not a part of. After two months of me crying on the couch at home while shes hanging at his house 3 nights a week till 1am. worried , terrified shes fucking him. I grow a pair and say its the marriage or him choose now. We all know what she chose. I don't know if they were fucking, and honestly I don't care. I pulled the trigger on divorce and she fell into substance abuse issues and moved away. divorce was final april of 2019

(It took this, THIS. I am probably the BLUEST fucking PILL person i have ever heard of. But the fact remains that this was all predicted and if I hadn't been a drunk captain it wouldn't have happened. We all know our weaknesses, Some of us just really don't like looking at them and accepting them.)

The Work Is Mandatory

Just because I got out, doesn't mean I was fixed. And the work still didn't get done, I grew, tried fumbling my way through it without Owning My Shit. And now I'm back, because there is still work to do. If you have a job to do and you need to learn how to do it, who do you go to ? Teachers. Sidebar, Reading, Lift, Diet, Career, and Money. everything you could ever want to know about how to be a fucking High Value Man. It's all here. It isn't easy but its simple, that's why we call it work. Accepting Red Pills truth, is hard and it puts the burden on YOU. But there's only one way to go from rock bottom. you gotta climb back up that fucking trench and put in the time and the work. otherwise you sit at the bottom. no one wants to be the guy who coasts through life, taking the path of least resistance. But what do you think the path of least resistance gets you ? running headlong full speed at the bottom of the trench.

In my story I never left rock bottom, and boys let me tell you its a fucking hard realization to come to. DIVORCE WAS LITERALLY THE PATH OF LEAST RESISTANCE. Don't be me. If it feels hard, your probably doing it right.

The Work Is Mandatory

There is no Magic Bullet

60

UPVOTES

Weak Things Break

ReddJive · 29 October 2021 · Archived copy · Reddit

Whenever I get the urge to read through OYS or the AMRP sub, I inevitably find the post where a guy puts some version of "I tweaked my back/arm/leg/ or any other extremity" so I am going to take time off from this lift or that lift. I have only one thought.

This guy's ego is in the way. Weak things break afterall.

There is a difference between discomfort and pain. While everyone's tolerance for pain is different, your ego can and does get in the way. Failing a lift can be ego damaging. In my last meet couple weeks ago I failed my third deadlift. I just gassed out. Immediately as I walked off the platform my ego started in. It was giving me all the reasons why I didn't get it. I knew the real reason. My work capacity sucks. It was a 12 hour day at the meet and by the end I was just done. I even remember my coach poking me in the chest and saying exactly what I knew. Then he added. "We'll fix it by March." Side note: he's lived up to that promise.

So check yourself. Make sure your ego isn't talking. Did you really try to make a 285 deadlift and fail or is it really pain from damage or is just a minor injury you can work through and around? Did you listen your ego and have an excuse for a failed progression in your lifts and marked it as "I hurt myself". Your injuries can tell you a lot where you are weak. Where you need to improve. She turn you down again? Where was your failure? What were your weak points during the day or days leading to this moment?

Or was it just that she's low libido?

Weak things break.

This is the same mindset that lets you walk off the gym floor because your man parts hurt is what another guy will write about how he was turned down for sex then asks about monk mode. Should he go and pout in the corner? Honestly, it's not his fault. His wife is just a pain in the ass, she's a feminist anyhow, or never had a father figure...insert any reason here. He just needs to take a week or two and go back to reading all the books again. He should get focused and stop thinking about sex all the time.

Guys like this think up every reason except for what will fix the issue. Instead of getting back into the mix and working through the discomfort. Train through the injury. Learn from it, improve your weaknesses, develop an action plan. Then hit it and get it. But....

Weak things break.

I firmly believe in training through injuries. Sure some jagweed is going to lecture me on being healthy blah blah blah. Here's a protein bar and STFU. Here's the thing. Only YOU can judge if the injury is that bad. If it is that bad then you had better have an action plan to address it. If it is pain a doc/PT should be involved. That's how I really know. Where they just say...injured like they hung up a gone fishin' sign.

You can see through my post history of injuries I have sustained in training and ways I have pushed through to continue competing and meeting goals. This is no different than anything else. No one cares about your injuries. [u/HornsofApathy](#) isn't going to come to your house and kiss you lower back to make it better. [u/RStonePT](#) isn't going to mail you magic fairy dust and make it all go away. No one cares.

Weak. Things. Break.

So get over your ego. Don't let anything stop from achieving what it is you want. You can sit here in the dirt crying about how much she is a bitch, your back hurts, your family busts your balls, how the world is just against men.

Or you can realize it was your fault all along. Your ego lead you here. You let it. You listened to them say you couldn't and you didn't. You fulfilled the prophesy.

It's not fuck them. It's Fuck you.

Fuck you for listening.

Fuck you for letting all these things in your life happen, for giving up on yourself.

And fuck that bar. Are you going to let it prove to you that weak things break?

Or are you going to lift that mother fucker? Trust me. You can lift it.

60

UPVOTES

Why do men supplicate and use desperation tactics 25% more than women?

Dances_With_Waves · 24 September 2023 · Archived copy · Reddit

I'm reading a book called *The Evolution of Desire* and the author is discussing mate retention tactics. According to their studies, men tend to cry, beg, and do anything for the other person in order to keep them 25% more than women, despite the stereotype that women tend to be submissive. He then states that researchers don't yet know why this is the case.

Of course, having swallowed the red pill, we know about dread as the true mate retention tactics that focus on being strong, decisive, and on your purpose. Anyone who has lingered here for any length of time knows that being anything your partner wants you to be is probably one of the most unattractive things you can do, not to mention incredibly unhealthy.

If men are traditionally seen as strong, resilient, unemotional, direct, and stable...why do so many lose their backbone and become so low value? Why are there so many love songs when the male is singing about "doing anything for you" and "can't lose you" and "you're my everything"?

From my experience and observation, women don't want a weak supplicator, they want a leader with strength, resources, provision, and stability (and this doesn't have to mean that he makes more \$\$ than her, these things come in many forms).

If the stereotypes about men center on strength, why do more men than women resort to weakness in relationships? Is it that many have lower SMV than their wives and they know it (at least subconsciously)? Is it that they tend towards laziness and complacency as the relationships mature? I'm not sure, but I thought I'd throw the question out there to get some feedback from the brilliant minds that occupy in this subreddit :)

59

UPVOTES

Women Don't Care How Strong You Are... They Care How Strong* You Look

CaptJohnLukeDiscard · 16 July 2018 · Archived copy · Reddit

The title is self-explanatory but since a lot of newer guys seem to miss this, let's break it down a bit.

How Women 'Feel' The World

99.99% of women do not have the frame of reference to appreciate how significant gains in strength are. My wife is extremely fit and regularly does the major powerlifting lifts on her own. She is a personal trainer. She still doesn't have the frame of reference to truly understand the difference between benching 275 and 365. Both are so far past her realm of personal experience that she can't relate. As such, she doesn't give a shit if I increase my BP from 275 to 365. She might congratulate me on an achievement but it won't win me any additional respect or tingles. Remember, women process their world through their feelings and they can't 'feel' what they can't personally relate to on an experiential level.

What my wife can understand is that there are now lines on my stomach where there weren't before. My deltoids stand out now because I've lost fat above the tricep and bicep. My upper body has more of a v shape because I've lost inches around the middle. Hence, tingles.

*Strong versus Strong**

Where I'm going with this is that if I want to generate tingles, I need to remember that looks > performance. Your woman cares far more about you looking strong* than actually being strong. I put an asterisk next to strong because I don't really mean strong in the fat powerlifter sense. I mean more of a powerful, competent sense like a men's physique athlete. Those guys look like they can run to and then still participate in a fight if they need to. The powerlifter? He looks like he would be out of breath after 5-6 punches. That's not really true, of course, especially if you've seen real strongman competitions but women don't have the frame of reference to really understand that on the primal level that generates tingles.

What Does This Mean To Me?

If you stand in front of the mirror at complete rest and don't see vertical and horizontal lines between your abs, you are too fat. I don't mean that in a medical sense. I mean that in a maximization of your SMV sense. Alternatively, if you can see lines between your abs but you have no V taper because you have the shoulders of an 11 year old girl, you don't have enough muscle mass.

What this means is that neither of the following guys is getting as much interest as he should be:

"Male, 6'0, 225lbs with 20% BF, 325# BP and 450# squat" - pretty strong but still too fat

"Male, 5'10, 145lbs with 8% BF, 175# BP and 245% squat" - pretty lean but not enough muscle

But are AWALT? Does this apply to every single woman? Maybe. Maybe not. Sure, some women may "prefer" leaner guys and some may "prefer" stronger guys but everyone still has a biological impulse to breed with the best possible genetic specimen.

That's the same as the guy who says "I really like much leaner girls" but who would be DTF Kate Upton in .001 seconds if she was even remotely available. Biology is biology.

So... stop settling for "18% BF" or "165# Bench Press"... go out there and become fucking Thor or Hugh Jackman or the 17 year old werewolf kid from Twilight that all the 45 year old moms were perving over. Don't settle for less.

59

UPVOTES

The Burden of Family

TheFamilyAlpha · 5 December 2016 · Archived copy · Reddit

Read the entire post on the Family Alpha Blog: <https://thefamilyalpha.com/2016/12/05/the-burden-of-family/>

Nick Kelly recently released a Podcast [Listen Here](#).

In the Podcast he answers the question as to whether he'll get married or into an LTR and have kids. He says(paraphrased), "*no, not now – possibly not ever.*" He then goes on to discuss how he puts work before all else and all of the married men & fathers he knows have lost their fire.

When I heard this I nodded in agreement as having a family *does* reduce a man's output. I let the thought go and listened to the rest of the audio clip which conveniently ended right before I finished my commute from work.

I didn't come back to this topic until I was laying down with both of my kids. I had intended to work on editing the TFA book, but both my son and daughter came up to me right before I was going to put them down for a nap (we had a late party to attend that night) and they asked if we could have a '*family nap*'(think Willy Wonka's grandparents, everyone in the bed napping) basically I'll nap with them, one on each side – me in the middle.

My immediate instinct was to say "*No*" as I had edits to do, but I thought of all the other times where I've said **No** the past 2 weeks because I was studying for finals, knocking out assignments, writing posts, etc.

So I said, "*Yes.*"

While lying there I thought of Nick Kelly's point on Work. I was also thinking of how there is nowhere in the world I'd rather be than laying on that bed with both of their little heads on my chest listening to them lightly snoring, in rhythm. I thought of how choosing to nap with them over editing was me placing the 'work' I had to do with them over the work I had to do on the book.

I caught myself thinking of this/that and intentionally forced myself to immerse in the **now**. Hearing their snores, their soft hair, the warmth from their little bodies, my mind was warmed by the comfort & joy that comes from knowing your kids still need you.

I won't have these moments for much longer and that's a sobering thought. My son is becoming a man, more and more independent with each passing day. Same with my daughter, I find her asking for help less and less with the passing months.

I chose this life; I purposely chose the grind of fatherhood knowing that by doing so, I'd become a less productive individual with regard to my own pursuits.

But that's the point; their development, upbringing, and life experiences have become a part of **my work**.

This is an aspect of fatherhood & marriage that is lost on many men. They view their wife and kids as a burden, they think they would be better *if only they were single*.

This is a flawed mentality and it is where the **FAMILY** aspect of being a Family Alpha comes into play.

Nick Kelly can travel to anywhere at any time he chooses. /u/IlimitableMan can pump out a high workload of writing without having to worry about dedicating time to others. Some men view them with envy, wishing "*if only I weren't married with kids*" as if their failure to perform has to do with their life status.

Married men and fathers, look upon your wife & kid(s) as fuel, not an anchor. Recognize that your role in life is different than the single guys out there. They can travel in a moment's notice while you are raising the next generation of men and women who will raise the standard of masculinity and femininity in our society.

When you create a pathway to act as your son's **Rite of Passage** you are doing your work as a masculine man. When you lead your wife to staying in shape, being a freak in the sheets, and allowing her to fill her feminine role you are doing your work as a man. Most of the work done by the Family Alpha's out there is done in silence. We are the _____

Silent Professionals of the Manosphere; the men who write on our blogs when the family has gone to sleep, in between activities with the kids, or while a wife is talking to us and seeking guidance.

We are the men who have to wake up earlier to get time alone and stay up later to get edits done. We make time to lift, read, and write while also leading a wife, educating our children, and ensuring the entire clan is truly living, getting the most of their days, and **Hanging Polaroids**.

Read the Rest on the Family Alpha Blog: <https://thefamilyalpha.com/2016/12/05/the-burden-of-family/>

Follow on Twitter: <https://twitter.com/TheFamilyAlpha>

59

UPVOTES

"What would I be doing if I were single?"

alphabet49 · 29 November 2016 · Archived copy · Reddit

https://www.reddit.com/r/askMRP/comments/5fccwl/get_busy_absence_for_noobs_you_might_be_doing_it/daj8d6f/

This is a post for newbies and intermediates alike. Pros should hopefully be past it, but I don't know. I'm mostly intermediate still.

Act as if you were single

It sounds harsh, acting like you're not married. I mean, this woman is the most important woman in your life, and it is your job as a husband to at least consider her when you are making decisions about your time, money, and attention. You didn't get married just to act like you were single again.

So try acting like you're single. I can see the response now. Deer in the headlights. The idea isn't as much appalling as it is baffling and foreign. Many of you are so far up your wife's asses that you can't fathom acting independently from her.

For the ladies: when you are privileged, equality feels like oppression.

Or, for the men:

When you are a doormat, a healthy balance feels like asshole alpha, ew yuck.

See, men, we are designed to lead. We are designed to take charge. And women are designed to follow. Sure, many of them aren't really good at that, but 1) should that change whether you lead or not? and 2) its partly your fault she is that way, so suck it up for now and lead better from here on out.

When you run every mental idea through the filter of "what would wifey want", you are actually the follower. As much as TFA preaches about keeping her on her toes, do you think he's actually spending the majority of his day thinking about what would get his wife wet? God, I hope not. I hope he, like myself and other hopeless romantics, are spending our time and energy building ourselves, our careers, our muscles, our children, our friendships, and our awesomeness, so that **when we do want to turn on our women its exponentially easier.**

There are two scenarios in which acting like you're single is especially useful.

1. You're new and desperate to throw off the chains of your blue pill conditioning. Like I said, you're going to *feel* like you're being a neglectful husband when you go out with friends without asking her... but if she were just your roommate and you were single, would you ask your roommate if you could go out with friends? You might *feel* like you're sending the wrong signal when you start handling your own laundry, meals, schedule, bed time, and routine (especially if she's slacking in these areas)... but if you were just roommates, wouldn't you do that anyway? Installing this mental check valve will help you learn how little you need your wife. Congratulations, you found your big boy pants again.
2. You're not sure if this marriage is going to work out, or if you even want it to anymore. I find myself in this camp currently. Acting like you're single when you're considering, planning, or executing an exit strategy will help your confidence as you start to depend less and less on her input. Because soon you won't have it anymore, even if you wanted it. Plus, it will send a message of independence, and maybe, just maybe, she'll take the hint, start stepping up to the plate, and add enough value to your life to convince you to stay.

Big personal example: we're in the process of refinancing our house, flipping it into rental income, and buying our dream home in the nice older area of town. I don't consult her on anything. Sure, I present her options and get her opinion, but its mostly trivial shit like "is this kitchen good enough, since you'll spend 10 hours a day in it?", and

always only options that I've already ok'd. The husband's pre-approval, so to speak. Guess what? The mid-century style that I love, which she historically hated, is now an option because I showed her an awesome mid-century house, without asking *gasp*, and whaddayaknow, she fell in love with it. Its currently at the top of the list. Easy peasy, and I didn't have to break my head trying to convince her. I didn't care enough to.

Small personal example: I used to hang around the kitchen/dining/living area when I would read books or play with the kids, just in case she needed my help. Then I started asking myself, "Would I hang around a roommate, waiting to see if he would need help?" Fuck no. I would hang out with a roommate if we were doing awesome shit together. Besides that, I have my life and he has his. So I have my life now, and my wife has hers, and if she wants to join mine she better come to my side. Its more awesome anyway, we have laughs and six packs (the muscly kind).

Once you've gone "full rambo" (you asshole, you), you will have tasted both sides of the fence and will have a much better grasp on how attached you actually want to be. It might be time, then, to add a little consideration back in. If she's worth it.

59

UPVOTES

A very, very dreadful Saturday

Persaeus · 8 August 2016 · Archived copy · Reddit

It started like most Saturdays for many months now, first some morning sex, some pretty great sex to be specific. Cooked some bacon, took a bike ride, told the wife we were going to a movie tonight after some shopping, completed our chores/projects, lifted, and then sat down for some Olympics with wife. Then my wife tried to apply some dread.

First though some recent background

Found the RP 11 months ago, and been slowly dissolving the jagged pill. The changes to myself and my marriage have been solid and steadily building after an initial 3-4 month lag where nothing much seem to gain any traction. However, as recently as a month ago I was still occasionally losing internal frame mostly over whether my wife could ever become the person I thought I married and wanted back. I got a lot of good advice on this sub two months ago that the woman I thought I had was never there due to a combination of the blue goggles and her taking my shape to an unsustainable degree. Three weeks ago, while lifting, I just came to terms with this as a fact. I cannot change her that much. I will either accept it or I won't, those are my options.

During the same lift, I had the following epiphany that has finally moved my frame squarely into the middle of me. The goal of my MAP, relative to my marriage, should be to end the marriage. My goal should be to become a single man that can slay every single component of my life. This doesn't mean I ignore my wife. Rather, she is my current partner in my RP training. If she makes it into the championship, swell....if she doesn't oh well. For me, this is the way to kill the mother of all covert contracts that was my MAP. This mental model was influenced by the post on "The Gift" and the referenced Rollo post. The most perplexing concept for me all along has been the man that "just gets it". In other words, what the fuck am I supposed to just get? What he just gets at the deepest levels of his psyche is HE IS PRIZE and he NEED NOT QUALIFY HIMSELF TO ANYONE. A covert contract or expectation on the success or failure of my marriage is anathema to "just getting it". I modified my MAP accordingly in the days following as described in this week's OYS.

The change in mental model has had a profound effect on my frame. My OI, which has been tested on both sex and in terms of being "that woman I fell for", has been effortless since. My mental state has been calm and mission focused with zero interruption of this frame. My best description is that I see things happen rather than feeling them happen.

Two weeks ago, the wife started a temporary assignment in one of her company's contractor-processing facilities taking her from an office environment filled with people (mostly women) I know to a new environment filled with a bunch of blue-collar rednecks. Back in my BP days this would have sent me into mate guarding orbit. I would have been calling her for a bunch of bullshit reasons, been waiting for to get home from work so I could "interview" her, and generally freaking out over Chad. I would try to be surreptitious; but I know now she saw through this facade and what she saw was very unattractive. On the other hand, I think women take a little, albeit disgusted, satisfaction from so obviously taming a man. Nothing of the kind happened this time. I gave zero fucks, made zero calls, and although she was getting home much later I was still not there because I was out doing my thing. While I no longer fantasize about divorce, if she wants to hand it to me on a silver platter I will laugh all the way to the pussy bank with my kidos firmly in tow.

Last week, I went to high-school sport parents meeting. Lots of (now) typical IOI in meeting. We are leaving school and run into a guy my wife knows and two random MILFs. One of the MILFs opens me, we start talking going from one subject to another. One of the MILFs touches my arm, I start countdown in head, and 4 seconds later the other MILF touches other arm. Wife's conversation runs out, I am still going. She comes over and wraps her arm around mine; and ask if I am ready to go. Sure...say bye to MILFS. In the van, she ask how I know those women. I said I did not know them, but just met them. She said "sure did seem like they knew you". I said "yeah, I know, that

happens a lot now". The look on her face was fucking priceless. I have been *lightly* gaming women in our social circles and women I randomly meet, and it has consistently had the expected positive effect on her demeanor. However, this was the first time she has witnessed random women **hitting on me**. I woke up that night to find her crawling on top of me. With the exception of a 4-day shark attack last Saturday-Tuesday, she has been on the dick every day since. Add in a little pool party dread-boost on Wednesday for good measure.

My point in this background is that although I have been laying on the dread consistently for many months now; it has only been several weeks since my mental state has been psychologically congruent with the dread. We like to "fake it until you make it" around these parts, but understand this faking it is for you and your confidence, not her. She likely sees through your faking because she is a highly evolved frame detector, a Tingle-o-meter if you will. The fact that she goes along with your charade only indicates she is not a complete cunt and/or has some respect for you.

Wife Dreads me.....

Ms. Persaeus drove my jacked diesel truck to work on Friday because SIL and I took her van to pick up the boy from summer camp. She had to go back to main office; and apparently rolled into the contractor parking lot right as a bunch of operators and a young Chad engineer (Chadgineer) were coming back from lunch. She has mentioned Chadgineer a few times since starting this assignment in typical woman-speak (he's so smart, he's so nice, etc.): Translation – he's hawt and making me tingle.

We are watching the Olympics, she starts to talk, and so I mute the TV

Wife: blah...blah...essentially setting up the interaction with Chadgineer

Me: yeah

Wife: I jumped out of your truck and all these guys and Chadgineer came over and asked me "what is such a little girl doing in such a big truck"

Me: really

Wife: I told them it was my husband's truck

Me: yep

Wife: Chadgineer really liked your truck. He had to look at the engine and blah blah about Chad loving my truck.

Me: it's a nice truck for sure

Wife: he asked me to take him for a drive in your truck, but I told him I was too busy

Me: really

Wife: so what do you think about that? (at this point her body language is showing annoyance at my lack of reaction....should mention the whole time I am eating a can of Reddi-Whip with a spoon)

Me: tell Chadgineer if he will take you lock, stock, and barrel; I will throw in the truck

Wife: you're an Asshole....and grabs Reddi-Whip can out of my hand

Me: yep...and turns volume back up on TV

Her: pouting and eating Reddi-Whip

This was my first "you're an Asshole"; and I was so proud in that moment. We chill out some more like nothing happened. I go to pool for a couple hours and come back to get ready for our movie. On our way out the door, she bends over to pick her purse up off the floor. I run over, grab her hips, give her a couple dry humps, and then slap her. She just looks back and with a smile says "you're so bad"...."yes I am". She doesn't even remember 9 months

ago when I started slapping her ass in the kitchen and she came completely unglued telling me I should never do that again.

I Dread wife.....

Went to clothing store to pick up some thing for a hiking trip we are taking next week. We each have a couple items; and are walking towards the dressing rooms (the kind with a gal that “checks you in”). These rooms have these cool mirror/light setup that I swear adds a couple points to your SMV. Approaching, I ask her if she would like to join me so we can evaluate the fit of each other’s clothes. She declines “I don’t think so buddy”, me “your loss”.

We go in, separately, and of course I am out way before her. Sitting there, a hot MILF walks up with her teenage daughter. We give each other a good eye fucking as she approaches. Teenage daughter goes into dressing room. I am seated-waiting, and she walks over and says “hi”. Turns out she just moved back to area; and her daughter is same age as mine. I am on about my 3rd elderly ramble topic when wife comes out, comes over, and says “hello” to the woman. It’s the “who the hell are you” kind of hello. I say to MILF, “I am sorry, I did not get your name yet”, MILF answers, and I introduce my wife and tell wife how MILF’s daughter is going to ‘our’ high school. MILF seems a little surprised at WIFE since I had just been gaming her; and I had my ring-hand covered with garments.

We checkout and head over to local GNC (health/nutrition food store). Oh look who’s working the GNC, it’s the 28yo HB8 from BJJ that has been really flirty with me the last several months. She doesn’t disappoint and is openly flirting with me while we discuss the merits of product, catch up on BJJ gossip (I have not been to BJJ for 2 weeks due to surgery), the whole time she is intermittently touching my arms and shoulders. Wife interviews me about BJJ babe on way to movie.

We go into movie a little late missing previews, and it was about 1/3 full. As were watching the movie, she just keeps getting closer to the point where she has her hand in my lap, I have my arm around her shoulder, and we are watching cheek to cheek. About half-way through movie, I thought to myself “what would she do if I started making out with her right here”. You know we are both 47yo, been together 25+ years; and I am pretty sure I have not made out with a girl in a movie theater since high school. I said fuck it, and moved in. We made out for the rest of the movie like two horny teenagers, she is rubbing my dick through my shorts, and I am alternating between grabbing her tits and rubbing her clit. We gave zero fucks that there were people around.

Needless to say, when we got home I picked her up and carried her to bed. This coming week is pre-ovulation week.....should be exciting. Self-improvement and RP to the grave.

TDLR: Dread your wife with complete psychological and physical (i.e. be jacked) congruence; and she will submit.

59

UPVOTES

The Trope of the Beta Male Married Husband

whinemoreplease · 15 February 2016 · Archived copy · Reddit

I like browsing r/all sometimes. I'll usually find a couple of cute animal videos to show my wife. Inevitably, some incredibly beta male whining will always show up.

Case in point -

https://np.reddit.com/r/AdviceAnimals/comments/45taqf/my_wife_was_very_surprised_on_valentines_day_this/

Never once is it pointed out that the guys bitching about not getting their dicks suck most likely aren't guys who's dicks are worth sucking. Choreplay, begging, blah blah blah. These guys get married and the first thing they decide to do is become incredibly unattractive.

Which brings me to my point. The reason it's so easy to fuck married women is the same reason it's so easy to fuck women with boyfriends. When a woman is single, your competition is everyone. When a woman is "committed", your competition is only 1 person. And I'd bet that that 1 person is most likely a gigantic boring turd. So when CHAD or Senile CAD (shoutout to 60year old+) rocks up and decides he wants her... holy shit. It's like eating Michelin star food after you've been eating frozen dinners for the past 9 years.

Which brings me to my second point. If your wife is fucking someone else or looking to fuck someone else, consider for a moment that you're a guy that deserves to be cheated on. If your wife is as high quality as you'll likely claim she is, then doesn't she deserve someone better than the sad sack of shit that you are? Now, if you're fucking awesome, then don't you deserve better than the lying, cheating, ungrateful harpy that is your cuntbag? In which case, why haven't you lawyered up yet? Because the truth of the matter is this, it's more likely the former instead of the latter.

You, my dear anonymous reader, are most likely the type of guy that deserves to be cheated on. Your wife, most likely, still for some god forsaken reason is putting up with your weak shit. So when your wife fucks another dude because you suck, why are you going to get all pissy at your wife? Why aren't you pissy at yourself? "She promised! Our vows!" you can whine. But I can guarantee you that her vows and her promises weren't to the sad sack of shit you are, they were to the great guy she thought she was going to marry. And I'm sure that your vows weren't to the harpy piece of shit that sits on the couch and eats potato chips all day either.

So take action. Either sit there, whine, mope, and complain about how it's unfair. Or go put in the time, energy, and effort to be the guy who isn't worth cheating on - the guy who can dump her ass and pick up that slut Debby from next door no problemo while your wife gets her shit out of your house.

tl;dr - most of you guys deserve to get cheated on.

Sidenote: tl;dr's devalue your efforts.

59

UPVOTES

Please Welcome Our New Moderator: Ian Ironwood, Author, Sex Nerd, and All Around Great Guy

BluepillProfessor · 2 July 2015 · Archived copy · Reddit

The moderation team would like to welcome our new moderator /u/Ianironwood.

Ian has published 4 books on Red Pill theory and 25 or so other books. His blog is The Red Pill Room on the MRP sidebar.

Ian's Manospherian works are available on Amazon Kindle and include:

The Ironwood Collection of Alpha Moves which was the 4th Red Pill book I read after MMSL, MAP, and NMMNG and THIS book finally opened my eyes.

The Manosphere: A New Hope for Masculinity is an exceptional historical review of the transition from PUA's to the Manosphere and The Red Pill.

The Gentlemen's Guide To Picking Up Women I read this book 5th and his folksy take on seduction made me suddenly realize in a complete epiphany that the sexual desert I was in was of my own making. I could leave it any time I wanted. I realized there ARE alternatives to a sex denying wife (aka PUA Game and engaging random females) and there ARE ways to seduce your wife (using PUA Game). Real eye opener because when I realized that, everything changed almost overnight. This book also began my personal study of Dread Game which morphed into the 12 Steps of Dread Post and my own book.

Sandbox Rules Another folksy tale from the self professed sex nerd about male and female social dynamics using his extra strong Red Pill spy glasses.

Coming this Summer....**The Red Pill Experiment** where Ian explores the use of Red Pill theory to improve marriages using his upbeat style and personal examples from his own marriage.

Welcome Ian. Make yourself at home. Nuestra Casa Es Su Casa. We are excited that you have joined us and look forward to your contributions.

59

UPVOTES

RP Truth from Dr. to wife: "No such things as low sex drive. You must be with the wrong man."

Bruce_Jennder · 8 June 2015 · Archived copy · Reddit

Just wanted to say thanks for all the ideas and support here.

Although I haven't participated, I have been reading this sub religiously for months, but "unplugging" by my own volition (without knowing what it was) for about a year and a half. Started with reading Athol Kay. No point in spilling the whole tale, I got comfortable and fucked up just like the rest of you guys. Wanted to share this exchange as it may be motivating. Sure straightened me out.

Anyways, a few months ago, when I was sliding back into my old ways, wife tells me that when I was at my beta worst, she complained to her doctor about feeling a low sex drive, thinking it was her pill or something. Doctor responded: "That's impossible, you must be just with the wrong man."

I felt punched in the gut when I heard it but really don't blame my wife for sharing that info, since at that time I was really on a whiny retrograde slide due to an event (admittedly major) I had no control over and caused me to completely lose all frame and sense of stoicism. Atomic shit test? Maybe, but I deserved it.

In short: Don't be the wrong man. Doctor's orders.

Edit: doctor is woman

59

UPVOTES

Things She Said, Things She Did and the Importance of Guy Trips

Redpillbrigade17 · 19 February 2019 · Archived copy · Reddit

When you get away for a few days with your fellow guy friends something changes. I forget if it was Jack Donovan or Brett at AoM or some other manosphere writer who touted the importance of going periodically to “refresh at the well of masculinity”, among some kind of trials, activities and adventures with your guy fiends.

A few things happen when you do that.

1. Planning. It's rare that busy guys of today can just quickly get on a bus, car, train etc and get away. So this is something that you have to do oftentimes months in advance. In that planning process you fight for what's important to you, you exercise planning skills (duh) and you show leadership among your buddies, if needed. Of course she may try to sabotage your efforts or may bitch and whine that you're going without her etc. Another chance to practice passing shit tests, kissing her on her forehead sweetly and fucking her ever harder so she thinks about you when you're gone.
2. Execute. Ok you're with your buddies. Time to have fun. But remember it's time to be the example, as some of your buddies may be blue pill dudes, divorcees who still have anger issues, or simply guys not in as good place as you. Look around and if there's no clear alpha you look up to in most ways, then you're the one. AMOG. Not to get set-conscious, cocky, or egomaniacal, but you now have a real chance to look after the pack. They look up to you - and may not even realize it. And they'll be sure to call you on your shit in case it gets to your head. That's the wisdom and benefit of hanging out with the guys. And you'll get a chance to call them on their shit and be a true friend.
3. Don't forget self-improvement. Whether it's fishing, hunting, skiing, surfing, bowling, sailing, shooting, wrestling, rowing, golfing, hiking, kayaking, fucking dart throwing - it doesn't matter. Focus on improving your technique. Hire a trainer. Skillful anything is the way to happiness and fulfillment. Plus you get respect and become de facto leader in case you're the best one at whatever you guys are doing, but that's a side benefit. On this note: (1) don't get too drunk (keep it under control basically), (2) keep proselytizing your beliefs to your buddies to a minimum and (3) bring a book. You'll want to use time away also to have a few minutes by yourself, and read.
4. Lastly: you'll get perspective from the distance on how the relationship has been going of late. You'll reflect on how she's been acting, shit she's been saying, and what tweaks you need to make to the course, so she continues to be a happy, cheerful willful follower. This can be hugely valuable, when you're going against her conscious and subconscious long-term efforts to turn you more into a beta. The day-to-day routines can indeed pull you down into her feminine frame (especially after the holiday season). Now once you're away and have time to build yourself into a better man, you come back better prepared. And ready to fuck her brains out.

Good luck guys and safe travels.

59

UPVOTES

Bring the Balance Back

RedPillCoach · 7 January 2020 · Archived copy · Reddit

In the immortal words of Robert Plant:

Sing as you raise your bow,
Shoot straighter than before.
No comfort has the fire at night
That lights the face so cold.
Oh dance in the dark of night,
Sing to the mornin' light.
The magic runes are writ in gold
To bring the balance back, bring it back.

This is a writeup largely based on my latest youtube video bridging marriage counseling and Red Pill: **Balancing Alpha and Beta: Reconciling Red Pill Praxeology and Mainstream Marriage Counseling**. This video summarizes Gottman techniques ("Beta") and then summarizes Red Pill techniques ("Alpha"). Both sets of tools are useful depending on your circumstances, the state and type of your relationship and where you fall in the Alpha/Beta balance. Of course this varies every damn day of the month but nobody ever said the game we were given was set on easy mode.

I have been [Coaching men and the women who love them](www.coaching4men.com) for a couple of years now and have learned a thing or two about maintaining a marriage over the long term. The key to a good marriage can be summarized in a single word: BALANCE.

On the one hand we have discovered The Red Pill. We have opened our eyes to the 'real world' and all of its horrors. We know that men and women are different, that they have different sexual strategies, different desires, different things they find attractive in the other sex, different behaviors, and very different emotional responses. We know about hypergamy, Alpha Fucks/Beta Bucks, and the fact that #Believiewomen would be a hilarious lie were it not so pernicious and dangerous. We know about the Pence Rule (don't just avoid fishing in the company pond, avoid women entirely at work and never, ever be alone with a woman from work). Via Red Pill we have learned that women like to screw just as much as men but they typically only like to screw bad ass men who take no prisoners and are willing to calmly and deliberately call out their bad behavior.

On the other we have the mainstream advice columnists, marriage counselors, therapists, and an assortment of "blue pill professionals" determined to push the party line of equality, equalitarianism, and "women want a NIIIIIIICE guy" to settle down with so buy her things. Lots and lots of things. Also, don't raise your voice, stand up to her, or deny her anything. Ever.

Does it feel sometimes like women want the impossible? It is true. If you just listen to what women say it becomes clear they want **"Fried Ice."**

Fortunately, we don't just listen to what women say, we watch what they do. When you leave the house after an argument and refuse to engage, women and the whole crowd pile on to call this "abusive." They whine that it is manipulative. When you stand up for yourself and ORDER your woman to stop her bad behavior and then follow it

up with actual consequences, they decry this as antithetical to a happy marriage.

You know what else they do when a man starts standing up for himself and no longer tolerates intolerable behavior? That's right, they fuck him into a coma!

So...if she SAYS be nicccce and kind and sweet and buy me flowers and then when you do those things she doesn't want to have sex. THEN you stand up for yourself and tell her to knock it off she wants to have sex later that night which do you think you should listen too? The words or the behaviors? In my experience, the lie that ends most marriages is the lie that men and women are interchangeable and the same. Women expect men to be weepy, emotional, indecisive women after the wedding who stops leading (that would be "narcissistic" don't you know) who constantly asks them what they want to do- and then they are disgusted and deeply turned off by the man who acts like a woman. They are frustrated that this is what they are supposed to "like" and then when they get it, they recoil in anger and frustration- even rage.

Men expect women to be "equal" and logical. They are told that you should "discuss" things with your wife all the time. Emote, show emotion. Listen intently and don't try to solve her problems. Don't minimize her feelings! Basically, be her girlfriend. Again, women are disgusted and deeply turned off by this behavior that every magazine, every woman's group, and almost every relationship book ever written demands. They are turned off because of the lie society has told us! The lie that women and men are the same. Except for one problem. Women are NOT men.

Men are NOT women.

Women want strong men, leaders, who are badass, and take no prisoners. Sure, they say they want weepy, whiny little manboys who emote and refrain from solving their problems but just listen carefully and tell her: "That sucks." Sure, listening works- if you are already a badass. It doesn't work so much when you take a metrosexual type guy who is already in touch with his emotions and try to "fix" the woman's growing disgust and loss of sexual arousal by turning him into her gay, sexless friend. I think this is why marriage counseling has an 80% failure rate- it only works (marginally) for the badass guys who are not emotional enough. The goal of "therapy" is to get the man to get in touch with his emotions and to "listen." It works for the guys who need to get in touch with their emotions and who need to listen more. For the rest of us guys, most of us, it is toxic advice- because it is predicated on a lie.

First you have to define the problem. If you are not getting sex, just "Alpha Up" right? Seems easy enough. Develop your frame. Set your boundaries. Enforce them. Lead. Pursue your own self-interest. Screw her good and hard like a cave man. It's what we focus on almost exclusively on MRP. No problems!

Except it is not quite that simple. I hate to break the news to you guys but marriage is not all fun and games and it is not all about sex. Mostly, but not all. **Short term behaviors that get you laid are not always conducive to a long- term marriage.* * Please reread that sentence again because it is important. It is the primary difference between [/r/Theredpill](#) and [/r/Marriedredpill](#) .

In the same way, short term behaviors that provide comfort and Beta-dom to your woman are rarely conducive to having awesome and hot sex in a marriage or out. Sure, you might get a pity frack now and then but chances are, if you are on the twice a month plan then your Alpha quotient is not high enough. The key to upping the Alpha is to ALSO up the Beta. Want to be stronger? Then you should also show more of your compassionate side. Want to lead more? A good leader listens to his followers! Want to be more dominant in bed? A dom understands that his duty is to the sub and her welfare and that requires emotional connection and attunement.

That means the key to upping the Beta is to ALSO up the Alpha. Want to be more sensitive and caring? Then you should also be more decisive and lead more often. Want to have tender, gentle sex? Then throw her against the wall and kiss her roughly. Then throw her on the bed, jump on top, and slowwwwwwwlly play with her body until she is squirming and panting. NO problem! We will get right on it.

What if you have become unbalanced? What if you were a Beta slug your whole marriage and then one day after a google search for “Why doesn’t my wife want to have sex with me” you discover the Red Pill and it works! You manned up, and started to really Alpha up...and the sex got better for a while. In fact it got a whole lot better- thank you very much, **Rollo!** Then it happened. Her whining started to increase. The festering anger in her voice grows and grows. What do you do? Red Pill preaches us to “Alpha Up” and DNGAF and STFU. Guys do that and it usually turns around the sex! That must mean we should do more of it, right?

Wrong!

Remember, the key is BALANCE. If the sex isn’t happening then work on some Alpha behaviors but don’t completely cut out your Beta behaviors! We call this “Going Rambo” and it is a real problem.

When guys have followed the Blue Pill plan for a while and have been cruelly taunted and disrespected and denied sex, often for years if not decades, they tend to go crazy when they discover the Red Pill. They discover that being a bit of a dick turns women on so what do they do? Do they stay “a little bit” of a dick? Nope! They turn into critical, cynical, bitchy women whining about everything their wife does. She is screwing you a lot more often now because you have discovered that avoiding an emotional connection, dread game, and STFU has a powerful effect on women. (SHHHHH, don’t tell anybody but it lubes them up for some reason).

However, there is an optimal line between Alpha Asshole and Beta Schlub that is murky and different for every relationship. Hell, it is different every day of the damn month but with a little attentiveness you can find the line.

Where is that line? It is actually pretty easy to spot if you step back and pay attention to her behavior. (Did I mention that women really, really like it when a man pays attention to them). Don’t listen to her words for content but DO listen to her words for emotional affect. There is a huge difference between her calling you an “asshole” and calling you an “asshole.” The same word means different things in a different context and you can usually easily tell by the tone. One is a harsh and angry criticism while the other is a warm, comfortable complaint in the incessant manner of many women.

If you can step back and objectively determine that you are the asshole then maybe it is time to walk it back a little. This is where you can work on your “Blue Pill” methods for marriage improvement. By “Blue Pill” I am referring to the tactics in famed marriage counselor John Gottman’s methodology. The Gottman Method is based on observation of successful couples and **I have done several videos describing his methods and effectively “Red Pilling” Gottman** but his strategies definitely work if applied at the right time and in the right situation:

THE GOTTMAN METHOD

1. Build love maps by exploring your partners inner world. Be interested in her history and her life story. I always ask my guys: Why did you marry this woman? I remind them how entertaining her drama really is- and was earlier in the relationship. You remember that time when you were having sex 5 times a week. They just might be related!
2. Share fondness, appreciation and admiration/avoid the 4 horsemen of the divorce apocalypse: Criticism, Contempt, Defensiveness and Stonewalling- by expressing and feeling appreciation and respect.
3. Turn towards your woman instead of turning away.
4. Be positive.
5. Assume good intentions.
6. Avoid harsh startups to conversations.
7. Use “I” words and not “You” words: “I want us to get along better” vs. “You stop being a bitch.”
8. For guys, one leadership strategy is that when possible use “Us” and “We” words instead of “I” words and use them authoritatively and directionally. Make it about you and her against the world: “We are going on vacation

in February to Florida” vs. “I am going on vacation.”

9. Be sensitive to Bids for attention from your partner and regular offer bids for attention from you to her. aka-reset every 24 hours.

In contrast, to the typical marriage counselor’s beta-ization program, the Red Pill prescription offers an Alpha up program with some of the following tactics:

RED PILL TACTICS

1. Dread Game: Be a man with options.
2. Outcome independence: Sex is great and you want it- but you don’t NEED it, at least from her. It’s like asking a girl to dance. If you walk up to her shivering and stuttering “would you, would you like, uhmmm, you know, ummm, to dance with me” then it is not going to work all that well. If you walk up to her and take her hand with a confident “let’s dance” your chances are much, much higher. Now, how do you suppose the girl reacts when you start whining and crying when she says “no.” Yes, it works the same way in marriage. It is a gigantic turn off. Don’t do it.
3. DNGAF: The key to Outcome Independence- and the key to happiness in life. Just don’t give a fuck.
4. STFU: The key to most men having a happy marriage. They talk and talk, just like the marriage counselors recommend and their balance is tipped HEAVILY to the Beta. They do this when their balance is ALREADY tipped heavily to the Beta. If they just shut up, it tips the balance over to the Alpha. Yes, it really is that simple.
5. Be attractive, don’t be unattractive: The ultimate key to vaginal access and fulfillment right their guys. The problem is that we need Red Pill to determine what women actually find attractive (Hint: It’s not begging, whining, desperate, or angry). This includes lifting weights, and not being a filthy slob or lazy troll. Not really a high bar these days.
6. Lead her to a better place. If a woman will follow your direction, in most cases she will be more than happy to screw you on demand. If she won’t follow your direction then you need to work on your leadership- or work on finding better followers.
7. Understand Seduction and Kino: Instigate, Isolate, Escalate, using touch to get your woman used to being touched by you and ready for sex with you.

WHAT IF YOU ARE OUT OF BALANCE?

If you have gone a bit Rambo towards the Red Pill side then the sex is probably improved and you are probably motivated to become even more “Red Pill.” However, if she is increasingly avoiding you or acting bitchy and/or sullen when you are around, then you may just need some more warmth and compassion in your marriage- blue pill style! Study up on Gottman and work on your “sound relationship house” before going any further. Take her in your arms and whisper sweet nothings in her ear. Then bend her over and take her like a cave man.

TLDR: If you are too Beta as evidenced by a low sex/low desire marriage then add some Alpha but decrease the Beta sparingly. If you are too Alpha, as evidenced by a somewhat high sex/high desire marriage but the woman is still acting frustrated and angry (and probably whining about your narcissism) then add some Gottman style “Beta.”

If you need any help with these concepts and straightening out your marriage then get in contact with me. I am having ridiculous levels of success helping guys, and women, restore their marriages. It’s not that I am so good it’s that what I do is based on the reality where we all live, and not the fantasy world we learned in graduate school.

Edit: New Video, same ideas, better audio.

Dr. Dave Peters, JD, MS, PHD Board Certified Life Coach Candidate; Attorney at Law; Domestic Relations Mediator

Web: www.coaching4men.com

Email: dave@coaching4men.com

59

UPVOTES

Three things I learned

Your_Man_In_Black · 17 November 2020 · Archived copy · Reddit

About a year ago I found this group when I searched the internet for tips to make my wife more submissive. I read the posts, found the sidebar. I read NNMNG, MMSLP and some more online stuff. I don't think I've become a hardcore MRP believer, but I'd like to come back today to thank you for the three things I've learned here.

1 LIFT

I was running, I was cycling and doing kung fu. But lifting really changed me - physically and mentally. Without the 'do you even lift, bro'-comments here I might never have found the courage to walk into a gym. It felt ridiculous to start with hardly any weight at the bar and after a year my stats are still not impressive but I love the process.

2 STFU

Sometimes it's not easy to keep your mouth shut, but it works great, as do the related suggestions like A&A, AM, etc. (awesome all those acronyms). Arguments (shit tests in the jargon, I guess) are now a source of entertainment and opportunities for me to get better at this. Last year I suffered from back pain (cured thanks to Healing Back Pain by Sarno - also thanks to this sub) and woke up in the middle of the night with wavy pain attacks. I didn't know what to do and woke my wife to seek comfort. For a moment I thought I had married a unicorn and all that advice from you here was misogynistic nonsense. Since doing something with back pain is better than doing nothing, that day I cleaned the whole house, scrubbed the bathroom, washed the windows, etc. My wife asked me if I was okay and was happy with all my cleaning work, but in the evening I got a hard no in bed. She didn't want to have sex with me because she was worried about my back. Fuck, you were right anyway. I should have STFU.

3 GAME

This is my main point of improvement for the coming year. Game makes the interaction with my wife (and others) much more fun. I sometimes say and do things I never dared to do for fear of the indignation I expected from her, but as long as you stay playful it only leads to laughter, played anger (ASD, I think you call that) and better sex. So I hope to have even more fun the coming year. It is a wonderful journey.

Thanks for everything and maybe see you in a year or so!

59

UPVOTES

Same game, different devils

red-sfpplus · 27 February 2020 · Archived copy · Reddit

Go fuck yourself, Mr. I do not go to the gym. Mr. I do not get sex. Mr. my wife is a bitch.

Go fuck yourself, Mr. I have a 1400# total. Mr. I get so much sex my dick gets raw. Mr. we are running out of public bathrooms to fuck in, just for fun.

Go fuck yourself. Every single one of you including myself.

You have problems. Your wife doesn't pay attention to you and doesn't care if you live or die. You have tons of debt. You are a blue pill faggot. You get duty sex. Aww. Poor faggot baby.

I have problems. I was a bachelor for nearly 2 years. I have a maid who cleans my house, I do my own laundry and have a dry cleaner. I do not need her or you to pay any of my bills. I have lawn guys, pool guys and a variety of restaurants I like to eat at who do a good job of keeping me fat and chubby. I have my shit on lock down, and guess what? That is the worst fucking dread there is, even unmanageable at times. Aww poor fucking alpha Chad.

My gal says things like: There are no girl things for me to do around the house. She doesn't like that. How can she validate herself to me without doing girl stuff that doesn't include sex?

Your girl bitches you don't do anything manly. She doesn't like that. Why cant you validate yourself as a man to her by doing some faggot shit?

The net result is we both have women who are at times, unhappy and need validation. But mine sucks my dick because she knows her value. You, have no value thus your woman treats you like shit.

I live my life as if I am alone. Because I am. My girl is nothing more than an accessory that I really, really enjoy having around and even love from time to time. I enjoy her so much I choose to be just with her, when I know I could spin plates EASILY. I provide more value to her, than she or any other woman ever could to me. And that is OK. It is OK because she is cool, and not a bitch.

Those are her values to me. Her vagina? Its nothing more than an accessory to the accessory. A tool I have trained to do what I want, when I want. Her personality? That is the hard part. That is her programming from childhood, and that is what you must understand. That is something, not so easily modified.

Do you understand?

Because I did not. I did not understand exactly how immaterial every single hole is on a woman's body really is when I started this journey. The one that matters the most? Her mouth. Why? Because of how much bullshit is coming out of it.

The ratio of bullshit to sex is the golden ratio. Not your Adonis cut, or your fucking chest to ass. Who the fuck cares?

Bullshit to sex ratio.

You fucking understand?

Let me try again:

Bullshit to QUALITY of sex ratio.

Now do you fucking understand maggot?

That said:

I fucking suck at and hate comfort tests. "You know, if we broke up I know you would be with another woman the next day."

What the fuck am I supposed to say to that? "Yes" Lets give that a try I think to myself, because fuck that is the truth if I choose so.

Guess what homo, that doesn't work. That causes tears and frowns. So now, I just give a kiss on the forehead. Guess what? No tears, no frowns and I still validate her point and her existence in my life.

Why cant this woman just accept the fact that by me allowing her to be in my life at all, should be all the validation she needs that she provides value? Why do I have to fucking say it or show it via emotions?

Cause she is a chick you dumb fuck.

Why is it that I can I do stupid shit, learn and STFU about it? Do you see me going to askMRP every fucking week and asking dumb fucking questions?

"Hello my fellow faggot friends, my girl wants to know that if I break up with her, if I will fuck other women. I respond with yes, and that makes her sad. What should I do?"

"Hey dumb fuck, how about you STFU and read a fucking sidebar book?"

Do I go and post this shit? No motherfucker. I am to busy stubbing my fat fucking toe, getting high, having butt sex and lifting to come here and ask other dumb fucks what I am doing wrong. I also don't worry about the small pot holes in the road. Am I on the right fucking road is all I need to fucking know.

My biggest fuck up to date in my LTR? Getting tricked into talking about my sexual past. Do not, ever fucking do this. EVER. They do not want to know that they are not the only woman you have pissed on and nearly choked to death.

I am a fucking idiot, just like you, playing the same game you are, just on a different fucking level.

Same game different levels, same hell different devils.

59

UPVOTES

The purpose of OYS - A reminder

threekindsoflucky · 23 February 2022 · Archived copy · Reddit

This is a reminder for posters in the OYS weekly thread.

The process of writing your OYS is the reason for writing it.

Your OYS is by you, for you. Writing an OYS should assist you in collecting your thoughts and identifying weak points and strong points. Writing is the process, as it takes your jumbled thoughts and helps make them more concrete. Writing helps you reflect. Helps you to think things through.

To reiterate.

Writing your OYS and learning by writing is the reason you should be posting to OYS.

Don't write 'for MRP'. We're internet strangers, who cares what we think. Others may read what you write, and get something from it. But that is not the goal, nor the purpose.

If you're writing the same shit every week, or putting in the same list of books you read, or the same background - remember, this is for you. Does looking at that every week help you in any way? Are you only writing it so other posters can see you've 'done the work'?

If you find yourself holding ctrl_v and ctrl_c when you put together your OYS, then you've missed the point.

59

UPVOTES

Are you new guys even trying to fuck?

AcademicDumbass · 11 May 2022 · Archived copy · Reddit

I wish I could count up the number of people claiming they aren't keeping a scorecard in the bedroom, but it wouldn't matter because they're all full of shit. In fact, the very second I read "I stopped keeping score with sex," I already know they're lying because I guarantee in the same OYS post they're going to talk about how many times they initiated.

Speaking of, there are a lot of guys, some of whom are months into this game, that are initiating a *pathetic* amount of times during the week.

Just from this week's OYS:

/u/pancakeOptimusPrime (53 weeks in - a full year)

Initiated once, fucked once.

Just going through his OYS, this is a common trend for him. He's initiated 4 times in 5 weeks.

/u/OYSFFFS

As a result of this, I'm going to try and stop giving a fuck about how often I am or am not feeling turned on, and only act on my desire when I truly, genuinely feel it coursing through my veins. If a week passes and, for whatever reason, I haven't felt turned on, what does it matter? I have other things going on in my life.

This guy, after hearing about a friend who has sex once a month, decides that maybe not initiating at all is a-okay for him.

/u/Restlessmindsyndrome

I'm going to initiate this week only when I'm genuinely feeling horny and energized enough to have fun.

Now in this guy's defense, he was sick, so he didn't want to have sex much that week. But it's his comment here that's going to springboard a point in a moment.

/u/Hot_Cactus

1/1 initiation: firm 'no'.

Escalate to 1x authentic initiation.

This guy is initiating once and decides to escalate how often he initiates: to once.

/u/roboKevoX

I was rejected twice this week. Both initiations were weak

Initiated twice. Claims he's going to initiate more confidently. Doesn't mention more often.

Now look, I'm not a seasoned vet here, but I'm writing this post to newer guys from the prospective of a retard (who is currently still fat and was literally banned about 6 weeks ago). You came here to MRP to FUCK. You stumbled upon this small den of cavemen because you were fed up with the state of your sex life, and you discovered the opportunity to figure your life out. I know it gets confusing because there's a heavy emphasis on *not* using sex for

validation. Therefore, don't initiate as much, right? Just have sex when I really feel like it, right? Sex isn't all that important, right?

That's a misconception. If you're a healthy male, you should have the urge to fuck. Often. I get that shit happens to prevent you from feeling up to it every day, but if you're feeling horny only 1-2 times a week for months on end, then there's something else you need to get checked. Maybe your T levels suck. Maybe you aren't managing stress correctly.

Or maybe you're full of shit and you're avoiding initiating as a defense mechanism for your fragile ego.

I speak from experience. I used to avoid initiating because I didn't know how to game my wife. I assumed it was a no, so I did a lot of reading about sex, thinking about initiating, and imagining some kind of fairy tale relationship with my wife where we fuck every day.

But the truth is, you will only grow through action. Start initiating. Start running game. If you're months into this and aren't initiating often, then you're off the mark.

And for god's sake: Stop with the "authentic initiations" contrived bullshit. *Oh, this week I plan to initiate with confidence!* Come on, man. Grow some balls. Start flirting. And initiate.

Your OYS posts (and those of us reading) will benefit from it.

59

UPVOTES

Hypergamy in the Movie “Dirty Dancing”

OrneryPomegranate842 · 15 November 2025 · Archived copy · Reddit

Dirty Dancing is a textbook example of female hypergamy in action, disguised as a wholesome romantic story. Baby, the naive rich girl, is biologically wired to seek high-value sexual partners, not stability or wealth. Johnny, the charismatic, physically dominant, preselected dancer, embodies every alpha trait: confidence, sexual experience, physical prowess, and social validation. Every scene reinforces her attraction to him, from his fearless leadership on the dance floor to the way other women openly desire him. Meanwhile, the rich, entitled grandson of the resort owner, Neil, is a beta provider: transactional, clueless, and relying on status and wealth as leverage. No amount of inheritance or family prestige can overcome the biological fact that women crave sexual value first.

Neil’s transactional approach kills attraction instantly. He assumes Baby owes him attention because of his family, his access, or his polite courtship, but attraction cannot be bought or bargained. Baby’s responses show discomfort and avoidance, not desire. Meanwhile, Johnny’s nonchalant confidence, physical dominance, and preselection amplify her hypergamous instincts. He leads, takes risks, and operates without expectation, which biologically signals high mate value. The contrast is stark: one man is a provider, the other a sexual and social apex male. Hypergamy isn’t polite; it’s brutal, and Baby follows biology, not societal rules.

The plot frames Baby’s rebellion against her parents and social constraints as virtue, but it’s a biological inevitability. She sneaks out, lies, and risks social consequences because Johnny’s sexual and social value is objectively higher than Neil’s. The movie romanticizes this as courage and moral growth, but blackpill reality is clear: women will always choose sexual value over safety or logic when young and fertile. Preselection, confidence, and risk-taking trump money, inheritance, and polite entitlement every time. Every warning her parents give is irrelevant to her biological impulses.

Ultimately, Dirty Dancing is a perfect illustration of the “alpha lover vs. beta provider” dichotomy. Johnny’s traits—dominance, charisma, sexual confidence, and scarcity—drive Baby’s hypergamy, while Neil’s transactional, entitled beta behavior guarantees failure. The story punishes no one and rewards the woman for following instinct, showing that female hypergamy operates independently of morality, logic, or societal expectations. From a blackpill perspective, the movie is a microcosm of the sexual marketplace: women chase alphas, men with money and entitlement are ignored, and attraction is never transactional—it is innate, brutal, and biologically enforced.

58

UPVOTES

Crying is weak. Don't.

justpickanyusername · 24 October 2018 · Archived copy · Reddit

When people look for leadership. One of the things they look for is the ability to maintain composure in the face of adversity. The ability to control emotions plays a big role in this. You are looking for someone who is in control at all times. Whether that emotion be anger, fear, or pain you expect them to be able to process their surroundings and make the right call every time. You are looking for someone that is a master of themselves and their emotions.

In football, the quarterback is referred to often as a field general. Someone that leads the the offense and many times the entire team. Even in a locker room that is swimming with alpha males, there is a hierarchy that exists where the quarterback is in a position that typically commands respect. Well, until it is lost.

Derek Carr of the Oakland Raiders has reportedly "lost the confidence of his teammates" after crying in a recent game. He adamantly denies that he cried, but the *melting face* look is clearly present. [Click here to read the article and see for yourself](#)

Under some pressure and heat, his brother tweeted the following:

Hit 16 times in that game

Broken Pinky Finger (Throwing Hand)

Sprained Thumb (Throwing Hand)

Knee Sprain MCL Grade 2

High Ankle Sprain Grade 3

Concussion Grade 1

Chest / Ribs Bruised

3 Broken Bones in his Back

Broken Fibula Bone in Leg

2 Missed Games (because they made him)

Was Derek Carr likely in a lot of pain? Absolutely, sounds like he was rightly fucked up. Did he sob and cry on the sidelines like a little girl with snot bubbles and tears? No. Then what is the problem? He cracked. For a few seconds, he let all of the adversity his brother listed above get to him. He showed his emotion and he lost the locker room as a result.

Society will tell you that they want a man that can show his emotions. One who is not afraid to cry. So, then why is Derek Carr taking so much heat? This is because this is misinterpreted far too often. Women don't want weak men. Crying is weak.

The other night, my wife saw a man crying on TV as he was about to win \$50,000 on a game show. She has no idea what this man has been through in life. Nor, does it really matter. My wife said to me "I know I cry a lot, but when I see a man do it I'm like, ugh, suck it up!" Truth confirmed. There is no wiggle room here. Weak men cry.

The Oakland Raiders players don't want a weak person to lead them. Your woman doesn't want a weak leader

either. Crying at the wrong time, despite the laundry list of adversity you may have, will forever and always change what she thinks of you. Some impressions stick forever and are difficult to shake. Make sure you don't leave these lasting ones as there is often no recovery since you will likely only have a few similar moments in which to redeem yourself or none at all.

Is it okay to show emotion? Yes, however, it must be kept under control. Women don't want robots, but they also don't want a mangina. Is it okay to shed a tear? There are moments where this is acceptable. I believe there is a time and place for everything. Just know that this should be rare. Crying due to pain, fear, stress, disappointment, are sure to lead to a lack of confidence in your leadership. If you lose a loved one, shed a few tears if you must (no snot bubbles or hysterics), wipe them away and move on. There are other times where this is acceptable and I am not going to list them all. It is okay to show that you care about the people you love. Tears should be rare.

Maintain control of your emotions despite the adversity you face. This is mountain we must climb. These are the challenges we as men face. This is what true leaders do. This is the burden of being king.

58

UPVOTES

You're Being Cucked. What Do You Do About It?

ReddJive · 30 August 2018 · Archived copy · Reddit

This comes up often. I get tired of correcting it comment by comment. A lot of unplugging guys are really good at hiding the fact that they are trying to figure out if thier girl is fucking Chad. In my early early days I did this. Wondered if my STBX was fucking when she said she was at a study group. Maybe she was. Maybe I don't care, but I wasn't about to drive 40 minutes to the university to find out. In fact it's a visceral fear of most men except for you freaks that seem to think it's some sort of fetish.

[/u/friendandadvisor](#) makes this point:

If I were a man in this situation, I would most definitely want to know if I were being cuckolded. Actually, in ANY situation, I would like to know if I were being cuckolded or not!

This is wrong thinking. Sure seems Alpha though. This is in Insecure Alpha. You are in her frame at this point. Seriously if your time is so precious you have an abundance to devote a portion of that to finding out if your girl is out with Chad rather than going to the grocery store like she said. I got engaged to my college girlfriend. It was the thing to do. I admit that I didn't think it out. Army Cadet and they plant this idea that marriage is a career move. It can be if you have the right girl. A year in i caught her with her first boyfriend whom she had broken up with like 5 year ago. There were flags, but in college schedules tend to get changed quickly in the last year. So I had gut feelings, but no proof. Until my Army buddies started calling me telling me they saw her here, there, and in some guys dorm room. I took action right then. Moved out and haven't talked to her since.

Then we get shit like this. Why are you going around chasing her just to see if she is fucking Chad? You already know how this turns out. You already know she is fully capable of doing it. I am Chad. I know. If your girl is throwing red flags it's not about finding them. Red flags can be life events. Red flags can be paranoia. Stop trying to account for red flags. You are living in her frame. By the time you see them your instincts have already told you what you need to know. Wondering, worrying, being overly concerned about what she is doing. It's about knowing what you will and will not put up with and sticking to it. This is about your self respect. This way no one controls you

Being cheated on is the ultimate fear of any red pill man, of any man really. There is literally nothing more of a punch to a guy than finding out he's been an eskimo brother to the entire block. Beta's just kind of accept it as the result of their life and do nothing about it. I am talking about guys who haven't fucked their wife in 6 years or more and wonder why. The potential is there for any man to be cuckolded. Yet being cuckolded is not in and of itself failure. She did not just walk along the street and suddenly a man so alpha made her panties fall and she was powerless. She made the decision to do it. We know why she did, and that is where men can be guilty. Even still she can make that decision no matter how Alpha you are. She was never yours. The why is unimportant to this discussion it's the action that is more important.

So your girl decided that Chad had a better dick than you. So what? What you do next is what defines you. If she wants to be the neighborhood pin cushion her choice. Realize your vetting sucked ass and do better next time. Tracking your wife/LTR is tantamount to mate guarding. For that matter setting her down to go over boundaries is ridiculous. Might as well have her sign a relationship agreement. It's like the dad who tells his teen daughter she can't go out on a Friday night and the next thing you know she's sneaking out the window to jerk off the football captain at the trash can party in the vacant lot.

I believe this paranoia, this drive to constantly find out if she is cheating on you, is from fear. The first fear is that you won't be able to leave with the upper hand. that's it right? you want to exit the relationship leaving her broken, alpha widowed, and at the top of your game. Sorry bub, doesn't work like that. You will never know in your life time if you Alpha widowed a girl. Maybe you find out, but it won't be noticeable immediately. Not only that but women have this amazing ability to rationalize anything. They will have moved on. Though remember, women

connect memories to emotion. What memories are you connected to? The ones where she saw you as a suspicious loser or a strong alpha? Doesn't matter if you were right or not. It was never about that.

The second place this fear comes from is failing to have achieved Outcome Independence. It's difficult to flip that switch to caring but not caring. **In life there are only 3 problems to solve.** This is where your work is. Being cuckold isn't the problem. What you do when you find out is.

58

UPVOTES

Unfucking yourself. 21 Convention. Orlando, FL

Rian_Stone · 8 October 2017 · Archived copy · Reddit

Finally

Here

Honestly, Im not going to sum it up. All I can say, it's everything I've learned and shown to other guys in here. It's as best I can explain MRP in less than an hour. I've got a ton more of these, a lot smaller though, and now that I have the speech out here, they can have their context.

Not going to lie to you, when practicing, it takes 57 minutes. When it was live, it was closer to 50. I've since padded and edited it to make more sense as an essay, making it 50% longer. It's not a short read, so here you go, take it or leave it.

TLDR; It's the fucking sidebar with some stories to keep your ADHD from wandering.

If you really want to watch and hear my run my mouth

Pathos

Pathos

And Logos

58

UPVOTES

The "Dancing Monkey" Attraction Improvement Programme

man_in_the_world · 7 October 2017 · Archived copy · Reddit

It seems to me that the vast majority of new participants in the [weekly Own Your Shit thread](#) or [/r/askMRP](#) are [Type 2](#) or [Type 3 Dysfunctional Captains](#) or [career betas](#), and of these, the vast majority begin with what I describe here as the "Dancing Monkey Attraction Improvement Programme."

The purpose of this post is to alert newcomers to the dangers of this approach, as it rarely succeeds alone and wastes several months of true progress in the process.

The "Dancing Monkey" Attraction Improvement Programme

Most career betas and/or Type 2 or Type 3 Dysfunctional Captains have neither frame nor an independent concept of self, and are deathly afraid of asserting themselves or challenging their wives. Discovering MRP when desperate, they find new hope and search frantically for things they can do **right now** to save their marriages and get laid by their wives.

Lift, **STFU**, and **Read the Sidebar** are clearly called essential, so most get the message and try these. Beyond these basics, though, comes a large and bewildering array of sometimes contradictory recommendations within

- Become attractive
- Own Your Shit (OYS)
- Dread your wife
- Develop frame, mission, and leadership

Having no clue as to what "frame" is, no goals or missions in life beyond pleasing their boss, society, etc. to receive their validations and making their wives happy to fulfill their covert contract for sex in return, these guys latch onto "Become Attractive" and make a **new** covert contract:

"All I have to do is become *attractive*, and my wife will want to fuck me again!"

So they make a MAP that includes

- Lose the fat and get abs
- Lift weights and become ripped
- Dress better
- Kino and flirt with my wife
- Initiate sex more frequently, and be OI and avoid butthurt when rejected
- Act more dominant sexually
- Become more fun
- Be more social and flirty with other women when my wife isn't around
- OYS

- STFU about my emotions and when shit-tested

Some of our diligent Type 2 Captains and Career Betas who already **overown** their wife's shit as well as their own add a big extra helping of

- Choreplay

and call it "*Really* Owning (even more of) My Shit".

Our newbies gaslight themselves by hamstering that successfully STFUing a shit test = *frame* (when it's merely **Phase 1: Stop operating in her frame**) and that *leadership* is doing their own laundry and telling (rather than begging) her to join him in the shower. (Checked those boxes, yeah!) And then they work ... diligently, or haphazardly ... happily, or in anger or fear ... quietly, or sharing every little tribulation or triumph at **/r/askMRP** or in the weekly OYS thread ... for several months, or a year, or even several years, and then ...

What usually happens

After working their *Dancing Monkey Attraction Improvement Programme* for several months or even years (deleted), our busy little betas show up back here with a painful *cri de coeur*:

"It isn't woooking ... my wife still won't fuck me!"

or

"**My wife is still not attracted at all to me!**" ^^Sorry ^^to ^^keep ^^bringing ^^up ^^your ^^obsolete ^^past, ^^man; ^^you're ^^making ^^great ^^progress, ^^but ^^your ^^beautifully ^^written ^^post ^^history ^^is ^^a ^^very ^^valuable ^^resource ^^for ^^study ^^by ^^newbies!

Usually they also complain

"My wife still disrespects me!"

in spite of IOI's and other signs of attraction and respect from other women.

And they ask plaintively

- Why isn't MRP working?

or angrily declare

- MRP is bullshit and doesn't work!

with a flounce and a bounce as they delete their account (prarrott, the immortal alpha_as_wolf, ImSteveMcQueen, etc.)

What went wrong?

A hawt, ripped boy-toy with some game can attract women for a STR or ONS, but the attraction quickly fades if you're still just a pedestalizing, people-pleasing pussy who can't or won't stand up for himself, and actively assert himself and lead rather than just withdraw by leaving or STFU when challenged. You're just a **clown or dancing monkey** trying to entertain the princess hoping she'll throw you a few fucks for your performance. **Attraction** is

necessary, but so is **respect** ... and respect comes from frame, leadership, mission, OYS, and a willingness to challenge and stand up to your wife and anyone else in their pursuit.

TL;DR

Gentlemen:

- Don't neglect **frame**, **leading**, and **mission** in creating and working your MAP.
- Learn to **assert your frame** and **challenge or call out your wife or anyone else when called for**. (The linked posts are probably too advanced for beginners, but they illustrate what you should ultimately aspire to.)

Don't waste your time just "sprinkling alpha" with a solely attraction-oriented *Dancing Monkey Attraction Improvement Programme* that avoids the challenging parts of MRP. It. Will. Fail. Create and work a complete MAP.

Useful Homework

- Read through **this week's OYS post** and note the OYS's that are merely *Dancing Monkey Attraction Improvement Programmes*.
- Is *yours* one of them?

Welcome to Hard Mode, faggot.

Edit: Formatting; more formatting; a few fewer words.

58

UPVOTES

The ultimate covert contract

bigtuna45 · 23 April 2017 · Archived copy · Reddit

I am about 18 months into redpill and have made great progress; improvements to my body, social circle, and career prospects. However, last night I realized that I had a MAJOR covert contract; if I improve myself, she won't be hypergamous!

My wife and I went out to dinner with friends. After dinner, the group went to my friend's house and my wife left to meetup with her friends. My group ended up going to a dance club and my wife went to a bar with her female friend. After I left the dance club I went to the bar where my wife was.

I walk in and I see my wife in the corner talking to a guy and she playing with her hair, putting out flirty body language. He was taller than me and better looking though I probably had 30 lbs on him. I had a quick fit in my head and thought wtf! I've been improving so much, why is she talking to him?! Then I quickly remembered - AWALT.

I said hi to my wife then walked straight to the dance floor where she promptly joined me. However, body language doesn't lie - I could tell she was attracted to him.

No matter how much you improve, how ambitious you are, etc. there is someone better than you and she is actively looking for him. Keep improving yourself and make sure that you have options in the case that she does branch swing.

58

UPVOTES

[FR] Ex-Wife sent me an email

addictedtoyourface · 20 March 2017 · Archived copy · Reddit

So, I'm on vacation having a good time with the family. We have some down time at the park, and I wip out my phone to check some email. Current wife is sitting right next to me and I see an email from my ex. We communicate fairly regular for logistical purposes so I'm thinking no big deal. This one was different though. It started with the words "It wasn't time to say goodbye"

My current wife sees and says "WTF". I say "Don't know, but not dealing with it right now" and put my phone away.

I get back to the hotel room and read the rest of it, and basically it was about 5 paragraphs about how she still misses me, and can't say goodbye, I'm still her first love, blah blah, barf. I've been divorced from this woman for almost a decade. She has remarried, and has a kid with her new beau.

Gentlemen, while I was married to this woman I was miserable. We fought all the time and at the end I cheated constantly. One day I literally walked out of the house and never went back. We were in a nasty 2yr court battle for my kids (I won) and countless other awful things that have gone on between us in the years since I've left. Over the last two years, I've really been trying to embrace apathy towards her, and have made an art out of using as few words as possible to communicate with her and only if it's absolutely necessary. Basically, I have not given her any reason to think that I have any affection, or care in the slightest about her, or our past life, and she still felt the need to send me a long ass email about how she still pines for me and whatnot.

So, what's the point: You, Mr. Man are the prize. A few years ago, this email would have surprised me. But now I understand. I'm worth a damn, and so are you. When a woman finds a man who knows his worth, she is his lock stock and barrel (unless hypergamy). That includes being respectful, and sweet and feminine, and putting it in the butt, etc.

This may seem like humble brag, but I completely understand that whatever she wrote was only what she was feeling in that moment, and tomorrow I could just as easily get a hate email. I just wanted to point out that even if you can't see it, her hamster is on that wheel spinning. Do your work and let her hamster spin. When you get there she'll respond. Either she won't be able to see past the old blue and divorce, or she will embrace the red you have become. Win Win for you my friends.

58

UPVOTES

[Theory] Kintsugi *Highlighting what is broken*

UEMcGill · 26 January 2017 · Archived copy · Reddit

In Japan, there is an art style born out of necessity. When a pot or prized ceramic piece is broken, instead of throwing it away or discarding it, the piece is repaired with highly ornamental glue of lacquer and gold dust. Sometimes a piece is replaced with another piece from something else, but in the end the result is the same. The new piece is made whole again with its flaws highlighted; even celebrated.

From this, a philosophical style has been born, the philosophy of embracing the imperfect; highlighting the flaw. It can be a powerful tool to win an argument, or even reset the standard thinking.

I Got This

A few years ago, my wife had planned a party for our youngest kids. Like always, she over committed and her planning was off. Sometimes I rescue her; sometimes I let her flail to learn a lesson. At this point I'd determined that she wasn't going to fail and a rescue was not needed. I was doing my usual Saturday morning routine of lawn chores when she came outside and got into command mode, "Go down to [Friends house], and pick up the big coffee pot."

"Um, no thanks. I'm right in the middle of something."

"Don't you see I'm running around like crazy here? You never help me when I need it. I'm trying to do something nice here for the kids."

SHIT TEST! some of the more inexperienced of you may scream. It is of sorts, but let's unpack it in its entirety. Early in the morning I specifically asked her what she needed done. She gets angry at this sometimes partly because she doesn't know but also because she thinks she's got it under control. She rattled off a list of things and how she would tackle it. As a good captain, I offered any tools she may need, and she declined as she had it under control. I repeat, I specifically asked, "What do you need of me?" and she replied, "I think I got it."

Cue to the front yard again and here she is proclaiming she was doing this for *us*. And in her lizard brain she was. Never mind that I didn't ask her too, on top of the fact I had already offered help. Her reaction was *you never when I...*

Now this could have been dismissed as a simple shit test, but what it really was, was bad behavior disguised as a shit test. Bad behavior needs to be dealt with appropriately so that good boundaries are maintained. In this case she needs to learn to ask for help in a timely manner and not demand results when things are going wonky.

So I asked her, "Are you asking me or telling me? Because I would never tell you what to do."

The hamster wheel starts to spin. "Of course I was asking. Do we have to do this now? I'm really busy here"

"Because if you were asking, then I have the right to say yes or no?"

"Really are we doing this now?"

"I'm just asking, do I?"

"Yes you do." The hamster wheel was now approaching full speed.

"I clearly offered help this morning. You declined. Now I'm in the middle of a project and I'd rather not drop everything. So don't try to make me feel bad for your poor planning."

Here's where she broke down. She saw the error of her way and came close to sobbing. "I forgot about some things... I'm running out of time... I'm sorry, yes you can say no. I didn't realize you were in the middle of something. I need the coffee pot so I can get it ready before everyone shows up [it takes a while to brew]"

[EDIT FOR CLARITY: I did not get the coffee pot. I finished the work I was doing and at some point I think she

went over to said friends house and got it, as it's only a block away.]

Making It Whole Again

The flaw in this pot was the right to say no. It was broken and she was being a bitchy harpy thinking she could go around barking out orders because she fucked up and couldn't plan. So it needed to be highlighted in a way that she could relate to. Was she asking or demanding? When put on the spot, her own words were "asking". So I highlighted it by putting it in a context she would relate to, namely I give her choice why was I not allowed the same? I took an ugly broken shard and highlighted it for her to see. This comes up again and again, particularly with the journeymen redpill guys. . They're just starting to bust through the easy shit tests, they have their technique down pat, and of course she ups the game. Think of it like shit testing for the masters' class. She knows you're strong in the moment, but do you have strong frame for those blurry boundaries that go beyond a simple compliance test?

My wife in this moment had clearly passed some boundaries I was not happy with. Namely, don't treat me like shit because you are being ineffective. I could have been a prick and told her to go pound salt, I could have upped the beta and gave into what potentially was a lightly disguised comfort test, "*You never help me when I need it.*" But I didn't, instead I chose to focus on the big picture, in this instance being pleasant and asking for real help when you're in over your head.

The big difference in LTR game is we need to manage the relationship so that it stays mutually beneficial. You can spin a plate, and let it fall if things become untenable. She may demand more time than you are willing to give, she may demand commitment, etc. so now the value proposition has become unbalanced, so you let her drop. It's a simple solution.

While we maintain that there's always a walkaway point in an LTR, you do have a real investment. Not just sunk cost, but *future earnings* to think about. In an LTR, that might be your wife being mom to your kids, being a supportive first officer or even being a trusted partner in crime (not partner, maybe trusted sidekick?). At the very least she is a complement to your life. I want people in my life I can trust so I have to nurture and invest in that relationship. Investing in that relationship comes in the form of clear boundaries and a framework for understanding.

So here my wife broke a few boundaries and instead of defending why I was right and she was wrong, I played upon her emotions. I asked her how she would feel if I did the same thing to her. I played to her emotions on the situation, not the facts.

At its heart, this is why DEER (alternatively JADE) fails. It fails in its method, expecting people to see facts, and it fails in its delivery, ignoring the emotion. Your wife is an emotional being, so are you for that matter. You need to use those emotions to your advantage, not try to bludgeon them away or dismiss them.

My wife broke down, she apologized and came and cried in the crook of my neck. "I'm sorry, I just want this to be nice. We don't spend a lot so I want this to be a nice experience for them."

In the end I think a lot of guys fail because they don't make the leap from being a technician to a master. Sure they can blow a shit test out of the water, or manage a comfort test to a happy conclusion. To be a master is to manage those situations so that boundaries are clearly established and *future behavior* is managed. Whether we like it or not, our lives are intertwined with our women. The technician level thing to do is let plates drop; turn this dial, punch that button, oops not working, mission cancelled. The master level is to manage these situations so that they are easily dealt with, *prior to them happening*. We want to punch the buttons and turn the dials so the machine is humming and running on a high level, not just feed-back but feed-forward control.

The next time you are in the heat of an argument, take this as a learning moment. Don't run from what is broken ____

but instead highlight it and use it to your advantage. Let people's emotions move them to convince themselves of your argument. You can always get compliance, but don't you really want engagement?

Epilogue

We've had several parties since that moment. Things still get out of hand, but two things are noticeably better. She comes to me before hand and asks for her captains input. Things like, "I need to this, this and this...", "Do you think, x, y, z" before she ever starts to execute. She'll also come to me, with humility and ask, "Yeah I fucked up and forgot...". It helps with the things we can affect, and makes the things we can't easier. The machine is running smoother and everyone is happier for it.

58

UPVOTES

FR - One Year Progress.

JDRoedell · 22 December 2016 · Archived copy · Reddit

One Year Progress: Why I'm Smiling more

I originally posted this as an OYS update. Some members suggested I put into an FR for the main sub. Hopefully, some of the greener men here can find something useful from my list of "concrete actions" below. The below exchange took place last week, exactly one year to the DAY that I discovered Red Pill. Wife and kids and I were hanging out at home and she decided to take a picture of me with our two little ones.

Ms. J after looking at picture on her phone: *"Wow, daddy is showing a lot more teeth in pictures these days. (then cheekily says) Are you having an affair?"*

Me: I look at her sideways with wry smile as if to leave that mystery on the table and say *"What can I say, that's just how I am."*

Her comment is a reflection of my continued drive to be better, a happier man and follow my own mission.

Mission Statement: Become a man who does not need her affection or validation and live my life for me. Do what makes me happy, and live as if I am a single, prosperous and masculine man. Be a man she wants to put effort into. (last part attributable to u/weakandsensitive).

Last week I hit my one year MRP anniversary so I thought this OYS post covering my first year was in order and I want to list all the concrete actions I took to begin the process of regaining my own course in life. This will be "no shit" elementary for some but maybe it will help some of the newer guys. I say "Begin" because I've come to accept that I'm on the "long game" plan as my changes have been slow and my wife's response to them even slower. As a result I don't usually do weekly OYS posts so I want to do this one with the scope of the entire last year. This is a reminder to me that this is a long process of constant betterment and re-embracing of my masculinity and personal drive. The below changes are what I've done and found success with.

BE ATTRACTIVE

Improved wardrobe. Buying new clothes a bit at a time and had some things tailored which makes a huge difference.

Stepped up my fitness regime (SL 5x5). I've been doing SL5x5 for a year now and it's showing in the visible gains and comments from wife (to include the obligatory, "you're not trying to be like those muscle guys are you? I don't like that." If you hear something like this from her....keep your foot on the gas, you're doing it right.) Based on the Navy body fat calculator I'm somewhere between 12 and 14% body fat. I'm 5'11" and my weight has mostly stayed the same 170-175 but I've lost a lot of fat and gained a lot of muscle definition. My newbie gains in the gym are over but I must be making continued progress as my lifts continue to slowly go up.

Going to get invisalign for a few slightly out of position teeth and whitened my teeth.

Got a better haircut that suits my thinning hair. I won't try to hide this, just buzz it shorter and shorter. This is another reason I must stay in good shape. Fat and bald is not good but shredded and bald, we can work with.

I have noticed that NGAF and OI have slowly started seeping into my being and these behaviors are also outward displays of attractiveness.

FRAME

Stopped asking permission (So fucking beta) to do things for me (going out with friends, getting new clothes, saying what I want to eat for dinner, etc). When I want to do something or I want to buy something I just do it and TELL her I'm doing it.

Identify and beat shit tests with AM and AA. I still slip up occasionally on shit tests but recognizing them more than

50% of the time and reacting accordingly

I stopped saying "I love you" as much. Strategic use directly tied to her sexual performance and overall value adding attitude. Reading Rollo really made this part easy.

Teasing (I think this actually had a lot to do with changing our everyday attitudes towards each other). You'll know you're doing this and NGAF right when you get slapped on the arm, get called "asshole" or "dick" but she's not actually really mad at you. It's more playful. The "Large Mouth Bass Face" LMBF is also a good indicator you are doing this right.

Grew a beard again. This is in FRAME and not ATTRACTIVENESS because the wife says (verba) she doesn't like it. Also offsets the lack of hair I'm starting to see up top.

LEAD

Took over finances around month 4. Developed long term financial goals and told her about them. She was extremely relieved when I told her I would take over the handling of finances. This was an easy gain in my relationship. MMV for others. My overt goal of saving us more money even spurred her on to do things like shopping for groceries at Aldi which saves us \$\$\$.

"Chart the direction." By this I mean get ahead of the "decision curve" that, if your LTR is like mine, she always had control of. She is a big planner and can't just "wing it" so she usually had the weekends planned out before I could even think about it. Some guys' wives may not be like this so charting direction will be easier for you. Decide when and where you're going for dinner on weekends, throw out vacation ideas, plan that vacation, plan a hike, propose ideas for home improvements, take the kids to the park. Set the course, don't be reactive. (Sun Tzu)

Lead the family - I now try to lead in decisions big and small. I've also noticed my wife coming to me for "permission" for a lot of things, mostly financial. I took on the role of coaching my daughters soccer team. This is a good way to lead the family, lead your community and I think it created a little bit of dread at the same time.

Made sure I took care of shit around house - small things needing to be fixed, yard work, yard improvement projects. If it's something I can't do, I call a repairman to do it.

Planned more outings with just wife and I. A couple times when she was being shitty, I canceled date nights.

SEX

Admit, embrace and be unapologetic that I am a man with a healthy desire to fuck. This idea, framed in the tenants of NMMNG and WISNIFG, should be at the core of this OYS area.

Initiated 3-4 times a week. I used to sit back in bed and wait for her to initiate and would get more angry when she didn't. Now I just do it. She rarely makes the first move but is responsive to my advances a little more than half the time. For example, sometimes I like her on top and she knows this but the old BP me would be passive about it and it became a chore and she would whine about it sometimes. This faggoty behavior created no tingles. Now I always get on top first and control everything from there unless she asks for something. Now, if I want her on top, I tell her. Honestly, I think this one change made the biggest improvement in our sex life. But those were the easy gains...just being the proactive one in bed. Evolutionary biology says that female libidos/desire tend to be reactive, not proactive. **Understand, accept and capitalize** on this. Don't sit around waiting for her to initiate because it just may not be in her nature. I wish I would have figured this out years ago. I see many guys on here talking about their woman getting sexually aggressive and doing a lot of the initiating. Good for them, but don't expect it in your situation. Women are on a spectrum in this respect. Don't ask but tell her you want to Fuck.

Throw in some DEVI in your approaches and initiations. I'm still working on this and have a long way to go but experimenting with ramping up SGM tactics.

Stopped being butthurt when I got a hard no. (This was hardest when it had been 3 days or more with no action) I still find it hard not be angry but I'm getting better and projecting a positive DGAF attitude when it happens.

Left house a few times upon repeated "hard no's." One time I did it while we were on vacation at a beach resort. Dread is literally all around you at a place like that. I only had to do this a couple of times in the first few months. But it's good to do occasionally to remind them you are the prize.

Have a contingency plan for if/when she gives the hard no. Have a hobby that's easy to jump back into. This helps when you don't really have OI internalized.

AM/AA through LMR. If I get three "No's" I usually drop it because if she agrees after that it's usually starfish.

Stopped talking about and/or arguing about sex/lack of sex. (goes with not being butthurt). This one kept wanting to resurface and still occasionally pokes it's faggoty head out a bit but I'm working to squash it completely. However, after re-reading a lot of posts here and having discussions with u/Persaeus and others about this dynamic, I now see the value in occasionally stating your expectations in a concise, unapologetic and uncompromising way when the timing is right and her solipsistic head is too thick to get that I won't accept a "roommates with kids" relationship.

PART TWO to follow below:

EDIT: Formatting issue

58

UPVOTES

Shark Week Shower and Shave

bismarck8888 · 25 April 2016 · Archived copy · Reddit

I am one year in, and plan on doing a large overview of the year in the near future. Let's just say understanding these concepts has totally turned my life around and my marriage is actually starting to improve. Remember, this is not a quick fix, take the long and steady approach and your life will improve (with or without your wife).

In the meantime, here is a quick shark week field report (period posts have been my specialty since last April).

Since I have know her, my wife has always been extra emotional during shark week. It is her favorite time to shit test. Her goal is to have me ride her emotional roller-coaster hand in hand with her. Blue pill me would happily cooperate.

On top of that, she is extremely anxious and loves to start fights right before guests come over to our house. Seriously this happens all the time about 45 minutes before people come over. She has always done this, and the problem is blue pill me allowed this shitty behavior, so obviously she now still thinks it is appropriate.

Right on time, 45 minutes before our friends arrive, my wife comes storming into the bedroom. I had just finished showering and was now wet shaving to get ready for the night. She gives me her best shots.

She lays into me stating I need to watch the kids RIGHT NOW because she does everything around the house. (Look here new guys, she wants me to DEER or jump to her command. Old me would DEER right away. I could go on and on about everything I do for my family and did that day, but only a sexless pussy would do that. Why the hell did I use to do that?)

Then she follows up with how it is all about me and she doesn't get to do anything she wants to do. (In her mind she is wondering if this will get me to bite? Is he in his frame or my frame? She hopes I am in my frame because she need a strong man.)

Two failed pitches both fended off, so she throws the "asshole" pitch. (Man she needs some new pitches. I have been knocking that one out of the park since month 4).

So, after she let out all her steam, instead of DEERING or taking the bait and fighting back, I went with the playful mocking route.

I said, "you know, your really do have an asshole for a husband. You should call up your friends and tell them I had the nerve to take a shower!"

Pretending to be her talking to her friend, I follow: "And do you know what that jerk husband of mine did after he showered? That bastard shaved his face! What an asshole!"

She tried to start again, but I totally redirected the conversation at this point and said, "I think we will have pizza for dinner" as happily as can be.

I finished shaving, got dressed and left her with a good laugh. A few minutes later, I went back into the bedroom to grab my phone which was right by her, gave her a nice slap on the ass, and told her she had been bad and was going to be punished later. She ate that shit up.

God it is liberating to understand shit tests. But even more liberating is when you reach the point where you can have fun with them. Blue pill me would have Deered and looked like a weak man, or fought back and looked bitter, or sulked and still been pissed off when our friends got to the house. Or when I was new to the red pill, I would have faked it, but still be fuming under the surface. That was better than before, but she would still sniff it out.

Now I just see her acting like a bratty little girl. No need for me to get worked up over her. In fact, it is best to make fun of her ridiculousness or just laugh off the outburst as exhibits of her feminine nature.

Of course, I had sex twice this weekend and she doted on me all that night. This is what both she and I wanted all

along. Keep following the course.

58

UPVOTES

60 Days of Dread Week 8: Social Life

Archwinger · 12 March 2016 · Archived copy · Reddit

I'm leaving town tomorrow, so I figured I'd post week 8 a day early: Your social life.

The most important trait a married man can cultivate – even more important than appearance, wealth, or status – is social aptitude. Why? Because a man who is socially apt is a man who has the skills to become (and remain) successful and attain status – and a wife attached to that success and status benefits. Socially apt men are liked, admired, hired, promoted, and laid. And your wife knows it, or at least her subconscious knows it. The absolute worst situation you can be in as a married man is to have no friends and/or professional connections (or worse, to be socially awkward and have your joint social circle dislike you or think you're strange) and for your wife to know it.

Many married men nearly entirely lack social lives, apart from their wives and children. This is completely understandable. They spend all day working, all of their free time being fathers to their child(ren), and any last remaining moments trying to steal a few minutes of time with their wives. Any time spent out with guy friends or out learning a new skill or partaking in a hobby is time away from their families, and for most men, time their wives are going to bitch at them about, to the point where for many men, maintaining an active social life outside of the home just isn't worth the hassle and the bitching. Because when your happiness is tied to your wife's happiness and she's being a bitch about something you're doing for yourself, it's hard to have fun and enjoy that thing.

However, if you find that you live in a universe where your happiness is tied to your wife's, you're in a bad place. She is the most important person in your universe. Your life revolves around speaking and acting a manner designed to make her happy, and in doing so, you are happy, too. If this is how you feel valuable, then you *depend* on your wife for value. You are her dependent. Like a child. She validates you by acting happy when you behave a certain way. Like a mommy does to reward a child. You think you're being an excellent husband by doting on her and doing things to cause her to act happy, yet as the days pass, she fucks you less and berates you more, and grows more annoyed with you for no apparent reason, until it finally blows up as a divorce, affair, or just a big-ass fight. Because you're too damn needy and it's suffocating her. You need to get a life! That same life she bitched and nagged you into giving up in the first place.

Men in this position often try harder to do more for their wives. They work hard at their jobs and make a lot of money. At that point, they've elevated themselves from a mere dependent to a dependent and an ATM. Many men throw themselves into the role of being an active father, ever-present in their children's lives. So now they're a dependent and a nanny. Many will do the housework, cooking, cleaning, and laundry to help ease their wives' burdens. So they're a dependent and a maid. Many will grunt with pride as they do the repair work around the house. So now they're a dependent and a handyman.

By doubling down and doing more for your wife, you're just tied to her even more tightly. You're not just your wife's dependent. You're also her tool. An accessory in her life. Something she can use to get various types of tasks done more easily. You think you're being an excellent husband by doing all of this, yet as the days pass, she rejects your advances every night, finds fault in everything you do, belittles you, minimizes your efforts, and takes you for granted. She even complains about how hard she has it and how unfair her life is because she does too much around here and you do too little.

A dependent, tool of a man who tries to sprinkle a little Red Pill on top of his shitty life just becomes a dependent tool that lifts weights and dresses better. In your wife's eyes, now you're not only a child and a tool, but also a narcissistic ass who's obsessed with his appearance and going through a midlife crisis. A scoop of frozen shit with Red Pill sprinkles on top doesn't taste like chocolate.

A strong social life is key. When you leave the home and develop a social life of your own, you meet people and come to know them, and they come to know you, like you, and value you. When other people like you, want to hang out with you, possibly want to fuck you if female, and think good things about you, and you actually have an

effect in the world around you, only then, in your wife's eyes, do you actually become a real person. Before that point, you're just an accessory in her life. She's the real person, and you're a tool she wields or a child she cares for – an extension of her. But when you have a social life outside of her, that means you go on existing even if she vanishes. You're real.

Women are social creatures, so having a social life of your own is what makes you independently valuable in her eyes. Before then, you're just one more thing she needs to care for, maintain, and keep track of. You're mooching off of her value. This is where that feminist “emotional labor” bullshit comes into play. Making a man who doesn't have a well-developed social life feel like he's worth a shit is hard work for a woman – because in her eyes, he's not worth a shit. She's essentially coddling a child's self-esteem when she acts pleasant toward a loser man like that.

1- *Baseline*

First off, a lot of you guys probably aren't socially extroverted guys by nature. You spend your spare time on Reddit, reading and posting on a forum about relationships. That's not the hobby of a social dynamo. You're probably smart and educated and kind of nerdy with a nerdy, introverted job. Not all of you, I know, but enough of you that I should start with #1 here. If you want to have a social life, you need to get comfortable talking to people and realize how little it matters if you end up looking awkward or stupid. So drive to a Starbucks across town or something, or maybe walk around various stores in the mall in some other part of the city, and just chat with people. Strangers. It doesn't matter, because you're not going to see any of them again. You're not trying to make friends. Just spend 10-30 seconds per person randomly trying to talk to people. Maybe it goes stupidly, but you'll never see them again. Eventually, you find your rhythm, get used to the task, and realize how little it matters if something goes awkwardly. Get comfortable in your skin and learn to be social through trial and error.

2- *Professional*

It's very common for guys to begin their social lives at work. You're there 8+ hours a day, with the same people. This is actually a mistake. Rarely do you want to mix your social life with your professional life. And everyone, your wife included, knows that work friends aren't “real” friends. If the only friends you have are the people you work with, nobody considers that a real social life. You don't get much social credit for hanging out with your officemates in your spare time. That doesn't mean you shouldn't grab the occasional beer with your coworkers after work and make small talk by the water cooler – that's practically obligatory to keep things running smoothly in an office setting. But rather than dedicating significant time toward trying to forge friendships and spend outside-the-office time with your coworkers, focus on relationships with other groups of people. You already have relationships with your coworkers forced upon you 8+ hours a day, so getting to know and developing relationships with a new group of people is a better use of your other time.

Exception: Professional networking functions are a great way to meet people that you have things in common with – from other workplaces, not your own. If you hit it off with some guys or girls at a professional function, keep in touch. Just don't be overly friendly/social or try to become a personal friend if it's clear that the other person is primarily interested in just a professional contact.

Exception #2: Once you leave a place of work and take a new job, you definitely want to keep in touch with any former coworker that can be useful to you (or that you can help out) in the future. That's just good networking. And now that you and your former coworkers aren't together 8 hours a day by requirement, you can become actual friends if you like any of them. And be sure to give as much as you take – help other people move up, but do so honestly. Don't recommend a friend for a position just because he's your friend if you don't think he can cut it. It reflects badly on you in your professional circles when you stick your neck out and the person you recommend doesn't measure up. But be the guy who knows people and can recommend and introduce people to each other. You want your bros to owe you favors and you want to be the guy people contact for advice, help, or positive introductions/recommendations.

3- *Homefront*

One of the most important places you need to be social is your neighborhood. Your wife's friends are going to be there. Your kids' friends are going to be there. You're going to see a lot of the same people at the neighborhood pool and at every school function, all the little girls are going to do dance and gymnastics at the same little dance schools, all the little boys are going to play T-ball and soccer and football in the same leagues on the same fields, neighbors will throw block parties and Christmas parties and Halloween parties, etc. If you show up at the PTA talent show, or opening day at T-ball, or a Christmas party down the block, and nobody says hi to you and you don't talk to anybody and you barely know anybody there, your wife will think you're a piece of shit loser. Conversely, if you show up and people greet you, you know everybody, you introduce her to 20 people and she hits it off with their wives and starts scheduling playdates for your kid(s), while watching out of the corner of her eye as the slightly hotter housewife from two streets over is giggling at whatever she's talking about with you – you're getting laid once the child(ren) are in bed.

Becoming "the man" in your neighborhood doesn't happen on its own. You have to take initiative rather than hoping to get invited to random shit. Invitations come after you've established yourself. Start small – invite your next door neighbors on both sides over for beers and football or a UFC fight, or whatever's going on, and just chat, eat chili, or whatever you do. Start a guys' poker night every other week – poker night is such a quintessential guy thing that ABC's *Desperate Housewives* had to steal it and make it into a girl thing, because girls can totally be friends, too, right? Odds are that your neighbors already do the poker thing, but they just never thought to invite you and might if you bring it up. Or maybe they don't have a neighborhood poker group and are dying for something to do, so start your own. Get yourself on the neighborhood radar.

Any time you have to move shit or assemble shit (usually big-ass backyard children shit) or build something around the house or do a major project like staining your deck or putting shelving up in your garage, you look like a badass when you can call some guy friends, drink beers in the back yard, small talk, and get your shit done in half the time. Plus, at least one of the guys you know will know how to do something better than you. How often have you had the occasion to assemble a playscape, swingset, or trampoline? Probably not often. Those are strange, very situational tasks. But one of your neighbors probably built the same thing for his kid just last month and would be a great help building yours. Next time around, you can be that knowledgeable neighbor for someone else. A guy who summons his bros, drinks beers, talks football, and gets his kid's swingset built in a day with his friends looks like a badass to his wife. A guy who has to hire a handyman or call his dad or father-in-law to help looks like a loser.

Parties don't need to be super-planned. If the weather's nice and you're out on your driveway, kids are running around into and out of each other's yards and garages, and other neighbors come out to watch their kids, don't be a stranger. A cooler of beer and a portable speaker later, and you have an impromptu block party.

Ultimately, you do you when making friends. Are you good at grilling and own a big yard with enough shade? Have barbeques. Good at regular cooking? Have people over for dinner. A gym buff? Start a running group or a kettle bell morning workout if you can get some neighbors to show up. Volunteer to coach your kid's soccer or T-ball team, show up at all of your neighborhood community events, and just meet people. And actually remember them – nothing pisses people off more than you meeting them for the first time, again, a month later, when they remember you. If you have something in common or a reason to follow up with them later, get their number and actually keep in touch – schedule a poker night, a playdate with your kids, a trip to that local restaurant with a playscape, send them your trainer friend's number, whatever.

4- Hobbies

Besides work and home, the only other place a married guy is going to have time to meet people and forge a social life is those extracurricular hobbies we constantly urge men to make time for. It is *absolutely critical* that you have hobbies that take you outside of the house. Obviously, you need to be home enough to get your shit done, spend time with your family, and lead your household, but TV with the wife every night? Fuck that noise. Your activities are every bit as real and important as your kid's shit. Why the hell is a kid's softball practice more important than your grown-up meeting? Your wife will try to get you to skip these things and nag you about them. Do not fight,

rationalize, or explain yourself to her. Simply say, “Thursday nights are [judo/beer making/bible study/drag racing/cooking/whatever the fuck you do].” Nothing more. The conversation is over after saying that. Sometimes, your wife will follow up with, “So you’d rather [X] than be with your family?”. You simply repeat yourself, “Thursday nights are [X].”

These outings are a great place to meet people with common interests, add their numbers to your phone, and have people to hang with in your spare time, but more important than any of that is the fact that you’re gone. Your wife isn’t there, she doesn’t know exactly what you’re doing or who you’re with. You just leave and come back later. Her subconscious will do the work for you. You don’t have to say anything, nor should you. She’ll ask, “So how was [X]?” or “What did you do at [X]?” to which you reply “Fine” or “Uh...we did [X]”, then proceed to escalate toward sex.

5- *Extra Credit*

It doesn’t hurt to be social at the gym, too, or when you’re out running errands, or when you’re out at functions with your kid, but that’s not really social time, so keep it to a minimum. That’s supposed to be workout time or family time or getting shit done time. You dread the living fuck out of your wife when you go to your kid’s softball game, and you *already* know people there and the women all make chit chat with you of their own accord. It’s a lot more artificial if you’re there, with your wife, trying to meet and get to know new people in front of her instead of paying attention to her or watching your kid play – that’s essentially ignoring your family to go talk to strangers. It’s okay to show off your social aptitude a little bit when you’re out, but being so socially successful that you don’t have to sacrifice family time because you already have all the friends you need is a much better route.

6- *Her Friends*

One final point that bears mentioning: It’s totally cool to be joint-friends with other couples or with people in your neighborhood who like both you and your wife. You definitely want those people to like you as much or more than they like your wife (because your wife’s friends constantly talking you up = sex). But that’s extra credit. You need to have a social life *independent* of your wife’s social life. Otherwise, she’ll feel like you’re just mooching off of her friends and have none of your own. Your wife considers your joint couple-friends to be her friends, not yours. Even though she’s going to mooch of yours and get in good with their wives and think nothing of it.

In summary, a social life, independent from your wife, is absolutely critical. If you don’t have a social life, you’re not a real person in her eyes. You’re just an extension of her – a dependent she cares for and validates, or a tool she uses to get things done. She’s the real person, and you’re her accessory. Conversely, if you’re the social dynamo and she hangs on your arm, she becomes your accessory. And loves it.

58

UPVOTES

60 DOD Week 1 Part 1 - Lifting

bogeyd6 · 24 March 2019 · Archived copy · Reddit

"Lifting, it's easier posted on reddit than actually done." -bogeyd6

Picking a Gym

When everyone first starts to think about MRP and what they need to do. The first thought should always be which gym will you join. More importantly you will think about how much of a fat slob you are and the judgement that comes with going to said gym. Going to a gym and in front of at least 100 people will make you feel stupid starting with an empty bar on SL5x5. I was there, can still remember how dumb it looked and how I couldn't walk straight for a week. The reality of the matter is, and prepare yourself, no one cares. You think the world revolves around you and in your beta kingdom you have trussed up a reality in which you are the center. Could not be further from the truth. My gains and videos were posted on MRP years ago, there is nothing left to prove. If you have a few minutes continue reading and maybe you can begin to fix your life.

Everyone, and you will have to wrap your mind around this, everyone starts at the beginning. Picking the gym that makes you feel comfortable to at least get started is paramount. Many people choose the wrong gyms like LA Fitness and Lifetime Fitness. They are cheap, available, and pretty much have everything you could want. They are also cheap. The problem is, and if you are like me, you don't have three hours to work out. Get in, Lift, Get out. These mc'gyms cater to a larger audience, and could very well be a good choice for the beginner. Who doesn't like a dip in the hot tub to help the muscles relax. Many of us are very busy in our lives and that kind of time doesn't exist. Yet, we tell everyone to make time. The best part is most people are willing to help new people and those who aren't will continue to be idiots. If you find yourself in a busy gym, ask to work your sets in and you would be surprised how helpful most people will be.

Where do you make time? That part is the easiest. Find a power lifting gym somewhere near your house or your work. When I was stateside I lifted in a gym that was very close to my work so I could get in and out. The cost was, well, prohibitive to most people. We spend the money where we expect improvement and I needed to lift. Inspect what you expect and the results were pleasing. Time to finish was about 45 minutes and I got to read NMMNG and WISNIFG during my rests. That was about 4 years ago next month.

How to find the right gym for you? That's no easy decision. Maybe you live next door to an independent gym and the decision is easy. Perhaps, you go to powerliftingwatch.com and search for a gym in your area but none exist around you. For sure I can tell you that the YMCA will always be better than a mc'gym. You need to find a gym that has a squat rack with safety bars and a bench press that doesn't require a spotter. Bonus points if the gym is mostly empty so the wait times do not take long. The most important part to consider is the availability of free weights. Showing up to smith machines and calling it a good work out doesn't quite cut it. Doing cardio or cross training for an hour doesn't count.

Common mistakes people make in the beginning that lasts a lifetime.

- Find a gym that fits your schedule and has the equipment to do power lifting.
- Start at the lowest possible weight and start your gains.
- Stop thinking other people are judging your 65lb dead lift.
- Fix your diet.
- Fix your sleep.
- Make the time.

If you think you can do MRP without Lifting and without Reading. Go ahead and leave as there is nothing left for you here. There is a reason this is the first of several weeks. I will promise that if you lift, read, and stfu you will have the same stories like BPP, SK, Perseus, RZD, STSK, Stone, and all the other men who put in the work. You

know who you are. Perhaps in four years time you are still hanging around to offer guidance and share your war stories.

P.S.

Shout out to Stoney, Comment dit-on lifting en français? Think lifting is hard? Try finding a power lifting gym in Europe.

58

UPVOTES

Crosspost from TRP: Chateau Heartiste is GONE

rocknrollchuck · 11 May 2019 · Archived copy · Reddit

Chateau Heartiste Has Been Shuttered in What Appears to be WordPress' Opening Salvo as They Join the Greater Tech Censorship War.

- [Link to the Wayback Machine Heartiste archives](#)

58

UPVOTES

Teacher reflections on behaviour management

Brushyourteethm8 · 25 April 2020 · Archived copy · Reddit

With lockdowns being in place, it is more important than ever to be the level-headed leader at home and that will mean dealing with challenging behaviour for many of you.

UK Primary teacher here. Though I have no kids of my own, this advice is based on nearly a decade of teaching children in 4-5 schools across my city from leafy suburbs to inner city estates. My behaviour management perspective has been hard won by working with Behaviour PRU (Pupil Referral Unit) staff and by trying (and often failing with) different strategies.

-> Penalties and negative consequences do not change future behaviour for the better. It damages relationships, builds resentment and can just teach the person to hide 'negative' behaviours. This is the same for children, teens and adults. (Same principle - a friend once shouted at his puppy for messing on the carpet - he then had to battle with it doing it behind the sofa/curtains).

-> Rewarding the 'right' choices is the most powerful strategy of all.

-> Try to couple this with ignoring the negative if possible - this does have it's limitations e.g. intervene swiftly if there is imminent threat to safety but do so as calmly as possible and control your emotional reaction.

-> Praise and emotionally based positive feelings being associated with chosen behaviour is incredibly powerful. The praise must be genuine, intrinsic, believable and not over the top.

-> Children with higher level behavioural difficulties have usually had some form emotional turmoil in their past that they have had to endure. Often: neglect, abuse of some kind (physical/emotional) or generally being around toxic people.

-> Those ^ children will find praise difficult to accept and it may stir up all kinds of negative feelings for them so there's a risk that they will then act out soon after being praised. This is because of a yearning for safety.

-> Boundaries. See Maslow's hierarchy of needs. Children must feel safe and secure in order to be happy. They must feel secure in their environment and therefore need boundaries. How can they trust that you will look after them and they'll be safe? They will test your boundaries - in a similar way to shit testing.

-> Be the caring oak (see stoicism). Children must feel that they have boundaries and there are consequences for transgressing them.

-> Praise in public but apply consequences calmly and quietly.

-> Rewards can be as simple as giving your time / attention, a smile, approval etc. and a consequence for negative behaviour can be the immediate and short term removal of these things until their attitude / choices improve.

-> Punishments / consequences. The most effective consequences (for improving future behaviour) are not the most severe, they are the most consistently applied ones. They are small explicitly laid out consequences that they know are guaranteed to happen. Punishments that are over the top in severity, where you make a big show of dishing out, are usually emotionally dished out, disproportionate in severity to the initial transgression and are most damaging to your relationship.

-> From Restorative Practices principles: "separate the deed from the doer". Avoid labelling a child's character based on their actions e.g. instead of "You're such a naughty boy / disappointment - I can't believe you've broken that _____ / done xyz..." go for something like "I'm really disappointed / annoyed that _____ happened / that you chose to _____". Make sure to communicate that it is the behaviour that you don't like / want rather than the child themselves.

-> So they throw food at lunch every day? A 30 minute sit on their own and the loss of a toy for the afternoon is far

more effective than shouting at them, grounding them for a week, taking away all tv privileges etc. in an emotional tirade.

-> Keep a level head, be pragmatic and involve them in the process of understanding the impact of their actions (see Restorative Practice). Ideally after an incident, ALL involved will have their views and feelings heard and understood and opportunities are encouraged to: repair the relationships / 'right any wrong' / positively build and strengthen the relationships of all involved.

-> Finally, if a child is doing something that is annoying you and so you tell them to stop (such as tapping / bouncing a ball / flicking something on a table etc.), expect them to have the compulsion to do it 2-3 more times before they cease. I've no idea why this is - perhaps they were acting on some subconscious impulse that they need to get out of their system? Either way, once you understand / expect this then it may annoy you less.

Happy to clarify or elaborate on any points raised and I'd welcome critical discussion for others with experience.

58

UPVOTES

FR: Game Development

ragnar_Daneskjold · 4 June 2022 · Archived copy · Reddit

36yo, (poor first attempt at bulking in these months) 162-180#, 12-18%bf, big 3 lifts between 6-700#

This is a description of my early stage efforts to develop better game, my own interpretations of what I've learned and a solicitation for feedback and poking from you all.

I live in a small town and for the most part, I avoid escalation that goes beyond teasing, harmless touching, and innuendo with plausible deniability. I don't press for isolation, no bold physical or verbal moves. I have fun with women and all other people and I don't hide my sexuality in a nice guy shameful way. I have fun with my wife always but this I think is a lousy way to develop your game as a skill.

2 nights in San Diego (February):

I accomplished very little here except to determine that my starting point was bad. I went out on two nights for a couple of hours each night and **realized I had BAD approach anxiety**. The first night I went out and could hardly talk with anyone except for the bartenders or say hi to women who made eye contact with me. In my mind, this was way different than approaching strangers in the day because if you're out at night approaching women in bars there's really no doubt what your looking to do. Looking back I remember regretting not approaching several groups of girls paired up together and a bachelorette party.

On the second night I made some actual approaches. All of these happened in a crowded nightclub where it was almost impossible not to interact. One was an extremely hot girl in what appeared to be a leather jacket and no other visible clothes. **I asked her if she could introduce me to the pretty girl next to her.** I think this genuinely hurt her feelings but it was kinda funny. Also, I introduced myself to some people grouped up, then another group came with some mutual acquaintances. Pretty soon, everybody in these two separate groups assumed I was part of the other group. This seemed useful and was very entertaining to me.

2 nights in Nashville (March):

I was more thoughtful about my goal here (**get a ton of approaches under my belt for the purpose of desensitization + general feedback on where I'm at**). I looked online and found a bar that was doing country swing dancing lessons for night number 1. None of the girls there were attractive but the experience was fun and scary at first. There was a music festival going on on night 2. For my purposes, I decided I'd only approach women who were intimidatingly attractive by my standards. I stopped counting how many "approaches" after I got above 15.

A big payoff here was **realizing how imaginary my fear of shame, embarrassment, or humiliation for approaching women was**. The other realization was that **I had some serious inner game weaknesses** that did not match up with reality. I felt lots of guilt and shame about what I was doing, what would people think, what would these girls think if they knew my situation? what would my parents think, and my friends, and what would my wife think. How could I explain something like this to my kids? What do I think? Don't I loathe people who try to cheat on their spouses. Am I really going to consider cheating when the opportunity presents itself? Why on earth would I do that? Why on earth wouldn't I do that? I didn't get that far because of my own fear. Fear of escalating beyond the introduction+small talk and probably fear of actually getting to the edge of a cheating decision.

The only experience I had that came close to 'bad' was introducing myself to a girl alone and her friends swooped in to save her and they all had a giggle about it in front of me. I also came up to a couple in line for a bar and touched this girl's arm to get her attention. Her friend screamed like they were about to get mugged and instead of freaking

out an apologizing, I laughed and teased her. What's funny about this is that girls are actually really fucking nice about their rejections. Maybe that's why it IS painful is that you can pick up on their negative feelings; pity or whatever. On the other end of the spectrum, there was a group I introduced myself to who were getting in a car. They gave me a beer from the case they had in the trunk and took off but drove around the block and called out to me, asking where I was from, was in town alone, if I was interested in coming to their friends birthday party at some bar.

I told objectively boring anecdotal stories in a fun and energetic way. I avoided all talk that I considered trying to qualify myself. For instance, I downplayed my job where I'm successful but when asked, I expressed genuine passion and excitement about what I was doing earlier that day for work. As girls offered up information about their lives, I asked about how they felt about these things instead of logistics, interview type questions. 0 women asked about my wedding ring but all women eventually started staring at it like it was glowing. The most attractive girl I talked to was so beautiful and sweet she did not belong in the bar I found her in. She appeared to be enamored and delighted with me coming up to her and I pretty quickly bounced, deciding that I didn't want to subject this sweet beautiful girl to my scummy, adulterizing behavior. And **holy shit, I still have a madonna/whore complex**. Fuck.

4 Nights Austin (May):

In between this trip and my last I had a lot of one off 'approaches' with pretty young girls. It's not like it's easy now but the anxiety that creeps up became recognizable and I started to view it more like a signal that this was going to be exciting.

If I made eye contact with a girl, I would waste no time in saying something or beginning to move in her direction but I would take my time getting there. Not go fast and directly at her. If I did not make eye contact but still wanted to approach a girl from behind or something I would firmly squeeze her upper arm or shoulder and say hi. In my experience, and maybe it's in my head, there is a loooong pause in this kind of approach where she doesn't know if she's supposed to recognize you or what you're going to say and if you can just stay relaxed and let it pass you quickly end up in a situation that's very exciting for everybody. I started to be deliberate with my posture prior to Austin (shoulders back, chest out, relaxed and cognizant of whether or not I was squaring up with or pointing my body away from people as I talked with them).

On my first night in Austin I approached a few dozen women, mostly coupled up (**per fuccfiles**). There were these girls on the street outside of a bar that I started talking to and the bouncer there came out and started offering the girls drinks. I said we'd all come in if he gave me a beer too and he agreed. If I didn't mention it before, I wouldn't almost never drink while doing this stuff. At first, that would feel so weird to go out and not drink but eventually it feels like a superpower to be going out to bars and staying sober.

While I talked to these girls, a guy came up to approach them and after talking with him and his friends for a while I essentially just joined their group for the rest of the evening. This was a pretty good choice for getting a lot of experience miles out of my night. Me and these guys in their 20's approached a ton of women at this and several other bars throughout the night. Not only did I get to do all of my own experimentation with storytelling, asking questions, body language and touch but I got to observe a lot of these guys' experience as well. How I would describe the game I was experimenting with would be "**seeing what kind of 'negative' behavior I could get away with and escalating it**". This was for touch, evasiveness with questions, teasing, and insisting on changing venues or topics.

Near the end of the night. There were 4 of us guys hanging out with these two locals and everyone was talking about where to go for food. One of the guys had decided he was interested in the hot one and basically would not let her leave his "hugging from behind" embrace. I think because I was older, sober, and the group outsider, these girls were both auditioning for the role of my Austin tour guide for the rest of my trip. We were in a bar that was

basically empty and they were arguing with each other on either side of me, yelling about the best places to eat and rubbing their tits all over either side of my body while the one got hugged on from behind by the other guy. I peaced out at this time because I thought I was going to feel lousy if I ended up cock blocking this guy. I regret not seeing if I could've gotten this girls phone number.

Night number two included more of this behavior, several phone numbers, a girl slid her hand down inside my pants, another girl gave me very clear signals to kiss her and a girl tickled and pinched me so hard it left marks on me. You know what I told my wife "This girl who was at the bars when I was out tickled and pinched me so hard it left these marks!" I remember one girl asking me to set a water bottle down for her on the bar and I did cus why not and then I could basically smell her disappointment in this moment. It was like a shit test cartoon from a red pill encyclopedia. **In the process of chatting girls up I started to get very playful** with not telling them things about myself or asking them to let me guess things about them (like where they're from) then I'd look them up and down, examine their jewelry, touch them all over and narrow it down to (doesn't matter, just make it fun). This is the night were I realistically could've been fucking other girls. **And that's kinda what I set out to measure (6 evenings of focusing on game, approaching and escalating with strangers).**

I also happened upon and helped to break up a fight that involved a guy who's basically a celebrity in my professional circle and closed down the bars with him. After the almost fight, I got to watch this guy (who is in his late 50's) get the peppy le pew treatment from an incredibly hot girl in her 20's (straddling him, draping herself over him, taking selfies with him). She talked with him about setting him up with her mom, he talked with her about his multiple wives (I have no idea if that's true). Both were communicating with each other very differently, but clearly, in how they were touching each other. All of this was in front of her fiancée who was a tall, attractive, nice, bradley cooper looking dude. It was absolutely insane.

Third night was more of the same. It was the first time being married really got pressed on by some girls:

Her "Are you married? Or do you just wear that to pick girls up?"

Me "I'm flattered, but I cant get married to you."

Her "Are you married?"

Me "I'm not marriage material."

Eventually it was just "Yes, of course I'm married, don't feel like talking about it." + strained uncomfortable smile. This shit really killed my mood. And in the grand scheme of things, I determined I wouldn't want to start going in this direction unless I become tremendously more comfortable with it. Having said all the, the girls were not that upset about it, if anything they were excited about their indignation over this. The smallest of them I actually threw over my shoulder and carried her from bar to bar along with the occasional spanking while we hung out. There were a couple of other very clear openings for getting laid.

By day four I was fucking exhausted. I had lunch with some construction workers who let me practice my shitty spanish and I had dinner with a couple of very fun but not hot black girls who happened to come into the bar I was in. My next trip is to DC later this Summer. Not sure what my plan is for that yet but I'll say I'm grateful and satisfied with what it's been like to deliberately put myself out there so far.

58

UPVOTES

Field Report: Becoming a man with options

vitrael2 · 26 February 2024 · Archived copy · Reddit

Background

I'm five months into my RP journey. My story is typical. I'm just another lousy husband who didn't lead. I woke up when I quit porn and realized I couldn't fuck my own wife. I have never had options.

Part 1: Playing the Game

My game sucked, so I decided to **meet some attractive women** to practice on. Day one I met new bitch. I already saw her every day but had never talked to her before. The next day I got her number. She started to drop IOIs constantly. Wow, that was easy. For a while I couldn't believe it. Is she as attracted as she seems? *Yes, you idiot, that's why she gave you her number and started texting you.* Then I was uncomfortable. I've got her attracted... now what?

Keep it up. Guys underestimate how fun and productive it is to practice game. Sticking your dick in her isn't strictly necessary to know you're there. Get to the point where she's isolated and starting to take her/your clothes off. You can stop there.

This was the advice I needed. I'm not willing to have an affair. But I can game and not fuck. With this knowledge I started kino game on new bitch. She ate it up. My confidence increased. I felt attractive. Good shit.

Part 2: A Loss of Frame

At the same time this was happening, my wife rejected one of my advances and triggered a **mini event** that shook up my marriage. For a couple of weeks sex was on tap. I was under pussy spell from my wife and not thinking about new bitch or any other girls I met at all. But after a while it faded and my wife's soft rejections and starfishy sex started again. I wasn't butthurt anymore, but I was feeling like, *damnit, is it always going to be this much work to fuck?*

I went on a long road trip in this condition. No one to fuck. Bored of/annoyed with my wife. All alone. New bitch texts me. Says she's missing me. What a flirt. And she's married! What is she getting at? We text a bunch. Fuck, I'm getting into this. I ask her to send me something to listen to while I drive. She makes a three hour playlist of fuck me music. Not subtle. My emotions: Pussy drunk.

I see new bitch when I get home. I learn she's in a dead bedroom with a career beta husband. She recently got him to agree to open marriage, but she hasn't found a man who meets her sexual needs. Why? She's hot in a petite athletic way, with six pack abs, tight legs and a cute ass. She says it's because she can't get attracted to most men. The ones she can get attracted to don't stay interested long enough to fuck her all the time. I feel like I'm looking directly at the code in the matrix.

So this is good, and I should feel abundant, right? There's just one problem: my wife and new bitch are acquainted. My wife has watched me interact with new bitch, and being smart in an AWALT way, she sees what is going on. Oh, I lied, there was another problem: I was **losing my god damn mind**. I was inches from full Rambo. If I had said what I was thinking I would have nuked my best option irrecoverably.

Part 3: Having Options and a Plan

I managed to STFU just long enough to figure my shit out. I got myself emotionally under control. I wrote down all the facts of the situation and considered my options carefully. I chose what I wanted and put the plan in action immediately.

I made plans to see new bitch socially and told my wife. My wife confronted me about it immediately. I told her plainly that I was attracted to new bitch, but not fucking her. My wife asked me never to see her again. I said no, I will still see her if I want, but I won't fuck her. That was a rough night for shit tests, but I DNGAF.

The next day I arranged to see new bitch again. I told her plainly I'm not going to be the man who fucks her. I told

her if she did anything to hurt my family, I would never speak to her again. Then, just because I get off on power, I isolated and escalated as far as I was willing to go... and stopped. I sent her away super horny. I told her not to text me until I gave my permission.

I went home and faced the comfort test of a lifetime from my wife. She was so sopping wet when I fucked her it made a sucking sound. I finished and she immediately asked me to go again. Alright, we'll go again. Haven't done that since the honeymoon.

Part 4: Results

For now, things are stable at home. My wife is suddenly working harder on her make-up and hair, training harder at the gym, choosing salad and no dessert, and buying cute new underwear. She wants to fuck morning and night.

I like these results. I hate that I had to use new bitch--she's really cool and I don't like to use people. I hate that I put my wife through such overt dread. But in the final analysis, I need results like these to stay married to her.

This is a preliminary result. I might still ruin my marriage. But at least I know I can make options.

Some lessons I learned

We are all surrounded by women who want to fuck. They are just waiting for a man who can attract them.

Having options, and being *emotionally ready* to have options: those are two different things. Like with everything else, it helps to know what you want.

I'm an emotional child. Don't be like me.

STFU. My saving grace. For the love of God. Stop talking.

57

UPVOTES

The new set of rules and the importance of frame

BobbyPeru · 12 September 2018 · Archived copy · Reddit

I am currently getting my Masters in counseling, and I'm in the middle of a class for Counseling couples.

From a RP lens, I can't help but think about how Rollo writes about BP men acting in relationships based on the "old books, or the old set of rules. The teachings and lessons in my current counseling class are mostly based on those old set of rules, but as a Rollo says, women are playing by the "new book," or the new set of rules. Men who are still playing by the old set of rules will be in for a rude awakening sooner or later, often after its too late and the marriage contract is in effect. Then, they may begin to see their woman acting differently, and this is very confusing to the BP man. He sees his woman "changing," *but really what he is seeing is her following the new book of rules in a more open manner.*

I don't see it with any anger anymore. The anger phase has come and gone, but that doesn't mean I don't get angry sometimes. It's just, I very rarely get butt hurt anymore. I've become glad that I see it how it is. The truth is women love opportunistically, and based on their current mood, which can change in an instant. They will throw all these rules (that they teach us in my counseling classes) out the door in the heat of an argument. That is just part of the new book, so it doesn't surprise me anymore. As a matter of fact, it often amuses me. When I get amused by her trying to push my buttons, A&A and AM have all but become the default, and she will often laugh along with me.... Why? Because she knows its just a game, and the fact that I "get it" allows her to laugh along with me. This is what they mean when they talk about the man having such a strong frame that it is like a container. The woman is drawn to that strong container, and she fills the container that the man lives. To boil it down, she is often living in my frame instead of the other way around.

My oneitis is pretty much gone, but if I'm not diligent and careful, I can easily fall back into her frame... because remember gentlemen... the shit tests never end.... and you don't want them to. If the shit tests end, that is a signal of indifference or apathy, and also signals a lack of dread. Passive dread is an ongoing factor in the successful RP man's life, and it is a healthy dread. If she's feeling dread, she still sees you as attractive and fuckable, and that turns her on. She won't admit it, but trust me, the fact that she initiates as much or more than me confirms that actions speak louder than words.

Getting back to the class: They talk about communication and blah blah blah... but when it comes down to it (in the real world) women will fight dirty, and all of these teachings about proper "communication " are really just buzz words to keep the beta males on task. AM and A&A are my go to's, and I don't take her serious enough to have a conversation about "communication." Also, it will bore her to death and dry up her pussy like a hair dryer on a summer day in the Arizona desert.

That's why FRAME is so important. I've been on hard-mode almost daily for over 2 years, and hardly anything she can say or do has an effect for longer than 10 minutes, if that anymore. More times than not, if I do lose frame, and it does happen occasionally, I will quickly regain it and simply say "lets just drop it. It really doesn't matter." End of conversation. If she tries to prod and continue the argument, I just go broken record... "lets just drop it. It really doesn't matter..." because you know what... it really doesn't matter. Life has become simplified in that way. It doesn't mean I have a drama-free relationship with my wife, it just means I control the flow of drama and start it and end it how I wish. Any drama happens in my frame.

Now, I get “ I love you sooooo much” with that old loving look in her eyes. I love seeing that, but I don't base my happiness on it, and I realize it can be completely different tomorrow, or even 10 minutes later... and that's OK. Frame has to be internalized to get there, and faking it will only expose you as a fraud, so I don't buy into the "fake it till you make it" on the subject of frame. Just try to build your frame, and be genuine. **STFU until you can build your frame strong enough** to implement A&A and AM. These should be genuine and come naturally with time and lots of effort.

57

UPVOTES

Women are awesome

88Will88 · 14 July 2018 · Archived copy · Reddit

- Women are totally awesome. In fact one of them gave birth to me and cared for me extremely well until I was old enough to fend for myself.
- Attractive women attract my attention without my volition. I literally have no choice in the matter. My lizard brain reacts automatically to a shapely and symmetrical young woman. All rational thought leaves for a split second until my programming kicks in. I want to fuck them all.
- Women do not have the same vile tendencies as men. Women don't start wars, they don't beat people to death, they don't abduct toddlers to rape and kill, their acts of violence are nearly always ineffectual, they smell better, they are more open and nurturing and they live longer than we do. Yes they have many flaws but in pretty much every way women are far less dangerous than men. Conversely men are overachievers in many fields such as philosophy, physics, science, business and art. They probably excel at these things so they can get laid. Even men's greatness is inspired by women.
- Every guy in here is only here due to our hardwired desire to fuck women. If you are here to have a circle jerk over all of the many flaws of women then you are just a refugee from the rightfully banned incel sub.
- When a man commits a heinous crime society sentences him to a period in prison. Prison is where they lock you up with other men, in other words **THEY DEPRIVE YOU OF THE COMPANY OF WOMEN**. Think about that for while and you will have a lightbulb moment
- Third wave feminism is a lie
- TRP is one of the only places in the world which tells you some of the terrible things about women. Really this is just the simple acknowledgement that women are just people too. The fact that you put them on a pedestal in the first place is why you did not see it all along. Women are as adept at psychological warfare and emotional manipulation as men are at violence.
- TRP is partially responsible for the incel movement. Michael's story is on the sidebar. The manosphere needs to deal with our incel problem. Using the term incel as an insult (I have done it plenty of times) is like kicking a dog when it is down. I regret that I have not previously reached out to our incel brothers and found a way to communicate with them. Hopefully someone better and brighter than me will think of a way to help them.
- If you are still caught in the anger phase or you identify as an incel then you need to do something about that rather than embracing it as it is a dead end. You may as well shake your fist at the thunder or hate female spiders for consuming the males during or after copulation. Just be glad you are not a male spider.
- If you are a junior or a new member then do not be too bold with your opinions and never insult other members. You are here to learn, not teach. I favour a military approach to TRP. If you are a private you do not break the chain of command or disrespect your senior officers. I hope that TRP never becomes a democracy and remains vigilant against incel and blooper degradation.

Here are a few tips in no particular order that an older, rich man who has fucked 100s of very hot women would like to pass on to younger guys who are finding life difficult:

1. Women are awesome, be an awesome man and they will be happy to show you just how awesome they can be
2. Buy assets not liabilities
3. Have children
4. You are not a man unless you have had your heart broken and broken at least one heart yourself

5. Read philosophy
6. Asian girls are the best for more reasons than I can count
7. Take the truth over a comfortable lie every single time
8. Keep your body in shape
9. Question authority and think for yourself
10. Keep it simple
11. Meditate
12. Keep your word
13. Take two steps forward for each step backwards
14. Learn from your mistakes and do not repeat them
15. You know nothing and all truth is relative
16. Do not cultivate too many bad habits

So with these thoughts I bid you all goodbye and good luck. It is time for me to hang up the mask that was 88Will88 but I will put it back on from time to time. This has everything to do with me and nothing to do with the sub. For now it is time for me to take a break and wish you all the very best. I will check my inbox periodically if anyone wants my advice.



57

UPVOTES

FR: Stick Up for Your FO

donedreadpirate · 28 January 2018 · Archived copy · Reddit

Was at the club with my wife. I guess this big motherfucker and his friend were next to me. I was flirting with my wife and not paying them any mind. Everyone was dancing and his friend bumped into me. I just turned around and smiled, it was packed, everyone was dancing, it happens. His friend started to apologize and the big dude came up and put his arm around me in kind of a drunken late night way no big deal. Turns out he had pushed his friend into me. Then he stares at my wife, grabs her beer, and goes to take a sip.

Mid-air, I grabbed the beer and held it to his stomach, not allowing him to take a sip, my hand was over his hand. Kept calm, level head, and said, "let it go man." His friend started talking him out of it, "dude, come on, give it back." Few seconds later he lets go, my wife takes the beer back and says, "I think we can all agree that was a dick move." Guys backs off, we were waiting for an Uber that was just arriving. Wife said he jumped at me again when we walked out. Didn't even notice.

Walked out and she says, "that was SO attractive, I can feel the energy coming off of you!". I just shrugged and was like "whatever". Smiled and winked. Went home and slammed. Lessons I learned here, having never been confronted by someone bigger than me, or ever having another man disrespect my wife like this before:

- Stick up for your wife when called upon
- Remain calm and unemotional in the confrontation. Eye contact and confidence. No fear. Don't enter his frame. Don't try to protect your wife or usher her away, this is between you and him.
- Other guy will look like a child, you will look like a man in control. Believe this and it's natural.
- His friends may sense your calm and defuse the situation for you
- *Betas guard, alphas disregard* -CAD

This isn't the most revelatory FR, but this is an instance where it's important to show leadership and ability to remain calm under pressure. In the end, I got out of there without scrapping, displayed dominant and protective qualities in an attractive way, and got my wife dripping wet. I remained in my frame and the night went exactly how I had planned before and after the small disturbance. She wants a man who keeps it together. You should want to be a man who keeps it together. Don't get me wrong, fight when necessary. Stick up for your FO.

57

UPVOTES

Lingerie guide in 3 parts

cholomite · 6 December 2017 · Archived copy · Reddit

This post is about lingerie, and sluttiness, and your girl and you.

A lot of guys come here asking about how to get their girls to wear lingerie for them, and they complain that their women don't make it a point to look good in the bedroom and all that shit that guys like. I've had a lot of success with this, so I figured I'd share what worked for me, why I think it worked and how it can probably help you, especially during these trying holiday times.

Prerequisite reading is this post by /u/thefamilyalpha , pay attention to the part about removing the taboo of talking about sex, and being attractive, because like the rest of this shit, if you're not, it makes it a lot harder.

https://www.reddit.com/r/TheRedPill/comments/5c4a09/create_your_slut/

Part 1

If you've read that post or you've been around long enough, you'll know that accepting women's true slutty nature is part of accepting the red pill. Every woman enjoys being a slut, it just depends on the man she is with and how she is feeling in that moment. The kind of man that women want to be a slut for have been around enough women to know that they enjoy it, and he accepts it. There is a certain level of comfort women have when they are around an attractive and fun guy who just "gets it". They know they can be open and free without judgement because he knows too and doesn't care. You need to unlock this side of your girl, the kind where she can be her slutty self without judgement and jealousy. She might talk about shit or say things that you never expected her to say, but if it isn't in violation of any boundaries, just accept it and take advantage of it, she is opening up. You'll be surprised at what women will say and do around a guy who "gets it". Lately my girls friends have shown me their tits, thongs and talked about how good they can suck dick because they know I'll be cool and won't jizz in my pants like an 8th grader. It really fucking works if you can handle it.

This leads to the main point of this post:

Lingerie is a gift for her, not for you.

It's a gift for her because women enjoy acting slutty and turning men on. They get aroused turning guys on as much as we get aroused looking at them, biology made that shit work out fucking perfect. The problem is if you're not attractive or not good at enjoying her being slutty, she won't enjoy turning you on. That's why you need to accept her, and have fun with her and keep her in the right emotional state, while also being attractive and fuck her well. I know, it's a lot to think about but you're a man you can handle it.

You should never ask your woman to dress sexy, look slutty or wear certain things "for you", you're not special, she doesn't owe you shit, and having to ask is sad as fuck.

(Pro-tip: Women want a guy who just fucks. A ripped sex beast who just wants pussy because he is masculine and strong and doesn't give a fuck about much else. This means you have to not give a fuck one way or another if she actually wears lingerie or anything like that. Fuck Beasts don't worry about clothes, or where you are, or any of that shit, so get over it and fuck her anyway.)

Keep it light at first and once you get her comfortable in lingerie and slutty clothes, you can start telling her what you want her to wear and pick out stuff and be more dominant or whatever else you pervs want to do, but it's important to have a DNGAF attitude and be able to get past it and fuck regardless of the situation. Don't force it or go for it if it will be an extra hassle. Immersion is a big part of the DEVI model from sex god method that you all should know about by now. Having to shut down a rapid escalation so she can change her clothes can kill the mood. I'd rather have hot naked sex than starfish in fishnets. Read the mood of your game and act accordingly. If it will fit and not kill the immersion, go for it, if not, default to FuckBeast mode.

Part 2

How to get her to enjoy it:

Getting your girl to enjoy being slutty for you means that you first must accept her slutty side. This can start with you talking more openly and less judgmentally about sexual stuff, talking more crudely with her about sex or your desires or her desires, and all that other shit. Basically just talk dirty and own it, just don't be weird, keep it fun and try not to come off like a horny beta creep. Tell her what you like about her, tell her what you want her to do or do to you. It is also important that you back all this dirty talk up with an actual ability to fuck well, or at least the frame to handle it if you can't. If you can't go hard in the bedroom like sex god method, then you need to read more. Caveman mode is always good, and if you can make her cum she'll be putty in your hands.

Make her comfortable in her own skin.

You can't judge her if she doesn't look like the girl on the cover. You must be attracted to her how she is, if you don't think your wife is attractive already, this shit probably won't work and it's your fault anyway. My girl isn't a busty porn-star, but together we stay fit and right and I find her sexy as hell, so if she wants to wear slutty clothes it's just a bonus to me, but I'm a fuckbeast so I'd smash either way. The point is if your wife or gf puts some slutty clothes on and she doesn't look good, you have to get the fuck over it and fuck her either way and still have a good time without skipping a beat, otherwise you're a faggot for fucking an inferior woman if you have so many fucking options anyway. She will never look as good as the plastic surgery photo-shopped model on the box, so get ready to give some comfort and help her move past it by keeping it light and playful. I honestly don't like fake blonde plastic titted bimbos so that part wasn't hard for me.

Before your girl will have the guts to put on something she might look terrible in she needs to "feel" as though you are attracted to her and love her and are genuinely attracted to her personality and shit, at least a little bit before she will take the risk {if you're not any of these things to your wife or gf you're wasting your time here}. You do this by spending time with her and being a fun and enjoyable guy. If she thinks you're an attractive person, and you're spending your time with her, she will be more confident in herself. Take this confidence and use it to bring out her slutty side, if she doesn't feel confident taking her clothes off, or burping in front of you, she won't feel confident trying on slutty clothes for you. You don't have to tolerate a gross girl, but learn how to use her raw pure self to make fun and get into her inner self and her inner slutty side. If you want to be with her forever you have to be able to laugh about some awkward or meta shit. The cooler you are the cooler she'll be and the more receptive she'll be to the weird shit you're into. I'm not some one night stand that my girl will never see again, we've been together for over a decade. If she fucks up, it will ruin her life, so make sure you make her feel safe in exploring this shit.

Part 3

FUCK VICTORIA'S SECRET

I used to buy all kinds of slutty outfits and matching sets and satin and lace shit for my girl. I'd go with her to Victoria's Secret and let her pick out whatever and pay \$100's for it like a chump. She would never wear that shit, we'd get home and she would put it in a drawer to never be seen again. If I was lucky she would wear nothing or some thong from 5 years ago. After being angry I stopped giving a fuck, accepted my gf's true AWALT nature and started just enjoying her nakedness. I got hotter and she got sluttier, and hotter too. I stopped giving so many fucks and just did what I wanted. She followed my lead but still wasn't slutting it up like I wanted her to. It was around this time that I realized something important that you all should know. My girl won't become a crazy slut on her own, she needs me to lead her there, so, I did that. Maybe it's because we've been together for over a decade, or she has more to lose than she would with a one night stand, I don't know, but she just wouldn't take that first step unless I took her there with me.

Before I get into how to buy slutty clothes for your girl, I want to talk about the argument of "well, she should buy them on her own if she really wants to impress me". My girl would never buy some of the crazy shit I get for her just because she's afraid of getting it wrong or looking bad and slut shaming and all that. Again, I'm not a one night

stand, we've been together for over a decade and have built a life together. Social and sexual rejection hurts girls 100x worse than it hurts guys, so they are much less likely to take risks. If I get it, she has plausible deniability that I was the one who fucked up and we can both have a laugh because she knows I'm cool enough and have the frame to get over it. Now that she knows what I like, and she knows what she feels comfortable in, she has surprised me many times with some crazy shit I didn't even think she could put on by herself. It's on you to take the first steps.

Just to emphasize...

Victorias Secret is the biggest beta bucks scam i have ever seen in my life.

Buying victorias secret shit for your girl is basically guaranteeing that she will not want to fuck you or wear it for you ever. It is impossible to act like you don't give a fuck while also paying 100 dollars for 3 dollars worth of fabric. **Skittles Man** wouldn't drop that kind of cash, so why the fuck are you? I would bet my life savings that the Victoria's Secret marketing team has used the term "beta male" at least once in their marketing strategies and probably have a whole marketing team dedicated just to thirsty beta males. Fuck that shit.

The first time after the red pill I bought my girl slutty clothes and outfits I picked out, I got them from discountstripper.com and amazon. I paid the absolute cheapest amount for what I wanted and got like, 10 slutty outfits for 30 bucks. Discountstripper.com was on the box when she opened it and she was pissed off, but realized I obviously didn't care and started laughing and putting it on. I honestly just wanted to see her reaction, she knew I didn't give a fuck if she wore it or not, and that's why she put it on (I did this shit as a "holiday present" and we had been doing holiday shit and bonding over our shitty families together, so she felt extra close to me, the circumstances definitely made it easier but this will work anytime, as long as you are comfortable being called an asshole and having her be mad at you), but at the end of the day, I didn't care what she thought about it. Best case scenario is she puts it on, worst case scenario is she's pissed off and I can have fun teasing her while she pouts at me. The asshole card pays off if you know how to play it, just own your shit and don't let her shame you for being a man.

In conclusion, fuck Victoria's Secret. I am in no way affiliated with discountstripper.com, they just have an awesome and hilarious name that worked to my advantage in pissing off my girl. Fuckbeast is a real thing and it should be your default setting, most of the time. SHE has to be in the mood to wear lingerie, not you, because like I said before, it's a gift for her to enjoy, not you.

Go forth and get freaky, and don't spend too much money on that shit. Good luck bros.

fuckbeast

57

UPVOTES

Holding Frame in Dread Level 12

Persaeus · 10 October 2017 · Archived copy · Reddit

Holding Frame in Dread Level 12

As expected, nothing last forever. As I described in last week's **OYS**; I had broken all my plates save one (Charlene). Last Saturday I had a stay over date planned with Charlene at her place. Charlene is single, an 8-blond (not age dependent . . . lol), not at all clingy, and just a lot of fun. Only one problem: she has a problem with alcohol. I had told her I was ending our relationship the week before because I was too busy with other priorities in my life; but she wanted to meet one last time to go to a concert and fuck all night (sure). My lie to wife was that I was staying at a friend's house that happens to live near Charlene, for a poker party. Chat with Charlene in the days leading up to the date was normal with the exception of a few comfort test thrown in which was unusual for her (she was asking me to shoot the puppy in hind sight). I show up to Charlene's place on time and no one answers the door, she doesn't answer her phone; and I let myself in (door is unlocked). She is passed out on the couch at 4 in the afternoon with an empty of vodka bottle in the trash. I sit on the couch for a while pondering what to do when she wakes up with a small, but clearly discernible, attitude. At this point, I am not interested at all anymore in going out or fucking with a completely drunk bitch. I tell Charlene I'm not interested in staying, kiss her on the forehead, and bail.

Plan B was the story I gave my wife. My buddy knows all about Charlene already. I text my buddy and let him know what happened. In this text conversation, I also talk about fucking her a month before, send him a smokeshow nude of her, and engage in some random bitches-be-bitches banter. I had to chill for a few hours because he was on deer-stand; and he did not want me to approach his house until it got dark so I ate dinner, got some coffee and was parked at the end of his road waiting.

Now to the point of this shit. I bought the wife a new iPhone 8 for her birthday. It arrived and I set it up. Her old phone was ancient (4) and I had to setup hers from scratch. We had previously shared an iTunes account; and I was aware of the potential pitfalls of iMessage (i.e. all the messages are shared). I disabled that feature and tested it to make sure messages were not shared. Well sometime during the day she enabled that feature; and saw the entire text string between me and my friend as well as the phone call to Charlene. So she calls me while I'm parked at the end of the road.

Wife: the way my phone is setup I saw your entire text conversation with buddy

Me: OK

Wife: can you come home now, we need to talk

Me: Sure, I'll be home in an hour

I text my buddy to let him know I'm going home (with no explanation); and drive home. I got an hour to think about so I decide to go with the truth on Charlene, leave out the other plates, and just go full main event and take this opportunity to lay out my vision for marriage.

She's waiting for me when I get home; dressed and ready to go somewhere out of the house. We drive to a local park and park in the dark. Following is the paraphrased dialogue:

Me: where do you want to start?

Wife: what are your intentions with this woman and for us?

Me: you saw in the text string that I dumped her, and I want you and our marriage but as you know I have been unsatisfied with our marriage

Wife: how long has this been going on and what have you done?

Me: I met her in July, we chat almost daily, and I have been with her three times.

Wife: what do you mean by mean “been with her?”

Me: I’ve spent the night with her and had sex on three different occasions, twice in August and once in September (she already knew I didn’t fuck her Saturday from the text string)

Wife: starts crying and “I don’t blame you”

Worth noting here that she said this because I have told her several times in the last 9 months that her girlfriend game was not adequate; and that I would find someone that wanted to play the role. Apparently she did not take me seriously. Also she obviously did not know I have been cheating on her as I suspected.

Me: (after taking her into my arms and holding her for a while) it’s not about the sex; it’s about having someone in my life that values my time and attention on a daily basis. (Several examples of how she’d rather Netflix or read a book than do something with me for 30 minutes).

Wife: I don’t know if I can deal with all this. *A lot of words about how she is under so much stress between daughter and her family.*

Me: I met with divorce attorneys (and name them) in 2016; and planned on divorcing you this summer until the problems with daughter developed last fall. I want to go forward with our marriage; and then lay out my vision which is basically we spend more time together, that we value each other attention more; and that she follow my lead in life. I gave several recent examples when I thought she was operating in this frame. (I did not bring up anything related to sex because it’s already pretty damn good; and it’s my opinion that addressing these other issues will allow me to lead her more effectively in that area)

Wife: starts really sobbing and “the irony of life is too much because what you have been wanting these last several years is what I wanted before and after daughter was born; and you just wouldn’t give it to me. You hurt me so bad so many times; and I just built this shell around myself and between you”

This is true as I laid out in my original MRP post [Weak Frame Is My Biggest Problem](#) (warning long read). TLDR – Too much alpha, not enough beta comfort/leadership, leads wife to 2 year emotional possibly physical affair with co-worker. Went beta with an extra helping of resentment for several years afterwards. I think of this failure to hold frame and confront the issue at the time as my original sin in the marriage. I had not planned on bringing this up; but it flowed naturally from the discussion of irony.

Me: You’re right; there is a lot of irony in our marriage. I also find a lot of irony that in the same time period that you had an affair with coworker he was my age and Charlene is your age at the time.

Wife: It’s not the same thing, I never had sex with him.

Me: You lied to me when I brought it to your attention two years ago; and I don’t believe you now. It doesn’t matter either way, I did what I did because you behave as though you don’t want to be my wife a lot of time.

Wife: If that is how you view it than that is how it is. (She is referring to the affair here, and was an intriguing projection of solipsism . . . I feel it and therefore it is)

Me: If you want to move forward, you need to move past me hurting you back then and now. I then reiterated the vision going forward.

Her: I can't blame you and I want to forgive you.

More of her crying and me holding her. We went home and went to bed. Neither of us slept very well. She wanted me to hold her most of the night. I initiated the next morning to a no and put up no fuss. She went to the same park the next morning to run and was gone for quite a while. I went to her location. She was sitting in the car staring at a flower and sad. I held her for quite a while. She went home and I went to yoga class. We had separate activities in the afternoon. She was quite cheerful in the evening and came downstairs to watch football and hangout all night.

We held each other most of Sunday night in bed. I initiated and got a no. Went to sleep. Monday after work I asked her if she wanted to go for a walk. We did and it was nice. I initiated this morning and got a no. I told her "I am moving forward. I will not move backwards"; and went to work.

She just called me and want to take me out to dinner for my birthday (which she largely ignored last week) on the way to our son's soccer game.

My frame has not changed. I am moving forward with the marriage I want or I am moving on, sooner than I originally planned.

[edit] - not planning on giving daily updates; but had good good "makeup" sex with wife last night. maybe i'm misusing the word; but just held frame like i have since Sunday which is to say just being me and doing the things i do with no change in my demeanor or roll. went to dinner, walked a little to Starbucks, went to soccer game (we lost 2-1; but my boy scored the 1 (his first varsity goal as a freshman, yay). it's funny because it was the type of night that i would consider writing a field report on a year ago in that i gamed my wife, i gamed other women, i got IOI from randoms, i passed shit test . . . and the expected results ensued.

57

UPVOTES

FR - From Up North

vomit_romney · 10 September 2017 · Archived copy · Reddit

Gents this is my first contribution. Little to see here beyond my affirmations that this system is one-fucking-hundred percent solid. Wanted to share one week's worth of non-stop observations from far afield, touching on almost every bit of RP that I've absorbed to date.

I work in a trade in the mining industry, and recently had to travel up to the far north. I needed assistance but I selected an apprentice I didn't know much about. However, in his couple months on board with us, he's earned a rep as keen to get the job done, and it was a strict timeline. Little did I know Ricky was as sheltered as anyone can be, and while meaning well, he's a socially awkward white knight and thoroughly blue pill.

Being away from my wife is always a good time to practice next level game, get rejected, have some fun and verify some of the truths I've learned in the past year since discovering RP. I've seen the term 'catch and release' here and I'll go with it - but I won't have a wingman on this trip.

RP Subject #1 - Hitting the Wall

In my beta days, a few years ago at a previous job I was friendzoned by a HB8 co-worker because I was blue pill as fuck, even as she made it clear I could pet her beaver if I wasn't so fucking lame. I remember her flirting with me hard and proudly ending that by telling her I was married *cringe*. Amazing what the benefit of hindsight reveals, and how simultaneously humiliating and enlightening it is. Anyway, given our working history and trade specialties we kept in touch by LinkedIn (the only social media I'm sometimes on) 1-2 times a year since.

Had a layover of 8 hours in her new hometown on the way to my destination, so sent her off a note about a week in advance: "I have a stopover there next Saturday. Where are you taking me for lunch, I'll be bored and hungry." Got multiple texts back but played the text game / logistics only rule, and sat on it despite the typical stuff: What are you doing here? Where are you going? Who are you with? Responded days later upon hearing a "meet me at **in the** neighborhood - with an "ok".

The day of, didn't think it was right leaving Ricky at the airport for the long layover; reluctantly told him to tag along, but tried not to show it. Besides, on the flight we got to talking and I see he's a good kid; listens well and despite his Amish-like worldview, we have a few things in common.

Switched up the location after five minutes of net search seeing her choice was weak. Told her by text we're headed elsewhere, "if you're in".

We arrived at my spot around 10am, had breakfast and enjoyed a few beers (I'm prepared to break my diet for the week since I hear the food up north is super carb-heavy anyway - thank fuck they have a gym). Our server was cute, a solid 7 and I flirted with her constantly, but in a real care-free manner - I have nothing to lose so zero fucks to give. When she hovers back to our table I'm mid sentence and completely ignore her, so we get a view of her delightful ass as she turns around to wipe down the table next to us. For the third time in 10 minutes. Ricky then takes notice of some kino techniques I'm trying out and we start talking about women and dating, as I point out our server's positive response to my advances. Damn this is fun.

He tells me his LTR is expecting a ring soon, and he's proudly saving up. Well this opens a whole new conversation as I ask why. He tells me about love, and she's the one. I don't talk about fight club, but I start asking questions that lead to tough RP truths. I ask him to give me a single good reason that he should get married. His first three responses are all her reasons. Not surprising. I call him out. He defensively asks me why I'm so against it when I've been married almost 20 years - I'm honest and say that if I knew at his age what I know now, would have been legally single for the rest of my life. Divorce is fucking expensive, particularly with kids. But, guess what? I've figured out how to make what I have satisfying and that was to focus and work on me, and me alone. This triggers a theme that continues throughout the remainder of our trip.

She arrived on cue at noon. Damn, she hit the wall hard AF. I hear about the catfishing on dating sites. Never even crossed my mind LinkedIn would have the same scenario but should come as no surprise, AWALT. Nature, or more likely lifestyle wasn't kind on our subject #1. She's now a 6 with makeup, but likely closer to a 5 rolling out of her bed at six a.m.

My transformation from 215lb clueless blue cuddle toy to tempered 187lb stoic with a six pack threw her off. After mentioning how great I look, she sputtered non-stop for 5 minutes about her husband, I had to tell her to shaddup. The topic had a pre-emptive ASD reek about it, like she was trying to talk her hamster out of spinning some naughty thoughts.

I immediately detect friction between HB6 and our solid 7 server, my attention was now split between them. Made me chuckle at the thought they both picked up on that nuance and the feelz were real. Interesting field observation here - Almost seemed at one point that these two bitches decided the other might have the upper hand for my attention and caved the fuck in, like solid 7 thinking she didn't want to ruin my date, and my "date" seeing I was enjoying the attention of our server. So I told solid 7 that "I should have introduced my cousin earlier" - HB6 picked up and played along nicely, accepting the role.

I asked her if so proud of her husband, why didn't you introduce him? Well, he's a busy and important man. Bullshit. Then more gushing about her kid and finally about the Beta Bux home she lived in. With a pool and OMG my landscaping. Time to shut the shit down. Her monologue like a steadily decreasing value statement from a seller bargaining with me, as I discover what is being sold is hollow or decrepit, even though I'm not buying anything. Several RP truths validated.

The hardest part of this whole field verification experiment was seeing how desperate she was for alpha dick without consciously knowing it. I wanted to tell her that in lieu of actually providing it, but this girl is not on my radar, see ya. I insisted she pay for everything as some RP icing on this truth-cake, so she did. Even asked me how much of a tip she should leave "this fucking bitch", our server, haha. I said anything less than 20% would "make you a cunt". Her body language indicated compliance.

Spent most of the taxi ride to the airport explaining the RP principles - without labeling them as such - that Ricky had witnessed back to him, mainly AF/BB, hitting the wall, her hamster, and remaining aloof. And a great example of how our server had more currency in the SMV. But he needed some further help. In part:

Me: "Dude, you recall when HB6 asked about what we were doing up north?"

Ricky: "Yeah, why?"

Me: "Did you notice her eyes glaze over when you started telling her?"

Ricky: "I noticed you interrupted me."

Me: "Right. The technical details were boring her to tears. I interrupted because that was awkward as fuck and I could hear her pussy drying up."

Ricky: "But I was just answering her question. What should I have said?"

Me: "We're a tag team in the Nacho Libre wrestling league on our way to compete for the Northern Lights title belt. We're sniper team eleventy on a mission can't tell you anything about. We're on the verge of discovering a multi-billion dollar diamond deposit. Whatever. Make it mysterious. Have fun with it. Play her along. Just avoid the boring as fuck stuff - keeping her hamster spinning is the point, man."

RP Subject #2A - No Matter the Culture (Part 1) AF/BB

Our destination was a small enclave consisting of 90% aboriginals. Spent a few days in work camp. Those of you that have worked oil rigs, mines or any wilderness outpost up north will know what I'm talking about; close quarters and testosterone fuelled.

A cute native girl, HB7 was one of our kitchen hosts. Given the scarcity of females in this place, let alone any above HB5, she got a lot of attention. Quite a few 'southies' had been here for months, and there was many a blue-balled sack in this place. Not much available to drain said sacks, but like a live version of social media she giddily slurped up the 'likes' from all the dudes here. Didn't get any from me, since I'm temporary and DNGAF. So go figure she flirted with me quite a bit; and even though I'm in considerably better shape than most of her peers, I'm double her age.

It had Ricky annoyed that he was nowhere on her radar, probably because he's half my age as well. In fact his use of the word "invisible" made me recall Rollo's writings on SMV - so that day while at work we discussed raising one's SMV since it is currency in the SMP. And the fact that the only men visible to women must be above her in said marketplace, irrespective of age.

Ricky: "Don't want to insult you, v_r but you're not a spring chicken."

Me: Yeah, "I'm salt & pepper, and wrinkly. So what. Youth doesn't mean much to HB7."

Ricky: "Guess she likes old men."

Me: "Well, she seems to like me". I thought of rolling up my sleeves or pulling up my shirt to provide visual evidence of what may be attracting our HB7 but not going to work that hard to explain this to a sheltered kid, think he knew anyway.

Though his ego took a blow, he seemed to absorb quite a bit. Spent some time talking about the cock carousel too, as it applied in this situation.

I passed HB7 in the hall near the end of her evening shift, she's batting her eyelids at this dude with a bit of a troublemaker look, and she doesn't notice me. I overheard them speaking their native language. Seeing the look in her eyes and hearing the tone of voice I smiled at the thought that she was enamoured with this guy, who perfectly fit the description of that asshole leaving all the betas wondering how he gets the girl - just the local edition. Hello RP up north!

This culture is known for their art. I took some personal time to ask around if there was an artist in the community, so I could see their work, and possibly purchase a piece or two. Was told about Anik by the locals. Walked to his house one evening, and HB7 answers the door. She recognizes me from camp and is friendly, but guarded.

I almost ask for her dad, but she's introduced as Anik's wife by him as he strides to the door, and I'm surprised to see Anik is a young man. Looked at his art, and while he was obviously skilled, respected and successful, his art wasn't what I was looking for. Very interesting guy, but effeminate and soft in every respect.

HB7 was obviously bored with her BB husband, and though she's got more security than most of her sisters in that remote village, she's still willing to risk it all for the AF. This truth knows no cultural bounds.

RP Subject #2B - No Matter the Culture (Part 2) Dyed Hair Edition

To his surprise, Ricky got some attention from another kitchen worker at camp; aboriginal HB3 making a point to talk to him at every opportunity she had. As we head to the job site I ask if he finds her attractive, to an immediate "hell no!". So why are you giving her all that attention man? Well its the blue pill nice guy in him, apparently. I give this broad a 3 since she's at least sixty pounds blubberside, smokes like a fiend, has a big 'ol jailhouse-looking tat on her droopy right teat, tongue ring that interferes with her already alcohol-impaired speech and a 'hot pink' dye job. As in, checks every fucking red-flag box.

I guess out loud to Ricky that she's accepted copious amounts of dick. Many dicks, dude. Yooge dicks probably. Maybe even syphilis flavoured dicks. I mean it's written all over her, but she's hit the wall 3 or 4 times over and is super desperate for any attention. He counters that she's simply "really nice" and wants to show him a good time, and not in the way you and I are thinking, good reader. Almost like he's something special she's never seen before. I laugh out loud.

So Ricky being the white knight in waiting to his unicorn back home, accepts an invite to “meet the family” of HB3 one night. Cool, good luck young man. I laugh out loud again.

He's late getting up next morning, and not very talkative at breakfast. How'd it go? I ask. Well, he says he had a good time. It's only after pressing in response to the 3-4 word answers I'm getting that he admits she made a “bit of a move” on him that he says he rebuffed. I laugh out loud once again - “Man, you were giving her all the signals!” He proceeds to tell me that she lives down south and is there on contract for a few more weeks until she gets home to her kids. Hmm. I'm not surprised that this is a single mom just wanting some dick.

“So why didn't you nail her?” He's so BP that he truly thought what came out of her mouth was the reality of the situation and was shocked when it wasn't. I spent most of the morning explaining “watch what she does, not what she says”, and repeating myself on the AF/BB and hypergamous realities of women her age that are hitting the wall, particularly ones with kids.

Think just because you didn't meet her kids immediately after you met her, that she has none? Why does that seem to be the default setting of any of her new male friends? AWALT, Ricky.

RP Subject #3 - Setting Boundaries

My liaison on this trip - technically our customer - turned out to be a nasty and unnecessarily wretched bitch. Picture hardcore rah-rah short-haired and overweight feminist, probably not laid in a decade, perhaps if ever. Likely employed due to the oh-so-in-demand ethnic minority + vagina factor. Constantly self-congratulating her “type A personality” as if we're all supposed to be cheering her on, rather than wanting to cave her face in. It is immediately apparent that she is new to field operations and has something to prove. Great christ, just my luck.

If I fold this experience into everything else RP I've been experimenting with on this trip, I haven't anything to lose, and a ton to gain. Big customer, but abundance mentality - there are others. Problem is, in my year since digesting the pill, my biggest ongoing challenge has been maintaining frame. I'm a passionate guy and can get pretty fired up, don't tolerate retarded or stupid stuff easily.

Second night in work camp, and we've put in consecutive 13 hour days. It's a dry community, but a couple of decent lads we became friendly with grinding this job out share a welcome measure of Glenfiddich with us in the deserted lounge. Fuck sore muscles, we're talking shop challenges for tomorrow. Through the front door bursts this awful beast of a woman wondering why the ‘milestone set out for the day’ was not met. Well shit. Here is my test of frame as senior in the room. I look over to the other three and say excuse me for this interruption gentlemen.

Without touching her, I physically back her up to the door, it helps that I'm 6-2 and this pig is around 5'. In soft volume, but almost growling tone glaring straight into her eyes, I tell her first that her presence in work camp is inappropriate and against the rules for guests. Second, the job will get done regardless of what gantt chart your pencils are holding us to. You are not welcome here at this time, your behaviour is rude and I will see you in the morning back on the job site. We can keep it at this, up to you, or I can file a formal grievance and it could pose a problem on your end. I hear the door shut as I walk back to our table to stunned looks.

This setting of boundary would not have happened in my BP days. I would have scrambled to appease the customer. But she was clearly ignorant, and I've unplugged. The line she crossed needed to be pointed out in very direct terms, and clearly turned the tables.

The next day she didn't acknowledge our exchange. Though she was unable to conceal her vile personality, she was considerably more restrained after the boundary setting. I considered it a win, and since he saw the interaction, explained to Ricky that no one should put up with that kind of shit, ever, regardless of the relationship.

Side note, when it came time to sign off on the job, she wrote “absolutely impressed with the work - great team, thank you!”. She also thanked me verbally for my “no bullshit approach”.

RP Subject #4 - The HB10

Ricky's been soaking in quite a bit on this trip. On our way out, we stop over in a larger city and finally let loose a little, as we got the job done against considerable odds, and with that awful bitch of a roadblock. Not sure he's been completely sponging what we're throwing his way.

We park our sore bodies at a sports bar a few gates away from our departure point but 5 hours prior to boarding, so time to let loose after the week of restraint. We are at one side of horseshoe shaped bar, eventually opposite a stunning young woman on the other prong, clearly in the realm of wanting to attract dick. She is the prototypical hot babe in the purest form; sweet body 5'6" firm build with C-cups, great care taken to present her face that would be perfectly hot without any makeup, but with makeup, and a skimpy summer dress that needed hard nipples to hold it up from the cool night air. Bar architecture promoted full body viewing. We admire. Thighs just visible enough to make me mumble after a week of dusty northern air. Many a man's fantasy, this specimen.

I tell Ricky after all the 'coaching' over the past week (more like my venting), that he should approach this perfect ten, because why the fuck not - what does he have to lose.

Well, shit it takes no time at all for him to repulse this rare HB10 bird that is ready to take flight from her perch. While she flies past we lock gaze and she says "I'll be back here in a bit", but in an intimate way. I have to board in a few minutes and almost want to roll my eyes at the irony, but lock gazes with Ricky; dude this is just as easily your show, man.

It struck me since returning from this trip; much like my trade where I'm expected to pass along knowledge to those willing to absorb it, that a) it typically isn't questioned, and if it is, the inquiry is operational (how-to), and b) I operate and pass it along since I believe in it, live it and have used it to my benefit. RP is trade like; those that have come before have "tested / verified and confirmed the methods needed to continue".

I passed so much info along to Ricky that he might actually see this post and recognize himself - if that happens, dude I'm proud of your week away from whateverthefuck it is that keeps you say keeps you 'grounded'.

Impress the shit out of yourself; stop smoking so much weed - it dulls your mind and costs you money. Look in the mirror after 2 months of weight training, and smile. Look at your bank balance after deferring the price of cigarettes quit for one whole year to a ghost account - what's there; four grand? Get a hobby with that extra cash. And for fuck sake if you see this, post!

57

UPVOTES

Fogging, Amused Mastery, Agree and Amplify

stonepimpletillists · 16 August 2017 · Archived copy · Reddit

Right tools for the right job.

In my experiences, I've found each to have their place, and not interchangeably so.

Agree and Amplify

When someone is being absurd, or caught up in the moment (read: emotional). If you're having a conversation, and the other persons logic is completely out of whack, this is when you would use it. When someone is emoting something reasonable? this is not the time to use it, because it comes across as a child-like version of amused mastery, minus the mastery. You sound like the petulant teenager. It takes a bit of work, but understanding when a conversation is open (exchanging information) and closed (a fight to own the frame or recieve validation) is the key [here](#). A bare bones introduction to the concept, so you can better visualize.

It's that cold glass of water in someones face flying off the handle. And if they don't snap out of it, at least it's entertaining. It's a devil-may-care attitude towards lunacy. The other person will either *punch themselves out*, and calm the fuck down; or, come to terms with being an irrational person, and calm the fuck down.

Either way, at some point, they will calm the fuck down.

Anything outside your frame is either amusing, intriguing, or **funny**.

Fogging

Acknowledge the other persons frame, but do not engage or accept it. I found this most useful when the other person isn't pulling any closed conversation methods, but applying a fishhook, to see what they can reel in. It's not about you here, it's the other person emoting, and theres really nothing for you to 'fix' here, nothing to 'win'. It's bait, to bring your emotional level into theirs. I'm mad, therefore you should be mad. I'm hurt, therefore I want you to hurt etc.

I don't use this one often, it's most useful to me when I can tell the ol lady is picking a fight, or venting frustrations. It's a trap I used to fall into, still do from time to time. When someone is venting a frustration, we can take it personally, want to fight back, defend out territory, lay out devils advocate. At least for your women, they don't care, they don't think like that, and they don't want to hear someone dismissive of their feelings. Remember, for a woman, her feelings are the barometer of truth. Acknowledge them, then guide her to where you should be anyways. Let the hamster work for you.

My goto? Just acknowledge. "K", "I get that", "well when you put it that way". Any number of neutral statements. Sometimes, she catches onto what I'm doing, says something like "But you're going to do it anyways, aren't you?" which I will agree. You are the singing and dancing automated email response from tech-support.

We have received your email and hold it in the highest regard, someone will get back to you shortly. Thank you for your feedback -- The Microsoft Team

Anything outside your frame is either amusing, **intriguing**, or funny.

Amused Mastery -

As if you're floating above all the rabble, amused at the childs tea party. I've found the most use of this when you're being second guessed. [example](#)

Background example

this is when Canada engaged the war measures act. French terrorists were kidnapping elected officials, and the

military was brought in. Reporters were squeamish, and he spend a few minutes articulating his stance on the issue. At the linked point, you can tel he was getting annoyed that the guy kept coming at him, and the famous "Just watch me" line. To make this perfect amused mastery, I would have added a shit eating grin, and just left it there for the reporter to stew on, but it makes the point. I suggest a rewind to watch the whole thing if you have 7 minutes. Keep in mind the context. This is the first and only time we've ever put military boots on the ground for civil unrest, not a light hearted manner, and our PM is simply tired of having bleeding hearts queasy at him making the hard choices.

If you boil it down to it's core, it's amusing ones self at the other parties attempt to punch above their weight. It's the manifestation of confidence to the outside worlds reluctance to be on board with that confidence. It's you, just knowing better. This one can be the hardest to internalize, because it's the accumulation of

- Irrational confidence
- Competence (OWS, get to work)
- Building on previous successes
- Acknowledgement that you absorb all the consequences for your own actions, so you bear all the authority in making them

Another way to think of it... "Just watch me"

Anything outside your frame is either **amusing**, intriguing, or funny.

57

UPVOTES

She doesn't know the rules have changed

atlhart · 26 April 2017 · Archived copy · Reddit

Your wife doesn't know the rules have changed.

You've been doing your reading. You've been lifting. You're feeling more abundant. Identifying shit tests. But you just don't think like your wife is accepting the changes yet. She's resisting.

Well, of course that's the case. She hasn't been doing the reading, and you of course follow the first rule of fight club, so she has no idea there's a new sheriff in town.

You've got to give it time. "You lead, she follows". Follow. To come after. It's not "you lead, she paces" No, she follows you. There will be lag.

Going Rambo screws you up and it screws up the process. Not only are you a nubile moron that doesn't know shit yet, but you're also trying to move to fast. Slow your roll. Work the process. Your wife will come *after*

Same with dread game. One month per level, minimum. This isn't just for you. You need time to internalize the process. But your follow needs time to see the new direction. The U.S.S. Ronald Reagan don't turn on a dime, and neither will your wife.

One line summary: Just because your wife isn't keeping pace with your changes doesn't mean your changes aren't working.

57

UPVOTES

Mini-FR: "You don't have to grope me all the time."

InChargeMan · 2 January 2017 · Archived copy · Reddit

Just a quick check-in to keep everyone on their game. This is a combo shit/comfort test. I figure occasional examples might be helpful to others.

I'm always physically escalating when around the wife. The other day she was talking with me and I was getting close and grabbing some butt when she says: "Can you just talk to me sometimes without groping me?" or something like that. I looked her in the eyes, and with a sincere look said "Yes, I can do that sometimes. See, I'm doing it right now." She says "thank you" in a little bit huffy tone. Then, once she thinks she's got this one in the bag I say. "I can do this at least 10% of the time." Then she rolls her eyes, at which point I continue to negotiate with myself. "What do you want, 50/50?" She says "ok", then I say "well, the best I can do is 40/70". She breaks frame and laughs. I give her a nice kiss, tell her I love her, and her body posture shifts back to normal. Then as I turn to exit the room give her an epic ass slap. "Welp, guess I can't...next time don't be so sexy." And walk out, looking back with a smirk to see her face flushed.

I'm guessing a lot of guys as they progress get similar responses to increased physicality.

57

UPVOTES

Who Are You?

GargantuaBlarg29 · 28 December 2016 · Archived copy · Reddit

Inevitably in every book I read and podcast I listen to about marriage, red pill, and social dynamics, I come to an 'ah-ha' moment where a deeply rooted personal belief about how the world *really* works is uprooted, and replaced with a much more logical, intuitive, and time-proven idea. Early on, thanks to WISNIFG, I learned that I was the judge of myself. The search for approval that we grow to learn from parents; which is then transferred throughout life to teachers, women, professors, early bosses, and our wives was a search in vain. And the search often leaves us wondering: "Why do I have to perform for everyone else, but no one seems to look to me or care about *my* approval?" But once we learn that we are the judge of ourselves, it feels as though chains holding us down are broken, and we can begin the search to fulfill our inner drive and desire.

You Make the Story

But there's more to it than that, I've learned, as I read through some PUA material. Take the example of a guy walking up to a girl at a bar. It can be a completely nerve-wracking experience depending on your level of inner game. All the doubt, all the thoughts of failure in the past, inadequacies. Suddenly your hamster breaks free and you forget you are the judge of you. This is why it's often said when you see a girl you like, you need to initiate immediately before those thoughts can cloud your mind.

But if we look at the big picture for a second, and take her perspective, that girl doesn't see anything but a guy walking up to her. She is not privy to your thoughts, nor your past attempts. To her you are a completely blank slate. And this idea I find more powerful than any other tool you can use when solidifying that inner game. You are not only your own judge. You are your own plaintiff. You are the person who makes the case for you. Over time, you will unravel some of your story to this person, if they care to be a part of it. And truth (or untruth) be told, you can tell **whatever** story you want to tell.

I was once out at a bar about a year ago with a group after a co-ed volleyball game. We were playing flip-cup and a guy there was the social alpha. Seemed to be leading everyone in the fun. And women wanting to get to know this guy more asked what he did for a living. He said he was a trash man (you know, the guy who picks up your trash). A little time passed and I turn to him and say, "Trash man huh?". He says: "You know I'm not really a trash man, I'm a bar tender. I just like to say fun stuff like that to see what happens." This man just completely lied, but 1) Who cares? and 2) who's going to question him? You are your own plaintiff. You can tell your own story. And people have no reason to do anything but accept it.

People Will Accept It

There's a reason everyone operates in this reactive kind of mode. It's how we actually learned most of what we know today throughout childhood and adolescence. We grew up copying and accepting what other people thought and did; and often had no reason to believe otherwise until we were exposed to counter-opinions. It's how cults form, it's how religion propagates, it's how societal norms like marriage, monogamy, morals, hell traffic laws and tipping culture are learned. And so everyone's first reaction to new information is to accept it until proven differently.

Does this sound familiar? Back in my beta days in high school and college I was absolutely CONVINCED that everyone else in society was in on some big secret about how to socialize, how to live, and what to believe. Like it was all some big secret that I just had to figure out. The big secret is this: No one knows any of this shit. Everyone

puts reality through their filter of acceptability of societal norms they've learned, but if YOU act like you are the authority, people *will* buy into it. They will think: "He must know something I don't know". It's why in WISNIFG you have the scenario where you demand a refund for a defective lamp and continue to argue the point that, "I understand store policy and what you are saying, that's not good enough, I want a refund." Or the scenario in Models where Mark's friend asks: "Hey honey, can I pee in your butt?" and it actually works. It's not the wacky intro, but the default mindset of, "This is weird, but he might know something I don't, so I'll entertain a conversation." That's not to say they will accept your reality without testing it, shit testing it if you will, but I won't delve into that right now.

So how can we use this information to our advantage in addition to one time encounters?

Changing Reality

When I say "I know Billy Beta, he's a gamer." How can I say that? Because Billy plays video games. I've seen him do it. A lot. And I feel very comfortable with my ability to peg Billy as that type of person. But let's say Billy just this last few months started getting into Crossfit, and going to bars in his free time to pick up women instead of playing video games. If someone asks me now: "Who is Billy?" Can I say he's a gamer? Not really. I can't really tell what he is right now. And as a Joe Schmoe of society that makes me uneasy because in a world where everything is 'supposed to' have it's place, Billy now does not. People love being able to put you in a place. To feel comfortable that they know you. And they will actually fight to keep you in a place that they know. It's the classic crabs in a bucket analogy. If one crab tries to climb out of the bucket to the unknown, others will attempt to pull him back in. Now let's say Billy continues this behavior for the next 12 months. When someone asks me: "Who is Billy?" Now I'd have to say: "Oh Billy? He's into Crossfit and pickup."

So who *is* Billy? Billy is simply a representation of the ideas Billy **consistently** conjures in my head. He is not a person, he is not an individual, he is a group of thoughts in my mind of what I think of when I think "Billy". And most importantly those thoughts can **change** over time. I will always know what Billy *used* to be, but the more Billy is something different, the more my mind's image of Billy changes to suit that new image. Do I have any say in what Billy changes into? **No**. Can I hold on to a false reality of what Billy no longer is? **No**.

So how does this apply in marriage? If you've just found TRP you are the collection of behaviors, likely beta behaviors, in your wife's head. You may be into sports or have a degree in Engineering, but with respect to mate material...you are a beta provider. You got this way from months to years of being a beta provider. But through slow, methodical digestion of the RP concepts you can change.

And I say slow and methodical on purpose. There's a sign in my gym that the trainers change every now and then. Recently it said: It takes 4 weeks for you to start seeing results. It takes 8 weeks for results to start showing to others. It takes 12 weeks for others to begin to notice your results. As you digest these ideas and improve over time, keep this sign's message in your head. And realize the realistic message it is giving: It takes 12 weeks for others to *begin* to notice your results. *Begin* to notice. This means that anytime you start applying something new, even if you're 4 months in on RP and just finished WISNIFG and decide to start applying it, it'll take 12 weeks for your wife to *begin* to notice this change in you IF she starts to notice it then at all. *Then* after she notices, it'll likely take several *months* for her to start adopting it as the new you. To replace that old image of you in her head. This is why we advise newbies to Go Slow. Because not only does it take some time to start changing that mental model of you in your wife and those around you, but it also takes that amount of time to change your OWN mental model; to congeal the thoughts of what being a RP dude is.

And like the crabs in the bucket, your wife may resist this change once she spots it. But the point is it can be done. I

disagree with the idea that if your wife met you as a Beta and you married as a Beta then you'll never be recognized as an Alpha. Surely you'll never reach the stage you would have reached had you been Alpha through and through. But over time as you begin to phase out the collection of ideas that you were to her in the past, more and more she will adopt the opinion that you're pretty damn close.

Remember. You define you. You judge you. It's almost like you have a superpower where you are free to impose what you are to other people onto them. Have the mental mantra of : "Accept my reality. Adopt my *frame*. This is who I decide to be. You have no power to change it."

57

UPVOTES

Rollo Tomassi - AMA 30 Sep, 2016

stonepimpletilists · 12 September 2016 · Archived copy · Reddit

Great news for everyone. Probably the biggest name in The Red Pill, and tops in the manosphere, Rollo Tomassi is coming to Married red pill

When

30 Sep 2016, 1700 - 2000 EST. (Time is subject to change)

Why

For those that don't know, Rollo is actually a happily married man, been that way for a while. As such, he's in a unique position to give a great perspective on a quality Red Pill man and gender interactions, beyond plates. He's also been able to do what he does in the manosphere for over a decade, with no Doxx scares that I'm aware of.

feel Free to ask him anything.

A few caveats, before faggots try to fuck this up:

1. If you haven't read the rational male, I would strongly suggest doing so before asking questions. He has limited time, as do the men in here who work. People will respect that, and ensure that your question isn't easily answered by linking a post he has made in the last 5 years.
2. Priority will be given to regulars in the Own your shit threads. Those are the guys who are in here, week after week, starting out of cookie dough, and eventually becoming a man, carved out of wood.
3. This IS NOT PPD, TBP, or any other cuck space. Rule 0 will be strictly enforced. This is not the time for you to bicker about whether the red pill is moral, useful, or a misogynistic cult. **No warnings.**
4. Leave the top level comments here for new questions. If you have a question that is on the same thread as another one, feel free to comment to it, so Rollo can see questions in greater depth.
5. Rollo loves feedback, I will sticky a thread in here for all thank you's personal stories, photos of his book, pictures of your greyhounds. The better organized this is, the less time he has to spend hunting, and the more time he has to spend interacting with the red pill community.
6. TRP, RPW, and redpillwives are all invited as well. Same rules apply. While they are guests in your sub, be good hosts. If you're commenting in a thread about something that isn't to Rollo, or about Rollo, chances are it isn't supposed to be here.
7. Report anything that doesn't focus on the mission. **We are here to here all about Rollo Tomassi. His books, his podcasts, his love for greyhounds, his time in the liquor business, his marriage, future plans, and his meta analysis on the manosphere in general.**

Enjoy, I know I will.

57

UPVOTES

Brand and Married Men

Scurvemuch · 11 July 2016 · Archived copy · Reddit

Re-branding and the Married Life

We say – “you are the prize”. You are the thing that your woman wanted, gave herself to, all those years ago, when you were worth a damn. And now, she can’t get wet enough to fuck you.

It is time to recognize that you are a product. She is the consumer – and, in many of our cases, our only consumer. Why are we talking about rebranding? If you as the producer are not getting what you want from your woman(en) , the first place to look is into yourself and see if there are things you can do to be a better masculine man.

“But I am alpha, why rebrand” / “Why can’t she just love me for me”/ “But I make X times more than she does...”

Whaa!!!

Why Rebrand:

You sold your woman a product. You. That product may have been alpha, beta, a good mix of both. Either way, she bought it. She has full expectations about that product providing her things. Remember, her pussy was unique and precious. Oh, and her purchase... you , beta boy. You better perform for that pussy...right?

And, you are not performing... either you are a shitty captain, or got fat, or she got to see your weak emotional squishy side, you no longer give her the tingles, and she genuinely misses that, and doesn’t even realize. In fact, she is so upset that she gets a headache every time the idea of fucking you enters her brain. The headache, or stomachache, is because- maybe she genuinely recognizes that you are a good man. She SHOULD be attracted to you ... but isn’t. Headache from the cognitive dissonance.

Or She married herself a full on BetaBux type, knowing that this is all for security... and now, this little beta worker be is trying to get out from under her heel??!!!! No way!!! Squish!!!

Time to rebrand, boys!

What is brand?

“A brand is a company’s or **product’s identity**, and to understand what that means you must go to the customers and prospective ... ask them what they think, **feel** and expect when they see the company or product, because those thoughts, feelings and expectations are the brand. A company does not own its brand—its customers and prospects do.”

Breaking that down:

You are a product. Your consumer should get a dopamine response from having access to you. You as the product should be able to provide the feelz and tingles. This means that from the packaging (clothes, fitness/looking good/grooming etc) to the substance (frame, inherent drive, mission, and so on) you need to be the one that gives her that tingly dopamine spike that she craves.

“The company does not own its brand- its customers do” – this is important. We do things that will give us the things we want... (sex, respect and so on), but ultimately, in this praxeology we see what actions and physical features get us those things and do those activities. (be hot and hold frame are ways to get women because that is what women want. If being an emotional tampon got you laid, TRP would be all about how to be a better fitting tampon).

Steps to rebranding:

Influence and shape the brand with a series of promises

First things first. Lift.

Then ask yourself these questions:

- What qualities and characteristics do you want ~~your woman~~ women people to think of when they hear your name or see you?
- What feelings do you want them to have?
- What do you want them to expect?
- Can you support all those ideas in fact? If not, what do you have to do to make it true? Do it!
- What can you honestly say sets you apart? Look at everything.

Obtain customer feedback

As you make changes, your customers--- your wife, LTR, other women, will provide feedback. You don't even have to ask! Isn't that great!

If your wife is not fucking you, you are still doing it wrong, or she doesn't yet believe your brand and product.

Find out what is NOT working

Figure out which of the things that you do are not working specifically. Figure out if you really want to do them any way . Act accordingly.

Develop the story

"Your brand's look, feel and message should tell one story, and that story should be heroic and memorable"

Think about that... this is about her seeing your mission. Seeing you pursue it. Seeing you succeed. She wants to see you slay dragons. Oh... and so do all the other girls out there .

Permeate your "company" communications with the new brand

Now that you have figured out who you "really are", make sure that your message to your target audience makes sense... That you are actually worthy of being treated the way you want to be treated.

Never stop supporting and promoting your brand

This is where you need to "advertize" . She will need to see evidence that you, the product, are a rare find, and that you are desired by other consumers. Be the Iphone... everyone wants one. Go out and talk to everyone. Be approachable. Get hit on in social settings. Have her girlfriends tell her how lucky she is to have you... and what they would do if they could have a "man like that".

Be consistent and persistent

Now that you are all alpha and getting what you want out of life... don't go back to the beta. Don't go back to being that guy who couldn't get the girl who used to fuck him 12 times a day to do so once or twice a week.

Edit:

And remember - you can always free to change your consumer. This one isn't special

57

UPVOTES

The Rational Male is now available on Audible

Rollo-Tomassi · 13 April 2016 · Archived copy · Reddit

I'm proud to announce that my first book The Rational Male is now available on Audible and will be up on iTunes and Amazon within the week.

<http://www.audible.com/pd/Self-Development/The-Rational-Male-Audiobook/B01E61CYCA/>

It's been a long time coming I know, and there's a long story behind it, but the audio quality and narration by Sam Botta was well worth the effort.

Please let me know your feed back here. This is the first time I've ever produced an audio book and I have plans to do the 2nd, so TRP's input is vital to me. This is your book as much as mine.

57

UPVOTES

How to release the sex kitten within your wife?

spexer · 10 February 2016 · Archived copy · Reddit

Thanks to a year of MRP, I now have exactly the amount of sex I want (ie: almost whenever I want). So thank you brothers. Step 1 complete.

Now I have been focusing in improving the quality of the sex. I have had some success in taking my stale bedroom and revitalizing it. My limited success is listed below, as the best I can offer thus far as a contribution in this arena. But I consider it as going from level 1 to level 3, where 10 would be ultimate porn sex with your wife.

So my ask is for the seasoned pros here contribute their tips and guidance. And what other sources do you suggest?

For books, Sex God Method is often touted, and I am working my way through it. It is a bit disheartening to see videos of the author. He is a young 20 something, so I do not know how well his 'wisdom' works for those of us in our 40s on year 10+ with the same partner. I am currently reading Mark Manson's Models book, but cannot recommend it yet.

So for the beginning steps to help your wife WANT to become a dirty girl with you in the bedroom, here is what I have found successful.

- take the red pill, lift, make a MAP and start to become the man.
- did you read that part about Lifting? My wife said she didnt like muscle guys. But now she grabs my new bulging muscles throughout our lovemaking session, and it gets here really into it.
- stop asking for sex, or apologizing for your libido. You are a man and you are proud of that.
- flirt with her constantly, and have foreplay that you end suddenly with a get up and go grin. This gets her hamster running on the sex wheel, and gets her revved up. NOTE: make sure that none of your flirting is a feeler to see if she is in the mood. You are not asking for permission ever again.
- Go Caveman. She sees that primal lust in your eyes and you lose control to your animal instincts. Note: this is not you checking in with her, or making sure she has an orgasm.
- be physical, not verbal. Dont ask or suggest a new position, but move her body to what you want. manhandle her.
- Make her responsible for her own orgasm. Encourage this by telling her how hot it is when she touches herself, put the toys in her hand, guide her to what you want her to do.
- be possessive and dominating. Start the dirty talk on the easy level by saying or making her say who owns that pussy, etc. ramp it up but be careful of anxiety/self-shame. (she might like to be called a dirty girl, but not a whore). with actions, test the water with a bit of spanking, a hand on the throat, a bit of a pull of the hair, to see how she responds.
- Do not be serious. Instead, be either lighthearted in bed, which encourages play and fun, or be passionate and intense - IE the caveman losing control for how much he wants his girl. Flip between these two behaviors.
- Explore fantasies and interests in an encouraging manner. take quizzes like <http://mojoupgrade.com/> - but be supportive about whatever deep dark fetishes she might reveal.
- listen to her. Respect the hard no. Have a safe word. Make sure she feels this is a safe place, and that she is respected (believe it or not, this will make her comfortable with exploring the side of herself that wants to be disrespected).
- Understand that she might not know what to do, or what is ok. This here was the big realization for me. I thought with my wife that I had not earned the crazy sex side of her that likely some Chads got in college. I have learned that it is likely she has never explored that side of herself, and it is on me to lead her to the amazing places we can reach. My goal is to create a sexual environment that is also fulfilling and mind blowing to her. But waiting on her to give that to me has cost me 10 years, put me in a dead bedroom and built a lot of resentment. Now with me finally stepping up to lead, it has become fun times for her and me, and I have not

heard about her s'posed Low or no libido in over 8 months.

So those our a few notes on what has worked for me. There is now formula, but reading tips like this from others has helped me up my bedroom game. I look forward to reading what has helped you.

57

UPVOTES

If you want a slut, find one or create one.

TrainingTheBrain · 7 December 2015 · Archived copy · Reddit

I've had a few guys respond to my posts on sex saying, "*My wife is disgusted by x, y, and z*" or "*I can't get my wife to do blah blah blah*" To all of these guys I will provide you with this reminder:

You need to realize a cruel red pill truth *you cannot negotiate genuine desire.* - Rollo

Your wife will do *whatever* it takes to keep you around *if* she views you to be a man that she *truly* wants to keep around.

Some may argue that they could just go out and find a hooker, someone on tinder, or a neighbor and get their needs met by them. Of course you can and if that helps your situation then go for it. But, people are talking about how to get *their wife* to do that nasty shit.

Go through the quick checklist:

- Do you have a six pack(low bf%), clearly defined adonis belt, developed chest, lats, and arms?
- Do you lay game and kino on your wife throughout the day, building her up to getting what you want when you want?
- Do you *truly* not give a fuck if you remain married? Developing your OI, Abundance Mentality, and creating dread?
- Are you a **Man** other women want to fuck?
- Are you a **Man** other men want to be like?
- Do you feel it's worth the time and energy to get your wife to that point?

As you go through this and dedicate some time to serious introspection you'll realize that if she doesn't put out the way you want her to then she is gone or you'll cheat.

OR

You'll realize that she **is** capable of more but you are just not lighting that fire of tingles in her. Don't resent her for that. You've probably been a pussy for so long that the fire has all but died.

So be it

Start from square one, truly wrap your mind around the fact that **you are the prize**. Then make yourself *look* like a fucking prize and for the most part the rest will sort itself out.

As you develop physically you need to continue absorbing the sidebar and reading on this sub, contributing when you have something of value to provide and above all, **owning your shit**.

Do what you need to do for *your* situation. You'll get what you want when you realize that you have to choose what *exactly* it is you want from life. You need a plan to get what you want, if there's no plan then you're just spinning your wheels.

Do you just want more & kinkier sex or do you want more & kinkier sex *with your wife*? There's a big difference there and you need to decide what your goal is.

Edit I'm in the process of writing a post on the actual 'creating the slut wife' aspect of this.

57

UPVOTES

Joy & Ego

TrainingTheBrain · 2 October 2015 · Archived copy · Reddit

A few guys have responded to my comments and posts with this common theme of *needing to remember to enjoy the ride*. This post is to those Men who have forgotten to have fun and *find comfort in the discomfort* of living life as a Masculine Male in our feminized society.

The root cause of this issue is a combination of being too rigid in your application of *The Red Pill* and your inability to kill your ego.

Being Too Rigid

When you initially unplug you are trying to figure out what in the actual fuck is going on. You're seeing the world through a new lens and while nothing about the people or environment has changed, everything seems *different*.

This is because you are now on the outside looking in. You're no longer *in* the race but are now observing others running through the maze. Interactions with your wife, other Men, observing other couples... TRP opens your eyes to a level of interaction that you were oblivious to and that is equally motivating as well as terrifying.

The rage (anger phase) that comes from this is rough. You think of wasted time, the lies that were believed, the fact that you *aren't* special and you *are* alone in this. As a Man you are the more romantic of the sexes and because of this you have built this romanticized version of how things are *supposed* to work (thank you Mr. Disney).

So you discover TRP, recognize things for what they are and you begin reading, lifting, and applying your knowledge.

Here is where most guys are getting in their own fucking way

You are working on yourself and trying to figure your own mind and your role out and while doing so you attempt to lay down some solid boundaries. Except, you make *everything* a boundary and before you know who the fuck you are as a Man and what your new 'enlightened' brain wants to do in this life you begin to work on improving your wife.

You don't know what you want, you don't know who you really are or where you fit in, and you're uncomfortable with this new truth & reality. Now is **Not** a good time to start laying down these ridiculous boundaries that you don't even know you want yet.

I fully believe in the **STFU** until you know what the fuck you're doing program. You've been a weak fuck for years; you don't fix that in 1 month. Draw the basic boundaries, refuse to be disrespected, remove time and attention and only give it when it's earned, make yourself a priority (eating right/time for the gym) but **do not** start demanding that you'll have sex 3 times a week, and blowjobs are on the table, and your wife will submit to your lead.

You need to work on you and most importantly, *while* you are working on you, remember to remain like an amoeba, being flexible during the adjustment period.

Maybe you don't get the blowjobs you want, give it time you're SMV/Game/Dread aren't there yet - and that is **A O Fucking K** this is self-improvement for life, not sprint to get there in 2 months. TRP isn't a race to see how fast you can become a Man again; this isn't a contest where you win upvotes online. This is no shit *your fucking life*.

Maybe your wife fucks up; shit tests you, and outright does the opposite of what you tell her to. Don't sulk and get pissed and think, *Fuck I need TRP to tell me what to do, was this shit or comfort, do I need to Lift??(yes)* Just sit back and smile in her face, she's being a woman enjoy that.

AWALT, you are not plagued with some psycho bitch (there are exceptions) this is just your chick being a chick. Enjoy that. You're sore from the gym, tired from work, hungry as fuck from fasting and your wife gets on you for forgetting to mow the lawn - **Do Not Get Pissed** She is right, you should have handled your responsibilities and she

doesn't give a fuck how you feel, *nobody* does. You're a Man, you're expendable.

So Smile, then mow the lawn with your shirt off and let the neighbor's wife leak like a faucet while your muscles bounce around (if you're fat keep the shirt on, ain't nobody got time for that).

You need to find joy in these interactions as they are nothing more than signs of your progress. You're recognizing your wife for what she is and are taking the actions necessary to become the Masculine Male she's *always* wanted you to be.

- Find comfort in the discomfort
- smile through the process
- Fix YOU before you try dropping boundaries on HER

Killing The Ego

Your ego is always trying to protect you. If you can't say right now that you're being a weak mother fucking betafuck in regards to (insert where you're fucking up) or that your wife's failures are actually reflections of your piss poor leadership then you still have some killing to do.

All of your success and **All of your failures** are entirely on **You**.

Your wife challenges you? She doesn't respect you. – Should she? Why?

Your friends walk all over you? Are you letting them? Why?

Your job sucks? What are you doing about it?

Your wife cheated and you stuck with her? Why bring it up again and again, destroy the past *own it* before it destroys and Owns you.

"She keeps testing me" GOOD. When she stops is when it's over.

The opposite of *Love* is **not Hate** it's **Apathy**.

Your ego can prevent you from true growth. It will block any form of introspection as it will deflect ownership/responsibility from you thus preventing you from discovering the true root of your problem, *you*.

Kill your ego, take as an objective approach as you can and just *accept* that you fucked up and for you to unfuck yourself you need to work on you.

It's your fault and that's fine. Fix it. Don't talk about understanding what I'm saying on this forum then telling your wife she's a fucking nag.

Apply what you've learned and embrace the suck.

Acta, Non Verba

57

UPVOTES

Said no thanks to the starfish last night

theultimatecad · 29 March 2015 · Archived copy · Reddit

It's been many months, maybe a year since my wife said no to sex. Rarely has she been fucking me out of "obligation". As last night proves, nothing is permanent. A man can never relax, no matter how tempting.

She insisted on a back massage first. Complained she was tired. I granted the massage but let my hands roam and then she would pull away and tell me she needed more back rub. When she did lie on her back she had a nasty look on her face as she really was more interested in herself then pleasing me.

So I rolled over, put my clothes on, and told her I changed my mind and didn't want to have sex with her after all.

She lit into me " I'm tired (yea right), I didn't go to gym like YOU did, I needed more foreplay and when you can't have what you want when you want it and get so ANGRY..."

Side note----I frequently am shit tested and am accused of being angry when I know I'm ice cold and in frame. Or when I put my foot down then I am told I am "arguing". Both cases are untrue. My wife hampers her inability to "get what she wants" with me being an MAD and ARGUMENTATIVE.

Truth is we haven't had an actual argument in months. I've also been much more on the indifferent side than upset/angry. I see these accusations as a provocation. She wants me to lose temper so she has "something to work with".

anyway back to last night..

I told her I wasn't angry at all. Said "your not turning me on. I don't want to have sex with you. Maybe some other time"

Within two minutes of her watching tv and waiting for me to say or do something (I flipped open laptop to espn.com) she asked if we "could cuddle".

Said sure. I matched her new disposition with a cheery, happy attitude of my own. Then I ripped off her PJs and fucked her hard for ten mins. ZERO foreplay She was moaning and running hands all over me. Best sex in a month.

Don't ever whine, beg, plead, argue for sex

57

UPVOTES

Relationships are a woman's job

RStonePT · 21 March 2019 · Archived copy · Reddit

Divorced or single, I noticed a similar thing, guys looking for a relationship. I have never been the guy who wanted one, the only reason I'm in one now is because the girl I was with never gave me a red flag in over two years. And I remember that one goof in here who got divorced, then a few months later is already looking at his first plate like a replacement for the wife he already didn't want.

I happened into this mindset, almost by accident. I had been spinning plates for just about a decade at that point – I was a late bloomer – and had seen nothing but disaster in the vast majority of relationships around me. Parents, friends, co-workers. I was just old enough to see the first round of divorces among guys my age. Man it happens young. As I started telling the story, I was getting the stories of other guys in the red pill, the one that comes to mind was [/u/UEMMcgill](#), another red pill moderator who had the same experience. A few others afterwards came out, and so I ran with the idea.

You can only be open to having a relationship, but the onus is on her to convince you it's worth it.

[Full post here](#)

[Also I watch the dogs sleep while I tell the story](#)

57

UPVOTES

Lifting Primer: Your Shoulders

ReddJive · 16 July 2019 · Archived copy · Reddit

This is going to be long and a primer only. It should get you started in looking at your lifts and start dialing things in.

Lifting is at the core of what we do as men. I think it's essential. Socrates said:

No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable of.

This is more dialog as there are a lot of men here that have experience, and each have developed a bit differently. There are a couple professional trainers that I am aware of so they may also weigh in.

In my 20+ years of lifting I listened to a lot of people and refined my techniques. When I started there was none of this knowledge of mobility work, nor the idea of perfect form. Yet back then the idea of hitting 900+ pounds on a lift as unheard of. Despite my experience, for years I would reach the 450 range and then have to stop due to pain or injury. I thought maybe I just couldn't do this sport. Then about 2 years ago I got tired of it. I decided to look for an expert.

Within the first 6 months I was hitting near 500. A year later? Up past 650. Form, and proper development of the joint is an absolute must if you want big numbers. I had strength what I didn't have was a dialed in form, prop accessory muscle work. Gear does nothing for this. Supplements help but they won't alone do it. You want big lifts or to continue without injury you need to learn some basic physiology and start applying it to your sport.

The first area I want to discuss is your shoulders. Over time i may post something about squats and deadlifts (deads are my jam). I am reading a lot of shoulder injuries on the sub. Not surprising since 93% of shoulder injuries in powerlifting (which is what SL 5x5 is) last over 4 weeks and the shoulder is the most common. Tackling this head on is important. I myself am nursing an AC Joint separation, unrelated to lifting but it does have it's effect. Shoulder injuries are mainly due to improper form and improper development.

SL 5x5 is an excellent beginner program. It gets you strong pretty quick if you are religious about it and it will get you to where you want to be in order to branch out. Going the muscle head (ripped as fuck) route of the ironmonger route (power/strong man). What isn't talked about is how to prepare your body for heavier weight or even the constant toll you are going to be putting on yourself. It takes its toll on your joints. Despite what the crowd says if you have been a fat body all your life just hitting the weights is not going to help you develop over time. You need to approach this methodically if you want to continue pain free.

I'd argue that above 350 and you need to start supplements. Calcium, magnesium (this is leached from you when you lift heavy), and zinc. In addition to all this you need to start strengthening the shoulder. you need to add accessory muscle work to your program. I know what the god of SL says, that doing these heavy lifts also improves this, BUT it only gets you so far. Here is my typical shoulder/Chest workout as an example:

Exercise	Sets x Reps
Chin up grip lat pulldowns	4 x 12
Palms down, wide grip, chest supported row	4 x 8
Inclined rear delt swings	4 x 12
Standing OHP	4 x 3
Floor Press	4 x 3
Dips	4 x Failure
Hyperextensions	4 x 20

Exercise	Sets x Reps
Plate crunches	4 x 20
Bench Press	4 x 4
Inclined Press	4 x 5

This changes on my second day of Chest/Shoulders by adding

Exercise	Sets x Reps
V Bar Lat Pulldowns	4x 8
Palms up Chest Supported row	4x15
TRX Y	4xFailure

With my AC joint issues I don't bench too hard. The emphasis of this workout is to keep shoulder stability. I also have a good 20-30 minutes of mobility stuff my coach has me doing. This is designed to improve lat and pectoral strength to provide shoulder stability during heavy lifts. Weakness in these areas will most definitely impinge your improvements as you go higher and higher in weight. You can tell you have issues with these muscles groups by looking in a mirror. If you are shoulders are tilted anteriorly or posteriorly (front and back for you non-smart people) then you have weak areas you need to address otherwise you will begin to experience shoulder pain at some point.

Shoulders rotated forward are common for lifters. Which is why I wear a [shoulder retraction harness around the gym](#).

Let's discuss your form. I could go into great detail here. Benching is probably a far more technical form then any of the other lifts, but I want to stay focused on shoulders. We all assume we know how to bench. Men have been doing for decades. Well again if you want to go higher without pain then you have to give proper consideration to form.

The scapula must be retracted when benching. Achieve this by squeezing them together as if you are trying to get them to touch. Doing this gives the shoulder stability. When they are not retracted, your entire shoulder is not securely stabilized by the bench. This means that the shoulder joint is solely responsible for the support of the bar load. You don't feel this at the typical 225-315 but go higher and it's little wonder why there is pain. Your joints just can't support all that weight alone.

You need to assess your shoulder mobility and it's complete range of motion. You must be able to rotate the shoulder in its complete range of motion without pain. If you are tight, lack flexibility, and are just in general stiff then you have issues you need to work out. There is a difference between flexibility and mobility. Both are important to work on.

I have always said I can tell someone who has lifted. There is an appearance about them. Most of it is from having these tight areas, and lack of flexible joints. With shoulders most lifters are rotated in some way, forwards or back.

Here are some good resources to check out.

[Lifting with AC joint Pain](#)

[Good Shoulder Warm Up Routine](#)

[Bench Press Technique](#)

Like I said this is a primer. You need to do your own research and understand the details of what you are doing. I have always believed that how a man approaches lifting is how he approaches life. Have to take care of the little things before you can do the big things.

57

UPVOTES

Stoicism as a Tool in TRP

NeoTheJuanDJ · 10 September 2019 · Archived copy · Reddit

The following is a general overview of stoic philosophy, with examples of Marcus Aurelius, influenced largely from a recorded speech performed by Professor Michael Sugrue. This speech can be viewed and is available on YouTube at this link : <https://youtu.be/5897dMWJiSM> , and tailored for practical use, as a tool in symbiosis with Red Pill awareness:

“The tranquility that comes when you stop caring what they say. Or think, or do. Only what you do. Not to be distracted by their darkness. To run straight for the finish line, unswerving.” - Marcus Aurelius

Stoicism is a noble philosophy - an excellent philosophy for silver men. It is characterized by a “rejection of pleasure” - as the standard for human happiness, and human felicity. Stoicism takes the position that the wise man, the good man, the philosopher is a man who lives in accordance with nature. He fears only abdicating his responsibility and frame. He is not afraid of pain, he is not afraid of death, he is not afraid of poverty, he is not afraid of the negative, undesirable, and uncontrollable aspects of the human condition. He fears ONLY that he should let himself down; that he should be less than a complete human being.

The only matters of concern to the wise and philosophical man are things completely under your control. You can't control whether your wife fucks Chad, you can't control whether your 1000ft tow rope is still fastened to the ship, and your wife “catches on” when you finally reach the 1000ft distance from shore, you can't control your boss from giving the promotion to another man in a simple act of nepotism, even though you may have “earned it”, “deserve it” and put in the hours (think covert contracts). There is only one thing, and one thing only that you are in control of, and that is you; your will, your intentions, yourself. In other words, the wise man is the man who is truly in control of his own soul. He takes utter and complete responsibility for his actions, and is indifferent to everything else. This indifference - is not because he does not care about others around him, nor the tendencies of the oblivious (Blue Pill men) and the irrational (hypergamous women at the mercy of their emotional tempests) around him, but he remains indifferent because they are out of his control. Master the art of indifference, there is no use in wondering or worrying what others are doing because that is and will always be outside of your control.

The stoic philosopher is the man who has liberated himself from fear. He's not afraid of death, fear, what others think of him, or others' dismissal. The only thing he cares about is that he does not waste his time, energy, fucks given, potential, and that he does not meet his own standard he has set for himself.

The stoic, wise man, is the man who has trained his mind (Red Pill awareness) and body (via Lifting, martial arts, etc.), so that he is not afraid of “apparent evils” or variables that life may bring, he is only afraid of losing control of his mind, his centre point of origin, his frame. He isn't afraid to take the lead, to be the bulwark, to be the oak, and to use his rationality and strategy to navigate the rough seas. He does it with full belief in his own competence.

In living with accordance to nature, the stoic philosopher examines the nature of the human condition (an example would be using a Red Pill lens to examine and navigate the Blue Pill world around us). He discerns his position in nature, and he lives in such a way, not to disgrace himself; not to be less than he truly can be. He won't succumb to the comforts of blue pill ideals, in which previously blinded him and deceived him. He also does not want to be a god, rather he wants to live up to his fullest potential.

A very interesting fact within the world of Philosophy, is that two of the most notorious stoic Philosophers - Epictetus (who was a slave), and Marcus Aurelius (who was an Emperor), are bound by similar foundations of belief. This belief, this stoic belief, no matter the position of the man within the social hierarchy and power structure, is the great equalizer. Both the Slave and the King can participate in a philosophy that is accessible to all men. Regardless of position within the social hierarchy, no matter your starting point: a wise man, a man who is disciplined, in control of his emotions, and follows the way of nature can be a good man, a successful man of his own opinion and standard.

The stoic philosopher is the man who does what he ought to do, regardless of circumstance. If you extend the olive branch to your wife after increasing your SMV and she still refuses to fuck you, you continue improving yourself, seemingly unphased and with complete outcome independence (the stay plan is the same as the go plan). You don't act butt hurt, you don't DEER, you stfu, lift, and improve all areas of your life.

The stoic philosopher uses stoicism as a tool, similar to the Red Pill, but to remain unafraid of what others think of him, to have others attempting to destroy his reputation behind his back. He is only afraid of failing himself and what he thinks of himself. He is only afraid of making chaos of his soul, of losing trust in his instincts, and succumbing to his emotions. Why? Because his soul, actions, and emotions are the only things he is completely in control of. The rest is a matter of indifference to him. You become Red Pill aware and begin gaming women while married to increase abundance mentality and dread, and others (Blue Pill men) judge you? Who cares, they are simply unaware of why you are doing what you are doing and will probably suffer from this lack of strategy down the line in their own lives anyways. It does nothing for you to worry or wonder.

Marcus Aurelius wrote a book to himself while he was emperor, never intended to be published. This book was titled "Meditations". What kind of man writes a book to himself when the nature of a book is to communicate something to a reader? Marcus Aurelius wrote a book to himself because he was the loneliest man in the world. He is a man on his own ship, and as the leader, he has no equals but the responsibility of leading people he can't control. He is the only one on that ship with the competence to navigate in a direction that leads to success. A man with no equals, has to deal with the burden of performance of being the Emperor, and the only one fit for the role. The book, Meditations, is his echo chamber, his release, where he can vent his emotions, vent his anger and frustration, pondering the stupidity of the seemingly helpless around him, and understanding the world around him with a daily re-anchoring for his mind. He uses this book, as a release, while on the surface: he is STFU, lifting, remaining stoic, and leading with full belief in his ability to do so, in the way only the best version of himself could.

This is exactly why those that do harm to themselves only do so because they don't know any better. Not only do they not have the knowledge that serves them (the red pill), they don't have a release that serves them, either. Instead, they allow the surplus of accumulated emotional weight to wear down on them, to the point where they lose emotional control and surrender frame. The mindset of the wise man, is the mindset that allows you not only the mastery of yourself, but evolved wisdom in relation to your reality, making you into what Plato terms: "The Philosopher King"; a man of abundance, outcome independence, indifference, masterfully amused, who is his own centre of point of origin, the main character of his own story.

A man could easily sit back and kick his feet up, let his hair down, crack open a beer on the couch, and ask his wife "what are we up to this weekend?". He could easily stop courting his coworkers and boss, losing the promotion from Senior-manager to partner in the firm. He could easily put his hobbies on the shelf to collect dust forever, allow his ex wife to raise his kids while he sits on the sidelines and is as involved in their lives as a piece of furniture in the living room. But he doesn't, because he would be surrendering frame, not adulting right, would ultimately be letting himself down, and all of these things in which he can control.

This explains how stoicism can be used, as a tool, in combination with the Red Pill, to ultimately overcome fear, free of a mindset that doesn't serve you, and to instead allocate your resources towards a mindset and strategy that does serve you. - To help you move forward in your life where you may be stagnating/ hitting plateaus.

"At some point you have to recognize what world it is that you belong to; what power rules it and from what source you spring; that there is a limit to the time assigned you, and if you don't use it to free yourself it will be gone and will never return."

57

UPVOTES

60 Days of Dread 2020 - Introduction and Week 1

SorcererKing · 27 March 2020 · Archived copy · Reddit

Hello Dreadful lads. It's time again for 60 Days of Dread.

This year, our posts will focus on *mindset* for our areas of improvement. To the extent that we have original content this year, it will be aimed toward this.

For example, our Week 1 post is traditionally on lifting. You can review past years' posts on *how* to lift effectively. What we want to discuss this year is *why* to lift. The obvious answer is "to get stronger." There are less obvious answers too.

If you lift well and lift consistently you will indeed get stronger. You will look better. You will feel better about yourself. You may even get to the point that you get women throwing IOI's at you. But none of these things are the why, and they should not underpin your mindset. Vanity and hedonism are for the weak-minded, just the siren-song of ego; those things listed are benefits, yes, but not reasons.

Your mindset for lifting should instead be linked to your identity as a man. You lift because your body is made for it. You lift because it shows commitment to your own well-being. You lift for the clarity of mind and commitment to process that it affords you. You lift to become *a fully actualized man*.

So, by all means put yourself on a program. Get as big as you can, I dare you. But when you're grunting out a set and you're just sure you will die when you're through - remember why you're there, and you just may smile through your pain.

For reporting goals and progress this year, put in OYS each week. Include a #60DoD tag so I and other interested readers can find it. Remember that this is your challenge to yourself to improve how you operate. Your mindset for *that* should be to own it fully and execute it as a *promise* to yourself. Those who make outstanding progress (as judged by mods) will again get 60 DoD flair. Recall that prior year posts are on the side bar. If you're new to 60 DoD you should read those. Now get to work.

57

UPVOTES

60 DoD Week 4: CLOTHES MAKE THE MAN

SorcererKing · 24 April 2021 · Archived copy · Reddit

Ever heard that one? "Clothes make the man?" If you were a strict autistic cut from the NMMNG cloth, you might find that dishonest. "I should be myself," you might think. "I should be genuine, and dress in a way that is congruent and authentic to the real me." You wouldn't be wrong *per se*, but you'd be missing all the nuance and missing a big opportunity.

You thinking that the way you're dressed is incongruent with who you are probably comes from one of a couple places. The first is that you are reflecting your own internalized self-image, buried so deep you don't even question it anymore. After all, what are you really saying is incongruent between this "real you" and the clothes? The clothes are fun and you're not? The clothes are cool, but you can't be? The clothes show confidence, but you're a bitch? Seriously, what are you afraid of? You can wear anything you're willing to mentally own and wear confidently.

The other pervasive thought pattern, and related to that one above, is *envy*. Oh yes, that ugly thing. Because you don't imagine yourself as fun, or cool, or attractive, you automatically disparage guys who have their shit together and *do* project those things. To protect that ego castle of yours you have to dig a moat of separation between you and all that. You're "a grown up" or "not a douche" or "not a frat boy". Here's a test for you: would you be willing to put on a baseball cap backwards and wear it that way all day long out in public? If so, why? If not, why not?

It turns out that the tail really can wag the dog when it comes to clothes. If you want to *be* a fun guy, dressing like one goes a hell of a long way toward getting there. There has been a lot of evidence from social psychology about the effect clothes have on people: that's why you wear a suit when you want to be taken seriously, and dress like Jimmy Buffet when you want to party. Who would the Fonz be without his jacket? You can convey a lot of information about yourself just from clothes. So use that to your advantage.

Here's the plan for this week: let go. Let go of who you think you are, what you think your role in the world is supposed to be, and instead dream a little. Imagine the guy you want to be. I bet when you do, that guy will be wearing clothes in your mind's eye. What is he wearing and why?

Next, read the clothing posts on the sidebar from prior years. You will learn about how to build ensembles, the importance of fit, other resources, etc. You don't have to change everything all at once, and you don't have to spend a fortune. Your 60 DoD new habit in this area can be a new system for ensuring you buy the right sort of clothes and wear them well.

Get to work.

57

UPVOTES

The Law of Accommodation

ReddJive · 21 November 2021 · Archived copy · Reddit

The law of accommodation is:

the response of a biological organism to a given constant stimulus will decrease over time.

Thus, accommodation is the decrease in response of your body to a constant continued stimulus. Noise is a good example. People in a city are far more desensitized to the noise than someone from the farm lands of Iowa.

So, what is training “accommodation”, and why should you avoid it like the plague? If you don’t then your progress will eventually come to a grinding halt if you don’t recognize and account for it.

Accommodation to training stress (or any biological stress for that matter) is the follow-on/flip-side to the adaptation process. It’s a normal and expected response from a biological system built purely to survive in a given environment. And that “built to survive” part is the “gotcha” in this whole stress/recovery/compensation game. If a similar load, same exercises, range of motion and/or rep tempos are consistently used time after time, day after day, the body soon adapts, then stops making progress altogether.

Look at it this way. Your past life you did little to alter your day to day. There was zero reason for her to be stressed, worried about you, the relationship.

On one hand she is comfortable you aren’t going any where and she can do what she wants with little risk. She doesn’t have to put out, dress up, really do anything for you unless she wants to do it.

At this point any change on your part is going to be meet with resistance. The same as your body fighting the discomfort of training and finally being used the way it was intended. It won’t be easy at first.

She may say she wants comfort but what she really wants is change, excitement. She needs her environment to be on a steady change. Just as your training needs to be. Nature abhors a vacuum equally as it abhors mediocrity. It sucks to be average.

There is no threat for her to gather her biological resources against when it’s status quo. She likes that hint of danger. If not The relationship has stalled. And worse than stalling is the potential for backsliding.

Biology can be a bitch indeed.

Many powerlifters believe that all you have to do is “grip it and rip it bro”. Just grunt it out like Rambo. but the training isn’t that easy. If you want to increase your lifts you will not only need maximum levels of strength, you will need maximum proficiency during your movement. Any wasted movement can result in increased time under tension, increasing the likelihood that you fail the lift.

Ever wonder why when you failed a comfort test, and you started backsliding why she went after you like a shark goes after seals? Keep failing these, without addressing your weaknesses and Inefficiency creeps in due to the law of accommodation. You must not be afraid in facing your weaknesses. Every day.

It’s not so much embracing the suck as it is embracing where you’re weak. If you hate doing it odds are it’s what you need to work on.

if standard exercises and training loads are used over long periods the body adapts to the point where there is no more growth. That bro over there doing bicep curls for the last 2 months has most likely exceeded any benefit. It’s now about pumping up to get a look and nothing about improvement.

This is why linear progressive programs will only work for so long. This is why using the tool of red pill like an autistic idiot is like blasting your way to a 400 deadlift without putting in the proper work upfront. You made it but any growth after will likely stall due to lack of addressing your weaknesses and inefficiencies in movement.

As a man you are defined by your weaknesses. You can only bench 225? Doesn’t matter you can squat 700, your _____

limitation is what holds you back. Your training needs to focus around removing your weaknesses, while improving your strengths. Your body will be under constant change. Every session something else is happening. Don't keep relying on the same tools everyday.

The premise here is that if you can change your body you can change your life. Whatever you are least at that's where you are stuck at.

56

UPVOTES

Some advice for those who are not seeing results or how it took me a year to really see things sink in

servintimeok · 31 July 2018 · Archived copy · Reddit

Learned about red pill over a year ago. Then I read a big chunk of the literature that is out there. I got a little frustrated when I didn't see any results, and I gave up for a while thinking it was something that worked for others and not me. I fell back into that harmful thinking of there is just something wrong with how I am wired and no books or strategies can change that.

What I've discovered is actually I am a slow learner, as I am in all things in my life. When I read things, my mind wants to hurry up and embody the images that get painted in my head. When I do not suddenly become amazing overnight, I get disappointed and maybe a bit jealous that it works for others and not me. Even though it didn't feel like things were working, I kept studying about fashion, watches, fishing, etc. Or the things my own father never taught me about. Then I went out and spent some capital on outfits that seemed a little strange to me until I started wearing them. It felt stupid, but then I started getting genuine compliments and great feedback from the women I work with. Of course I cheated a little. I'd go to a store and snoop around until I found something strange like a pair of red pants. Then I'd google 'men's outfits with red pants,' and I'd basically replicate what I saw pop up on pinterest.

I posed a lot and it never felt genuine. I felt like a dork pretending to be a better man. But over time, my attention shifted. I began noticing how other men are dressed. I started looking at men the way women look at men. And while I am not too ugly, but definitely not a looker- I realized that being 'handsome' simply means dressing deliberately. It really doesn't matter if you have a plain or ugly face so long as your hair says something and so do your clothes. To be handsome, you just have to dare to try new styles and learn the simple rules of matching belt to shoes. How to wear certain watches with certain outfits.

Another thing that helped me is I geared my mind to take attention away from women and focus more on myself and other men. Now that I've taught myself about watches and clothing and other things, I find I can talk to other men easier. If you find other purposely-dressed men like yourself, you can comment with some knowledge and experience on their watches or different fashion they might have tried. I was surprised to learn that men actually respond and love talking about this stuff. And each time I talk to a stranger or coworker about it, I gain more knowledge myself.

In the beginning of my transformation, I kept falling down because I didn't see any results from my wife. Actually, things started getting worse. She accused me of spending too much money on clothes. She was surprised when I not only disappeared to the gym, but had a scheduled time to be there that I wouldn't surrender for her no matter what.

Recently, we went on a vacation. We took a few pictures together. though I am just average looking, I have always thought I was ugly (especially in pictures). In these vacation pictures though, the clothes made me look a lot better. It also looked like my wife and I fit together, as she puts some effort into her outfits.

I still get starfish sex mostly, but I am making little bits of progress. She gets jealous when I go out looking nice and smelling nice. The woman who has been bored with me ever since she popped out a kid and I bought her a nice house and car is suddenly having hamster moments again. Getting jealous, to which I respond with a shrug and amused mastery. I also do things like iron my own shirts and clean our bedroom to improve my own domain, not as a longshot bet it will translate to pussy passes later.

For over a year, I thought a lot of this was something that could work for certain types of men. But really, these changes are so big that your brain really needs time for everything to seep in. This is not the matrix; you cannot just plug in and absorb everything in an instant. It was daunting to try to learn about being better physically, conversationally and stylistically. I pushed myself at these subjects until it tired me and I gave up. Then I restarted. One day, things started to click into place.

I am in my 40's. I have never been good enough for my family. I am not good enough for my wife. But it is changing. The key ingredient is that I've begun having more purpose to the things I do and say. And I am slowly beginning to be good enough for myself- which is where it all starts. And I see I can reach in and improve my relationship with my mother- which was always impossible for me.

I have gotten some life-altering advice from complete strangers on Reddit. I am grateful. It really is a long road up from the pits we've accidentally dug ourselves into. If it took me over a year to awaken, I expect it will take two years or more for my wife to awaken to what I have now become.

The biggest criticism I used to have against my wife was that she had gotten too 'comfortable.' But actually, it was me. I thought it was enough to go to work, come home, put on gym shorts and a t-shirt, just relax and get mediocre sex served to me about once a week. I thought it was enough to pile up possessions and pretend I had achieved anything with my life and my mind.

I am better now. Not all my problems are solved, but I have understood the capabilities within myself after a long time of much self-doubt. I never thought I could lift and get in shape with my weak, frail-ass body. I put out the dough to go three months with a personal trainer. \$1500. On the second week, I was doing more push ups than I think I'd done in my whole life up to that point.

It can be done. We need other men more than anything.

I am in a happy place, my friends. Don't give up on your own paths. And getting in shape truly is the starting point. Every gripe I had about my father not being there or what he never taught me doesn't matter. Resistance is your father. You doing push ups, you lifting barbells. It's the resistance, and your overcoming of that resistance, that will father you. I haven't gotten buff by any means, but I feel good in my shirts. A woman sitting across from you knows when you feel good in your own shirt and with the clothes you chose.

56

UPVOTES

3 Year MRP progress

gearsurf · 28 June 2018 · Archived copy · Reddit

Just wanted to give something back to this subreddit that helped me so much and also provide some honest criticism. I only ever lurked in the past and contributed nothing and feel the need to give something back. I rarely come here anymore simply because this stuff works and I've gotten the results I was after. I mean the whole purpose of this is a sexual strategy for men, so once your getting the sex your after, job done. The odd check in to avoid complacency still helps.

I read the sidebar books 2 or 3 years ago and the books work plain and simple. Also I read Jordan Petersons 12 rules of life which wasn't on the sidebar back then and someone on here recommend a book on stocism called ' A guide to the good life'. I am now in shape and in control of my finances and have sex 2-3 times per week (for me at 35 this is what I want) with a wife who now respects me.

Previously I was on the once a week sometimes once a fortnight plan. Which honestly was all I deserved. I tried negotiating sex with chores, told her it was her duty, tried being nice (lying) in general, bought her expensive gifts, told her how much I loved here. I had become isolated from male friends over time, had issues with alcoholism and had become more and more "beta" over time.

I have a tendancy to take things very literally and went a bit "red pill rambo" at the start and really upset my wife. The main changes I had to make were being less of a nice guy, more alpha, better physique and more of a leader of the ship. Taking full control of the finances was a big one.

Getting in shape is a game changer. My previous skinny self had no idea truly how much women like men with big muscles. Combined with confidence it has made me more 'alpha' because of the way other women and men treat me in front of her. It naturally causes 'dread' and gives you more power in the relationship.

So there you have it I implemented the sidebar reading and now have a happy marriage that I never plan on leaving.

My only advice would be to take some of the forum posts (maybe even this one) with a grain of salt. There are a lot of men who have had a bad experience with women and marriage on here and I wouldn't let them taint your view of women or marriage.

The one MRP thing I'm glad I did not implement. Learning how to pick up women and getting phone numbers but not sleeping with them. The principal makes sense and it may be right for some, you should be able to pick up a women at a bar. For me this would just be too dishonest and I would not want to put myself to the test of turning down potential sex like this. If you get in shape and increase your SMV and you know that women are interested you might not need to take it to the next level. I dabbled with the flirting with women in front of my wife, but I could see how painful this was for her. This step may not be necessary for some, my wife knows younger women find me attractive so why cause unnecessary suffering. The more you naturally increase your SMV through fitness, confidence, career wise you don't need to play these games. Now i'm definitely not super successful or have a really high SMV but its higher than hers and does the job.

Edit: I did post to MRP once before on this account 255 days ago I recommend [r/stopdrinking](#) to a guy struggling with the booze

Edit: Someone mentioned a new comer might read this and think cool I don't have to do dread. Dread is essential. I piled the dread on it was Rambo 3 at the start and I was angry Stallone. I did everything that was mentioned here and only stopped when it nearly brought her to tears.

For context at this point in time wife is a stay at home mum. She has 2 kids and wants a third we have been married 7 years shes 32 and wasted all her best years on me. Dependent completely on me financially. I then suddenly stop drinking beer and loose the bear gut. I go to the gym 5 times a week and get abs and gain some arm muscles, to amp it up I even shower at the gym to increase paranoia. She knows this gym and knows there are loads of women there.

I'm also wearing a totally new wardrobe and sporting a different hairstyle. I've also completely changed my behavior based on MRP reading. I'm trying to hard to be alpha and there is zero beta as I'm overcompensating. I'm walking out the house during arguments. I'm demanding sex constantly and only treat her well when she puts out. It was hard on both of us and I could have ruined the marriage if I'd gone any further. It worked though.

56

UPVOTES

Beta male puke; No frame, no positive masculinity and looking at starting over over 50.

dirk626 · 19 November 2017 · Archived copy · Reddit

TL;DR - Two weeks after celebrating the 25th wedding anniversary and hit with "I don't love you." Facing the end of my marriage I have been forced to look at my self. I want to puke at what I see. Fixing myself is my only path forward. I expect the blood letting I am sure this post will bring me, but I have to get this out.

Been with my wife for almost 30 years and married for 25. Two kids and a lifetime later I am looking at going into the final third of my life without her. I discovered TRP and the manosphere about a year ago. I had already started reading some of the material on the sidebar under Red Pill 101 just by chance.

When we married I was a different man. Former Marine 0311, and rookie cop I had some obvious alpha traits. Ended up a 320 pound fat drunk; totally withdrawn from her and life. I let the house fall apart, never followed up on my promises and / or met any of her emotional needs. I was not an attractive or effective man for a very long time.

A couple of years ago she got tired of sitting at the kitchen table while I sat in the basement drinking in front of the TV and decided to get a life. She started doing cross fit, bought a bike and began doing group rides and making friends. In her early 50's and she turns heads. Orbiters and cock-hounds besiege her constantly. Caught her in an affair with one of these riding "chums" and had a big blow up. She has always denied any physical component to the relationship, but I choose to assume that there was. I don't think that I can forgive unless I forgive from the worst case.

I was terrified of losing her and punked on setting a hard boundary. My life had shrunk to TV watching and booze. What the fuck was I going to do if she left? She agreed to go to marriage counselling and we did that for about a year. We stopped when we both agreed that things were much better and we were substantially back on track. After the affair I got involved again. Started riding with her, meeting her friends and otherwise making myself present and known. I did feel like things had improved. I was showing a lot of low value behaviors. Mate guarding, jealousy, clinging and neediness on a very unflattering scale. So my "feelings" were doomed to be wrong. About 4-5 months ago I started to sense more detachment from her. Most of her female friends are divorced and frequent flyers on the cock carousel. Usually, she would rather spend time with them than me. My romantic overtures and little displays of affection were not being reciprocated as much as before. Four weeks ago, two weeks after our 25th anniversary (I got a simple card from her a week late), I was getting ready for bed and pulled her to me as she walked by and said, "You know you are deeply loved, don't you?" She didn't respond but tears began streaming down her cheeks. Then it hit. It's over! I said, "You don't love me anymore at all, do you?" She said, "I tried to get it back, I've been trying to get it back but it won't come back." She sobbed. Later she said that she hadn't left yet because she was afraid that I would drink myself to death or worse. (Bullet to the head) I told her that we have children (out of the house now) and that my legacy to them would never be suicide. She agreed to stay awhile longer until our youngest gets farther along in college.

The next day, when home alone, I grieved like I have never grieved before. I grieved more than at the death of my father, my grandfather and best friend. I fucking wailed! I bargained with God, I begged the Universe... I woke the fuck up! Four weeks later and I haven't drunk a drop. I've worked out every day and modified my eating habits. I have dropped 30 pounds so far with low carb and intermittent fasting. I lift heavy four times a week, and even with the weight loss I am getting stronger. I started seeing a therapist to work on some of my emotional bullshit. I don't want my marriage to be over! I know I'm going to read a lot of advice to move on. But if MRP is just about divorce then it should be TRP2. I'm hoping there are some men out there that are close to, or in midlife, with a similar story that I can learn from. I know that the only hope I have is to fix myself. Doing so, I will either re-attract my wife or put myself in a better position to start over. My therapist says nothing is certain, but my wife has likely moved on long ago and that I should focus on being ok while making my life in a new direction. She tells me that if I fix myself that I may find that I don't want my wife any longer.

56

UPVOTES

Men, women and their different reactions to the real masculinity

ex_addict_bro · 1 November 2017 · Archived copy · Reddit

TL;DR

An analysis of recent shit-storm on the main subreddit, only slightly related to TRP, MRP, RP and your cheating whore-of-a-future-ex-wife. Posting here because I don't have to post it anywhere else, as the main subreddit became a total shithole.

Body

As most of you probably know, u/GayLubeOil created a post at the main subreddit, entitled "**Red Pill Beats**", where he criticises u/TheFamilyAlpha, mainly for alleged not living up to what he preaches. From what I understand, the boiling point was reached when GLO saw TFA's **pictures from The 21 Convention**, which were posted few days earlier by conference's organizer, u/Dream_21. Before that - everything was fine.

As you can see, many (possibly very young) people commented under the post with pictures from The 21 Convention. Their comments usually looked the same, were written in dismissive tone. "This looks gay", "so this is how real alphas look", "you look like a bunch of losers" and such. Insightful comments were downvoted heavily. Cool.

I checked post history of a few of those commenters. My theory was as follows: those negative comments must come from many fatherless kids (or raised by absent or abusive fathers, which gives actually pretty similar image). Such kid, when sees a real, masculine, successful man, which comes in good will, without any means to do any harm, only to do good, to educate, to shows them the way (which they are actually in the dire need of!) - he starts to feel something. What is it? I don't know. But then, his ego kicks in and he suddenly converts it to hate and anger. Because that's the way we distance ourselves - by using our egos - when we aren't as mature as we could be.

Maybe that's craving for a real father in their lives. A warm, open man, who teaches them stuff. A man they were always craving but never met, for example.

... or, they may be acting on their core beliefs. What they believe, what core belief about what is masculine they have in their minds, this dictates how they see the world and react. So basically, perhaps, for many young man, who love video games and are possibly raised in fatherless homes, by single mothers, who feed them with beliefs on how bad and negative men actually are... The 21 Convention must have struck a nerve.

Then egos kicked in. If something is not in line with the core beliefs of the ego, it must be destroyed.

So the turd-flinging monkey takes his aim.

The place I mention my ex wife, because that's what I do here

That gave me similar vibe to my ex wife. When I stopped drinking, when I started therapy, I became someone different. I wasn't a man she wanted. I started being the man she despised. She was not able to accept the new me and she often dissed me in a way no more mature than those teenagers dissing u/Dream_21, The 21-Convention and its attendees and she did that as long as I decided I had enough and left and she is a fucking codependent trainwreck ever since.

I have met with various women during that last 18 months. Some of them stay. Some of them run from me. The quality of women who stay is way higher than of those who run away (I'm not too selective, but that's another story).

If some women have a core belief, that men are shit and they meet a quality male, they perform a smear-campaign in their heads then run away.

The post by GLO

The post by u/GayLubeOil only proves this theory, if you ask me. Suddenly, a man who often suggested to "bring your own value" when someone criticised a valid TRP post, starts dissing u/TheFamilyAlpha because of... his looks (not exactly the most masculine thing you can do, especially from the safety of your own room and your computer screen, but I digress). TFA, according to GLO, is not big enough as for someone who preaches lifting since 2013, has a baby face, that he tries to hide under his beard and all that. And, TFA's blog is obviously blue pill.

And I start to wonder, what has happened to the "bring value to the community or STFU". I start thinking why GLO decided to throw some turds at TFA and why the turd is actually flying so low.

u/GayLubeOil openly stated in a few places (correct me if I'm wrong) that he was raised by a single mother. What I believe is, that the way TFA or some other guys that attended The 21 Convention presented themselves aren't in-line with GLO's core beliefs on "what is masculinity". But, his own behaviour is. It must be, he's the "icon" of manosphere, right?

Fight

So let's see. In one corner we have a fatherless male, somehow desperately trying to LARP masculinity, only on higher level - by posting pretty intelligent, nonetheless always in a joking manner, by lifting, by injecting himself with steroids. I actually don't mind reading about his experience with steroids, mainly because the day my testicles stop working is not getting any further, but I digress.

In another corner, we have The 21 Convention attendees. A bunch of (mainly) well-dressed, well-presented individuals, who are trying to do their best. Who came there to share their notes, in person. To meet in person. To have fun - in person.

They were courageous, open and (fuck it) vulnerable. They exposed themselves to all the risks of doxxing, critique and shitposts like the one GLO wrote and like the comments many commenters wrote under it. Why did they do that? For money? Maybe, why not. But I think that they saw that they're doing this for some greater good. This was what they wanted to do, to give to the world.

A fatherless male, criticising from behind a computer screen versus some guys doing some actual work together (the lectures, the Q&As) and having some fun together after. A manosphere icon, doing actually something very feminine - like a tumblrina, writing a post where he criticises one's looks.

Aftermath

The post had its effect in our own small piece of manosphere and it caused separation and fragmentation and I think those are least needed things, but I digress.

I think I somehow found a link between ex-wife, GLO's post and the overall undeserved critique of The 21 Convention.

And, hell, I remember when I was in about the same place that GLO is now, many years ago. Unable to cooperate with anybody. Ready to call everything gay. I have LARPed my own version of "being a tough guy", which included doing bike marathons, running FreeBSD on my desktop computer, and actually calling everyone gay.

And yes, I also played "the court jester", because that's how I fulfilled my need for attention from others.

Of course I did that because of ego-fuelled false sense of being an elitist - that's what I thought.

Today, I think, that maybe I did that because of deeply hidden fears.

That post did not bring anything good to TRP. And, if GLO sees TFA as "manosphere cancer", well, I hope we'll get as many metastases as possible. TFA even by being a bit blue sometimes brings less harm to manosphere, than The Avatar Of Brodin showing us all, how immature and lost actually he really is.

I bet BuzzFeed or other SJW media are just waiting for those posts like the one GLO wrote.

Takeaways

People act accordingly to their core beliefs. Sometimes, when those beliefs don't match reality, ego kicks in and turds start to fly.

People without strong, proper masculine presence since their early childhood usually act with anger when confronted with such kind of proper masculinity in their adulthood.

TRP is already fragmented enough. I don't think we need more fragmentation.

Primadonnas, teenagers, turd-flinging monkeys are gonna turd-fling. Making fun out of another man's looks when he brought a lot of value in other areas is not going to do any good to anyone... and it seems suspiciously feminine.

You don't like this post? Write a better one. You think TFA is full of shit? Write a better blog, get a better form, longer beard, write a book more people won't buy. You think 21 Convention sucks ass? Organise a better one. Why the fuck you shouldn't, you're so much much better than them, that's what your mother told you, you're not going to leave me son, you're way better than your father, you're mommy's special snowflake...

Shit or get off the pot and that in my book includes everyone, EC's, TFAs, Brodin Avatars, 21-attendees, Red Berets, all of you.

Post Scriptum - Paul Elam

Another person criticised by GLO is Paul Elam. I'm not sure what Elam is doing these days and if his critique is well-deserved, but what I am sure is: his YT flicks about BPD women helped me tremendously when I was in my darkest hours, some months ago. But, when he criticised Elam, I laughed. Maybe I should have wrote this instead.

Footnotes

- I disagree with u/TheFamilyAlpha in many places, I think he's overly optimistic in his beliefs and still way too young and inexperienced for my taste, but I wish him the best,
- I criticised u/Dream_21 founder because of some of his earlier posts, which I found to be overly focused on a woman, on the other hand I never had any beef with the actual Convention which I think is a good idea,
- I actually respected u/GayLubeOil's work and I tipped one of his posts with actual cash on the trp.red platform once as a form of saying "thanks" and supporting their work (I'm 3rd on the list of "Top tippers" on trp.red ATM). I'm not planning doing that again soon.

56

UPVOTES

[FR] Having Fun Playing 'MRP Wingman' and Helping Another Married Guy

Kingofdeadbedroom · 27 October 2017 · Archived copy · Reddit

Earlier this week, I went for a meal and a couple of beers with a younger married but childless colleague. During the course of a good conversation I discreetly threw in a few MRP truths that he latched on to and pursued. It turned out that his bedroom is already suffering a substantial decline, and his wife is putting on weight, etc..

Later that evening his wife and a gay friend joined us for the final beer. The conversation was flowing and my colleague and I were enjoying ourselves. Since my colleague seemed to have a basic idea of married game and had enough frame to benefit; I decided to help him out and have some fun by applying some dread to his wife.

During the conversations the matter of "Happy wife, happy husband" cropped up, which I blew away with humour and corrected. At other moments I 'innocently' dropped in remarks concerning the importance of partners in a relationship keeping themselves fit, healthy and attractive, and mocked some ridiculous feminist bullshit. The cherry on the cake was when I 'innocently' gushed about a particularly attractive and sexy young woman that sits opposite him in his office. With a twinkle in his eye, my colleague followed my lead and chimed in, singing her (non-sexual) praises, explaining that she was kind, good company, and excellent at her job. During this this exchange, his wife, sat quietly with a somewhat defeated demeanour.

Over the following days, my colleague was full of good humour, and looking to organise another fun evening. Apparently his wife was anxiously asking about this female colleague, and when shown a picture, she sniffily remarked that "she was an ordinary blond". Since that evening, his wife is taking more initiative and qualifying herself to him. He reports that it's now "back to like it was at the start of their relationship".

Conclusion: You can have fun while doing a male friend a favour by applying dread to his wife. If done well, you can have fun and earn a little respect and gratitude.

I intend to try a similar but less blatant approach to gaming females in my wife's social circle. This will not only be to enjoy myself, but with a view to sowing seeds of competition anxiety and reducing the level of female complacency and entitlement to which my wife is exposed.

56

UPVOTES

Purpose – The Rules of the Game/Way of the Superior Man

SteelSharpensSteel · 20 October 2017 · Archived copy · Reddit

To quote J. C. Penney, founder of the department store chain, "Give me a stock clerk with a goal, and I'll give you a man who will make history. Give me a man with no goals, and I'll give you a stock clerk." - Neil Strauss, *The Rules of the Game*

In the book *The Rules of the Game*, there are several missions listed around evaluating yourself, which are worthy of review as you are discovering or refining your purpose.

From the book:

MISSION 1: Evaluate Yourself

Fitness programs require you to weigh in on the first day. Financial plans ask for a list of your assets and debts. So to revamp your social life, you'll need to make a social assessment of yourself. Your first mission is to write answers to the following questions. Don't worry about what anyone else will think of your answers. Your goal is to be as honest with yourself as possible.

1. Write one or two sentences describing how you believe other people currently perceive you.
2. Write one or two sentences describing how you'd like to be perceived by others.
3. List three of your behaviors or characteristics you would like to change.
4. List three new behaviors or characteristics you would like to adopt.

MISSION 2: Set Your Goals

Your mission is to read the following questions, think about them carefully, and write your personal mission statement. Be as specific and ambitious as possible. (Examples of accomplishments include starting a band, buying a house, getting in shape, launching a business, becoming president.)

1. What three accomplishments would you like to achieve to make you happier?
2. What are the reasons these accomplishments will make you happier?
3. What is your personal mission? (fill out the following statement)

I will become (MY ROLE, maximum four words) who will (MY CLAIM TO FAME, maximum four words) within (NUMBER) days/weeks/years.

4. List three specific results that will let you know that you've accomplished your mission. (For example, I will have earned \$200,000; I will have lost thirty pounds; or I will have won five Academy Awards).
5. Why are you now fully committed to pursuing your personal mission? (fill out the following statement)

Because if I don't pursue it now, I will continue to suffer over the next years and: my (element/quality of life) will decrease/get worse/fail; x3

But if I do pursue it now, my (element/quality of life) will increase/improve/come true; x3

From *The Way of the Superior Man*, pages 18-19:

"Your mission is your priority. Unless you know your mission and have aligned your life to it, your core will feel empty. Your presence in the world will be weakened, as will your presence with your intimate partner. The next time you notice yourself "giving in" to your woman, postponing your mission and denying your true purpose in

order to spend time with her, stop. Tell your woman that you love her, but you cannot deny your heart's purpose. Tell her that you will spend 30 minutes (or some specific time) with her in absolute attention and total presence, but then you must return to carry on your mission. Your woman will be more fulfilled with 30 minutes a day of undivided attention and ravishing love than she will with a few hours of your weak and divided presence when your heart really isn't into it. Time you spend with your woman should be time you really want to be with her more than anything else. If you'd rather be doing something else, she'll feel it. Both of you will be dissatisfied.”

From *The Way of the Superior Man*, pages 30-31:

“The core of your life is your purpose. Everything in your life, from your diet to your career, must be aligned with your purpose if you are to act with coherence and integrity in the world. If you know your purpose, your deepest desire, then the secret of success is to discipline your life so that you support your deepest purpose and minimize distractions and detours. But if you don't know your deepest desire, then you can't align your life to it. Everything in your life is dissociated from your core. You go to work, but since it's not connected to your deepest purpose, it is just a job, a way to earn money. You go through your daily round with your family and friends, but each moment is just another in a long string of moments, going nowhere, not inherently profound. Disconnected from your core, you feel weak. This empty feeling will undermine not only your "erection" in the world, but your erection with your woman, too. However, when you know your true purpose, which is your core desire in life, each moment can become a full expression of your core desire. Every instant of career, every instant of intimacy, is filled with the power of your heart purpose. You are no longer just going through the motions at work and with your woman, but you are living the truth of your life, and giving the gifts of your love, moment by moment. Such a life is complete unto itself in every instant. The superior man is not seeking for fulfillment through work and woman, because he is already full. For him, work and intimacy are opportunities to give his gifts, and be vanished in the bliss of the giving.”

Evolving your purpose is a natural part of growth as you live and build experiences. I'm not going to quote the whole book of TWOTSM, however it is encouraged that you read and review this to define and refine your own purpose. These are merely tools that can be used on your MAP. Working out, STFU, sidebar – they all are ultimately getting to a man's purpose. Defining one's purpose is a key part of your own sexual strategy - sure, you can lose weight and make some initial gains with your wife, but once you have a purpose... look out!

If you have additional thoughts or resources on purpose to help focus people as they post in the OYS threads or define their own MAP, put them below.

56

UPVOTES

Sleeping Naked

Red-Curious · 5 October 2017 · Archived copy · Reddit

Take this as more of a field report. I stumbled into the concept accidentally, by virtue of not having time to get my laundry done. All of my "sleep shorts" were dirty (I use the same shorts as when I go to the gym, so I go through them fast). The pants I was wearing were too hot to sleep in, so I just decided to sleep naked. I love sleeping naked when my wife's out of town - so much cooler and more refreshing. Never really tried it with her around. She used to get weirded out by nakedness and exposed genitalia (for those who don't know me, she was brought up in an extremely conservative, sexually repressive religious environment). I think I had done it once in my beta days and she made a nasty comment and I never tried again.

Anyway, for the first couple days she didn't notice, or at least didn't say anything. Then day 3 hits and she mutters while mostly asleep, "Are you naked?" She then cuddles up to me in the **king position**, claiming to have no memory of this the next day.

Interesting. I do the laundry, but decide to keep sleeping naked anyway. If nothing else, I thought it would help toward deconditioning her anti-sexual programming by normalizing nakedness. Since then, she's cuddling up to me most nights and now remembering doing so, oftentimes playing with my junk, and a couple times leading into sex. This is totally backwards, given that even as recently as a month and a half ago she's firing her tongue off about how rude and insensitive it is to initiate in the middle of the night, demanding I never touch her while she's sleeping. ("Well, how am I going to give you a mind-blowing orgasm without touching you? Challenge accepted," I said with a smirk. Of course, the next night I lost the challenge, but still won the game.)

Point being: a door that was previously closed (sex after she falls asleep) is starting to open. Why? I don't know. Humor my speculation:

- Pheromones not being stifled by my clothes.
- Increased access to genitalia boosts sexual awareness.
- Increased skin-to-skin contact while we cuddle (specifically below the waist, where her legs touch my legs rather than my shorts) = unintended night time kino.
- Just laying down next to someone in bed who is naked subconsciously (if not actually consciously) produces sexual thoughts.

CAVEAT: I'm 100% confident that this would not have worked if I was still overweight and weak. Noobs: don't try this until you hit the gym for a few months.

I'm going to keep this test going for more data. 2 weeks isn't quite enough for a fully-fledged conclusion yet. But, I thought it'd be worth sharing and seeing if other people have had similar experiences.

ALSO - I'm thinking after another week or so, if results are still good, I'll explain to her how refreshing I feel sleeping naked and suggest she try doing the same. I'm confident on my suggestion that she'll try it at least once ... not sure where it'll go from there. But, given that I'm most horny right when I go to bed (a couple hours after she's been asleep), this might be a solution to getting sex *when I want it* and not trying to force myself to be into it at times that are convenient to initiate for her.

56

UPVOTES

[FR] Unintentional Dread

bogeyd6 · 17 April 2017 · Archived copy · Reddit

What a weekend to be back home! Finally got my new thermostat and went to install it. She kept asking me to not mess with it because we had a busy day but I was excited to finally complete the smart home. Went to install the thermostat and was following the directions. Problem was, something happened and it blew the fuse on the control board to the furnace. Got on the phone with a friend who does commercial HVAC and he guided me to the issue. Oven was running and now we had no AC! Talk about a wife being pissed it was so bad you could feel the vibes in the air.

As I went upstairs to grab my wallet I heard her very softly say "I can't fucking believe this" but I didn't bother with it. She was not saying to me and I just walked out the door to go buy the new part after I opened the windows to at least cross breeze the oven heat out. As I was driving I started calling the home stores to find out who has a three amp fuse. She kept calling, but I was trying to find the part. Eventually she stopped and **started sending texts** to my phone. Notice the last part, she really thinks I didn't hear what she said.

All of them went ignored because I was legit busy. Had to save Easter from my own fuck up. When I pulled into the gate I answered her phone call. She was crying because she thought I walked out. I told her it was easter and I am not mad, just don't want to be sweaty unless we could be sweaty together. She laughed, and we exchanged I love you's. She was still upset when I got home and we hugged for a bit.

What got me the most is she was filled with dread over something so dumb. In which case she also tipped her hand. Took a few years to get to this point, but it's nice to know that you do reach the light at the end of the tunnel.

Keep at 'em boys, don't let feelz slow you down.

P.S.

Autozone carries three amp fuses.

56

UPVOTES

The Grind

addictedtoyourface · 26 July 2016 · Archived copy · Reddit

Digital books: They are a fantastic convenience. I can finish a book in half the time it would take me to finish a physical book. Having said that, it took me a very long time to convert. The reason being: I love the feeling of accomplishment when I finish a long book. Looking at all those pages I turned one by one to finally complete it. The pages are a nice measure of progress through the book, especially during the boring parts.

The point is: There is satisfaction in "The Grind" Learn to embrace the grind. Understand that it is there, and it is not going away. Everyday is a grind, and that grind offers you something in return. There are fantastic rewards to reap from the grind. But you don't want that grind, do you? You want to be comfortable. Comfort is fine, but it's reward comes quick, leaves quick and leaves you feeling unfulfilled and unsatisfied. Grinding rewards are slow and hard to come by, but its rewards last long and are satisfying.

People don't care about you and your grind. They care about the results. Also, people don't care about your two week results, they care about your 2 year result. The important parts aren't day 1 and day 730. They are 2-729. Those are they days you put your head down, shut your mouth and grind.

You haven't put in the grind (or you're in the middle of it), so don't get butthurt when your world (your wife, kids, boss, strangers) take no notice of you, or give you little to no respect. You haven't earned it yet. And when you have, you won't have to announce it. They will tell you.

I play an instrument very well and have been in many bands. When I would finish shows, many times I would have people come up to me and say "Teach me how to play like that". I am passionate about my instrument and I would start to discuss the basic things they should start with (very boring drills). Once they've mastered that, add something slightly more complex. Their eyes would glaze over and I learned very quickly they didn't care about the instrument. They just wanted the end result of playing on stage and jamming out like a rock star. They see the end result of many years of grinding, boring (it wasn't boring to me) practice. They are not willing to do that, which is why they will never achieve what they see.

What do you want to achieve? Find successful people who've achieved it, but don't look at their success. Find out what they had to grind through to achieve that success and do likewise. Avoid looking at them as a measure of your progress. Measure your progress by how consistent you can be.

The only easy day is yesterday.

tl;dr Success in anything (marriage, sports, health, career etc.) requires a grind. If you don't accept it and embrace it, you will continue to be unfulfilled and mediocre.

56

UPVOTES

A Husband's Entitlement To Sex From His Wife

BluepillProfessor · 13 July 2015 · Archived copy · Reddit

This Thread was attacked and completely eviscerated by TBP.

Long/Short, wife brought her entire family to vacation in their home and then denied the dude sex so he locked the bedroom door, jerked off, and went to sleep. Wife freaked out- not that she was locked out of the bedroom but because her man is realizing quickly that his wife provides very little value to his life except an occasional sock puppet cum dump and constant irritation.

The Blue Pill feminist Trolls absolutely freaked out at the suggestion that a man is entitled to sex from his wife.

Yes, The TBP position is that WOMEN ARE **ABSOLUTELY ENTITLED TO SEX, PROVISIONING, SUPPORT, EMOTIONAL TAMPONAGE, AND EVERYTHING ELSE BUT THEY ARE NOT OBLIGATED TO DO ANYTHING. NOTHING!**

Moreover, the MAN is not permitted to do ANYTHING to change his sexless life. If he lifts weights, he is leaving his wife. If he stands up to her bullshit he is being abusive. If he jerks off rather than lay there half the night crying and thinking about how he can better serve his wife later then he is a Shitlord.

And if you think anything except this then you are a RAPIST who beats his wife and doesn't understand consent.

For the record, the Married Red Pill position is that a man IS entitled to sex from his wife. Furthermore, if he isn't getting it and is being routinely denied, then it is the WIFE who is in breach of the marital obligations- wow! Who knew that women were obligated to do anything! This is groundbreaking stuff guys! We have made an important discovery!

In the case of continual sexual denial of the husband and wife's ENTITLEMENT to the other's body, MRP recommends the man pull back his material, emotional, and psychological support until the woman he is with decides to act like a wife.

To encourage this result, we employ game and Dread Game, improve to become more sexually attractive, and begin to mentally withdraw from the relationship. Ultimately, we begin getting our needs met elsewhere- preferably from a younger, tighter, and MUCH more pleasant model- and the sex denying harpy is free to go fuck her own used up golden vagina- just lock the door first cupcake and turn on a fan because your tangy smell doesn't do much for me any more.

Read that thread, guys. See the angst and discomfort. Notice how they bleat like fools and turn the man's power of commitment into "rape." That's right, anything that empowers men and attempts to limit the scope and stench of the golden uterus is RAPE and WIFE BEATING.

56

UPVOTES

Welcome to The Red Pill on Hard Mode.

isolos · 30 June 2014 · Archived copy · Reddit

As a long time lurker on TRP, I've been noticing that the signal-to-noise ratio has gone down dramatically, which is unfortunately a by-product from gaining subs. Also, while I have nothing against spinning plates or MGTOW, that is not a lifestyle that I would want to live for the rest of my life, and so it has been increasingly hard for me to find good content on TRP. As such, I went ahead and created this subreddit to foster discussions that are relevant to those of us that feel the same way.

Therefore, I invite everyone that are married or in a stable long term relationship (or planning to get into one) to chime in and share their frustrations, success stories, or general advice that is different from the usual bullshit that is being spewed on subs such as /r/relationships. We know those don't work.

I have a very limited experience being a mod so if there are anyone interested in lending a helping hand modding this subreddit, please send me a PM and I'll add you to the list. Let's get started with some good content here.

56

UPVOTES

60 DoD 2019 - Official kickoff

SorcererKing · 22 March 2019 · Archived copy · Reddit

Rejoice, for 60 DoD 2019 is finally here! I know you're as excited as I am, for this is going to be a content-packed 60 days, with many of you committed to write posts for our focus areas.

Before all that kicks off this weekend, let's go over the basics of this challenge again.

The idea of 60 DoD is to improve your **life-process**. What do I mean by that? Mostly, it's about **habits** - if get into a *habit* of lifting regularly, eating right, tending to your hygiene, dressing well, gaming your wife, tending to your finances, advancing your career, and enjoying your social life, you will not only see gainz in those areas, but you'll sustain those gainz. Many challenges will say something like "do 1,000,000 pushups by next Tuesday!" That's well and good, but what about after next Tuesday? Does it become 1,000,000 pushups every week? Do I only need to do 100,000 per week once the challenge is over? Instead, here we focus on changing your *process* for the long run.

So the content each week will give you new ideas about what the possible range of process might be for you. Your lifting goal might become, something like:

- Lift M-F every week, with weekends off
- Lift at 7pm each night, without fail
- Do SL 5x5 until plateau, approximately 6 months from now
- Switch to Arnold's Blueprint for 3 months
- Create custom plan with some crowdsourced ideas from internet and gym bros after that
- Revisit gainz and program every 3 months

Notice how the first two items are the most important from a process perspective. They are the "what" of it, while the other items are the "how". A wardrobe goal might be an initial purge of worn-out ill-fitting articles, followed by refresh every time the seasons change. Hygiene could be to start wearing cologne and pledge to change it out every 4 months. You get the idea. Notice how in these examples it's not "join the 1000 lb club" or "get 17 polo shirts," but rather a *sustainable approach to staying awesome*.

This thread is for your public declarations of intention in the 8 areas. You should have enough self-awareness to know what you need to be better at. Not everything has to be drastic change, as even a stopped clock is right twice a day, but we all have room for improvement.

This year, for those of you who declare in this thread and report on success at the end, I will be granting special flair to show your accomplishment. I will enlist some fellow mods to determine who we think is worthy based on your honest self-assessment, realism in goal-setting, and actual accomplishment in changing your life process.

So with that all said, let's get to it. There will be a couple of "Week 0" posts hitting between now and Sunday, which will help frame our philosophical approach to 60 DoD, (hopefully) helping you to answering the question, "Why even bother?"

Gentlemen, this is 60 DoD. Begin.

Edit: Just a reminder, this will end on 05/24/2019.

56

UPVOTES

My "First MRP Moment", I believe. It will never be the same.

Zer0FuksGiv3n · 18 October 2019 · Archived copy · Reddit

Long time reader, first time posting. Been following MRP and RP guidance since Jan this year. Reading, working out, and letting go of shit and fear. Last insight I had what I would call " My first MRP" moment with the wife and it felt great.

Been one day since we last fucked - gave her the prior night off - and I was feeling the urge last night. Night started off with her in some funk mood, but I decided to be strait forward and initiate sex, and she resisted. Then the fireworks started. She started bitching at me about some random bullshit about "You don't do this or that". Trying to deflect and start an argument - you know so she can get out of sex. I stopped her mid bitching and called her out that she was just trying to deflect and argue to ensure sex was off the table. She got pissed, I stayed cool. Then I asked for a strait answer, "sex tonight, yes or no". She gave the obvious "I don't know" trying to just drag me along like a puppy. While we are arguing she starts to get up to go take a shower. I expressed to her that I am talking and that it's bullshit to just walk away. She stopped and gave me a bitchy look. I told her since she can't give an answer, then I am making the call, no sex (At that moment you could see it in her face that she knew she lost control with sex as a tool). She then asked if I was done and if she could take a shower. Of course I said, "thanks for asking for permission and yes take a shower. "

After the shower, I didn't sulk or complain about no sex. Just sat in the bedroom, ignored her, and watch some TV in silence. About 15 mins pass, and she says "Ok I want to have sex". Great! As I sat there, she came over gave me a blow job with out me asking, then I fucked her hard (so she knew who was in control). After ward, she thanked me and we went to bed.

It works. Let go of fear, be a fucking man, own your shit, and your wife will beg to make you happy.

The MRP model of communication and signals

First, let us look at what we signal with our communication, divided into categories that are relevant to sexual strategy:

Trivial signals: This is all the mundane topics - what happened at work, planning the next vacation destination. It can be small or big, you and your wife can have aligned goals or you can be at odds. It is trivial in the sense that it doesn't have much relevance to sexual strategy. Note that a given interchange can be about something trivial and have elements of sexual strategy like she is also shit testing you. To make things clear, we separate them out - part of the interchange is trivial, another part is sexual strategy. I'm not going to consider trivial signals in the rest of the post.

Alpha signals: This is communication that signals alpha. Confident body language, passing shit tests, cocky remarks, etc. This increases attraction, which has obvious benefits.

Domination signals: This is making her do what you want and enforcing boundaries. Being dominant can have elements of signalling alpha, but there are two important differences: First, this stuff matters to you: life is better when she makes you sandwiches, depthroats you, and doesn't fuck other men. Second, with high SMV you can be dominant and she'll comply and it signals alpha, while low SMV men are ignored and only signal their weakness by trying to be dominant.

Good beta signals: This is stuff that signals beta but doesn't hurt your alpha. It is passing comfort tests without coming off as weak and supplicant, or sending signals similar to that. Women have a dual sexual strategy and especially in the context of an LTR, they do need beta - giving too little will make her freak out from lack of comfort. As a side note, a lot of good beta signalling can be done actually doing shit - fixing stuff in the house, taking care of the kids, making money.

Blue signals: This is what we at MRP consider the bad signals, where you signal lack of alpha, weakness, supplication, insecurity, fear, sadness, unconditional loyalty, self sacrifice.

Imagine that the signals are the rows in a table.

Now let us look at how we choose to communicate (and I don't mean you necessarily choose rationally, you can have very little conscious say in the matter). You get an idea, how do you communicate it?

STFU: You say nothing.

Habit: You just say something out of habit, it's what you always say. "No, you don't look fat in that".

Emotional: You communicate mainly based on emotion. Maybe you're scared of her reaction so you can't help but say what you think will calm her down, maybe you're angry and say something you don't really believe, etc.

Tactical: You say not what is on your mind, but something that you believe will manipulate her to your advantage.

Honest and open: You just say what is on your mind.

These are the columns in the table.

So all your ideas come tumbling down from the top, and depending on your emotional state, level of self control, ideological beliefs about communication, sexual strategy insights, it goes down one of the columns and ends up in a given row.

Most people aren't aware of the signals distinction that we use, so they communicate based on the columns. Their emotions guide them, or their belief or personal preference for honesty, or their desire to manipulate.

Here at MRP, we teach guys about the signals and tell them to look ahead in the table, see what signal row you'll end up in and choose your communication based on that instead.

New guys, we tell them Blue Signals, choose STFU. Domination, choose STFU (stop nagging her for sex, you don't have the SMV to back it up). Alpha signals, be honest or tactical (fake it till you make it).

As they get their SMV up and their wives become more submissive, they can choose to be open and honest with their domination signals.

And once they get to the endgame and they settle into their masculine identity, most of their ideas fall in line, most of their impulses go into open and honest column and ends up in the good signal rows naturally and they don't even get the idea to say blue shit very often.

Does communication work?

When people talk about if communication works, they rarely mean in the broad sense of "everything is communication". They usually mean honest and open communication.

Does honest and open communication work?

The MRP position is that good relationships are based on signalling alpha and good beta, not signalling blue (or at least very little), and being dominant once your SMV is up. We should all be convinced in how well this works.

To the extent that your honest and open communication results in those signals, sure communication works.

In **Communication Doesn't Work....or Maybe...** [u/Blarg_Risen](#) outlines his thoughts on communication, which go quite a bit further than sticking to MRP signals. There's a lot of good, really red stuff in the post, and that's a big part of the problem. With that much red, and from a guy who obviously has his shit together and a good relationship, it's easy to miss that some of it might not be red. It's not uncommon on MRP or TRP to see alphas who have an easy time with women think that everything they do improves their relationship (leadership and wealth being two common traits that often gets mistaken for something that turn women on). In this case, it's communication, where Blarg outlines his thoughts on how MRP doesn't understand communication and is afraid to try honest communication.

When someone comes along and says MRP is wrong and gets a 97% upvote rate, we have to examine it further. Is MRP wrong?

If MRP is wrong and that there is intrinsic value and benefit in communication, regardless of what it signals, there has to be value in blue signals.

Does anyone really believe that? Is signalling low alpha somehow good? If that's not the case, where does the benefit come from? Trivial signals?

If you're saying that honest and open communication is good, but only to the extent that you're signalling alpha, good beta and domination, you're saying the exact same thing as MRP. There's nothing new here. If there is an MRP end goal, it is to build a masculine identity where that is the case.

Let's take a very alpha guy, 90% of the time his honest communications signals alpha, domination and good beta, the other 10% he signals blue. Can he get away with that, and have a wife who is attracted to him? Sure. Is it optimal? No. Is it good advice to signal blue 10% of the time? No.

It's like a shredded guy eating ice cream, sure he can get away with it because the rest of his diet and lifting is good enough, but it isn't optimal and not something you'd recommend outside of letting people relax a bit to stay sane.

And I agree with relaxing a bit, especially once your SMV is up. I don't believe you should constantly be keeping score of your alpha points: enjoy the leeway you get from having a huge surplus of alpha.

The simple truth is this: when she thinks her man is hot, and she knows that he doesn't tolerate too much lip from her - he can say some stupid shit, and she'll nod her head and go along with it anyway. And I can't overlook how Blarg points out that if she doesn't agree with him, they'll just part ways.

But there's a fucking big difference between saying that you can relax a bit once you're alpha, and saying that honest and open communication is good in itself.

So does open and honest communication work? To the extent that you signal red, sure - what matters is what you signal. Does it matter much of it is honest? Not really. Is honest communication that signals blue good? No.

The dangers of an believing that open and honest communication is good

Humans are terrible at self evaluation. How we see the world is greatly influenced by emotion, beliefs, ego protection, cognitive dissonance and many other biases. Anyone who hasn't read up on the extreme degree our biases muddle or thinking should do so, right now. Get Kahneman's Thinking, Fast and Slow.

We can combat our biases, and regarding communication we do so by looking at what we signal.

If we don't, we very easily get caught up in the traps of thinking that whatever we want and feel is good. I've written about this before, how our desire to explain our vision early is usually a mistake ("**Do you like my dissected boobs?**") or how many men think their beta desires are something women respect them for (**Most men's masculine ideal is not alpha**).

In the recent post on the merits of communication, it even went so far as to praise having the courage to be vulnerable by communicating weakness. Just no. Women don't think you're hot because you have the balls to share your fears and sorrows with her. It's not ballsy, it's just sharing weakness. This is exactly the sort of cognitive dissonance you fall into when you begin believing that "communication is good", you twist reality to fit your beliefs instead of thinking critically.

Nothing indicates that communication is good. It is about the signals. You want to signal alpha, good beta and domination, and you want to avoid signalling blue. You should stay away from any idea that removes you from that understanding and makes you uncritically pour your heart out with open and honest communication, without being aware of what you're signalling.

The other coin of communication - listening to her

The standard MRP position here is to have your own vision and follow it. Don't listen to your wife, respond with A&A or STFU to her requests and criticisms (with regards to your personality and your relationship - we're not talking about her asking you to lift a heavy box or planning your vacation).

There are good reasons not to listen what she says, some of the issues are:

Lack of introspection: People very often have poor introspection. They are often not aware of what they want, and especially common is lacking the ability to predict future enjoyment. As an obvious example, take how women react to the red pill (typically disgust that we're learning how to cheat them) yet once her man actually alphas up, he's suddenly so fucking hot and she can't believe she has a man like that at home.

Timidity, resistance to change, laziness, inability to delay gratification: People refrain from doing smart things all the time. They're scared trying something new, they're too lazy to go to the gym, they really want to eat another serving of dessert. Yet I don't think anyone would disagree that enjoying what life has to offer and being fit and healthy is way better long term. But they'll hamster their shortsighted desires to no end.

Tactical communication: People say shit to manipulate the other person into doing what they want. Maybe they don't want to argue, so they say what the other person wants to hear. Maybe they're afraid of the consequences of saying no.

Shit testing: The main reason for not listening is shit testing (or compliance testing). Women have a dual sexual strategy and one way this manifests itself is to compliance test men, often with something very unreasonable - if the man complies, she gets him to service her and she knows he's a beta she shouldn't fuck, if he passes the shit test she's learned he's a fuckable alpha. It's a brilliant strategy.

When you go down the "communication is a two way street" route, you have to take a different stance. You have to trust and respect what the other person says - if you think you're mostly hearing bias, justification, manipulation and shit tests, you're not listening. And trusting and respecting what someone says, that's a very weak position to take. You're suddenly easily vulnerable to manipulation and deception, or even just taking an honest mistake they make and running with it because you "hear what she's saying".

In the post on the merits of communication, it was described (correctly) how competent women can be in their lives. This was major premise for the whole idea. If they're not competent, why respect what they want?

But competency is not relevant. Someone competent can still be manipulative and tactical in their communication. In fact, the more someone has achieved, the more likely they are to be very adept at making people do what they want.

This holds doubly true in a relationship since women shit test. Women are not solely interested in a cooperative effort with honest communication to maximize relationship quality - for them to enjoy a relationship they have to feel their man is alpha, and they do this by shit testing which by its nature is bullshit and deceptive. You're supposed to disregard it.

Believing in communication before you're very alpha and she's very submissive is disastrous. You absolutely have to pass shit tests and not listen to her initially.

Once she submits, this behavior largely subsides. But shit tests still happen from time to time. You have to be ready for this and respond correctly. Even vets, if they fail a shit test by taking her seriously, it can spiral out of control. Women probe for frame weaknesses and if they find one, they'll keep hammering on that flaw, harder and harder, insisting that you understand and respect this feeling she has, and the more you do the less alpha you signal. You put yourself in a weak and exploitable position by believing in the merits of communication.

Maybe there's some level of alphaness where women stop shit testing at all, but I doubt it. And if there is, it is not a place you got to by communicating, it was something you achieved with high alpha and dominance.

The degree to which she is on board and being cooperative is entirely based on high alpha and dominance where she submits and accepts your vision. From that position of position, and to the degree that she submits, sure, communication can be productive and mutually beneficial. [u/HornsOfApathy](#) has great posts about the level he has taken this to with their very intimate D/s relationship, and while most vets haven't gone so far many of us enjoy that the shit testing is rare and our wives communicate honestly most of the time.

But this is an *effect* of her submitting, and that happened because we were dominant instead of listening back when she was still shit testing and challenging us regularly.

Observations on relationships with varying degrees of communication

If we look at bad relationships, where the man is low alpha and has communicated his needs and feelings very openly, this never works. Seeking the help of a marriage counsellor that helps them communicate better, again, it doesn't work.

When such a man limits his communication to signalling what MRP suggests, we see massive improvements in

attraction and relationship quality.

The path to relationship happiness certainly isn't through honest and open communication.

If we look at the high end, we have dominant men with submissive wives. Some of them praise communication. Some of them don't.

Take a guy like [/u/red-sfpplus](#). Does anyone believe that if he settled down, his steady girl wouldn't be crazy about him and super submissive even if he didn't communicate with and listen to her?

There are other vets here who are alpha, married and don't place much value on communication. Are they doing well or not? I've had periods at high SMV where I didn't listen to or respect my wife at all, and it worked just fine.

Take the vets who communicate with and respect their wives. Let's take away the communication except for the MRP suggested signalling. Does anyone really believe their alpha wouldn't carry their relationship on its own? That their wives would stop submitting because they stopped?

Let's take one of the communicating vets, and his wife suggests something he doesn't like - and he goes along with it. What is the probability that she won't ask for a bit more next time? And where does that spiral end? Does it stop before he either puts his foot down, or she loses respect? Does communication and respect work outside of a dominant frame, without a "my way or the highway" principle?

No matter how I look at it, I can't see communication outside of MRP style signalling being productive - it is irrelevant, counterproductive or an indulgence (and there's nothing wrong with being indulgent, all else being equal).

Conclusion

For a lot of us, communication is great. We love to talk, to be heard, to be understood, to explain things, to be agreed with, to have our vision shared.

MRP has identified the problems that arise from this desire when it signals blue - as it can easily end up doing.

Luckily, many men are able to settle into a masculine identity where they are very red - naturally alpha and dominant, with some good beta sprinkled in. That's who many of us are, and to the extent we are, communicate all of that freely without inhibition. And heck, with enough frame whatever blue shit comes out once in a while, don't sweat it, you got the SMV buffer to handle it.

Those that aren't so lucky, if there's too much blue in you and not enough alpha, exercise some self control, stick to MRP style signalling.

This is drastically different than saying "MRP doesn't give enough credit to communication, there is great value in communicating honestly and openly, and your wife is competent and will work for the relationship".

Let's go back and look at the communications/signals table - MRP has no problem with anything that ends up signalling domination (provided sufficient SMV), alpha or good beta. It is only the blue signals we don't want. Are honestly communicated blue signals really beneficial?

I don't believe that, and I'm not sure Blarg believes it either. I don't think Blarg is blue, on the contrary I believe he is alpha and dominant enough that his wife is submissive, which is why they can communicate. His understanding of the role communication plays is just flawed, but he has lots of other shit going for him so it all works just fine anyway.

Most of the vets are there, with wives who have submitted, who work to provide value for her man and her family, who communicate properly most of the time. It's a natural consequence of the man being alpha and dominant, it's exactly what the classic MRP first mate metaphor is.

If you contrast **Communication Doesn't Work....or Maybe...** with **u/HornsOfApathy**'s writing, there's a clear difference. Horns obviously values their communication, the deep connection they have, their shared vision and their mutual respect. But Horns doesn't highlight his ideas as different than MRP's, and he clearly understands that all of it is possible because it originates in a D/s dynamic. It's his dominance and her submission that lets them connect this way, not the other way around. I'm not even sure he communicates anything but alpha, domination and good beta, which is exactly what MRP suggests.

I completely understand the desire for communication and connection, and the satisfaction that can come from indulging it, but it has to happen in the context of the MRP understanding of what you're signalling. For the true alpha, this is not important because he doesn't signal blue, but some guys are more blue and really need to understand the distinction, and what I find especially unfortunate is that "honest and open communication" is almost an ideology that many were raised with, making it very easy to be led astray.

Another unfortunate concept I've seen thrown around is that this thing with communication and connection is the next level of MRP, some transcendent state. It is not. Maxing dominance and alpha is. If we want to give guys solid advice, that's what we need to tell them. If guys want that deep intimate connection and their wives aren't meeting them, 99% of the time they need more alpha and dominance (and that doesn't mean aggressive or oppressive - true dominance is calm, confident, assertive), not better communication.

And guys who don't want communication, they're not falling short of the final stage of MRP. Some guys are the independent type, or they're assholes. They're not lesser not, they're not worse at romantic relationships. The fact is, guys who lean blue have always looked at assholes and wondered why women put up with it. The simple truth is, all this communicating and listening, it's just not that important. Signalling alpha is.

56

UPVOTES

Control: What's your Locus?

SorcererKing · 19 May 2021 · Archived copy · Reddit

I haven't written a general "shit you should know from psychology" post for a while, so I guess we're due. You can consider this a supplement to (and a motivation for) the 60 DoD this year.

Today my maggots, we will discuss an oldie but a goodie: Locus of Control. This idea is one that is fairly commonsense once you read it, but was only formalized in the 1950s by Julian Rotter. Put simply, Rotter asks us a simple question: do you believe that your life (and thus your actions) are under your control, or not? For Rotter and the psychologists this is a *personality trait*, meaning you either have an *internal* (yes, I'm in the driver's seat) or an *external* (I'm just along for the ride) locus of control, and that's how you roll in life. For our purposes, we can adapt it and use it in a more nuanced way, since most of us probably are not consistent enough to be all one or the other, and it can change anyway.

Some of the seminal work on this theory was how undergraduate students attributed their success or failure on tests. Those with internal loci of control would explain bad grades as not having studied enough, and good grades as excellent preparation. External loci of control would do the opposite: good grades are luck, bad grades are a poor instructor. This has ties to Attribution Theory as well, where you apply these types of lenses to others (your classmate got a good grade because he is lucky vs. he is really smart).

The whole basis of MRP and the central idea of 60 DoD are both that you indeed *can change*. In order for that to be true, it implies that you have an *internal* locus of control. Those guys who have an external locus of control either never try our program or come here and start prattling on in a way that earns them a Rule 9 ban. Think on that for a moment: the guys who babble all about their wife are not only focused on the wrong things, but they likely have an implicit belief that the things that happen to, for, and with them are out of their control. If you are going to swim here and not sink like a stone, you'll have to change that. That's why we tell you to focus inward, and we remind you that in the end the only thing you truly can control is *yourself*. You learn to master the self, and then set boundaries for everyone and everything else.

Now, what about situational application, which my last paragraph hints at? There are indeed things in our world that will be out of your control. You can influence some of them (and you'd be a fool not to try in some cases), but we must recognize that not everything is controllable. This is the truth of the Serenity Prayer, recited by AA attendees everywhere:

God grant me the serenity

To accept the things I cannot change;

Courage to change the things I can;

And wisdom to know the difference.

Your first piece of wisdom is to start thinking on things in this light. Ask yourself, "Was I in control of any part of that situation? How? What could I have done differently to influence the outcome, even if I wasn't in total control?" In reference to changing your thoughts and default actions, you need only remember that you can indeed change your "inner self". You can change your attitudes, you can change your behaviors, and you can become the guy you've always wanted to be.

So start right now. Start by *Owning Your Shit* and click your Locus of Control setting over to *Internal*. There is no other way forward.

56

UPVOTES

First you have to care to then stop caring

theekingwithin2001 · 15 February 2022 · Archived copy · Reddit

You think you have to do something, that's your male instincts fucking you over. Our mind is wired to do and to try to "fix". Wrong approach. It is not about "fixing" anything but yourself. You do not have to say "I love you" back because she said it first. You don't need to gift her back in retribution to what she gave you. You don't have to call her or "else she'll forget me". In fact, and this is the irony of life, doing these (and other) things will only work against you. The problem underlying is not solved only by this. If this still happens to you, it means that the validation-seeking mindset, the "if I do x, she'll do y" mentality is not gone.

And I understand that. Evolution has programmed us to think in this way. But in the contemporary context, this shit will backfire, and you know it either by personal experience or by observing others, or maybe by both. Do not EVER feel pushed to do something you do not want to. This is fucked to cultivate. It is fighting against our hard-wiring. But it is possible, with time, patience, and repeated action and reflection. That is something I still struggle with, being truly your own mental point of origin. Doing things for yourself (in the beginning to a narcissistic point). In other words, cultivating a sense of "healthy narcissism" or "rational egoism".

There are ways to do so. One of the best is to observe how women do this by default. They only see themselves in the picture and what they gain by an interaction, and so should you, at least if you want to achieve your goals and fulfill your human experience. Look at the selfish things they do, look at how they always try to get the upper hand when they can - it is actually amusing. Another helpful way is to realize that, if you do not make your own vision and goals the main (and maybe the only) target of your focus and attention, nobody else will. And you will live a life of others, not yours. You will be pushed around by life and by everybody.

Yes, this may lead to your relationship breaking down. But is your goal to have a lasting relationship or one that fits your needs? Is your goal to be in company, even if that means compromising your true "mission" in life?

Man, fuck. This shit is fucking hard, I know. But its the most important battle you have to fight. All game tools are, in their deepest core, tools of self-realization. And self-realization can only happen when based on a sense of self, and a priority to that self.

So, do the work. Reach the point in which you stop caring about the effects of your actions on the girls you're with. Amazingly, it is EXACTLY when you reach that point that you will be the most attractive, since you signal (in thousands of "micro" ways) that you are more than willing to walk away if your needs aren't being met. In other words, you first have to care to come here in the first place, and then you can stop caring; and, when you do, the results will come; but it won't be a covert contract, since it really won't be about the results anymore. It will be about yourself. This is a fine distinction, and indeed one difficult to master.

But head down, persistence, focus and, most importantly, time will get you there. I write this to you but also to myself.

56

UPVOTES

When you Almost Die and Have Significant Medical Setbacks - Lessons

Tyred_Biggums · 30 January 2023 · Archived copy · Reddit

Background

Back in July, I had a simple surgery for a gallbladder removal. Little did I know that this would turn into a 6+ month ordeal. The surgeon made a mistake – he clipped the wrong bile duct. This led to the inability of the body to drain any bile from the liver causing severe issues. I was in severe pain, turned yellow (jaundice), had very bad liver labs spending a week in the hospital. Then I required an external biliary drain for 3 months, couldn't lift more than 15 lbs, got an infection, spent another 5 days in the hospital, and then had countless procedures to adjust the drain over those 3 months. I finally received the 'fix it' surgery in early November which led to another week in the hospital. This has given me a nice 8.5" scar. Then to top it all off, *that* incision was infected and required to be re-cut open in a 2" and 1" spot in December. The final level of this... adventure... was weaning off opioids after requiring them since July to be able to semi-function normally. But I did it, I won.

Putting Ego Aside

I am a shitty patient. My (now) wife who is an RN with a Master's in Nursing told me something was wrong early. I didn't listen. When I turned yellow – I still fought it as 'normal' and not needing to go to the hospital. Thankfully, she took it upon herself to call the doctor who told her to get me the fuck (my words) to the ER ASAP. Then I attempted to convince her that I could drive myself. How much easier – and potentially less impactful – it would have been to admit something was wrong, stop fighting the pain and get my ass to the ER a day earlier.

The second instance of stupidity was laying in the hospital at some ungodly dark hour in intensive pain. I was determined not to hit the call button thinking "I can fight through this, I don't need meds". I eventually realized how stupid this process was, pushed the button and got pain medicine. It was idiotic to not hit the button for hours because my ego told me not to be "weak" and instead I just laid in pain for more time than needed.

The third instance of stupidity was getting released from the hospital and a few days (not even a week) later a tree fell from a storm in the yard. Pfft – easy shit, I lifted the tree off the bushes it was crushing, cut that motherfucker up into pieces and carried it to the woods. Two days later I was back in the hospital where the external drain got pulled out 1" and now there was an infection. This led to me to believing the doctor and restrictions placed on me. No lifting more than 15 lbs from here out.

I'm sure there was other instances where my ego got the best of me, but those first two weeks, I refused to accept what I needed to – I was in bad shape and this was going to take awhile to recover.

Refusal to accept reality is a big part of your ego fighting the true nature of your circumstances. I didn't want to be seen as "weak" or "vulnerable" or "less than". But let's be honest – I was. I was in bad bad shape.

Negative Thoughts and Frame

Throughout the ordeal, staying positive was... difficult. Stoicism was extremely helpful. Re-reading *Meditations* frequently helped. However, there were some dark days. Where the pain, the uselessness, the weakness did get to me. My outlet was to vent to friends or family – never my wife. But she knew (they always know). It was important to focus on what I *could* do and not what I *couldn't*. I still could work, I could still lead the family, I could still manage finances, I could still do some hobbies that didn't require a lot of physical effort.

At the end though (late October), I couldn't do much. I was needing to be in bed most of the day and I could barely work. It was tough to be positive. I took a new mental tactic and just worked to survive until the next day. No expectations on myself except make it until tomorrow.

Not Being a Victim

Despite, this medical... incident happening, I rarely felt like a victim. The situation was what it was – I couldn't magically fix it. I would have to survive through it, and I told myself I'd have a great story tell (I do). The biggest challenge was in talking to others who knew the situation (mainly my wife and mother). These people were pissed at the original surgeon and the situation. Not feeding their emotions and just continuing to live life to the best of my ability was the answer. It is vital to look at circumstances in terms of what you can and can't control. Their emotions were theirs – it would have been easy to get into a victim mentality, but focusing on not being a victim, being as strong as possible – being the oak helped not only myself – but those around me.

The Importance of Lifting

I could not lift for months. This was tough. Maybe the toughest part. My main outlet of negative emotions was lifting and now this was removed from my life. Too much time stuck in bed with nothing but my thoughts reinforced my belief that lifting is a critical component of any man's life. As soon as my doctor told me to lift again – starting at very low weights (which is still better than half of the OYS which is.. sad) I did. That day – I was back with weights testing myself.

Embracing the Challenge

Mentally – it was all about one challenge after another. First the error, then the hospital stays, then the pain, then the recovery, then the setbacks, and finally the opioid addiction. All were challenges. All I could have succumbed to. I didn't – I beat them. And I'm a better man for it. In life when facing a challenge, we can either overcome it or let it beat us. I won. Every challenge, I won. At times it was two steps forward and one back, but I won.

In Summary

MRP gave the tools not only to 1) get the sex I want 2) be comfortable with myself 3) find a woman who adds value to my life 4) allow me to be the fun, engaging person socially and 5) give no fucks about being who I truly am, but also to overcome this challenge. If this happened before MRP – I shudder to think of the outcome. I would have been a whiny bitch and allowed life to rule me versus me ruling life. The application and lessons here can be applied to shitty sex lives, bad marriages, being a fat fuck, whatever. They're just... challenges to overcome. One by one, set goals, and achieve them.

Some of you know me – I've been through some shit in life. That's ok – I wouldn't have had it differently, because all those challenges, all that shit – that's what makes me who I am. And I wouldn't have it any other way.

Thank you to [/u/hornsofapathy](#) [/u/red-sfpplus](#) [/u/inchargeman](#) [/u/bobbyperu](#) for putting the 'dark times' in perspective.

55

UPVOTES

Quick post on Testosterone

PBL89 · 11 September 2018 · Archived copy · Reddit

When i started my MRP journey last year i was in the midst of a failed marriage and being at the lowest part of my life. I hated myself, like an unsafe amount. My dead bedroom, lack of self confidence coupled with my weight gain killed my marriage.

As i started distancing myself from my ex and working on myself i turned to the gym. I went everyday and started lifting. It was my escape. But i noticed i wasn't seeing gains like i did when i was younger. I also noticed my erections weren't as hard or sometimes non-existent. I never craved sex and i knew something was up. So i made an appointment to get a hormone profile done.

Sure enough my Test level was 253 at 27 years old, that of a 70 year old. So i kept lifting, dieting, and supplementing for 4 months strait to try and raise my level. I lost 24 lbs and got to 15% BF and i was looking great and was feeling confident. I was going on dates but was still having the ED issues which stressed me about dating.

Got a retest and it was only 450 and i still felt like total shit. So i decided to bite the bullet and start TRT. I did 6-8 months of research and absorbed everything before committing to my first injection.

In the 6 weeks i started TRT i gained 11lbs of muscle and dropped to 11.5-12%BF. My dick was as hard as a rock, my metal state was amazing, and I'm banging a hot 22 year old. Its funny, most of the guys on TRT say it gives you a mindset of "not giving a fuck", i can attest it certainly does. NOTHING PHASES ME.

I advise everybody on here, NO MATTER HOW FUCKING OLD YOU ARE, GO GET FUCKING TESTED. Even if you feel fine, find your natural level, you could find other things that need tweaking, or you could find you were low T like i was. You guys are already putting in the work wit the sidebar and the gym, this is fucking easy, and could change your life more than anything on this subreddit. I really do think getting this checked should be in the sidebar.

55

UPVOTES

Squat More to Increase Strength, Hypertrophy, and Mental Resilience

CaptJohnLukeDiscard · 21 March 2018 · Archived copy · Reddit

In this post, I'm going to share a workout program I've done lately with huge success. It's a variant of the 20 rep squat programs that you can find online if you just google them. Here is a decent [article](#) which lays out some of the principles. This is not a program for someone brand new to weights. Don't do this until you've been lifting at least a year or so. Also, for the love of all that's holy, learn how to squat properly before doing this program. Good tutorial [here](#).

Before I get into the details though, I want to talk about why I think this is important. First, men need struggle and squats are struggle. Second, if you are going to lift, don't waste your time in the gym (machines, biceps only, no programming, etc.). Third, this program just fucking works in terms of strength, strength endurance, hypertrophy, hormonal changes, and mental resilience.

Program Overview

So here is what I did. I do 5/3/1 3x per week with a workout that looks something like this:

Workout A

Squats 5/3/1

Bench 5/3/1

2-3 assistance exercises

1 set of 20 squats

Workout B

Deadlifts 5/3/1

2-3 assistance exercises

Core work

1 set of 20 squats

Workout C

Overhead Press 5/3/1

2-3 assistance exercises

Core work

1 set of 20 squats

On this program, I started with a weight that was ~55% of my then 1RM so 205lbs. I then planned to do this program for 6 weeks and do the extra set of squats (I thought of them as Finishers) after every workout. The key is that you add 5lb EVERY workout. So 205 the first day, 210 the second, etc. If you do 18 workouts over 6 weeks, you will have added 90lbs. I jumped weights a couple of times until I finished with 315lbs on my last set of 20.

Good assistance exercises to include are stuff like pullups, dips, Kroc rows, DB press (bench or overhead), leg curls,

hypers if you have the machine, lat & bicep stuff, etc. Don't be johnny douchebag and just focus on iso arm stuff.

The Actual Set of 20

Let's talk now about the actual set of 20. It sucks. It sucks a lot. If you have a training partner, have them stand close to you and hold up fingers to help count off because as that weight gets heavier, you will lose count in the teens. As you go, focus on breathing and bracing. Don't rush. I found a good set of headphones with a rage song works wonders. Just keep grinding and breathing and you'll be done soon-ish.

Recovery

As far as recovery, this program sucks at first but isn't bad after that. You get so much blood flow through your body and legs during and after this that as long as you have good nutrients in you, you shouldn't get very sore. I had some DOMS the first week but none after that. I do recommend incorporating daily stretching / foam rolling though just as a matter of course.

Other Tips

You have got to eat a lot on this program. This is not a workout to do while cutting. Do this on a clean bulk with a focus on getting as much protein as possible. Old school guys used GOMAD with this (gallon of milk a day) and that's not a bad idea if you aren't lactose intolerant. So eat and then eat more.

You also need a lot of sleep. Aim for at least 8+ hours of QUALITY sleep each night and turn your fucking phone off (screen dark) at least 90 minutes before bed.

Repeating the Program

As discussed above, you should only do this for 6 weeks. After the 6 weeks, drop the 20s and go back to normal volumes, etc. for at least 6 weeks before you do this again. This gives your legs time to recover and not adapt too much to the higher volume (which enables you to shock your system when you do it again).

My Results

On this program, you can expect to get much, much stronger in all your lifts. I saw my squat jump from 410 to 475. My deadlift went up a similar %. My bench and OHP didn't jump as high but definitely saw a good 10% jump or so over the 6 weeks.

I felt better in general. I got to where I started to really look forward to the Finisher set especially when it was a benchmark of some kind like 275lbs. Sure there were days I didn't want to do it but I did and I strongly believe that type of commitment carries over to everything in your life. That's what creates mental resilience.

My quads ballooned in size. I had some jeans that became useless to me because the quad area is uncomfortably tight.

My BF% tests showed I added weight but dropped my BF% by roughly 2.5%. Considering I was bulking and not counting calories, I'll take it.

If you have any questions, let me know. Just trying to share what worked for me.

55

UPVOTES

The fourth tunnel

2ndal · 17 February 2018 · Archived copy · Reddit

The only things people believe in are things they don't know, things they can't prove, things they cannot *experience*. Ghosts, UFOs, reincarnation, a perfect society, a wife who will desire them...

This post is for the new guys.

I have this weird fascination with the self-help movement of the '70s and '80s. When I get my hands on old classic books or audio recordings in this space I devour them. Many are fucking wild and outlandish (take *Dianetics* for example), but that's what I love about them.

My favorite of all the fads was something called est, or *Erhard Seminar Training*. (est made a brief appearance in a few episodes of the TV show *The Americans*. Maybe that's where you've heard of it?) The seminar aimed "to transform one's ability to experience living so that the situations one had been trying to change or had been putting up with, clear up just in the process of life itself." Yeah, what? Okay. Sure.

In 1976 an author named Luke Rhinehart attended an est seminar and wrote a book about it. It's called *The Book of est*, and it's one of my favorites. (He also wrote a fucking crazy weird book called *The Dice Man* but that's for a different post...)

The Book of est is almost entirely made of up of dialog between trainers and trainees during a two-weekend seminar in the 70s. And let me tell you, there's a reason est no longer exists and that its founder, Werner Erhard, was shunned from society via a number of legitimate and illegitimate claims of wrongdoing: the seminar is fucking bonkers. They were accused of mind control, of not letting people use the bathroom. People would vomit, pass out. They locked trainees in a ballroom, two hundred at a time, told them not to believe a word they were about to hear, that everything is bullshit, and then proceeded to tear down (often by screaming and calling everyone assholes) their notions of belief and self and reality before building it back up again under a new paradigm until everyone "got it." Sound familiar?

The sheer number of topics the seminar covers is insane. The last time est was offered in a public forum was in 1984, so the book is the closest you'll get to experiencing it. I re-read it a couple times a year, and have a different experience each time.

I could write many posts on this book alone, but today I want to narrow in on a particular concept that I think is particularly applicable to MRP: belief versus experience. To quote *The Book of est*:

"Look. If we put a rat in a maze with four tunnels and always put cheese in the fourth tunnel, after a while that rat will learn always to go to the fourth tunnel to get cheese. A human will learn to do that too. You want cheese? Zip zip zip down the fourth tunnel, there's the cheese. Next day you want cheese? Zip zip zip down the fourth tunnel and there's the cheese.

Now after a while the Great God in the white suit moves the cheese to another tunnel. Zip zip zip goes the rat to the fourth tunnel. No cheese in the fourth tunnel. The rat comes out. Goes down the fourth tunnel again. No cheese. Rat comes out. Goes down the fourth tunnel again. No cheese. Comes out. Down the fourth tunnel again. No cheese. Comes out. Eventually the rat will stop going down the fourth tunnel and look elsewhere.

"Now the difference between rats and human beings is simple: THE HUMAN BEINGS WILL GO DOWN THAT FOURTH TUNNEL FOREVER! FOREVER! HUMAN BEINGS COME TO BELIEVE IN THE FOURTH TUNNEL. Rats don't believe in anything; they're interested in cheese. But the human being develops a BELIEF in the fourth tunnel and he comes to MAKE IT RIGHT TO GO DOWN THE FOURTH

TUNNEL WHETHER THERE'S CHEESE IN IT OR NOT. The human being would rather be right than get his cheese.

Let's bring this back home to MRP.

You, Blue Pill motherfuckers, are the rat. The maze is your marriage, the fourth tunnel is the Matrix. The cheese is your wife's desire. Now go back and read it again. I'll wait here.

Welcome back.

The reason your marriage (or life) doesn't work is that you're living mechanically in your belief systems, you're living in an empty, cheese-less tunnel, instead of in the world of actual experience.

Rats don't believe in anything; they're interested in cheese. Your plugged-in self on the other hand has so many fucking beliefs! Beliefs that society has instilled on you throughout your entire life. Beliefs that ultimately impede your ability to get your cheese.

I believe that because I married her, my wife should fuck me.

I believe that because I make \$200k per year, my wife should fuck me.

I believe that because I put a roof over her head, my wife should fuck me.

The good news is that you, my Red Pill fellows, are unlike a majority of men, and you realize there is a tunnel, you realize that you've been duped, that the cheese probably isn't where you thought it was. So many men don't make it out of the fourth tunnel. They believe they are different. They believe their wives are different. They believe the stories they have been told about love are true.

"You know you've been spending your time in empty tunnels because every now and then -- accidents will happen -- you experience some cheese: ~~a freedom, a joyfulness, an aliveness~~ [desire from your wife] so different from your usual flow that you wonder whether someone slipped some ~~acid~~ [Spanish fly] in ~~your~~ [her] morning orange juice. And 'Wow!' you say to yourself, 'This is great, I'm gonna hold on to this,' and you reach out to get a good grip on it and POP! it disappears. The harder you try to get it back again the worse you feel."

For these men, it disappears because they are so wrapped up in their beliefs that they refuse to look in a different tunnel, they refuse to unplug and truly *experience* what it means to be a man who is worthy of desire. They keep playing the game, keep going back to the where they think it is, but POP! it's gone. Instead of looking down the alternative tunnels, or questioning the tunnels existence in the first place, they keep playing the game with their wives and wonder why it's not working, thinking they're doing everything right, everything they've been told, but wondering where the goddamn cheese is.

MRP is about recognizing the tunnel for what it is, knowing that the path to their wife's true desire is not down the tunnel their moms or society created for them. It's about realizing that your wife's desire is not the fucking cheese. It's about taking that maze of your marriage and life and flipping it the fuck upside-down, about realizing the true nature of women, of desire. It's about throwing away everything you've been told, everything that has built up these false beliefs that you are clinging to, believing them to be real, to be what will bring you what you want. It's about living in the realm of experience, not the realm of your false belief systems. It's about forging your own path, being your own cheese.

Stop going down that fourth tunnel and expecting to find the cheese. Motherfucker, stop making your wife's desire the cheese. *You* are the cheese.

55

UPVOTES

Men of March

TheFamilyAlpha · 24 February 2017 · Archived copy · Reddit

Beware the Ides of March:

The warning fits the intent of this project. Mediocrity should beware, your former weak self should beware, complacency and comfort should beware, because at the end of this, they will no longer exist. There is nowhere for them to run or hide in your mind, you're coming for them and this March, you're destroying them.

A Seed is Planted

There was a blog called '*The Lifestyle*' which ran a series called the **Alpha Dog Days of Summer**. This series was 20 straight days where the author provided you with *something*.

Whether it be focusing on your ability to pay attention or how you dressed yourself. Each day had a clear purpose and each day was improving and expanding on the skills of the previous day. The goal was to create a habit & create a mind which displayed the traits all 'alpha' males possess.

I came across this blog via @JackShepReturns and a seed was planted in my mind.

The Alpha Dog Days of summer was written in 2011. It's time for the next installment, *Spring*.

The Project

We are heading into Spring soon and there's no better time to reclaim and grow your masculine self than when the rest of the world is coming alive as well. While the heat rises so will your masculine flame. As flowers bloom so will you, showing the world the man which lives inside; no longer repressed but *expressed*.

March will be my first full month as a 30 year old. What better way to start out this next decade of my life than with a month dedicated to self-improvement with my brothers? Every day during the month of March I will be writing a post dedicated to embracing the 'masculine-self'. These won't be two paragraph 'journal entries', but actual posts. These are going to be the Spring equivalent of Alpha Dog Days of Summer.

The timing is perfect; at the end of the 31 days of March and *Springing into your new Life* you will enter April, May, & June.

They say when you start to work on yourself it takes 30 days for you to really notice, 60 days for friends and family to notice and accept this is the new *you*, and 90 days for the world to recognize your efforts.

March will build your foundation and you will enter the next 3 months armed with both the discipline and motivation to make this coming summer **the summer** in which you look good, feel good, and will always look back to as the point where you reclaimed your masculinity and took responsibility for your life and health.

- You've set and missed enough deadlines.
- You've relapsed enough times.
- You've suffered in silence for what seems like an eternity...

Make the commitment to yourself, put yourself first and actually *commit* to **something** and stick to it.

Men, I'm telling you now, if you do not take ownership of yourself, here and now, after reading what I've written, you will regret it *forever*.

Commitment

I'm not charging for this, I'm not making you sign up for any type of list, and I'm not making you do pointless shit like pick a fight with a stranger.

I'm just extending my hand through words, grab hold and save yourself from the quicksand of a weak society you've been slowly sinking into day by day. I'm putting the information out there and setting the bar, you either choose to reach it or you don't.

But know this now, you'll *always* look back to this moment and wish you'd fucking started and grabbed the hand of the man who was working to pull you out of the abyss of dismal living.

There are going to be challenges and you must commit to completing them. If I say do 100 push-ups that day, 50 in the morning is **not** good enough.

If I say I'd like you to look at your life and objectively isolate the areas where you are truly dissatisfied, this doesn't mean ignore the difficult parts like sex, physique, etc.

The term *Good Enough* should be removed from your vocabulary in regards to obstacles as that mentality leads to mediocrity.

This is about breaking the mundane and mediocre existence you've lived up to this point.

This is about Springing into the next phase of your life, where you live genuinely, love masculinely, and fucking own each and every day; leaving nothing to chance, leaving nothing to regret.

Join me Brothers, let's raise the standard and set the bar from which excellence will be measured, let's create Men this March.

Blog: <https://thefamilyalpha.com/2017/02/09/new-project-spring-into-masculinity/>

Twitter: <https://twitter.com/TheFamilyAlpha>

55

UPVOTES

STFU Already

ReddJive · 5 January 2017 · Archived copy · Reddit

There seems to be recent trend of guys just not doing the basics. So I will help out just a little bit, as a hint the search tool is your buddy. Then read the highly up-voted posts and the flared guys stuff.

If you are just **getting started STFU is key**. You don't do anything with your words. You do it through your actions. Start acting like a little bitch and guess what you are showing?

STFU is important. What we don't really tell you is that it keeps you from looking like a fucktard. **Because really you don't know what you are doing.**

The primary purpose of STFU is so that you take time to internalize what's going on. You are going to fuck it up. Hopefully if you are doing it right and STFU you don't fuck up badly that you are set back months.

Above all you have to remember this process isn't about her at all. It's about you. **Dread isn't about making her guilty to have sex with you.** It's about making sure you are a better man and have the options to make it better at the end of it.

Get it out of your head right now that as you increase she WILL respond. That is not necessarily true for one, some people are just shitty and you will come to that realization eventually. Once you do then you can plan accordingly. This is where I am. There are shitty people out there. Some are in your life. Why do you want them there? Jackten's advice rings in my head every damn day.

Every man's path is different. Second, is that if you think increasing dread is the key to your problem then you are still writing contracts. If I go dread level 5 THEN she will like me.

Dread is more about making sure you are a quality man.

MRP saves the man.

You're welcome it took me all of about 5 minutes to find those posts. Do the work.

55

UPVOTES

Deload, proper form.

ex_addict_bro · 17 December 2016 · Archived copy · Reddit

TL;DR

Short & sweet post about life. And, for all you noobs out there, if you don't understand abbreviations, you're doing it wrong.

Body

I did some squats, I did some deadlifts. After some time I realised that I am not satisfied with my results. I started looking into the matter. Accidentally I saw some group of PTs-in-training at the gym and I saw how they did deadlifts. I realised, that the way I did the exercise was not proper. Then I realised, that to do the exercise in a proper form, I need to deload. I was sad in the beginning. No more bragging about 1.5xBM RMs. But whatever. Let's do it properly because people say it is good for me.

Few weeks, then boom, results.

I remember reading once that GayLubeOil's post criticising some of that "Jersey Shore" show actors or something like that, comparing their posture to Arnold's and explaining, which exercises did they omit.

Proper form. That manly greek god physique. Here I come.

Then I realised.

Some time ago I abused alcohol. That was not a proper form to live life. So I had to deload. At first, I was sad and worried about what will people think. Then boom, better life. Proper form.

Some time ago I was married. But that marriage was built on some false premises and some mythology (which is called "blue pill" by a few). This was not a proper form to build a relationship between a man and a woman. So I had to deload. At first, I felt shattered with all the money and time I've spent through 9 yrs of my failed marriage. Then boom, better life. Proper form.

Deload. Proper form.

Where do you need to deload in order to improve?

55

UPVOTES

MRP Has Saved My Life and Possibly My Marriage

bowhunter6 · 9 December 2016 · Archived copy · Reddit

I'll begin with a quick summary for those who don't care to see my relatively short posting history. 38, married 12 years, 3 kids 7, 5, and 3, pregnant 42-year old wife, HB 6 or 7. I am the same SMV or higher now (as evidenced by her actions over the last few months and the ease of getting strange vagina). Dead bedroom since 2011 after returning from second combat deployment, cheated numerous times on the down low since then. Wife is SAHM, very religious, rode the CC a little bit but not terribly experienced. I was a bit of a player before her but totally went BP after falling "in love" with her. Kids are homeschooled by her, doing well, ahead of their would-be classmates by about a year in reading and math at this point. I had previously relinquished control of all finances, child-rearing, and most house-hold chores in order to focus on my 2 jobs; huge mistake. With the dead bedroom and increasing fighting going on in the house due to my shitty leadership, I started seeking out ways to improve my situation, and found this place. Immediately started reading all I could and trying to implement all of the wisdom here as fast as I could. I got extremely angry for the first few months and my attempts to wrest control of everything from her were met with serious resistance. It wasn't until I learned you have to improve for yourself alone, and that the only way to win is to not play the game, that I began to see minor improvements at home. During this time, I decided to spin plates and had about 5 to 6 in about 2 months. Still had a dead bedroom at home and fights were less frequent but still pretty horrendous (due to my anger, lack of frame, and generally caring too much). After one particularly violent one, I filed for divorce. Once served, she immediately asked me to come over to talk. She sucked my dick like it was going out of style and the dead bedroom was no more. We talked about our problems, I told her what my life was going to look like from here on out and she was on board. Things were looking good. Too good to be true.

Thinking I had conquered the world, one night about a month ago when I spent the night at home "reconciling" (aka fucking like a couple of wild gorillas) with my newly-awakened-wife-slut and STBX (served her back in October for multiple reasons), she checked my phone afterward. Yeah, I know, stupid, but I forgot that I had told her my PIN a few weeks prior for some dumb reason. Anyway, back up to one night prior to this, I was supposed to go home but ended up meeting this 29-year old HB 5.5 online, sweet-talking her into meeting me at a pharmacy, and then banging the fuck out of her in my truck. It was pretty fun. I then went and stayed at my father's house that night. So she reads the entire conversation where I go from just meeting this chick to talking her into fucking me that same night. This caused the Mother of All Shit Tests to be thrown at me by the wife. Crying, calling me names, telling me I am so fucked up, you know the drill. I'd say it was awful, but it really didn't phase me. I held frame like a fucking champion, never showed much remorse, explained that until I withdraw the papers, I am not committed to shit. I held it so well that this woman fucked me like her life depended on it AGAIN before I went to work. It was spectacular and I felt like I had dodged a bullet.

Fast forward a week, I am working a lot and not coming back to see her but once or twice. We have plans for a military reunion Friday night and picnic Saturday. Friday morning she freaks out and sends me this long diatribe about how we can't be together, I can't trust you, you need to get an STD test, I am getting one as well, etc. I hold frame as best I can (this really pissed me off) and tell her she's free to make her own decisions, but that she is not going to ruin my night and she is no longer invited to come with. Also, I am still taking my children the next day to the picnic (which happens to be the youngest B-day, which was to be celebrated on Sunday) but she needs to find something else to do. She is all upset, starts telling me I am crazy and horrible person and tries dragging me into an email war. I respond 2 or 3 times, then catch myself and respond with the original reasons I am divorcing her and quit responding after that. I go to the reunion, see a lot of my buddies, drink all night, shepherd their asses back to the hotel, and pass out for a few hours.

When I wake up, I take some time to think about the previous day's events. I realize that I didn't need to punish her quite so harshly, and that I could have just excluded her from the night time activities but brought her to the picnic. I did it out of anger and hadn't thought it through completely at the time. I also knew that it would have a poor effect on the children and wanted them to have a pleasant day (as well as myself). So I call her and tell her that I

would like her to come with us and enjoy the day as I am going to pick up the kids. She had already made plans with the sister-in-law (whom she told all about my extra-curricular activities and now hates my guts, lol), so she decides not to go. That's cool. We go to the picnic, have a great time, and I drop them back off with her. She wants to talk for a bit, but her sister won't let me in her house, so we go for a drive. She starts another shit test and tries hard to change the frame of the divorce from her treating me like shit to me cheating on her. I continually hold frame, bring it back to the original reasons for divorce, and state that, for the 100th time, when I am ready to recommit to her, that's when I will withdraw the papers and stop fucking other women. You can imagine she is not a happy camper. I don't budge. I drive her back to the sister-in-law's, kiss the kids goodbye, and head home.

Afterward, I took a few days to really think about what was happening on the advice of one of my Army buddies and my father, and came to the realization that I couldn't look my kids in the eye and tell them I tried everything I could to keep the family together if I didn't stop banging whores, fully implement the Red Pill, and burn my ship on the shore at home. I drive to the house, game her, and fuck her. We then talk about the future, and I tell her that I think we can make this work, that mistakes were made on both sides, but that we can pull together, let go of the past, and have a good life if we choose to do so. She comes around (not without a little testing of course, which I smashed) and agrees that we can be happy now that all of our problems are in the open. I tell the kids the next morning that Daddy and mommy are staying together. I ghost all of my plates (some may disagree with this, but I want to give it my undivided attention for a while), but still plan to day game, flirt, catch and release. My biggest weakness is the cold approach, so I plan to practice. All is well.

Since then (about 3 weeks ago), things have been mostly great. There has been some shit testing here and there, snarky cheating comments, but nothing much and I bat it away easily. She has fucked me to the point where I cannot go any more and have to take breaks. I have choked her, pulled her hair, tied her up, fingered her ass (haven't ventured into getting my dick in there yet, but the right time is coming), and received more spontaneous blowjobs than in my entire life. I'm talking daily or every other day. She is a wild animal. I don't initiate, it is all her. I can barely keep up. My dick has been perpetually raw.

I talked to my lawyer and took the next hearing (this month) off the docket. She has not decided if she will remove her rebuttal hearing as well (pretty sure she will) because she still doesn't trust me, but like I told her last weekend, I win either way. I'd RATHER win with her, but I win either way. We'll see what the future holds.

The downside of all of this is that the cheating is eating her up (I know, who cares, but I do love her and it pains me a little, knowing that if I had manned the fuck up earlier we could have avoided all of this). I know she dwells on it constantly by her little comments. It doesn't bother me much, but I have a feeling it will get worse before it gets any better. I know that I just need to remain the oak, absorb her wild emotions, game her, and fuck her like a sexual tyrannosaurus. I am very optimistic at this point.

Lessons Learned So Far:

1. Be attractive. You can get away with murder if you are an attractive man with options. Some have to work toward this more than others. I got a decent hand from the genetic lottery but luckily have kept myself in good shape for the last 18 years. It makes a fucking difference.

2. Don't make rash decisions in the anger phase. Let go of your anger! I decided to divorce after my wife punched me during a fight in which my frame folded and I was going apeshit. It took a few more weeks before I had let go of my anger and just gamed the fuck out of her. I realize now that getting all butthurt over the punch (it wasn't much anyway) was a DLV and a better alternative would have been to smile and tease her about it, slap that ass, and get in those panties later. I was not in the right headspace at the time. I could have saved myself \$7,000.00 and counting. However, I will have spent that amount happily if I am able to maintain what I have now. Being a masculine man and living my life on my terms was all I needed to do to get her ass back in line.

3. Cheating is ok (TRP is amoral), but be aware of why you are doing it. I was doing it for validation and because I was horny as a toad. I needed to prove to myself that I could still be a Chad if I wish, and I did that.

However, it never really made me feel good, and I knew that I wasn't giving MRP my best effort by going the easy route and just banging sluts. Banging sluts is fun, but if you can turn your wife into your slut, that is much better. Mine is like a new woman, seriously. Super prude Virgin Mary wannabe is drinking my cum all of the time. The challenge is to remain the awesome dude who continues to get his cum drank daily. Major challenge, but I'm game.

4. Lift! Lift like your life depends on it. You need the testosterone from all of those squats, deadlifts, and bench pressing to aid you in your journey. You need those muscles to pop so that chicks want to touch them. You need the confidence it gives so that you will approach chicks daily and game them. You need to lift so that you can show your sons how to stay in shape and be strong enough to handle the shit life throws at you.

5. Live selfishly, as in on your terms and in your frame. That doesn't mean don't sacrifice for others (i.e. family), but do so according to what you determine they need and if you are magnanimous enough to give it to them. Make your decisions, state your opinions, and never waver. Develop a frame that cannot be compromised. Congruence between your actions and thoughts is the key. Own your shit: your decisions, your weaknesses, strip away the ego, and be a man. Nothing more, nothing less. You aren't special, but you are a man, and that makes you better than any woman on this planet.

6. The harder you work toward making the MRP your reality, the easier it becomes. You can see the matrix all around you and it gets easier to react in the appropriate way, rather than your previous default BP manner. I still have a ways to go with this one, but I can see the difference from the last 6 months. I can see why some get to where they don't even think about it anymore and just are. I hope to be there next year.

7. Who you marry makes difference. I left this part off the original post. My wife is an alpha woman. Highly intelligent (she has her MBA), very conservative Catholic upbringing, very pretty (but 42, so take it for what it's worth), driven to excel, daughter of an alcoholic. I consider her high-quality in most respects. I had her on a pedestal for a while. Because she is so driven, it was easy to slack off on my end (with 2 jobs this is the easy way out) and know she would pick up the slack as the First Mate. That is where my descent into betadom and drunken Captain began. Once you hand over control to a woman of this type, it is hard as fuck to wrestle it back. It may have only been possible because of her view of me as Alpha in the beginning of the relationship, my ability to return my SMV to a place higher than hers (in her eyes, obvious by watching her actions), her traditional upbringing and non-feminist (though still a little bit you-go-gurl) philosophy, and her adherence to the tenets of her faith despite her peers telling her to kick me to the curb. If any of those factors had not been present, things may have turned out differently, even with my actions remaining the same.

I hope that this FR will give some of you other guys hope that you can turn it around yourselves. This place and this group of men have literally saved my life. I consider you all my brothers and am grateful for all of your wisdom and friendship. I will salute you all with some Maker's Mark tonight.

edited to add lesson #7

55

UPVOTES

FR: STARTING TO SEE SIGNS OF JEALOUSY

hopeyugood · 22 May 2016 · Archived copy · Reddit

I am a TRP rookie, however I thought I would share a brief field report. Not technically married but half a decade with the same woman. I have been hitting the weights pretty hard and eating well. The other day I am at the counter of very busy bank, almost all older women and men. My gf waiting in the lobby. Well the only young, attractive teller call me over to the business line and within 30 seconds my GF is standing by my side. Later that night we go out to meet a couple that she's friends with at a low key bar. They both make some comment about how I look ripped. (Im not but def a noticeable gain in muscle). Its literally 1 girl to 5 guys. I am at the bar and one of the only good looking girls comes up to me and makes conversation. Before TRP I would of excused myself hastily from the convo. After a couple of minutes I head back to my table. My GF asks who the girl was. I respond " I think she thinks you're hot, wants to ask you out or something...Why else would she wanna know if I have a GF" My gf just rolls her eyes but when she looks back over the girl comes over to our table with another female friend clearly trying to feel out the situation. Two hours later my gf is giving me some of the best sex I have seen in months.

55

UPVOTES

The Real You

Rollo-Tomassi · 12 February 2019 · Archived copy · Reddit

Essay

<https://therationalmale.com/2019/02/11/the-real-you/>

Excerpt

All of this takes time, persistence and introspection, but it starts with an act of will on your part. You will only get what you have gotten if you keep doing what you have done. I can teach you Game. I can teach you the habits that would make others believe you're a self-sufficient Alpha success, but only you can change your authentic personality. This is where a lot of guys lose the trail when it comes to being Red Pill aware. They read my books, they open their eyes, but they don't know what to do with the information. Rich Cooper once told me that reading *The Rational Male* was like drinking from a firehose. There's a lot to digest and a lot to confront with regards to how that information shows you, convicts you, of how you lived your life up to this point. But what do you do with it? Knowing is half the battle, the other half is action. The other half is implementing that knowledge to your own advantage.

Ever since I started writing I've always referred to myself as a *Lesser Alpha*. Some people think that's self-deprecating, others think I'm just a married Beta with delusions of Alpha. Whatever. Either way, I'm a guy who took this knowledge and applied it to serve my own best interests and forge a truly authentic personality based on what I understand of what we call the Red Pill. I created a *me* of my own volition based on a realistic understanding of intersexual dynamics, but also of a better understanding of myself in that Red Pill paradigm as a result of it.

So, who is the real you? Who decides what your real personality is and what is authentic for you? What is the estimate that your personality is based on? I get sick of hearing women and men talk about finding themselves. Women love the idea of a journey of self discovery. This is a fantasy of Blue Pill idealism meant to, again, keep one in a state of helplessness and hypoagency. Women use this garbage as a convenient rationale meant to excuse their past bad decisions.

Red Pill men don't find themselves, they build themselves.

They forge themselves into a creation of their own choosing based on realistic assessments of themselves, their conditions and the world that challenges them not to build himself. I wrote this essay to encourage you, but also to warn you that this building takes time, and you will meet all manner of resistance to the masculine project that is you.

55

UPVOTES

Thoughts on the Betaization Process - Alpha Fucks, Beta Sucks and the need to cut down her ego.

SKRedPill · 8 February 2019 · Archived copy · Reddit

On TRP a poster listed out a set of behaviors that women use to take over the frame of a relationship and chain down a man's commitment. They include what I call Alpha Fucks, Beta Sucks

Nagging

Criticizing and shaming

Drama and Theatrics

All sorts of shit and compliance tests

Ever unhappy and not good enough

The courtroom - where you are on trial and you must be guilty, or her ego might die.

Getting him to work

This problem is far more acute for married men - who are tested day in and out.

However, just as men need sex, but also need a woman to respect and love him, women need commitment, but also need a man whom they can respect and be attracted to.

This is part of the betaization process and apart from genuinely low value behaviours in most beta husbands / guys, it is entirely politics of frame. Underneath the loving vibes and feels, our hormones mask the reality that both alpha fucks and beta bucks are essentially selfish in nature and are devoid of virtue (WTF is that?)

And this is the most important thing - **the more she wins, the more she stars setting the narrative for the relationship, the more it validates your low value in her eyes, and the greater the contempt she will have for you. This will, it WILL, result in her eventually losing attraction for you and moving on.**

The moment you agree to the trial is when you have already lost, because you will not win, not in her world, her frame, her rules. Her ego and emotions at that moment are only in a mood to inflict pain and validate herself. Be aware that her pain body (yes, women have it, I've seen it, often) usually comes to life in moments of extreme neediness and never allow yourself to get swept into that. Egos when triggered are utterly self righteous and rationalize their actions away, because if they're wrong, it just invalidated and diminished them. This is threatening and painful to the ego - very few women have any strength to let go of their egos. If it goes down, what's left of you? (or so it thinks).

You can be rest assured that an emotional ego will do everything to win. For all the talk of male ego, men tend to be more objective and truth oriented and this makes it easier to let go of their egos than women's solipsistic nature allows them to.

The more her ego increases, the more her neediness and contempt, pain and hyper-reactivity increases, which is a feedback cycle. This will end in mental illness, because high ego and insanity are directly correlated. Don't believe me, look around. See for yourself - the modern woman. This is why trying to please her won't work - because her painful ego only increases.

If her ego becomes too needy, it can become a force of mutually assured destruction even.

I had an ex who was ax-crazy in running her "courtroom". I know what I'm talking about - most lawyers in the Supreme Court didn't have her natural talent. I lost, because it was a battle I could never win. She wasn't normal after a point - I realized the only way to win was to end it - she knew that and did everything possible. If you let her have her way, she will create enough pain to kill the relationship.

Even if she doesn't overtly make your life miserable, she'll try to domesticate you into compliance. **Unfortunately, a sanitized piece of life is a sterilized piece of life, and your mental castration will kill the raw, wild energy that triggers her sexual attraction and respect to you.**

So what's the solution? The answer lies in your own growth and self awareness. You need to own your shit, improve your situational awareness, you need to know what's really going on. You need to stay stoic and not fall into her well of pain, you need to stop wondering what she needs and make her do what you need and what you know she needs. You need to shrug off the shit tests and compliance tests. You need wisdom to bring your wild horse under your command without castrating it - that way the raw power is ever available the moment you decide it's needed. You need to proactively set the standards for raising the kids. You need to let your family know that you are fully aware of what you're doing, and they should respect that. The more alpha you become, the less you will be castrated (although shit tests won't end, they'll become benign)

You need to keep the intensity of your energy and involvement with life very high, because the wild guy within you didn't die, he just changed form, but underneath that he's as wild as ever. Don't let the world forget that your own wildness and their ideas to castrate you are not the solution.

A cat might make a cute pet, but only a tiger is held in awe. Because power. Because we respect and admire what is bigger than us. Because something greater than us makes us humble and snaps us out of our ego. When we have escaped the ego, the better side of ourselves emerges. Women are by nature far more reactive than a mature man - if a man knows this he can play her like a piano rather than breaking his head over wondering what she needs. **A moon needs a sun to humble it, simple.**

Wisdom, not castration, is the solution to managing your wild animal well. As a man you are already wired for wisdom more naturally than a woman or a child. Use it. Be a wise tiger, not a foolish neutered cat.

If you can use your relationships as an opportunity to get more aware, stronger and wiser, you have won the war, even if you lose the battles. Good or bad, happy or miserable, you will always find an opportunity for this one thing, to grow and become more aware, and I strongly recommend you to learn this art. This will ground you on a foundation that can't be shaken easily. People only shake you to the extent they can get away with it.

The more needy you are for them, the more they can have power over you. Do not let your sun become her moon. For e.g. A man's emotional state that comes from a point of abundance is not something that needs his woman to make it what it is - it is energized by its own energy. She only has power over what you commit to her. When you do not commit anything, she's powerless. **Leave your needy ego at the door, and you will have more power and abundance than you can ever imagine.**

Only when a man realizes this does he even realize how much power he had the whole time. He must put the right price on it, sex is cheap, commitment is not. To own your commitment even when the state laws and courts are against you requires a man to overcome the primal fear of death and loss - this enemy is only within. Fear makes him needy. Fearlessness is the much harder path, but it is freedom. A man needs spirituality, surrender and awareness for this reason (not religious, religion is just a betaization machine, but real spirituality knowing how the universe works and cutting down the false ego and its illusions).

Every man comes with one more job in his relationship - cutting down her ego. You can't learn to cut her ego down if you haven't learnt to cut down your own - part of Red Pill is to realize that life's laws are bigger than you, and that itself brings down your ego to a point where positive transformation is possible. And you're not the only one who needs that. It's almost certain these days that she needs it far more than you.

The more her ego goes down, the more her respect for you will go up. Part of the reason why she goes into an emotional meltdown when she tests you (and when you pass the test) is that her ego did diminish, that too at a moment where it was rather enjoying the party, and this is painful to her at first, but when she's calm and more aware she respects you the more for it. It is actually the best thing for her ego to go down, it will allow her natural femininity to come out. Her own abundance will emerge, and she will learn gratitude rather than bitch about how

life's always unfair and how she's the only victim.

The more her ego goes down and the more her respect increases, the more her hamster will justify your actions than her self righteous expectations - women really can't get rid of their hamster, so what happens is that her hamster works for you instead. Without a massive pruning of the modern woman's ego, it's foolish for a man to expect anything of worth for the price of his commitment. And the process only starts when a man acknowledges and embraces his role as the guardian of commitment and lives the life where he can put a high enough price that she needs to earn.

If your relationship doesn't survive that, it wasn't authentic to begin with. It's selfishness and ego could not hide forever, and eventually the truth had to come out. Better to be honest with the red pill and swallow it once, than to be deceived for life and ever frustrated. Self transformation raises your energy to another level, changes the very vibes of presence and transforms your relationships and your life. Those who are honestly incapable of staying with that will drop away. It's good for you down the road, and good for them, because in the process their egos probably received a sound thrashing they did not expect. They may keep doing the same thing over and over again until they wake up. In the meantime, it's time for you to live that high value life.

55

UPVOTES

Gravitational Centers - A Case Study on the MRP Journey

Red-Curious · 11 June 2019 · Archived copy · Reddit

As I've observed numerous relationships in the last couple years, I've noticed an interesting phenomenon. I call them gravitational centers. These are relational norms that people tend to gravitate toward without even realizing it - and they can work either for or against you.

These are pretty obvious when taking a bird's eye view of how most men see progress in their MRP journey - both relationally (respect) and sexually (seduction). Understanding how gravitational centers work would have helped me break covert contracts early on, as well as staying motivated in my MAP, because it gives a framework for accepting the reality that women will sometimes refuse to respond to your improvements the way you think they should.

To make it easy to visualize, I've created [a simple graph](#) that should show you how this works. For easy reference:

- Red means the woman has given up. She is repelled by her husband.
- Orange means she has no interest in working on herself. She gravitates away from her husband, but watches to see what happens.
- Gray means there is no gravitational pull at all. You're just existing.
- Green means the wife is responding to her husband by improving herself, following his lead in the self-improvement venture.
- Dark green is where the wife feels the need to impress her man and that the onus for self-improvement is on her to keep up with where she perceives he already is.

This is far from a perfect graph, and the slopes certainly need a lot more readjusting - but heck, I only had an hour and a half to put this post together, so deal with it.

BOB'S STORY

A lot of what's written on MRP is targeted content, addressing a single event or discussing one concept. Reading the broader case studies that tracked the whole of a man's journey often helped me stay motivated, so let's start with a common RP story in the broad picture to show how the various gravitational centers affect sexual responsiveness: nuclear to bliss. I'll use a case study from a guy I've discipled for the past 2 years. For the sake of anonymity, let's call him Bob and his wife Jane. Bob, feel free to out yourself if you think it'd add to the conversation.

NUCLEAR: Bob's wife, Jane, threatened divorce a couple years ago. They were in the *red* zone. She wasn't getting any tingles or fuzzies. Bob was 100lbs overweight and had no clue what a clit is, much less how to find it. He was more interested in the latest Netflix Original than walking out the front door, and his mission was dictated to him by an NPC on his computer screen.

He responded to the threat of divorce by promising to improve. He did improve. He dropped 20lbs in the first few weeks and started contributing to chores. Did Jane see this improvement and reward him for it? No. If anything, she backed away even more, still repulsed by him.

Why would she do that when he's making progress? I hear this story all the time among my clients who are shocked when their wife files after they made the changes they promised her. It's because Jane rooted herself into a view of Bob that she could not pull away from. It was as though he was on a bungee cord - the further he tried to pull away from Jane's view of him and the relationship, the more tension existed that, in her crazy rationalization, only reaffirmed that they were in a bad, tense marriage and she wanted out.

SURVIVING. At some point, the bungee cord stretched like a mangled slinke. It's still all connected, but even if you let go, it wouldn't recoil all the way. There's extra slack in the line to work with. When Bob crossed that threshold, Jane was willing to give him a chance. Bob's still pretty darn blue because he's doing all of this *for Jane* at the time, but at least the weight keeps going down and he's starting to take ownership of his own home and life responsibilities. He mistakenly makes Jane his purpose, but at least it's better than his previous mission of making as much time for games as possible.

Jane's still skeptical and gravitating toward divorce, but at least she's willing to let things play out before pulling the trigger. She's gone from red to *orange*. There's a line ahead of her and she sees it. She wants Bob to succeed and cross that threshold, but expects him to fail. She herself still feels no compulsion to improve.

GRAY ZONE 1. After enough stretching, the cord finally snaps. Jane is now more interested to see how far Bob will go than she is in looking up attorneys online. In stead of being repulsed by him, she's intrigued by him. She's obviously not going to be chasing after him or try to improve herself yet, but she's not pulling away either. There is no pulling force. Life just exists here.

Jane was willing to call Bob her husband again, rather than "that scumbag I'm planning on divorcing." She acknowledges her marriage to Bob ... it's just an unhappy one.

PULL UP TO CENTER. At some point, Bob crossed another threshold. He started dressing nicer, and his clothes were actually fitting. He began wearing cologne. He's initiating sex again. Jane sees the possibility that their marriage can shift from unhappy to normal.

In this first green zone, Jane sees hope for what their relationship could become. Suddenly she's willing to work on herself. She believes that a little improvement on her part will continue encouraging Bob in his efforts to improve as well. She's manipulating him, but in her mind it's for the best. All the same, Jane's becoming sexually responsive to Bob again, so things are looking up.

CENTER. At some point their lives just kind of normalize. This is the second status quo. Just as there was a bungee cord in the bottom left when Jane wanted to divorce Bob, now there's a bungee cord in the dead-center. They aren't unhappy, but they're not excited every time the other one walks in the door either. They're perfectly neutral. Things in the relationship feel balanced, which at first sounds good, but then it means no one is yearning.

If Bob were to have faded downward a bit, Jane would have been motivated to get things back to center. Instead of Bob thinking 300lbs was just his normal weight, suddenly 230 is normal. If he pops up to 240 for a time he feels it and something in him causes him to gravitate back to 230 again. The same thing with his lifts - if they slack, he feels a drawing force back to what he was lifting at this center line. This applies to his efforts at leading in the relationship or taking ownership of his home - as he slacks, he sees the negative impact and is motivated to re-stabilize on that normal line.

PULL DOWN TO CENTER. But Bob's not okay with neutral. He keeps improving. It's harder than it was now. In the lower left sections, Bob first just wanted to avoid divorce, then he saw a "normal marriage" as some light at the end of the tunnel he was striving for. Now he's got what he believes all his friends have. Is it really worth it to keep going? He gravitates back toward the center and must have an extreme will-power to keep going up.

Jane also became comfortable with neutral. She put in a bit of effort. She dropped 10lbs. It's nowhere near the 70lbs Bob lost, but she had less to lose in the first place, she thinks. She smiles more than she used to in the gray first gray zone, and that should be enough for Bob. Yeah, he can keep improving, but he should be grateful for all the ways she's been improving. She puts the cap on the toothpaste now. Shouldn't that mean something to him? *I've already put in the effort, she tells herself. I'm good now. I'll be Bob's cheerleader as he keeps going while I sit right on this line.*

GRAY ZONE 2. After deciding that "normal" wasn't enough, he keeps going. Now he's developing his social game. He's working on his Keno. He's trying new things in bed. He's getting too far ahead of her, so Jane finally

agrees to meet him where he's at. She crosses into the gray zone with him. They reach a new status quo.

Unlike the first status quo, they're not "unhappily married" (default in most sitcoms), nor are they the second status quo of neutrality (where we just assume other people always are). Now they are "happily married." There's no pull up or down, left or right - they're fine just where they're at.

THRIVING. But then Bob keeps improving. He's not doing it *for Jane* anymore. He's doing it because the further he gets from his former unattractive slob self the happier he is with his life - and he wants to see just how far that road will take him.

He's no longer one of the "better guys" anymore. Now he's one of the best guys. He went from fat slob to respectable hunk. Other girls are taking notice of him and Jane sees it. At first she's mad and wants to pull him back to that center-line, but part of her likes it. If she want it to continue, she realizes she'll have to improve herself just to keep up. Now she's not doing it to motivate Bob - she's doing it because Bob has motivated her.

Jane sees another green light - a need to improve herself. Even if Bob stopped improving, just by being one of the "best guys" around, Jane constantly feels on her toes - a persistent pressure to keep Bob happy and make a real effort in the relationship. She's initiating sex more than he is. She takes care of the household responsibilities - without him even having to ask. She buys him little fun surprises when she's at the mall. Life is good.

BLISS. Now, making gains at some point becomes difficult. It's like building a house. One day the foundation is laid. Then the next couple days the structure is up. "Wow, you got all that done in a day?" Then the utility lines are installed, and a day after that the insulation and siding are put in. "Wow, look at that progress! This is going faster than I thought." Then the flooring is installed in a day. The dry wall in another day. Then the amenities are put in (stove, toilets, etc.). All this massive progress in the span of a few short weeks. But something bizarre happens. You stop seeing progress. The workers are there for hours painting baseboard and nailing it in. It takes two whole days for one of the guys just to tile the shower. It's a week for painting and caulking and detailing. What's taking so long?

Bob finally got a foundation laid and structure put in place. He had all the amenities to make Jane swoon, but the detailing would take much longer. Bob's still working on that.

But from other relationships with the most high-end guys, I see an even *greener* zone than in the thriving relationships. They live in bliss - true excitement. I expect this can't be maintained perpetually and indefinitely (at least I haven't been able to), but when the guy lives in this peak, the wife seems to feel the full weight of dread on her shoulders and will put in whatever effort it takes to keep her man focused on her instead of the neighbor who's always trying to chat him up. As a man lives in this zone, his wife is drawn toward impressing him. She gravitates toward him, not toward any status quo.

CAVEAT: In this particular story, (sorry Bob) Jane didn't start off as a very attractive woman (though she got there by the end), so it's not like she had several Chads sweeping in to steal her away while Bob was just getting going. If that had been the case, she may have stayed in the "I'm better off just divorcing him" phase much longer - or actually have gone through with it. Again, you can't always predict how a woman will act at any given time, though there are certainly broad trends that are generally reliable.

CONTEXT

It's important to note that the entire context of viewing this graph is looking at the man's attractiveness, value, improvements, etc. as the decisive factor of his own ability to achieve sexual and relational satisfaction - whether with his wife or otherwise. If Jane wouldn't have responded this way for Bob, a litany of other women likely would have.

In that sense, while we use the man's status on two of these axes as the premise for everything, the colors show

generally how women are likely to respond - not a predictor of how Jane specifically should be expected to respond (no covert contracts). So, you can think of this graph as a picture of female sexuality.

For the mathematically inclined, you're welcome to imagine the colors as a topographical indication on a third axis sticking into or out of the page as the general "female" variable - I just thought it'd be easier to interpret this in terms of color than a 3-dimensional graph (which would have taken far more effort to figure out how to do than would be worthwhile). But the picture would be far more complete with an into/out of the page dynamic happening in this hole process.

EXTENDING THE GRAPH

You'll note that I extended the "fuzzies" section beyond the basic square. This is because you can always add more fuzzies to a relationship ... but after a certain point it forces attraction downward.

The further away you get, the less sexually interested the woman becomes and ultimately couldn't care less about the man.

GRAY ZONES

It's interesting to note that there are two extremes in the gray zone:

- Extremely attractive people with no depth to the relationship. These are your CEOs, biker gang leaders, and meat heads at the gym. The woman really has no long-term interest in the guy, but somehow she's in his bed for years and years. She's not going anywhere. She knows she doesn't love him, but the sex is too good - how could she leave it? They have reached a status quo - albeit not an ideal one, but it's comfortable enough to live in.
- Then there's the supreme beta bux. The guy who isn't attractive at all, but will do anything and everything for his wife. She wants a back rub? There he is. A new house they can't afford? He'll make it happen somehow. Her friend has a cute puppy? He gets her a cuter one. There are water spots at the bottom of the sink after he finished the dishes? "Don't worry honey, I'll dry them up so you don't have to see them anymore." She's not going anywhere, but she's certainly unfulfilled. Again, not an ideal status quo, but one she's willing to live with.

Between the extremes are areas where a guy sacrifices a bit in one area, but makes up for it in another.

CAPS

Now, I hear some guys complain that they're not naturally attractive, therefore they must be doomed. "Black pill ... yadda yadda ... I hate women." Suppose even with all the alpha confidence, amused mastery, etc., he still caps out at about a 7 on the attraction scale. You'll note that it's unlikely the 7 will ever have to worry about divorce ... just remember that these rankings are perspective-based - a 7 to the girl at the bar might still be a 4 to his wife if he's not gaming and attracting her the same way.

What hope does he have for a successful marriage once he's hit his attractiveness peak? He'll never be as attractive as Chad. Of course, most Chads don't give her the fuzzies. So, the 7 becomes an oak. Instead of relying on his attractiveness (A-game) to maintain a healthy marriage, he ups his B-game and finds himself in the green, where his wife gravitates toward him and her default position is to improve herself for him rather than rest in the neutral gray zone.

Note that the "fuzzies" he improves here are not about serving or pedestalizing her, as that would actually decrease his attraction down from a 7. Instead, it is about passing comfort tests and decorating the interior of his frame to be

a desirable place that any woman would want to live in, rather than steel and barbed wire that make up the border. The same is true in the reverse. Some guys just lack the capacity to build a comfortable frame. Comfort tests aren't natural for them. They might hit a 7 and peak there. What's he to do? Up his attractiveness game.

A balanced guy will have a steady pace moving from phase to phase, but if a guy is imbalanced, he has to put an incredible amount of work on his strong point to make up for a mild/moderate lacking in his weaker aspect.

GREEN-ORANGE REVERSAL

It's also interesting that there is green on the "unhappy" half of the graph and orange on the "happy" half. Shouldn't all the orange be on the unhappy side and all the green on the happy side? Why would a woman start responding positively to her man when she's unhappy and respond negatively after he's improved?

That's the whole point of the gravitational centers. When she's unhappy, but has hope, she gets in the game. When she's happy, but thinks even more happiness isn't worth the effort (usually because she can't visualize it or doesn't believe the improvements will last), she pulls away.

This confounds lots of men I meet with who saw some early gains in their sex life, but then realize that continued improvement was counter-productive. I believe this is why.

ANOMALIES

Now, there's actually an updated version of the graph for you to enjoy: [right here](#). I add 3 significant zones.

BROWN - The brown zone is the murky area where about 95% of men live. They're not elephant-man ugly, but far from attractive. They make up for it by being good beta-bux to their woman, but aren't perfect. That big brown hole is your average guy. It's not a great place to live, but I guess "not great" describes the average marriage today anyway. Most women really don't like having sex with a guy in this zone - and might even say it's painful to have to deal with him there, which is why these types of guys face constant rejection from their wife.

CENTER PINK - This is the "sweet spot" for women. Whereas men most often live in the brown zone, married women are most comfortable living in the pink zone - leaning slightly more toward the attractive end of the spectrum, but overall not seeing a compelling need to supremely excel on either axis. And why would they? By being average, they can already get whatever they want from most men. Of course, they don't want to slack too much either, as that would compromise the social advantage they have and their ability to find another man easily if her husband does turn out to be a flop. It's not a sexual peak for them, but it's a comfortable place for them to be all the same. Nevertheless, most guys seem to think women should be sexually excited to be in this "normal" zone, and it just doesn't work like that.

What zone on the graph is most likely to get a woman sexually excited? ...

UPPER PINK - This is the exciting place for women and where sex happens most for them. For most women, this really is their peak sexual place on the graph. They can't resist a guy who's extremely attractive, even if he's pretty low on the fuzzies axis. One night stands, bar hook-ups, the CC - it's all because of this particular zone for women. But even within this zone, stroking her feelz even a little bit has more impact than that extra bit of attraction, so I marked off the right-most section of that pink area as the best spot even within that zone.

Enjoy, fellas!

55

UPVOTES

A Complete Idiot's Guide to Conversation

Blarg_Risen · 4 June 2020 · Archived copy · Reddit

To go along with /u/Red-Curious 's excellent Week 8 DoD, I'm going to dump a post that I wrote for a social anxiety forum a long time ago...but never posted. This is a post about how to go through a conversation including **everything** from before you even start, to number closing up. In my usual fashion, it's verbose. It's probably 10 minutes before I even get to saying the first word. Takes me about 40 minutes to read back to myself to completion...and I understand it. So get comfy:

Hi all. I wanted to throw this out there as a referable overview of many of the things I've learned about talking to people over the years. I know what it feels like to be in this boat of having low social skill, and I know the hard work that it takes to get out of it too. And I feel that there's a dearth of just an overall framework that people who are trying to better themselves in this area can relate to. This isn't a unique guide to specific techniques. It does not include canned phrases. It is not directed more toward men or women. This guide applies to both equally. If you're serious about learning this stuff, and you're tired of trying to put all the pieces together, then you're going to have to dedicate some time and attention to this text. Your choice.

That said, none of the excuses that you, or I make in our heads that stop us from being social, nor any amount of reading, is going to substitute for the practice of actually getting out there and repeatedly putting yourself on the line to learn first hand. So above all else, even after reading this, if you want to grow this ability in yourself, you're going to have to get out there and practice, just like any other thing you master.

Who am I you're probably asking? A guy who's single handedly dug himself out of the deep deep hole of social outcast. I've gone through the whole gamut of 'guy who literally has no friends and sits at home wondering if loneliness is my life', to 'guy who stands on the outside of a circle of friends and says nothing', to 'guy who tries to engage but it's just awkward'.

I'm now the guy who's hosting parties and talking to each and every guest; men, women, and children. I'm the guy who people at the party name as the social butterfly. I'm the guy who sets up things to do with friends, and makes new friends at those things. I'm the guy who walks into a bar, looks at everyone staring into their drinks and on their phone, and decides "I'm going to say hi to you, just because I know you're hiding it, and I know how good we'll both feel when we establish a connection." At this point it's fun to me. I talk to people all the time, and they are very receptive to it. I think anyone can do this. And I want to share what I've learned.

You don't have to listen. Like I said, the real learning is out there. But if it can give some perspective, and if it can give some structure, especially to those more rack-and-stack, logical guys like me who need it to be organized to make sense, then it'll be worth it. Again this isn't a motivational speech. This is a comprehensive overview of talking to someone.

Even Before Saying Hi: Even before saying hi there's a whole host of situational social awareness that you can cue in on to determine if starting a conversation with someone is going to be worth it for you, and/or for them. These are the things you usually don't notice because you're so in your head thinking about your bundle of thoughts about conversing, and things that can go wrong, that you don't see what's going on. You're in such a fog, and you can miss these signs when you're not paying attention. These include:

- **Are They Ready For a Conversation:** A good thing to try before even going out and trying to start conversations with people is to go around a public area yourself and just look at everyone. And each person you pass think to yourself: "Do they look like they would be receptive to a conversation right now?" I'll tell you that people usually rank into three categories as an answer to that:

Category 1) Yes, they are either looking at you, coming toward you, and most likely, if you do not start a conversation with them, they are going to start one with you. You'll find about 2% of people in this category, and the majority of them are going to be people who were forced to converse with you in some way (think food service, or polite social interaction "excuse me", etc).

Category 2) Yes, but they don't know it. This is where you'll find 90% of people...walking around in their own heads not even thinking about conversing at that moment. It's sad, we're all wrapped up and used to our normal lives and the fact that people usually don't and/or are too scared to talk to other people that we are more likely to be thinking "What's for dinner tonight" than "I wonder what that person is like."

Category 3) No. And this is where you'll find the last 8%. These people are pre-occupied, and not even in a bad way, with what they're doing, to the point that they don't want to talk to you. Maybe their kid is screeching and they're trying to get them under control. Maybe they're concentrating on a task. The truth is, there are legitimate times where you just should not be starting conversations with someone.

But like I said it's good to be able to identify, and quickly, because many windows of starting a conversation with someone are so incredibly small that if you cannot make this determination quickly, you'll find yourself just playing it safe and moving on.

- **Purpose:** So you've determined that they are someone who is open to having a conversation right now. Before even going in and saying hi, you should know your purpose, or range of purposes that you're talking to this person. The purpose could be as easy and simple as "I want to talk to you" or "I'm bored and want to entertain myself" or "I'm actually attracted to you, and want to see where a conversation will go" or "I'd like to get to know you better, and maybe make friends." These are all things you're telling yourself in your head, of course. But when you get the experience and the guts to, feel free to use them as fun and unique conversational follow ups (which I'll talk about later). You'll be amazed at how many people are drawn to such sheer honesty.

The point here is, you kind of want an idea of the possibilities of where your conversation is going to end up. Are you going to hold a long, drawn out conversation with the waitress at a restaurant? Probably not. Is there more probability for making friends and possibly sharing interests with someone just sitting in a park? Probably yeah.

This is also a good exercise to do along with the above one, to go around and think to yourself "Why would I talk to this person?" Sure it may be obvious: "They're attractive, duh" or "He's on my soccer team so I should make friends" But telling yourself this always kind of solidifies in your head that there's a *reason* you're doing what you're doing. It's kind of a feel good justification to yourself.

- **Time:** So you've determined that someone is probably open to having at least some kind of conversation with you, and you have a rough range of where this conversation will go. Now think about time. You're waiting on a subway platform, the next one doesn't arrive for 6 minutes. You definitely have a good chunk of time to start a friendly conversation and steer it into at least a few topics. Or, you're waiting in line to order food behind someone and the line is moving at a pretty good speed. You really don't have a lot of time.

Knowing how much time you're going to have does two things. 1) It builds into the potential purpose behind why you're talking to someone and how far that conversation can actually go, and 2) It sets a stage in your mind for what you're in for for the time that you have. You'll be able to tell what kind of conversation this could be if you know how long it will last. It will also prevent you from making time-based conversational blunders.

If you've ever found yourself in a long conversation with someone where you're keeping your answers short, but somehow you both seem to have a lot more time than you thought, or your mind isn't prepared for a longer conversation so you're feeling that itch to get out...that can make you look disinterested and even rude. Whereas if you try to get into longer topics that take some time to talk about and the other person is looking to, or is forced to (think train is coming) leave, well that's unfortunate and awkward too.

But if you go in with an estimate of how much time you'll have to, for lack of a better word, perform, it'll ease your mind in that you can think "It's okay, just 5 minutes of discomfort and I'm done."

- **Cues (Them):** In addition to what we'll call the 'logistics' of starting a conversation that I just talked about, there's also social cues you can look for, that people will give off, if they're willing or want to start a conversation with you. One of them is that they start a conversation with you! I'm kidding...sort of. But other than that:

Eye Contact: Remember, everyone is going around in life doing their own thing. Unless we're doing that thing where we're in a hallway walking toward each other from 50 feet away and there's nothing to look at but wall...there's really no reason for someone to make eye contact with you unless they're at least somewhat willing to talk to you, if at least just to say hi. The brain is also good at subconsciously making people aware of their surroundings by focusing on the objects in it that create more interest to them. If you are one of those objects for someone else, you'll find eyes on you occasionally. Not staring at you. Not necessarily looking you up and down. But definitely looking at you at some point, even if it's just a glance. If you see this, think "There's one possible hint, let's see if there's more."

Location In Relation to You: This is one I've noticed both from myself, subconsciously, after the fact, and in others when they've started conversations with me. They will, and you will, subconsciously move toward that person if you want to talk to them. This is much more likely too in a crowded room, where movement around isn't necessarily going to be noticed. But take note in spots like standing in line, on a dance floor, or in a park. If there's a plausibly deniable way (meaning there's no way to specifically say "Hey you're moving toward me because you want to talk to me"...there could be other reasons) for them to move, they will, and you will too. If you see this. It's an invitation. It's another hint.

Body Position: Just like eyes have a tendency to look in the direction of interest, so too will someone want to keep their body positioned so that you remain in their field of view. Think about it too...you're in a crowded bar facing the bar, the guy to your left has his back to you and is talking to his friend. The girl to your right is leaning with her back to the bar. Which one is more likely to accept a conversation? The girl of course. Even if she's talking to a friend away from you. The body position indicated this is much more possible than tapping someone on the shoulder from behind to say hi.

Being Aware: There's two states that your mind is in, and if you're introspective, you can consciously put yourself into and come out of them. One is that your mind has narrowed its focus on a thought or task, you have that 1000 yard stare, and are really not noticing things that are going on around you. The other is you've opened up your senses to take in more of what's going on, you may actively be looking around, and are more open to stimuli. Try it right now, put yourself into a deep thinking, almost daydreaming state...go ahead...take 10 seconds...then come back.....now snap yourself out of it and notice all the sights and sounds going on around you.

When you see people in the second state, this means if you say hi to them, they are less startled because you're not pulling them out of their thoughts, back to reality to talk to them. If they are in the first state, pulling them out of that state is kind of akin to yanking someone's headphones out when they're listening to music. Though not THAT infuriating. But still irritating.

There are many more subtle cues that may add to this list. Whispering to a friend who then looks in your direction. Seeming to be open to talk to other people they don't know. But I'll skip more of those for now and just advise you to watch people and what they do around you...and when they say hi or when you're successful in starting a conversation with them, take note of what they were doing beforehand, and see if you find any patterns developing.

I usually use these as cues for me, sort of like permission, or a sign to tell me the time is right to start a conversation. At the point I'm at, I find myself sometimes itching for a conversation, and I'm standing there, like a horse at the starting gate of a race, waiting for one or more of these clues. When it comes, the gates fly open, and I'm talking. Just like that. It's almost like a game. *Sitting next to a guy at a bar...he drinks his drink, stares at his phone for a bit, maybe orders a quick drink for the bartender. Looks at his phone some more. Then puts his phone down and glances over in my direction.* Boom, that's 2 signs (becoming aware and glancing my way). I'm talking.

Remember, most people are shy, and used to not conversing. And they are also perfectly fine with giving off these clues and if you don't pick up on them, just moving on with their lives. So while you're saying to yourself "Dude, not everyone who makes eye contact *wants* to have a conversation with you" I'd say, "Maybe, but they are much, MUCH more likely to entertain one if you try to start one."

- **Cues (You):** All the above are also certain cues you can apply to yourself as well, to let you know that you're interested in starting a conversation. If you catch yourself looking their way often, if you feel like you are/want to move closer to them, then you are subconsciously selecting them as a person to converse with. There is also a certain cue that you may give off that if you pay attention to yourself...you may notice that it's your subconscious telling yourself "Hey, we want to start a conversation with that person."

And this is Energy Level. This is an internal feeling that you cannot really read in other people, but can feel in yourself. When someone comes around, if you find that you get a little burst of energy, or adrenaline, or perk up a bit...that's you telling you you want to say hi. If and when you start practicing this...if the person is of the 92% that you can talk to, and you feel this feeling, for the love of god you must talk to them. This is the purest form of self-positive feedback you can give to reinforce social behavior. Your body and mind will love you for this, because it's raw "I wanted to do this, so I did."

- Cues (Situational): Lastly, there are some situations, kind of like the world has set this up so you are pretty much bound to meet, cues that you can use as good indicators to have a conversation. These cues revolve around Common Ground. If you find yourself suddenly in a situation where you both have common ground, like you're dressed up to go to a party and you step onto an elevator with someone else who is also dressed up. Or if you're out for a jog and happen to take a turn and line up next to someone else also on a jog. That's the universe giving you a free platform on which to say hi, because the topic of conversation is already right there. Other things like maybe the power flickers, or it's pouring rain outside, are also common ground situational cues that indicate that easy conversations are all available.

Getting Over Approach Anxiety: Wow that was a lot to take in. But you've done it. You've decided to say hi and start a conversation. Or, at least, you want to. But now you start to feel that tell-tale anxiety, and hear those voices in your head that act as barriers to prevent you from saying hi. This is probably the section a lot of you are caught up on. So here's a breakdown of all the problems here and some solutions, or at least mental models, that may help:

- Why Me?: You're wondering to yourself "Why am I the one who has to go through this when all they have to do is stand there and receive my hi." I get it. Everyone else is walking around and either seems to be OK with just not talking to anymore, almost like you have some flaw that you feel the need to be social much more than them, and/or they just don't need to be social WITH YOU. Maybe they already have friends, and tell themselves they don't need to talk to anyone else. Or maybe they've invented some other excuse that takes away the personal anxiety they have about talking to other people. (The key is these ARE just excuses...as I've found people are mostly happy to be brought out of their normal life pattern and talk to you).

The answer to the question "why me" is because YOU'RE the one who wants to be social. And that's not something you should take as a bad thing. But what you need to do is take in, and be okay with, that aspect of your personality. Instead of placing the blame on other people for not wanting to talk...give yourself permission to be okay with the fact that you DO want to talk. "Yes I want to talk and I'm proud of that." This hints to a bigger topic I'll talk about later which is confidence and congruency. But remember again, that most people are used to not talking. They're simply not willing to put in that energy to start.

And energy is a great way to put it. I'm a physics type guy, and there's a concept called a potential barrier. To explain it simply, imagine there's a ball that's sitting in a large dip in the ground. On the other side of this dip, there's a large down-hill. The dip is called a potential barrier because you have to put potential energy into the ball to surmount it. In order to get the ball to go down this hill, you need to push it up and over the side of the dip to get it to the hill. That's the same concept we have here. If you want the ball to roll down the hill...you need to put in energy to get it out of the dip. If you want to have a conversation...you need to put the energy in to get you both out of the social hole you're in now. If you do not accept the burden of this, and believe me it sucks, I know, but if you

don't accept this, you will forever be jaded that you're the one who has to do it.

- Visceral Fear: So okay, you've gotten over the fact that you feel persecuted because the onus of starting a conversation is on you. Whew. Past that. Accepted that. Now comes the fear. You're afraid. And I'm not talking yet about being afraid because you're worried about all the what if's...I'm talking about the primal fear you feel...the tightness in the chest...the butterflies in the stomach...the fight or flight mechanism kicking in telling you to run. Your muscles tense up. You get tunnel vision, and tunnel thoughts. I know the feeling well.

You feel that way...and you associate feeling that way with BAD. That's the default, primal connection in your brain. IF I have these feelings, THEN the situation I'm in must be bad, and I must escape. It's that logical. Here's the deal: **YOU'RE SUPPOSED TO FEEL THAT WAY.** Let me say it again. When you are about to put yourself at risk, taking yourself out of a comfortable, low-energy situation and put yourself into a higher risk, vulnerable situation, you are **GOING** to feel that way. That's the way it's supposed to work.

What I'm saying here is that you need to get it in your head that the feelings you're feeling, while yes they are designed to make you feel like you're about to be attacked by a predator and need to flee for your life, are the exact feelings you are supposed to feel in this situation. And I'm here to tell you that I, from experience, and other social guru's I've listened to, in their experience, **STILL** feel this. Approach Anxiety **DOES NOT** go away. Not even when you're experienced with it.

What happens though is that when someone more experienced feels it when they want to go start a conversation, they understand "Yes, there it is, approach anxiety...I'm supposed to feel this...so things are going normally." And when you come to terms with this, you will rewire your brain to be ok **IN SPITE OF** feeling this, even though it still does. Because it is supposed to happen. It's kind of like when you are out for a jog or playing a tough sport, and you start breathing more heavily? That's **SUPPOSED** to happen. Or when you lift up a heavy moving box and walk with it. You're going to feel discomfort and maybe even pain in your muscles carrying it. You aren't going to die. It's your body doing what it is supposed to do. So when you say to yourself "I can't, because I feel scared."...we **ALL** do. You just need to realize that you have the capability to act anyway. You ever feel scared before going on an insane roller coaster? Yes. Do you do it anyway? Yes. The magnitude is different. This situation is different. The obstacle is the same. Fear.

- But What If...: Now lets get to the fear of outcomes. Besides the physical feelings associated with fear, there's going to be those mental barriers where your brain is thinking "What if they completely shut me down?" Or "What if they give me a funny look and laugh?" Or "What if they're even hostile toward me?" And there's nothing really I can tell you to make you feel like these things aren't going to happen. They may, and if you say hi enough, they will. But here's some things I can say to make you more comfortable about managing this fear.

The first is that this doesn't happen often. Like at all. You've heard it before, but it really is true. What you think of as really bad outcomes for talking to someone you don't know, does not happen very often because 99% of the time, people really have no reason to be mean to you. This is especially true if you don't give them reason to be upset with you. And if you're following everything I've said so far, then most likely they have no logical reason to act terrible to you. And if they do anyway, well, who wants to talk to someone like that?

That said, there are some pretty big DO NOTs that you should avoid. And while you could break social norms and do these, successfully, anyway...it's kind of just best not to. These include not coming up to someone from behind, not to talk to someone with headphones in, not interrupting someone talking to someone else to break into a conversation, in fact not interrupting a conversation when it is in a deep phase (which I will talk about later), and being mindful of personal bubbles.

The second is that all this fear, both physical and mental...all this turmoil you have going on in your head...they don't see. See the way you're coming at it is that you shouldn't go say hi because you feel all nervous and anxious and scared...and they wouldn't want to talk to someone who's nervous and anxious and scared right? But they have no way of knowing that you're nervous and anxious and scared. When you walk up to someone and say hi...that's all they can see, that some normal person walked up and said hi. Your insecurities are shielded in the fact that there's no way for them to know.

The third is, and this is really useful and I've used it a lot when I'm practicing, is if you know for a fact that it's very, very likely that you'll never see them again ever in your entire lifetime. When I'm on travel to a different state or country, I feel so empowered to talk to other people because I know that even if I make a fool of myself or they hate me, we will likely never cross paths ever again. And so that gives me free reign to basically be as open and risky as I want.

If I wanted to just walk up to someone and go "BOOGA BOOGA BOOGA!" and walk away, I could. How can their judgement matter if they're not in my life to judge me? I mean, unless you are affected that some person in some place far away from where you'll never be again happens to think of that one awkward conversation someone had with them that one obscure time...if that's the case, you should probably get some help for not being able to let that go. No I'm serious here, go talk to a therapist. That's why they're there. You need to let that go.

And that's the fourth thing too...if you don't establish a connection, they probably aren't going to even remember you. Your actions will be dust in the wind in the history of human interaction. So not only does the world not see your mental turmoil, it won't remember if you mess up either. If you do establish a connection, then you've probably not done something worth fretting or being embarrassed over.

And believe me I've been in situations where maybe I had a bit too much stage fright and didn't talk to someone I wanted, or made a fool of myself. And so I left that bar and went to another. Yeah, it sucked. But that's it. It's done. I'll probably never see them again and even if I do, I doubt they'll remember me. And even if they do, they're not likely to bring it up. All this means is that all those fears of outcomes you have, they don't really matter in the grand scheme of things. Life will go on for you, for them, for everyone, regardless of whether you succeed or fail.

Are we almost to the talking part then? Almost. The last thing I wanted to talk about is if you find yourself in a situation where you are going to have a conversation, and there's just no two ways about it...you are going to have to move yourself across the room to talk to them and they are absolutely going to notice you doing it. This is going to be really rare. Because many situations you are going to be able to use plausible deniability that you just happened to move close enough to have a conversation, or they won't notice, or you manage to slowly move their way by talking to people who are closer and slowly migrating over.

If you find yourself in this situation though, know that the act of doing this, while you both know it's happening,

and that person is probably going to pass some judgement on you for doing it, almost always translates to them thinking you are confident, if you can keep that confidence going in conversation. I promise, I will talk about confidence soon.

And don't give me that crap that you physically cannot do it. Because I've been there. My body feels paralyzed with fear. And I've thought to myself "Look, if I were in an empty aircraft hanger with the same amount of space between me and that person over there and I wanted to walk that distance...could I? Yes, I physically could do it. So I can physically do it here."

On your mark, get set...: Earlier I talked about being ready to talk like I was behind the starting gate at a race. And now here's where we find ourselves. You've determined in very rapid succession (that gets faster and better every time you practice it) that someone is open to being talked to, that you know why you're talking to them, you have an idea of how long you'll have to perform, so you know what kind of responses and how deep you will go into topics. You have felt the anxiety and understand that it's normal. Your brain has given you the worst outcomes and you've accepted their low probability. There will be three situations you find yourself in, and they all involve proximity:

Situation 1) You've been in a spot, and they've just walked in close proximity to you. This is easier in that you're in a comfortable zone yourself, and you don't have to move to someone to close the gap. It's hard because you have no prior knowledge of them and not a lot of time to figure out why you want to talk to them.

Situation 2) Someone else is in a spot, and you have just walked in close proximity to them. This is easier in that you can think up saying hi, and a comment about how you'd like to start the conversation before you get there. It's hard because you actually have to move to close the gap.

Situation 3) And this can be mixed into situation 2, but you have both been in close proximity, but for whatever reason, be it you were busy or they were busy, you haven't been able to talk yet.

In all these situations, this is where you need to be on high alert, ready to start talking at any moment. This is because people are really weird. They're weird in that if several opportunities have passed in which you could have initiated a conversation, and you didn't, it will inevitably be awkward if you then do. You may be familiar with the 3 second rule, in that from the time you have an opening to talk to someone, you have three seconds to do it or you may as well not, because your odds go WAY down.

The three seconds start when you've read those social cues in them, or yourself. And the reason you need to be ready and out of your head is that if you aren't, you're going to use those three seconds to think "Oh look there's a person, I could totally talk to them, but what will I say, and what will they think? Shit...three seconds has gone by."

So here's where we need to start talking. But what do you say? I'll tell you my secret conversational opener that has worked for me in about 95% of all cases that lead to a great conversation. Are you ready?

Talking: So now we're at the talking part. And if you can tell so far, I like to break this stuff down into sections with tips and goals for each part in order to chunk it up in my head, and so it's more manageable. We're taking baby steps here.

- Goal 1 - Break the Ice: The very first goal you should have in a conversation is to break the silence between you and that person. It doesn't matter how. That's your goal. Don't worry about feelings or topics or anything else. Break that ice. And here's my 95% success rate conversational opener:

"Hey, how's it going?"

I'm serious. This is it. Really, don't overthink it. This is my best and most successful ice breaker if I have nothing else to go on. It works to both open the door to conversation, and also to immediately start toward the next goal: Does this person want to talk to me now that I've broken the ice?

Other Ice Breakers: Before we get to that goal, I want to give some information on other ways to get into a conversation that aren't the standard "Hi, how's it going?"

The first, if you aren't feeling especially chatty, is smiling and extended eye contact. I cannot put an exact time on it, but there's a time between a fleeting smile and glance and an uncomfortable stare, on the order of less than 2 seconds, where if you hold eye contact and smile, there's this pull that they will feel to say hi to you first. This not only works sometimes, but will also indicate to you that they are more interested in a conversation than if they just gave a smile back.

Another popular one is to listen in on a conversation they are having with someone else. I talked earlier about not butting in on a deep conversation so I'll talk about that here. A deep conversation is one that really you have no real connection to them on, and in which they're opening up more than they would voluntarily if you were included in the conversation. If they are name-dropping other people in their lives that you don't know, or talking about something serious like illness, a breakup, their fears or insecurities, any negative topic, or about something you don't know about...this is not the time for you to butt in. It's not your business. Give them space.

But if you hear them talking about something that relates to you, maybe a concert you were interested in (even if you didn't go), or again a common situational cue that you can relate with, then a good way to get into the conversation is to say "I'm sorry I couldn't help but overhear that you were talking about ____." And then give your feelings on that topic. Pay attention, too, to where you insert yourself here. Because if two others are talking, and one says to the other "So I went to the Garth Brooks concert that we talked about!" You don't want to butt in right then and there with "No way I did too! Here's my opinion!". The person being told this story has priority over you to answer first. Let them, and when the conversation starts to dull, then you can jump in.

And a third popular way to get into a conversation is to, genuinely, talk about something about them. This is best relegated to things like what's on their shirt (I use this one very often), or if you genuinely like a necklace, tattoo, or whatever else. A warning though, IF you're going to use this one, make sure your comment is genuine, because if it isn't this will absolutely show up in the follow up you have to their response. And it is generally risky to make the

comment about their looks (Hair, body shape, etc.)

So you've broken the ice. That's goal 1. And the structure of the conversation that you're communicating covertly so far is:

"Hi, I want to talk to you." (Ice Breaker)

Now comes the follow-up.

- Goal 2 - The Follow up: Because saying Hi isn't a conversation. And because you're the one that said hi, people are going to expect you to be the one to continue into the real conversation. Take solace that this is past the hardest part of having a conversation (breaking the ice), but we're not quite to the hill yet. We just need one more little push.

The follow up and Goal 2 is where you're going to continue the conversation based on the reason you genuinely want to talk to this person. It's kind of a covert explanation of why you started the conversation in the first place. Whereas "Hi, how are you" is covertly saying "I want to talk to you.", your follow up is going to covertly say "and this is why."

For instance I'll give you an example. I was in the shoe store buying shoes just yesterday. I am an avid runner so I feel confident that I have some belonging there. I heard one of the employees say to the other that they were going to participate in a race this year...which happened to be one of my favorite races to run. I commented "I'll totally be there for that race." as my opener. This was my "Hi, I want to talk".

If I would have stopped right there...the feeling from the clerk would have been: "Well...that's...nice?" I would have forced awkwardness into the conversation. Instead, I followed up "The sprinklers are a unique touch huh?" (Because anyone who's run that race knows it's in July and hot as hell, and 30 or so neighbors along the route come out and either put their sprinklers out or stand there with a garden hose to cool you off).

So I got rid of the awkwardness and answered the question that I put in everyone's mind "Why did you decide to talk to me?" If you don't answer this question with a follow up, rest assured it will probably be asked or implied directly very soon...and the conversation will be dead.

So in addition to describing *why* you're inserting yourself into a conversation, the follow up does another very important thing...it takes the burden of thinking of what the person has to reply with off of them. They really have no pressure to continue the conversation now because they don't have to think of a topic, so they will be much more likely to do so. I'll continue to use this particular conversation further for my explanation, but I wanted to highlight the structure of it so far. The structure covertly goes:

"I want to talk to you" (Break the ice)

"This is why" (Follow-up)

"And this is what we're going to talk about" (Implied from Follow up)

In terms of effort you put into a conversation...congratulations, the ball is rolling. You did it. The hard part is over. And while you're both going to need to put in a little more effort to keep it going, from this point on, the effort is divided at least 50/50; and if nothing else, you've done what you wanted to do and started a conversation with this person.

What I want to talk about next is the most important part on *their* end.

(Continued in comments)

55

UPVOTES

FR - Breaking and fixing your shit.

red-sfpplus · 2 July 2020 · Archived copy · Reddit

After my divorce, I stayed in the marital home. It didn't really bother me, but at the same time it was a lot of space I didn't need.

Last summer I started to look at Bachelor Pads in the downtown areas of Dallas, cause hey - I am a single 40 year old HVM. Might as well get out of suburbia.

After I met Fitchick things went well, and I was less motivated to move. In Nov of last year I invited her and her kids to spend a week with me (she had been spending every day and night with me) to see how it would go. That week turned permanent.

I justified it because there was no "financial cost" to me. I already had the 4 bedroom house with pool, in my name only, but I was also in love and foolish. So I broke a few red pill rules and overall best practices.

Most of them were in regards to red flags, and un-necessary baggage. Taking a women in is one thing. Taking her and her 20, 18 and 13 year old boys? **Idiotic**. But I was in love.

The main rule I broke is Iron Rule of Tomassi #4. It states:

NEVER under any circumstance live with a woman you aren't married to or are not planning to marry in within 6 months.

In previous OYS posts I talked about how I had the cards stacked in my favor for what would eventually happen today.

Due to being foolish and so deeply in love (and quite franking still am) I was willing to overlook these red flags, but at the same time I was at least smart enough to have an exit strategy.

As the months grew on, I started to realize the complete mess I put myself in with her kids. I was becoming trapped. Not with her - that part was great, it was her fucking kids. With in 120 days of them moving in, I saw the writing on the wall. It was not going to last. I made up my mind back in June, it just took me 30 days to find my balls.

We had talked about this before, and there several instances which led to several discussions about these plans, then this weekend had a trigger event. Before I communicated the plan with no commitment date. Today I applied a commitment date.

Today I sat down with her and restructured our relationship as follows, because I am still a fool in love and this is better for me:

I am putting the house on the market and plan to sell it in the next 60 days. I will be moving into more than likely "this" condo - (a condo she has actually seen before). I would like you to find an apartment for you and the boys very close to where I am so you are able to still come over as much as you want. The condo and associated costs will be "mine" your apartment and associated costs will be "yours and the boys". I am willing to continue a 1:1 dedicated, monogamous relationship and we can treat the condo as "ours" in every way other than legally. But I am not longer willing to support your children.

So far? After the initial blow up and crying on her part, I have stood my ground. "I will change, the boys will change" are weapons which were used before which now have no impact on me. But also - she is a woman with no options other than to follow what I say. She could easily move out, dump me and whatever. At this point, I don't care but I don't think that will happen. Ego? Or just knowledge that she can easily be replaced?

At 4pm the realtor will be here, and she has been looking at apartments literally within 2 miles of the condo I plan to move into.

This time, the plan will be executed. Still, by a fool in love.

Today I finally admitted my mistakes to myself, and that I am more important than anyone, its time to take my ball back and that she now has a choice.

Go with my plan and have a relationship with me, one that over time would likely lead back to full time co-habitation, or not have me at all. But I am no longer willing to accept your "package" deal of "my kids and I."

Secret is - she knows who the prize is.

Stay tuned faggots.

55

UPVOTES

60 Days of Dread 2023

ragnar_Daneskjold · 18 October 2023 · Archived copy · Reddit

Hold on to your fedoras, you simpy, squishy, swashbucklers. I have arranged for 8 weeks of specific behavioral spoon-feeding to start around the end of this month (Thursday October 26) and wrap up before we celebrate ~~capitalism~~ Christmas.

You will have the opportunity to submit yourselves to the instructions of those accomplishing the things you dream about while you fall asleep each night. This has the potential to rapidly advance how attractive you are and mitigate how unattractive you are.

I will be looking for you to address these posts each week in OYS. Those of you who fail to do anything productive with it will find a ban in your stocking on Dec 25th.

54

UPVOTES

BPP Reads the "Complete Marriage Counselor": Confirmation Bias galore in the belly of the beast

BluepillProfessor · 10 January 2018 · Archived copy · Reddit

I am reading "The Complete Marriage Counselor" from 2009 which interviews America's "top" marriage counselors from across the spectrum about common marital problems. Fortunately, they include the erstwhile and one of the original manosphere icons Warren Farrell (The Myth of Male Privilege) and some other males but at least 80% of the answers were from females or worse.

The first thing I noticed as I read this with a Red Pill lens was the amazing and obvious GENDERED differences in the therapists approach to the problems.

Boys and girls are actually different fellows. Who knew?

The advice they give is hilariously predictable and often pedantic and the chapters are organized by "common marital problems."

These PROMINENT MARRIAGE COUNSELORS provide 3-4 page short answers to the specific problems in marriage and I will give you the main point of their responses.

Chapter 1: Chore Wars:

Female- 1: Come up with a list as a couple of what needs to be done and divide it up. List first what you are willing to do and not willing to do. Then in respectful manner discuss your concerns with the therapist.

Female 2: Get the woman to understand the value of male chores such as starting the car and shoveling the snow. Women do things every day but men contribute differently. Chores disparity is perception not reality.

Female 3: Let the woman explain how it makes her feel when the husband neglects to do his share of the housework.

Male 1: Tell your husband you will be in bed waiting for him when he finishes loading the dishwasher. (LOL)

Male 2: (Warren Farrell): If a woman shows true gratitude by her tone and belief a man can be induced to do anything for her.

Female 4: (the author of the book): The dude is right. "Give the lug what he craves (gratitude and sex) in order to get him to do what he should be doing anyway."

BPP: ALL of these therapists from radical feminists to (somewhat) conservative Red Pill men agree that men crave admiration and gratitude (aka "respect") from women even more than sex. None openly make the connection that a woman who has the quality of being grateful to her husband is also willing to sex him up at any time. Could these things be connected?

Chapter 2: Money Fights

Female 1: Make a list about what you disagree on and talk and talk and talk and talk

Female 2: Make sure you are unstressed. Then talk and talk and talk and talk...

Female 3: Take care of the feelings before finances. Forge a common goal to get out of your debt problems. Talk and talk about your problems.

Male 1: Set boundaries on spending.

Female 3: Talk about control problems and talk about a budget and talk about making good spending decisions.

Female 4 (the book author): The dudes spending cap idea makes the most sense.

Male 2: Money is the number 1 cause of divorce because it is about power and freedom (he missed the BIG one = ATTRACTION). So talk and talk and talk about your MOMMY AND DADDY'S spending habits and how you grew up.

Male 3: Money is the center of an octopus with many tentacles like male ego and value. So talk and talk about your values to solve money problems.

Female #4: (book author): The dude is right. It's all about early childhood experiences with money.

BPP's take: Notice that NONE of the therapists consider anything practical beyond making lists and budgets. We say Acta non Verba- ACTIONS NOT WORDS- but I don't know the Latin for "ignore the problem but be sure to stand around talking about the problem." Obviously somebody needs to make more money and/or somebody needs to spend less. Vacations need to be cancelled and purchases reconsidered but they want to encourage the wife to talk about how it feels being married to a man who doesn't earn enough money. Yah, that works.

Chapter 3: Sex

Female #1: Why does the husband want to fuck his wife? If it is just for his own gratification that's a problem. Husband needs to keep asking his wife "what can I do to make you feel safe" (I just puked in my mouth).

Female #2: Wife should lower her barriers and husband needs to learn how to "get her interested." Let her know he is patient but will revisit the topic from time to time and give the wife the option of suggesting something different (aka a sad, passionless blowjob).

Female #3: (Book author): Don't pressure wife for sex and pay fervent attention to the wife's sexual pleasure. Man needs to get a clue and pay attention for when the wife might be receptive. Also, differing sex drives suggest a "disease" in the relationship. Also, if he won't fuck her it's probably weight related (LOL) or he is gay (LMFAO) and if she won't fuck him it is because she never wanted to fuck him. Ouch! **Therapists Saving The Best.**

Husband/Wife Counselor Team: The important thing is what sexuality represents. Being connected and intimate. It is a unique bond and everybody should make an effort.

Male #1: Sex is important to men. She would want to fuck him if they were emotionally connected so work on issues of insecurity and self-esteem.

BPP: Holy Matrimonials batman. I am now 100% sure that MRP is MUCH BETTTER than marriage counseling. This Pablum has only a little to offer and is more damaging than doing nothing. MRP is about ACTION and solutions. Most of this is an outrage. There are some helpful hints buried in the text on Tantric Sex and "Switching It Up" and watching porn together and so on but there is a reason why counseling is the direct path to divorce. This is the advice these counselors are giving! Most of it would be hilarious were it not so damaging.

Chapter 4: Whelping and Rearing: Kids

Female #1: Celebrate the differences in parenting styles and don't be afraid to argue in front of the kids.

Female #2: Celebrate the differences in parenting styles and try to understand your partners perspective.

Female #3: (book author): Arguing in front of the kids robs them of their childhood. Why not just tell them about Santa Clause (WTF?).

Female #4: When kids interfere with sex life just plan date nights.

Female #5: (Esther Perell- author of Mating in Captivity): Be willful and inventive about maintaining sex after kids.

Female #6 (book author): Plan sex dates and take alone time.

Female #7: Don't argue in front of kids.

Male ?? #1: The only thing that matters is the child's welfare. Protect them from any arguing. Use inside voices....

Female #8: Men need to not be a whiny bitch when there are kids to care for. It's not about him.

Male #2: Women are not attracted to whiny bitches.

Male #3: Man needs to understand the biological and psychological changes of pregnancy on the human female.

Female #9: These men suck. Husband doesn't just need to understand- he needs to do 50% of the child care and chores cuz the baby is half his (until it isn't and the wife takes it and leaves- then it is HER baby).

BPP's take: OK, I am done. There is little of help here but I thought it was interesting to see in action what we always advise against.

TLDR: Don't go to marriage counseling.

54

UPVOTES

Why do we keep hearing the redundant “read the sidebar?”

BobbyPeru · 23 November 2017 · Archived copy · Reddit

“A scorpion asks a frog to carry him over a river. The frog is afraid of being stung, but the scorpion argues that if it did so, both would sink and the scorpion would drown. The frog then agrees, but midway across the river the scorpion does indeed sting the frog, dooming them both. When asked why, the scorpion points out that this is its nature.

ASALT

The red pill initially is a tool to open up a man's eyes to reality. It should be a jarring, yet challenging new perspective about the nature of women, women's imperative, and how a man can become betaized in an LTR or be beta before a relationship by a lifetime of blue pill brainwashing.

However, that is just the beginning of the journey Focusing too much on the AWALT characteristics and less focus on one's self will keep the person in the anger phase and stunt growth.

Why do the seasoned guys constantly ask which sidebar readings OP has read?

Reading the sidebar, and applying it to your life is where the transformation happens, over time

Ok, there is an “and” in that statement, which implies it is a two part process. When **practicing principles of the sidebar** is attempted, the new man to MRP will find that there is an element of trial and error involved. In other words, **experience, and learning from experience** through self honesty, OYS, and listening to feedback of seasoned members (instead of DEERING), is a high-value process. It is not an overnight undertaking, and patience is necessary. Years of betaization do not come undone overnight. **It requires a transformation of thought, and the sidebar contains the elements for that transformation**

How many times do we get guys come on here spouting about how they read WISNIFG and NMMNG? These 2 are good starters, but often guys (for whatever reason), will read these 2 and go “Rambo.” Then, they come on here and try to get a bandaid or quick fix on how they screwed up royally. They have not internalized solid frame since the prerequisite work was not completed.

The **sidebar should be read completely in order to get the 30,000 ft, big-picture view**. The new guy should be focused on lifting and STFU until the entire sidebar is read and our new man has some practical and valuable **experience**.

TRP and MRP are **not bandaids** to give you advice on how to fix all the **DEERING** you did last night in a useless argument with your LTR or wife. If you actually take the time to read **all** of the sidebar and learn from your mistakes, you will find that all the answers really are in the sidebar. That way, you can come up with *real* personalized solutions for yourself instead of asking strangers on the internet.

Once again, the real answers come from internalizing the sidebar principles

Internalization of frame takes time. So, don't try to put in a couple months of reading and then be a kid playing with dynamite. You will get blown up. Take your time. Be honest with yourself.

This is about fixing you and your personal journey, not about fixing your relationship. The sidebar is one of the biggest tools to get you there.

TL;DR: Don't read 2 books and then go Rambo. Read the entire sidebar, practice it, and learn from it. Transformation doesn't happen overnight- be patient, and get back on the horse if you mess up, **and you will mess up**. But, messing up is part of learning.

Read the damn sidebar.

54

UPVOTES

Here I Am

domitp · 20 September 2017 · Archived copy · Reddit

Lurking for 4-5 months. My first post. 48. Married 10 years. 2 kids.

Arrived at this place in an unusual way. I was not dealing with a dead bedroom. I was not unhappy with my marriage. I've been blessed with a very good woman and terrific kids. Perhaps that's because I've always been a mix of Alpha and Beta. That said, this place has opened my eyes to the fact that I was a hell of a lot more beta than I ever would have thought. Was also surprised to discover that I had some definite Mr. Nice Guy tendencies. I thought I was crushing it... realized I had and have a shit ton of work to do.

My wife and I have a good marriage but there were some issues. The biggest one for me was I hated the way we would fight. When we had disagreements they would escalate to the point where we would both give each other the silent treatment. It could last for days. It was toxic. Also a major pain in the ass if one of them happened on a vacation or just before a fun night out or before a planned fun weekend with the kids.

Over a year ago, I started searching online for a better way for us to handle disputes. I stumbled across a website called Taken In Hand. It's a domestic discipline site. Basically, it delivers some similar messages as MRP – the man needs to be alpha. The man needs to be the head of the household. But he can't just be domineering. He needs to demonstrate that he is worthy of being the HOH. This was my first introduction to owning your shit. There is also an erotic/discipline spanking component to this philosophy.

I started to walk down this path. Incredible results as I started to own my shit and really take charge around the house with a positive attitude. I was fortunate in that I have always been alpha-leaning and I enjoy being in charge. Foolishly, over the years I allowed myself to be conditioned by a society that told me everything should be fair. If I cooked, then she should clean. If I made the bed today, she should make it tomorrow. What nonsense. I threw that crap out immediately and just started following my natural instincts. I love being a leader so I lead. I don't mind having more on my plate so I just started loading up.

Our happy home was much much happier.

So I went further down the rabbit hole, which led me to discover Dominant/submissive relationships. This is where things got really fun. We always had a good sex life in that we had sex regularly, about 3-5 times a week. Again, I've always been naturally dominant in bed and she's naturally submissive but... I was definitely holding back. I would want to be respectful, considerate, and not have her think I am some awful macho douche. I didn't realize it at the time but I was only expressing a fraction of myself. Dominant is who I am so some of it would show itself but just a sliver. Once I embraced our natural D/s tendencies our sex life went through the roof. I wish I had known about Sex God Method before because it would have made it go more quickly. Basically I wrote my own version of SGM by studying and practicing D/s.

Researching D/s led me to MRP. What a discovery. Took it all to another level. Finally everything that I sensed in my gut about women was explained and it made perfect sense. Men and women work best together in this dynamic.

GREATEST TAKEAWAYS FROM MRP:

1. **LIFT.** This was huge for me. I had improved so much as a husband, father, leader when I went Dom in my marriage but I was missing this key ingredient. I had the top position by dint of leadership and force of will but learning about SMV and what women really respond to was an eye opener. Lifting has improved everything. I've never looked better. Never been in better shape. Wife now feels my muscles, rubs my ass with delight as she passes me. I always did well with women but stopped getting looks on the street as I entered my late forties and nobody ever rubbed my non-existent muscles. Now looks are coming back. In the past IOI were because of my face and looking fit in clothing even though there were never any muscles underneath. Now IOI's are coming because of posture and some muscle tone. I still have a long way to go to be where I want to be but that's a great thing – it's something to work toward. I love a good project. 4 months progress in the gym: Started: 5'11" 190lbs.

27% bf Never really lifted before. Today: 175 lbs 22% bf . Want to get to 15% while continuing to gain muscle if possible.

2. FRAME. Never heard of this before. Never heard of shit tests before. Game changing information. STFU is one of the greatest gifts to mankind. Constantly thinking to myself... any word out of your mouth right now is just throwing a log on the fire. I had made so many improvements to our relationship during D/s that I couldn't understand why she was still giving shit sometimes when I knew she was so much happier than ever before. Shit tests explained it all. They will always shit test. Not their fault. Nothing wrong with it. You have to demonstrate to them every day that when the lions storm the cave, you are the best caveman for the job. Turn into drunk captain and she will be eyeballing a replacement lickity split.

WHAT I NEED TO WORK ON?

1. Getting butt hurt. I am way too obvious still when I am irritated about something. For me it's not usually a reaction to being denied sex. It's the day to day things. It's the shit test. It's when I'm tired or worn out from the kids. I have to spend more time practicing fogging AA and AM. Must improve in this area. Only upside is I now recognize when I'm acting butt hurt and see it as weak. In the past, I'm embarrassed to admit I would indulge in being butt hurt. Sort of got off on being the pissy one around the house. She had to walk on egg shells around me. Disgusting and embarrassing. Got us nowhere. Would lead to silent treatments and lost days. That does not happen anymore.
2. By outward appearances, I seem very much in command of our relationship and our household. But deep down, I know that I'm still afraid of her reactions. I need to improve my OI. I still catch myself factoring in what she will say or how she will react before I make a decision. I have completely taken over the role of being the one who makes the decisions in our house and she is on board with this. Loves it. But I still catch myself trying to make the "right" decision... by that I mean, the one that I know she wants. Need to work on making the decision I want regardless of how she will feel about it and just own it afterward.
3. Still looking for attaboys. One of the things I love about MRP is its emphasis on taking care of your shit. Laundry needs to be done, do it. Dishes in the sink, clean them. Make the bed. Change the light bulb. Take out the trash. Have an emergency plan. All of that stuff is gold. Makes me feel better every time I handle something. That said, if I'm completely honest, a part of me is still looking for a pat on the back. I catch myself wanting her to notice that I cleaned all the pots and pans. Not really a covert contract in my case but more like looking for Mommy's approval. Have to get past that. Must be more OI.
4. Lift. Lift. Lift. Without any doubt lifting is the not just the cornerstone but the whole damn foundation of this thing. I was never a gym guy. Was always athletic and always in pretty good shape so I could get away with it. Not so in the last 10 years as I started to morph into dadbod. I've seen nice results these past 4 months that I've been lifting. I'm doing Strong Lifts and started with just the empty bar. Was mortified the first day in there. Now I'm a regular but I need to work on being more consistent. I have been pretty good but have skipped some days. Need to lock it in. Funny thing about the gym, everyone feels better after they've gone, and everybody knows they will feel better if they go... and yet still, some days, it is such a chore to push myself to get off my ass and get on that iron. Not sure why that is but it's something I have to continually work on.

Can't wait to see where this journey takes me next.

Thanks to all you contributors. Incredible work.

EDIT: some typos

54

UPVOTES

Why I'm not afraid of divorce rape - and how to get yourself there too.

Red-Curious · 15 August 2017 · Archived copy · Reddit

Many know that I'm a Christian, so I won't actively seek divorce. But if my spouse ever chose to leave, cheat, etc. I'm not afraid in the slightest. When beginning new cases I always give my clients an outline of all of the primary matters a court has to make decisions on and ask them to fill out in each section: (1) their ideal outcome, and (2) their bottom-line acceptable outcome. This gives me a framework for understanding the bounds in which I should be litigating.

I'm giving you guys that outline (the categories in bold), but am also filling it out with my life details so you can all see why I don't fear divorce and what types of things you should be doing to establish yourselves to avoid the fear of divorce rape as well.

ASSET DIVISION

Real Estate - We co-own a house. This is a straight 50/50 split of the equity. I'm not married to the house, so if we have to sell it, so be it. If she wants to keep it, she can take out a second mortgage to pay my share of the equity. Her keeping the house does not actually give her an advantage in a custody determination if you know how to argue that issue and as long as you relocate in the same school district.

Vehicles - I make sure that we both have comparable vehicles or that the car my wife drives is higher value than mine. She loves the humility I express in this, while at the same time I know that if we get divorced I'm going to get half of the equity in the car she drives less half the equity in mine. Nevertheless, due to a recent upgrade with the birth of our latest child (6 people didn't fit in my last 5-seater), my car is now on par in value with her minivan.

Bank Accounts - We maintain joint accounts for everything. 50/50 and done. Although not licensed as a CPA, I am more qualified to function as a forensic accountant than most actual forensic accountants utilized in my cases (I'm usually the one having to tell them how to do their job and when they missed numbers, etc.), so if my wife tries to play funny with the bank accounts, I'm on top of it. I don't scan regularly, but when I notice irregularities I can find the problem quickly and it's usually because she bought something big without running it by me first - not cool and that gets addressed with her. She hasn't done this in years now.

Retirement Accounts - I got a little clever with this one. I had my wife put a higher share of her income into retirement because her company has better benefits than mine offered. In turn, I chose not to have a separate retirement account (until about 3 months ago, for tax reasons). The result is that I will get half of her retirement if we divorce, while I have relatively little as an offset, yet I maintain the appearance for court purposes as being the one to pay the greater share of marital expenses (nevermind the fact that I have a slightly higher income).

Personal Property - This all gets split 50/50. If parties can't agree, the court just orders it all sold at auction, the auctioneer takes about 20-35% of the proceeds and the parties split whatever's left behind. In short, everyone works this out and I'd get half of the stuff. I have less sentimental attachment to stupid things, so I have a lot more leverage in knowing how to get what I really care about.

SUPPORT

Spousal - My wife earns about \$110k/yr and I'm around \$125k. My state has actually one of the least favorable support splits of any state in the country (between 50/50 for LTRs (i.e. 25+years) and 55/45 split for everything else), but because our incomes are so close (53/47) this pretty much guarantees that I'll never have to pay her spousal support.

If you're thinking of marrying someone who you know will not be able to compare to your income like this, get a pre-nup, as there are ways to mitigate spousal support for this. If you're already married to this person, you're going to have a harder time, but get them educated and/or working sooner rather than later to mitigate your losses. Other than his misinformed efforts at Christian-bashing that generally didn't advance the point of his post in any way, /u/redpillrobby just did a good write-up on this. Check my comments over there for more on spousal support. The tl;dr is not to feed into her being lazy and non-contributionary.

If she's not pulling her weight, even if you want to stay married and live together, get a legal separation and split all your bank accounts. It might cripple your marriage in the short-run, but if you want to salvage something long-term out of it, that's the best way to get it done, as you'll have a smaller spousal support obligation than if you wait it out, virtually no risk of future support if you play your cards right, and you can walk confidently in the relationship knowing that you're in it for her and not just to avoid divorce rape - which she might actually appreciate (I've seen this happen a couple times, although I admit it's rare because most people don't know of this tactic and get too far in over their heads on the divorce path).

- Another point on this: intermittent working is a fantastic idea if your wife wants to stay at home. Most professions have seasonal work hours available. Even in the law field, where there is no change in the case-load from season to season, I know several female attorneys who only work during the school year and take every summer off to be with the kids - and even the larger firms are allowing this (smaller firms like it even more because they get as-needed help without having to pay as much). Since your wife is working full-time part of the year, the fact that she's part-time part of the year doesn't diminish her income for consideration - she'll be imputed at her annualized full-time rate. This is true even if she's been doing part-time work like that for 15 years (assuming full-time hours will become available upon request or relatively soon). The fact that she maintains her credentials and is current in her profession as far as experience and practice makes the court all too quick to impute her at that full amount if she's not willing to go full-time voluntarily. So, you get a mostly housewife while still avoiding all of the negative financial repercussions of her staying at home in the event of a divorce. My wife has done this for a couple years in the past and I expect she'll do this again starting next summer and until the kids are all in school (i.e. another 5-ish years). Plus, if our budget is ever in crisis, she just tells her boss she wants to hop back into full-time and we're making the big bucks again. It's a win-win.

Child - In most states this is a straight calculation, but almost every state has deviation factors. Set yourself up for equal time rights and you can almost always cut your support at least in half by doing that. If your incomes are also approximately equal (as in my case), you won't have to pay child support at all.

CHILDREN

Custody - Most people mistakenly assume that custody has to do with how much time you get. This is wrong (at least in my state). Custody only has to do with decision-making. I have actually seen a case where one person was awarded sole custody but got no time with the children and the other person had 100% of the time, but no decision-making authority. It was idiotic, but it does happen. Here's the path to guaranteed shared parenting:

- Don't do drugs, alcohol, prostitutes, or general addictive substances.
 - Don't bring plates in front of the kids until you've known them for at least 6 months.
 - Don't physically, mentally, or emotionally abuse anymore or do anything that could be misconstrued if recorded as being such. Cussing her out by text, voicemail, over the phone, in person (especially in front of the kids) = a huge red flag that shared parenting won't work.
 - Attend at least 25% of your kids' functions (doctor, dentist, ortho appointments, etc.; parent-teacher meetings; extracurricular games; etc.). It doesn't have to be all of them, but enough that she can't say you're not involved.
- Bonus points if you're the one scheduling these and not her.

That's pretty much it. You do those things and you're pretty much guaranteed shared parenting. If you're doing all this and she fails in any two of these areas, you'll actually be the one to get custody. The idea is to do these things better than she does.

Parenting Time - Same factors as above. You follow those, you get 50/50. This one's a bit tougher, though, as there are more factors to consider:

- Are you flexible with rescheduling things? I'm always more flexible than she is.
- Have you ever withheld the children from the other? Of course not, nor do I foresee a reason to unless she's abusing controlled substances or violent.
- Are you current on child support (if any)? Wouldn't have to pay it in the first place, but I make sure it's clear that where her income goes to things like retirement, savings, investments, mortgage, etc., my income is the one earmarked for the more day-to-day family related expenses, and this is clear from how our banking works, so I'd have docs to back it up.
- How well connected are the children to you? If you do their night-time routine every night, she'll love the break and you'll have a solid place in the kids' lives. That night-time routine is probably the single most important stabilizing factor for children and how they connect with each parent. My kids love my wife (their mom, but she's my wife first), but they have a closer connection with me because I make sure to do the night-time routine every possible opportunity, which is about 95% of the time. I also make sure to "take them off her hands" frequently. This gives her more time to focus on the menial chores around the house that I don't care for, while making her feel like she's getting a special treat by not having to deal with the kids. It's a win-win-win (1: she's happier, 2: closer connection with my kids, 3: she does the chores I don't want to do). This gives me a huge leg-up.
- How far apart do you live? Again, just make sure you relocate in the same school district and you're golden.

Vacations/Holidays - These get split evenly.

Medical Costs/Insurance - This really doesn't matter. I like to utilize my wife's insurance plan because it's better than what my firm offers, but also because if we were to get divorced most attorneys and parties are too dumb in a \$0 child support case to remember to split the child-related insurance premium costs. Result? She'd end up paying this and I'd only have to contribute 50% to out-of-pocket costs of actual healthcare needs [I probably wouldn't actually do this to her because of my faith, but I'm guessing most of you aren't Christian, so there's a nice tip].

Dependency Deduction - We have 4 kids, we'd each claim 2; as each one drops off, we alternate one of the kids when there's an odd number. This is pretty typical and doesn't put me at a disadvantage.

Childcare Costs - These are allocated in the child support worksheet in my state as being by % of income. But, most other attorneys are dumb enough not to realize this, so with about 80% success when I represent the higher-earner I can get away with a 50/50 split anyway. Also, most child support guidelines will have a line to factor in the tax deduction, but many (about 90%) attorneys forget this and don't know how to take advantage of it in their cases. Pay attention to that and tweak the numbers whichever way work for you.

Although I never intend to divorce, I know that if it happens to me (I'm not ignorant of possibilities) I'm rock solid and have nothing to worry about. If my wife ever did anything to compel a divorce (left me, cheated, etc.) then I'd be in a better position both legally and in my personal life after-the-fact. In short:

- I'd get half of all the assets, and I keep more assets in her name to keep my income disposable, which puts me in the advantage.

- I wouldn't have to pay support (and I've given you all a huge trick that can help mitigate your potential future exposure).
- I'd get shared parenting with 50/50 time with my kids, plus my exposure for costs wouldn't be any more than equal.

For those whose wives are not capable of earning even close to your level, the next time you have a main event, instead of threatening divorce suggest: "Honey, I'd love to make our marriage work, but the longer I let this go on the more exposure I give myself to the risks of divorce and I'm not okay with that. Let's file for a legal separation so that we can have an official allocation of what all of our rights and responsibilities should be. Once we know where we each stand, we can keep living together and know that we're holding up our own end of the deal. And if it doesn't work out, at least we won't have to pay for an expensive divorce because it will already be done." This might end up leading her to give up and just switch it to a divorce anyway, but at least you're giving your marriage a chance while mitigating virtually all the risks - and with the intention to continue living together and work things out, these types of cases (at least for the 2 or so I've done) end up being extremely low-cost, low-argument. If you do it with the intent to live separately, though, then it ends up being exactly the same as a full-blown divorce, except at the end you're not free to marry someone else (I've handled many of these - it's a total waste).

TL;DR ...

- **Assets:** This is all 50/50 if you don't back down; be smart about things like tax-effecting and what's liquid and not.
- **Support:** Get her earning money or at the next main event file for legal separation to get a court-ordered allocation of income, expenses, assets, etc. (essentially: cut your losses sooner before they build further), then keep living together after that to work on your marriage without the fear of divorce clouding your judgment.
- **Children:** Act like a sole custodial parent during the marriage and your chances of getting custody (or at least shared parenting) soar through the roof.

54

UPVOTES

Men of March: Day #2

TheFamilyAlpha · 2 March 2017 · Archived copy · Reddit

Day #1

Yesterday Recap: Each day I'll do a brief recap from the day before. Day #1 received significant support and we have hundreds of men following the program. I hope the momentum continues.

My fear is that bad habits will overcome initial motivation as it's not motivation but rather discipline which is needed.

Men, Don't reward yourself with a drink after work if you've given it up for the month. Don't jerk off when your wife isn't around because that's the only way you can fall sleep or that you 'need to relax'.

This is about doing it differently, it's about doing it right.

It's so easy to say yes when some offers you a smoke or drink.

You must say no.

Show yourself that you're worthy of the life you feel you deserve. There are no second chances, you're either all in or you aren't. If you fail, confess to it and try to continue on, but share it as hiding it and pretending you're still marching with the real men will only drive your self hate to greater heights.

This is about reclaiming your masculine nature. You're worth the physical and mental pain required to complete that task.

Suffer with me for this month and you'll forever be able to claim the glory of being an original **Man of March**.

Reminder: The rules of **Men of March**:

1. You will **not** masturbate, edge, or touch your dick for pleasure during the entire month. You can have sex, but not with yourself.
2. You will not watch porn, sexy gifs, look at provocative photos or anything of the sort as this will lead to you breaking rule one.
3. You will do 100 pushups **every day**. Don't give the 'time' excuse, or any excuse as I don't give a fuck, just do them. Break it up however you have to, but before you sleep at night, 100 must be done; chest day or not.
4. You must start reading a book. Even if it's just a few pages a day at first you *must* be reading a book. I will be reading *New World Ronin* by Victor Pride this month. You don't have to finish the book in the month, just actively read a few pages every day to build the habit. With that said, my goal is to finish the book this month.
5. You have to start giving genuine answers to people. If someone asks if you're busy, don't say "No" when you *are*. You have to stop avoiding conflict at the expense of your true self. If your wife asks a question, give an answer, "*I don't know/care*" Is **not** an answer a leader gives to his crew. Start knowing, start caring, and start telling the world your true opinion.
6. If you have a vice, remove it. You have to be honest with yourself; if you're overweight and drinking to numb or are smoking pot and being unproductive, **that shit has to go**. This isn't a 'dry' challenge, if alcohol or pot isn't a problem good to go. If it's more than that, leave it be for the month.
7. Every day there will be a challenge, you *must* complete it.

Life isn't about hiding from storms, it's about learning to dance in the rain.

Day #2: Stop Avoiding It

There's something you've avoided dealing with for weeks, months, or *possibly even years*.

I don't know what that *something* is, but you **do**.

It's difficult for you right now, as you start thinking of what it could be. But it's growing inside as you know what it is; but you're so used to shoving it deep into your soul that sometimes, it isn't the focus of your mind.

You forget about it.

Now there's a lump building in your throat, because I'm not going to let you forget about it and you know that. You don't want to fail this **Men of March** challenge and be ostracized from your brothers, but you don't feel you're ready to face *it* yet.

You are.

Heart's beating a little faster, breathing is getting shallower...

You know what it is

Listen to me, you're going to stop avoiding it and you're going to face it head on like a man.

There's skeletons in everyone's closet, but this isn't a skeleton as they're dead and this, this is *very much alive*.

That harsh truth you shove deep inside, it's coming out and it's coming out for good.

I told you this wasn't going to be an easy month.

Brothers, it is absolutely critical that you do not put forth all of these efforts only to fall to pieces later on *again* as you have so many times before because the empire you built was on a weak foundation.

Holding the pain down and swallowing the reality you hate leads to there being gaps in your sense of 'self'. You'll never develop your masculine foundation if you can't face *all* of who you are.

I'll provide some raw examples from men I've helped. Every example comes from a man who after messaging back and forth with me and taking ownership of his demons reached that level of total ownership of himself and his life. But, he **had** to face the music first and that's not easy.

Avoidances

1. You are a terrible father. You know you should be more involved in your kid's life but between working late, taking care of home matters you're just too busy to stop and play with them. You keep thinking you'll take them out on the weekends or you'll take them on vacation, but you promised someone you'd help them, you aren't feeling well, or you'd just rather 'relax' after such a long week at work; then you go back to work. Your kids have no father, they have a man who lives with them.
2. Your wife doesn't love you. She's disgusted at how heavy you've gotten and she views you with judging eyes that say, "*Why are you so fucking stupid?*" You know she's right; you are fat, you've stopped having a passion for anything in life, and you're just too fucking tired to try anymore.
3. You want to kill yourself but you're too scared. You've thought of it, maybe you've half attempted it. If you're reading this you failed or never went through and instead decided to just hate yourself and hate your life, but not enough to end it.
4. You're weak. You talk loud and bully people but it's in an attempt to compensate in your lack of belief in your own strength. You're the guy who talks a big game, but inside you're screaming because of how insecure you are and if you were to be slapped across the face by a real man, you're more likely to cry than fight back.
5. You don't know who you are. You aren't living your life but merely *existing* nothing makes you *feel*. You're just

an apathetic individual waiting for the clock to strike the final seconds of your life.

6. You just want to be loved. Your wife doesn't love you, your family doesn't love you, and no matter how hard you try *you just aren't good enough...*

This list could go on for pages, but that isn't the point. These are but a few examples of what modern day men are feeling. It's due to the fact that society pressures men, *from birth**, to repress who they are and their true feelings on anything.

Today we break their hold.

Today you stop avoiding the harsh reality that there is a noose around your neck and that you've been balancing on a chair for days, weeks, months, or even years trying not to fall and lose it all. The balancing game is done.

I'm untying your hands and handing you a knife; cut the rope and step down from the chair.

You are free.

Release the stress, stop pretending everything is OK, and let the emotions flood over you.

Challenge #2

1. Do 100 push-ups.
2. Face whatever it is that you have been too terrified to meet head on.

Maybe that means admitting to past abuses. Maybe it means telling a loved one or friend that they are toxic for what you want to do in your life and that you've got to head different ways. Maybe for you it means sitting in front of a mirror and admitting that everything **isn't all right** and that changes need to be made.

It will be tough to talk to your friends and family, but masculine men do what they *have to do*, not always what they *want to do*.

Whatever that *thing* is for you, don't avoid it a moment longer or it will haunt you and sabotage any effort you make during this month.

Fight it brother, your fellow **Men of March** are here for you.

Wrapping up Day #2

Too many men are carrying around this weight on their soul. Some days it isn't so bad, some days they feel like they can't breathe, like the world is on their chest.

When you release the black cloud living in your heart, mind, and soul it's like running out of air 10' feet below the surface of the water, it takes every you have to kick, scrape, and claw to get there but when you face what you're avoided *you break the surface and you can finally breathe again.*

Now, breathe deep and come up with a game plan on how you're going to handle this today.

Post on the Blog: <https://thefamilyalpha.com/2017/03/01/701/>

Twitter: <https://twitter.com/TheFamilyAlpha>

54

UPVOTES

Your wife fucking you is a side-effect. Your wife **not** fucking you is a side effect.

RedPillRambo · 23 January 2017 · Archived copy · Reddit

I'm convinced that what often throws newbies off track from the mrp journey, often right from the start, is an inherent incongruence between what Newbs initially think MRP is... and what it *actually* is.

The discordance stems from how MRP is typically encountered by a newbie desperately seeking a "Sexual Strategy" (aka, "how can i make her fuck me??")... as opposed to its actual reason for being and true value: an unparalleled resource providing education and practical training manual for improving one's life, body, mind, and masculinity.

Which is the more attractive proposition to a Desperate Noob?

- (Sexual Strategy positioning:) "If I do this stuff, it'll finally get her pussy all quivering and dripping all over me, every night, without me ever having to ask or pester? Who do I make the check out to?"

Versus:

- (Self/masculine improvement positioning): "Do a shitload of hard work than I'm used to doing, or want to do, every day, forever. And after all that, have "OI" where I don't care whether or not she fucks me."

And it's here that the two species of Newbs diverge:

Eyes-Opened Newb, and the Forever Beta.

The Open-Eyed Newb at some point grasps that the 'sexual' part of the strategy is a side-effect. A bonus. An add-on, a nice-to-have, but not the **main game**. Even if that was the main (or only) game that brought them here.

The Forever Beta on the other hand, having placed that pussy so high up that pedestal, doesn't realise that the main game is about something so much bigger than whether you can trick her into stomaching the thought of fucking your fat ass yet again.

The crucial distinction: the Open-Eyed quickly (or slowly) gets that this so-called 'sexual strategy' really isn't. A side-effect of undertaking all this boldness, risk, work and effort *may* be more/better sex with your wife.

There is no guarantee whatsoever that if you're owning all your shit, leading everywhere, lifting to Strong + Ripped status, happy with yourself and in charge of your life .. nope. Even then. There is still **no guarantee** that your wife will open wide and say Insert Cock Here.

But-- it sure as fuck is likely to be a side effect. And even if it's not - and this is critical - it's all OK. Maybe she'll come around later, maybe she won't come around at all - if she doesn't, i have more options than I've ever had, regardless. If she fucks me, great. If she doesn't fuck me: I'm still good.

In exactly the same way, hitting the snooze button 3 times in a row and X-Box'ing and Craft-Brewing and Stained-T-Shirting your days away ... giving up responsibility and leadership at home (and not even noticing that you have) ... and generally sleep-walking through life as shit-eating schlub ... none of that *guarantees* that your wife will never, ever fuck you again -- **but it sure as fuck is likely to be a side-effect of doing so.**

The real value of MRP... the value that Open-Eyed Newbs start to sense (and yes, quite likely with some disappointment that this shit isn't going to be anywhere near as easy as hoped)... the value that becomes clear to them, while the Forever Beta goes back to the locked bathroom, furiously slapping his cock back and forth, staying pissed off and sad and lost...the value of these 'strategies' isn't the side-effects.

It's the effects.

TL/DR: Every man has a sexual strategy, and the results indicate what matters most to him in life. Interestingly, the

potentially most effective one, isn't really predicated on sex at all.

54

UPVOTES

FR: Gains

donedreadpirate · 28 October 2016 · Archived copy · Reddit

I posted a couple months ago about overhearing my wife trashing me to my own mother. I want to update you guys on my life gains. You have made such a positive impact that I want to share my story.

This is what I have done.

I have read:

- Gorilla Mindset
- NMMNG
- WISNIFG
- Book of Pook
- The Rational Male
- MMSL
- SGM
- Conversation Tactics 1
- The Way of the Superior Male
- The Mindful Attraction Plan
- Bang
- Models

Reading:

- The Natural (70%)
- 48 Laws of Power (40%)
- Conversation Tactics 2 (40%)
- The Ironwood Collection of Alpha Moves (20%)

On Deck:

- Day Bang
- Art of Seduction
- Conversation Tactics 3

Style gains:

I upgraded my wardrobe. Much needed because I have been lifting for a couple of years and none of my clothes fit anymore. Pants were huge, shirts were ragged. I didn't own any button downs that fit. I wore the same old shoes every day. I studied up on men's fashion through some advice on this board and bought nice new pants, shirts, briefs, shoes and socks. Spent about \$1k on this and still have more to go.

Gain gains:

As for lifting, I have been doing The Body Transformation Blueprint which I really like. I continue to upgrade my

home gym as needed. Squat Rack is next on the list. I'm getting bigger and I can see it/feel it. This has been a long journey I started two years ago as a total novice who would have been completely lost in a gym. I started with Body Beast and did that religiously. It isn't the best program in my opinion but for a beginner I think it's fantastic. It gave me the confidence I needed to move forward.

Professional gains:

I started taking more initiative at work. I am traveling more now. I used to avoid it but November will be the third month in a row I go to Europe for work. I am volunteering for projects and people are coming to me for advice. I am seeing a huge shift in the way people look at me at work now that they feel I am committed. Might have something to do with my newfound confidence as well.

Social gains:

I started talking to strangers, holding my head up, walking with confidence and allowing myself to be vulnerable (Models/The Natural). For example, I'm being more open with friends and colleagues about my personal life. I have always been very closed off/don't let people in.

I started flirting with women. Still a work in progress. I proactively avoided this my whole life. Reading all of these books I realized there is no shame or guilt in being honest about your sexuality. I am seeing major changes in my interactions with women. Catching a lot of them checking me out. I'm trying to get used to not looking away! Trying to figure out what my reaction will be and what feels natural to me (The Natural, pointing at them or doing a peak-a-boo etc.).

A girl at work said the girls in customer service want to know how I got my abs and that I was hot. Okay, I don't ever walk around without a shirt on... She's a 2 but who cares, there are some hot women in CS - it's progress! When I was in Europe I practiced approaching, not too aggressively though. More as Mr. Sociable (The Natural) when walking around town or entering a new bar. Got rejected a bit but had a couple girls going crazy for me.

One HB 7.5 was asking me to sit next to her, grabbing my hair and other major flirting. I am confident I could have ONS'd her but I am getting plenty of sex from my wife and I am not interested in something on the side at this time. I'm still learning and growing and want to wait until I become the man I want to be and see how it plays out with the wife. I'll admit it took some major self control not to escalate. It was still a lot of fun to flirt and feel sexual. And you know what? I got her number. *I have never asked a girl for her number.*

Another girl asked me to join her and her friend to play a game. Another started kissing my neck and grabbing my beard. A gay guy asked me if I own a microbrewery in the states because I have that kind of attitude. Haha. One night I couldn't sleep so I went for a walk and a drunk guy offered me some of his pizza. I obliged and was BS'ing with him while a group of girls in a bar were watching me, laughing and waving me to come in and drink with them. It was 2AM and I was sober and just trying to get some fresh air so I laughed, smiled and waved and went on my way.

Athol Kay made me realize that I can't change my personality and I don't need to make an excuse for it. I will rub some people the wrong way but if I don't show my true personality I also won't meet people who I like. The

Natural, Models and Bang made me realize that some girls will think I am creepy (an old fear of mine) and that's okay, it's nature's way of filtering out people you wouldn't have clicked with anyway.

What else?

Hobby gains:

I started playing music with friends again. I go record songs with my buddy and was just asked to play in a show for a friend's band.

Assertion gains:

I stopped asking permission, I simply inform of my plans.

My 2.5 year old has been coming into our room in the middle of the night and sleeping in our bed. This week I set up a gate and we have been training him to sleep through the night in his own bed. Last night was very successful. No crying, no resistance at bed time. If he woke up, he would come to the gate and say, "Mom and Dad I need your help" as I instructed him to do.

I have been planning our weekends (going out on the boat, going for hikes/picnics, making homemade pizzas). Whatever I feel like doing, I make it a family event.

I planned a vacation to Vegas with my wife, something we never would have done. I learned and taught her how to play black jack and we gambled and had a great time drinking free drinks and held our own at the table. We went kayaking on the Colorado River, it was great. Also happened to be her 30th birthday so we went to a couple raunchy Vegas shows.

Finance/responsibility gains:

I took to heart Athol Kay's Red, Yellow, Green theory. I am identifying these things in my life and making plans to improve. For example, I just paid off all my credit card debt (~\$10k) and one of my cars. Then I put new brakes and rotors on it (learned a new skill), changed the oil, cabin and air filters, rear door openers and have spark plugs on the way. I did all of this silently without seeking my wife's approval. This weekend we are organizing and pricing items for a yard sale I will host.

Shit/comfort test gains:

My wife has thrown some major shit tests at me. The first couple of times, I was drunk and fell into her frame. I have been improving greatly in this. Yesterday was another. I told her I was going bowling with some colleagues (we had a guy in from the UK). She got really upset and I was able to practice a lot of the skills I learned in WISNIFG.

Without giving the whole convo: She feels left out like I am making decisions without her. She said she knows I am

in charge and is not challenging that but she feels like she's not part of the team, that paying off debt is exciting and she wants to be a part of that (she's a SAHM). I said I thought she was cute when she was upset and there are decisions I will make that I would make regardless of her opinion and will not seek her approval for, although I can understand that she would want to know.

As you can see, I am still learning the balance. I'm STFU'ing possibly too much on some things.

She pressed more about how I don't talk enough about what I do at work and how my day was etc. and how it's part of our life. I said I do not see my work as part of our life, that it could all go away tomorrow and it's unimportant to our relationship. I am where I am and when I'm home I don't want to relive work. She comfort tested me with, "then what is important?!"

I said, "you". Then I Way of the Superior Male'd it, picked her up, twirled her around, danced with her, MMSL 10 second kissed her, made out with her, looked to our bedroom and Bang/The Natural said, "let's go somewhere more comfortable."

She resisted, "I'm on my period."

I persisted. "Do you think I care?" I brought her to bed and fucked her. Anal. When we woke up this morning we fucked again.

Speaking of that, sex has been pretty much whenever I want it. One day we had sex 4 times. And she does whatever I want and enjoys it. Getting into a little bondage/kinky sex too. I can wake her up in the middle of the night and bang, I'm getting blowjobs by the coffee maker while the kids watch TV in the morning (they are 2.5 and 1), the list goes on. Naked twister, all sorts of fun shit.

What the fuck was I doing all these years?

Setbacks:

Now for the dark part. There have been a couple of incidents when she got so upset that I wouldn't break frame and was STFU'ing that she physically started punching me and getting aggressive. We had been drinking and she has never done this in the 12 years we have been together but it was weird. She definitely bruised me up! I kept my cool but I have to admit this was shocking to me and I didn't know what to do at the time. I am still disturbed by it.

I sat her down and told her I do not accept her behavior, I would have left her for this if we hadn't been together so long and had two kids. That she hasn't done it in the 12 years we were together so I am giving her the benefit of the doubt. Plus I know I am making changes and she is frustrated (I didn't say this to her, just adding for context). Maybe I am going too fast. In one of the fights, she scuffed up my brand new Wolverines so I told her she was to give me \$250 to buy a new pair. She did, along with a card explaining how sorry she was which I promptly hid in case things go South and I need proof of the reasons I left.

Divorce is always an option. I never would have said that 3 months ago.

So...

A lot more has happened that I didn't include in this post, mostly positive, so thank you all. I read the posts daily and try to learn as many lessons as I can from the community. I can't tell you how much this has done for me in such a short time. From scarcity to abundance and outcome fear to outcome independence. All the suppression of my natural instincts I was shamed into... It's going away and I see that I can be free - a man. There is always work to do, I'm sure you will hear from me again. By no means have I finished my journey.

But if this is just the beginning... holy shit.

-ddp

54

UPVOTES

Greetings! And chill the f*ck out.

Countpudyoola · 17 August 2016 · Archived copy · Reddit

I see a lot of new faces which is a good reminder that although we have fairly static methods, we have a good rotation of users.

You don't end up here because your life is going great... specifically because you feel like your marriage is not working in some capacity to varying degrees of extreme.

So I'd like to address all the guys just stepping in.

Being thrust into the REAL can leave you flailing and gasping.

You're handed a pair of keys, and without ever actually stepping into a car (or being so rusty at driving you've forgotten what it's like) and someone shouts "DRIVE"!

And depending on where your marriage is at: you hit the gas too slow and stall, full throttle and crash into a wall, or luck out and stay within the lines while figuring out the controls.

A key factor to success here is to be able to take a moment to stay calm and really digest what's going on. As a FIGHT or FLIGHT response will hinder your ability to appropriately apply what the tools have to offer.

Reasons we can instinctively get TRIGGERED (couldn't resist) into panicking

- She's said she's filing for divorce.
- She took the kids to her parents this weekend.
- I'M SO FRUSTRATED AND ANGRY I'M ABOUT TO DIVORCE
- MARRIAGE IS A SHAM, I HAVE NO PRENUP, WHAT THE F*CK, I'M GOING TO GET DIVORCE RAPED
- I found her talking to Chad on Snapchat.
- Walked in and found Chad's got her screaming with his giant man stick pelvic thrusts.

Step 1 : Stop freaking out

If you must, get someplace soundproof and do what you have to in order to exercise that emotion safely. Whether it's to

- Run a few miles
- Scream in a car
- Lift something until exhaustion
- Cry like a baby that lost his favorite stuffed animal

Got that out of your system?

No? Repeat or change emotion expulsion activities until you do, or it's apparent you're stuck.

Chances are good you can get that initial edge off. If not, you're going to need to go find a real friend who can calm you the fuck down. If not... take a look at some [basic panic reduction techniques](#) .

Step 2: Once you've calmed down...think

Baseline the most negative outcomes and realize you could end up in a world of suck. But you would have ended up there with the socially acceptable avenues of approach. Now, at the very least, you have some paths you haven't known of before. Unorthodox methods and mindset. If it doesn't get your marriage where you want it, it will at least give you a better start without it. EVEN if you ended up in the same place you feared you were going originally.

Step 3: Carefully start introducing change in yourself and behaviors

Some feel delight and encouragement, some anger, apathy or depression.

All roads lead to Rome.

Whatever you are feeling, just keep plodding along the trail carefully.

The only real WRONG thing you can do is: Nothing at all.

Addressing some specific common scenarios

1) Threat or talk of divorce with no papers

A threat being something like leaving with or without kids. Or saying everything meaning you'll be divorced without the actual words DIVORCE.

If it's not in paper in front of you then **start assuming it's simply a last ditch attempt to whip you back into shape(her frame)**.

It's worth the paper it's NOT printed on.

Likewise, we coach not even bringing up divorce as a spoken option until you're having to sit her down at dead level 10. Keeping in mind most of the guys here who successfully turned their marriages around did so at much lower levels (myself going a little higher to 8 and a probably unnecessary overkill shot to 9).

So reiterate: If you're not signing something or sitting in court then it is not a current concern.

2) YOUR reaction is the one startling you or surprising you

"Once I found this place, I realized my wife had no value"

"I was looking up divorce attorneys"

"She actually wanted to fuck , but now I feel NO attraction to her"

These seem like easier to handle internal scenarios , but can be the most difficult to overcome as your ego is manipulating your worldview where everything you see is painted,not to kill a metaphor but, in stark RED.

If you think that "Now you've found MRP it has somehow shined a more negative light on your woman then you are suffering textbook NOT OWNING YOUR SHIT. It is no coincidence it's the first place we encourage newbs to post progress. YOU are in charge of this process and YOU are responsible for the direction it is going.

Yes. After a lot of effort, and testing every facet some women get left as a guy progresses. There are guys who post about certifiably insane and damaged women. On rare occasion we'll see the severely unhelpable fuck who has mommy issues, but generally they aren't usually willing to work on anything once they find out our techniques are SELF IMPROVEMENT and not the manipulation parrots. It's hard for the manipulation mantra to stick once you own that at any point she's weighing her choice to stay or go based on your SMV. That can disappoint some

sociopaths, and we can't really help you.

So there was something you saw in this woman you decided to legally bind yourself and women are a reflection of YOUR progress or slide into betadom. YOU are the problem.

A real exercise is to think back on the reasons you married her in the first place. If she was there to begin with... she CAN come back. You're essentially creating an environment that allows her to. Or, if you never saw that side of her before, then you're allowing it to come out unhindered by the fear it's wasted on a low SMV mate.

Beware pent up resentment which also can manifest these feelings that she's the problem still. It will turn A.A. A.M. into bitter/butthurt blurts, or comfort destroying daggers to her self esteem.

If it truly isn't meant to be, and she is the insufferable hag you now see her as, that won't change over the next several months and you'll end up doing both of you a favor with a divorce.

But don't trust any of your gut reactions when you're in the beginning of this process.

3) Someone else is potentially in the picture

The ONLY thing that changes about your self improvement is the extra emphasis of STFU and MONITOR.

Your self improvements may turn her around from the edge of infidelity. Or not. Either way you are left BETTER at the end for it.

NOTHING YOU CAN DO CAN PREVENT HER FROM CHEATING OTHER THAN HER DECIDING IT ISN'T WORTH IT.

AWALT. Branches are always there to swing to. You can only force a cheater underground by confronting or exposing a weakly covered track too soon.

Keep your shit together. Work on self improvement and MONITOR. [Helpful place for how to do so](#) if you suspect infidelity.

4) There is indisputable evidence for infidelity

Here's a good place to think panic and fight/flight is in order.

But it still isn't.

GETTING YOUR SHIT TOGETHER is in order.

The damage is done.

The choice : *fairly* clear.

And the angst of not knowing your near future...out the window. She has taken herself out of the equation and now ANY and all improvements you do are no longer going to be complicated with worrying what THIS PARTICULAR SNOWFLAKE will think.

Divorce can be ugly. But it's a known.

The only worse thing I could envision is her continuing to cuck you unabated while you VOLUNTARILY foot the bill and dangle out hope and continue to eat your most precious resource away: TIME aka your life.

There are some here who have worked through such. Maybe some could weigh in here. I think a lot occurred before finding MRP and applying the techniques. Or it was already going on. Reason I personally couldn't is I see it irreparably hindering her ability to believe I'd ever walk away.

It is a choice we all don't agree on that we put back to you and what fits your worldview.

Either way. PANIC, ANGER, BEING OUT OF CONTROL OF YOUR EMOTIONS will only hinder and hamstring your future and force you to make quick and bad decisions with potentially LONGER THAN LIFE

decisions (considering children).

So welcome. Don't PANIC. And move ahead at speed that you can handle.

A last notes to the new arrivals

BEWARE a SURGE to the other side of the pole if you see a dramatic change in your wife as a result of your improvement.

Too much too quick and you can over-dial and destroy comfort or you.

"Things were going great , but now she's asking me if I'm cheating and crying!"

Or you can get complacent and blindsided by a main event.

"Things started to turn around, sex was on the rise...then over a choice of restaurants a fight escalated and tested me and she brought up divorce!"

MRP is a FOREVER UNTIL DEATH marathon. Not a quick fix sprint.

Main events don't have to be a one time thing.

Sometimes you'll find yourself riding this path of marriage more like a wave of up and down.

MRP is the surfboard in this case.

It's the same ocean but now you just don't have to drown and the more ingrained this becomes the better you'll be at deciding which ones to ride and where to ride them.

[ALSO] : If you ARE a new user then the place for asking questions and making FR posts with newb questions is on /r/askMRP and we 100% you to post in the weekly OWNING YOUR SHIT thread although it may take us a second to manually approve it if your account is brand spanking (today) new.

54

UPVOTES

Gentlemen, nothing has been more life changing then this.

grs_srg · 18 July 2016 · Archived copy · Reddit

Gentlemen, this is a post for anyone who is in two minds about MRP, two minds about putting in the work, two minds about is this worth it.

My background story is the same as most here, NMMNG was written for me, used to be alpha, dead bedroom, it was all her fault, coasting through life being all pissy that things are kinda good and shit at the same time, etc etc you guys know the deal.

Started a year ago, first post was 9 months ago, a few more in between, lots of replies putting me in my place (learning to stop the passive aggressive attitude I threw around).

Now to the point, Gentlemen just start putting in the work, you will go all in very quickly and think you are a dick swinging master, you will have some wins and think the hard work is done, you will stop and then get pissed that things are not working again, START AGAIN!!

LIFT, it sounds very overused on this sub, but I cannot explain the value of it, you need to see and feel the results.

To elaborate, if you lift and keep it consistent, not only will you see physical changes, your mind will change, you will almost feel like lifting heavy shit day in and day out makes everything else seem easier, your work, your bitchy wife, making decisions as a captain become clearer, reading the sidebar does not become so daunting, as cliché as it sounds in a way you become NEO.

This in turn leads to CONFIDENCE, a physical confidence, a mental confidence, a willingness to become more alpha without even knowing it.

example: my wife's friends and my sister-in laws etc, have become very touchy with me at gatherings, I see them want to talk to me, to engage, make comments about my gym progress to my wife, these things will in turn lead to more CONFIDENCE, and your wife will have to step it up, she will never admit it, but she notices them touching your arm when talking, holding a goodbye hug longer.

The theme here is "trickle down" as you progressive your wife will sub consciously expect you to take the lead, she will want you to engage in sex (she may not admit it) but she will want you all to herself.

If you have kids you will automatically find yourself being more fun and engaging. Your wife will leave family decisions to you, she will expect and trust you to make a choice that is sound as the captain, without questioning it she will just follow, because you have the CONFIDENCE.

I cannot reiterate how important lifting is, like I have said, it will all TRICKLE DOWN from that.

You will still have battles but they will become easier as you develop the CONFIDENCE you obtain as you transform your body, which leads to transforming your mind,house,work,attitude, life.

As I close I will throw out a little FR/win...

Last week after teasing wife with text messages and flirty conversations at home, we both knew that it was going down later that night.

Once in bed I still got the shit test of, can I have a foot rub (which we all no means, if you rub my feet we can have sex).

my response was "how about you rub something of mine" I in turn got the "it's always about you isn't it" speech, though she said it in a playful way, I stood my ground and proceeded to initiate, with no foot rub!!

Very quickly she was all over me, then without any persuasion at all, she had my dick in her mouth, going to town like she would have when we first started dating.

The point of this is, a BJ has not happened in about 6 years. Yet without having to ask or encourage she was all over it like a ice-cream.

Now you may think this post is about getting a blow job and Yay me etc etc,

But I assure you it is the by-product of the work, I AM BETTER NOW, I MAKE HER WANT TO SUCK MY DICK.

The prize isn't the BJ, it is knowing what got her to do it. It is knowing how the work makes you better.

I STILL HAVE A LONG WAY TO GO, BUT BECAUSE I JUST STARTED THE WORK, PICKED UP HEAVY SHIT, EVERYTHING TRICKLED DOWN FROM THAT, I AM BECOMING BETTER, AND IN TURN AM GETTING WHAT I WANT.

THE BJ ISN'T THE PRIZE, KNOWING WHAT YOU ARE BECOMING IS THE PRIZE.

GENTLEMEN GO FORWARD AND WORK! IT IS NOT FOR HER, IT IS 100% FOR YOU!

54

UPVOTES

Man Up

TheFamilyAlpha · 16 June 2016 · Archived copy · Reddit

I was recently chastised by a 'father' for telling my boy to be a man. More specifically I said he needed to, *Suck it up – Man up and try harder next time..* My boy got upset because he was thrown out at first, the kid is a solid ball player and this is the first time he was thrown out.

As he walked back to the dugout I saw the chin quiver and his eyes were fucking furious & sad. I said what I said and smacked the top of his helmet and let it go. The kid is 6 and disappointed - *whatever* I know him and I know the 'tough love' is what he needed, not some pep talk or anything else.

I was enraged when this guy approached me saying this crazy weaksauce shit, I was a mix of stupefied at how gay it sounded and mad at how weak it was and that this mindset exists in *many* guys out there.

Here is a piece of advice for you all - **Man the Fuck up.**

We need to, collectively, accept our position in the animal kingdom. We are men - we have the hard labor, burden of performance, and are disposable...*so fucking be it.* Own that shit, make it work **for** you.

Don't be like the 'dad' who thinks, '*Boys should not have any stereotypical expectations on them..*' – OK faggot.

We are men, yet I'm realizing that I hear 'Man Up' less and less frequently both here and in real life.

The world is hard? **Man the fuck up** – take the gift of masculinity that nature gave you and develop it. That is what TRP and MRP helps you with – it helps you develop the ability to man up.

MRP and TRP provide you with the mental resources and education to take a different approach, view things from a different perspective, and *Man Up*.

Some ways you can do this **right now**.

Stop complaining about what ever problem you have going on. I do not care if:

- your wife is a bitch
- kids don't listen
- work doesn't recognize you
- You're injured
- Sex life sucks
- The news is pushing the feminine imperative
- Etc. Etc. Etc.

Man the fuck up, do something about the problem and stop thinking you need to have your own special voice in this life. I don't complain to my woman, I don't cry to her about how sore I am, I don't let her know how retarded the people at my work are, I (*and a lot of the masculine men on this sub*) do not post about how unfair the world is. We just fucking accept it and find solutions to our problems – coming here to share notes or get opinions on specific actions/ideas is how we improve.

Start owning your masculine nature, accept that 'Man Up' means put your fucking mind to work on doing better – raising the standard. My son could have come to me and I could have coddled him and said, '*Hey buddy, it's ok*' but I didn't, because it wasn't OK – he was pissed and *that's* ok.

Sometimes things don't fall our way, that's no reason to get upset and feel bad about yourself because while you are

sitting their moping, the world is moving on.

Let it go, whatever *'it'* is, let it go and fucking move forward.

Look at where it is you want to be in this life and align your actions to get you there. Don't concern yourself with the 'fluff' that is specifically designed to get in your way.

I was asked about women being included in the draft - my answer - *I don't care*. It has **nothing** to do with me or my goals.

I see guys getting worked up over the divorce payments of celebrities - let it go man, don't let that shit take up space in your head - space that could be used for understanding sexual strategy or physical fitness.

The mind is open for rent, are you letting superfluous shit rent space in there or are you being selective with the tenants of your brain?

If I were you, I'd start thinking and acting like a man and expecting that of others. I would most certainly expect certain things from sons and brothers that I would not expect from sisters or daughters.

Man up - do the hard right thing, own your shit, and make your life about you and those you are responsible to. Find comfort in the discomfort and stop wishing it were easier.

EDIT

Stone provided me with an awesome post [HERE](#) from the Red Pill Room.

Do not confuse 'Man Up' used here with the shaming language that others will use to get you to do something.

Man Up, in this context means grit your teeth, accept your failure, and use it to fuel your future growth and performance. As it's worded in the linked post, "*When men tell other men to "Man Up" (usually) they are trying to improve the condition of the other man.*"

Others may try to shame you saying *Real men don't care about N count* - **FUCK THAT** and **FUCK THEM** a real man does as he pleases as he follows his mission in life and lives within his own Frame.

54

UPVOTES

MRP Killed The Marriage Counselor

sh0ckley · 20 May 2016 · Archived copy · Reddit

TL;DR This shit works.

It's been over a month since we went because the counselor was on vacation.

I lurked here for a while before that, but when I opened my account here, (a month ago) I also got My Fitness Pal and started logging what I eat - I'm down 20 lbs and almost half way to my target weight now. (I'd lost a little already before I started lifting.)

Then I started going to the gym 3 mornings per week. The gym at my apartment complex has no free weights but I use the machines and have been logging and increasing as I go. Then I started doing cardio 5 days a week.

I've never been much of an athletic type before MRP but wow, the improvement in ALL areas of my life is astounding.

I also did a ton of sidebar reading. Dread.

I posted a couple times and got called on my shit. Anger phase fading now. Why get mad at a woman for acting like a woman when I wouldn't get mad at a dog for barking?

So anyway we go to counselor and I have nothing to say. Wife talks about how well we've been getting on etc. The two of them talk about girl shit while I can hardly pay attention. Then the counselor says "I don't see anything else we need to work on here. There is no more tension between you two."

I don't need a pat on the back. I don't give a fuck. I just want more - a way more better me. I still got a long way to go. It'll never end. I know that.

But for any chumps reading and thinking to themselves "does this shit work?"

My answer is hell yeah. Gimme dat.

54

UPVOTES

[Editorial]: Why RPW Hates MRP, or, How All of You Failed a Large-Scale Shit Test. Inspired by the recent PPD thread and BPP's Subsequent Post

RPAlternate42 · 16 March 2016 · Archived copy · Reddit

Originally, I was going to respond to [this comment from /u/BluePillProfessor](#).

We use the term *Red Pill* as a sort of in-joke for *waking up from a system of lies* as like in the matrix. We also use the term "Red Pill" to refer to a man who is aware of the system and is/has woken up.

These are fine, at first. Later, I've come to know that "Red Pill" is just a term for a very specific sexual strategy. "The Red Pill," the subreddit that started it all, is literally "Discussion of sexual strategy in a culture increasingly lacking a positive identity for men."

Then there is "Married Red Pill." MRP is that same sexual strategy, but for men in marriages. To the boys in TRP, MRP is anathema to their system of praxeology. TRP eschews marriages. Unsurprisingly, MRP, generally, eschews marriages too. In fact, I'd go so far as to say if an MRP man were to get divorced he wouldn't get married again. I'd go even further to say that if they were to do it all over again, and MRP man would have *never gotten married*.

So that's Red Pill, for men: execute a sexual strategy that maximizes sexual success for *the man*. Marriage tends to counteract that maximization of sexual success. Sexual success, for men in a Red Pill sense, is as many sexual partners as possible. The long game for some may be to find that virtuous woman with whom he finds pleasure in both a sexual context and long term companion with whom to father children, legitimately; Even a TRP man has some realistic ideal as to the nature of a man's true biological success.

Marriage -legal marriage- doesn't play into this strategy as it provides no sexual success to him and is even prohibitive in terms of financial and resource allocation success; The legal entity that sanctifies the union seems to have a de-facto system in place to enable the woman and disable the man. Whether this is truly the situation doesn't matter, it is presented to a great many men in this way.

Then there's the odd little subreddit called "Red Pill Women." One may wonder why they refer to themselves as "Red Pill" when they are all women. But remember: Red Pill is just an interchangeable term for sexual strategy. IN RPW's case, it's sexual strategy for *women*.

The Man's sexual strategy is to strive for the top 20% (or better) of men in order to attract, and keep, as many women as possible for the purposes of sexual success. A man's sexual strategy is a singular one.

A woman's sexual strategy, on the other hand, is dualistic. Being the gatekeepers of sex and the bearers of children, she wants to find the best possible genetics for the strongest possible child while also procuring as much resources as possible in order to ensure that child's survival and thriving. The Red Pill refers to this as *Alpha Fucks/Beta Bucks*.

And I'm just preaching to the choir here: we all know these things... but we seem to forget it from time to time. And I have to specify these things in order to make my argument clear:

Red Pill Women are Red Pill, through and through. Their advice is directly geared towards finding the best possible scenario for child production and child rearing... but while The Red Pill speaks about these things very overtly, RPW is much more covert about it, soft, even. They won't come right out and say, "welcome to RPW... we know you've been jumping from cock to cock and are looking to settle down now, and we know the years of constant sexual freedom have stripped your ability to properly bond with a mate properly, so we are here to help! We will give you the tools to try to be a woman that men will want to settle down with."

RTW clearly dislikes MRP, as a whole. Though they seem to, at least, not hate TRP. but why? MRP and TRP seem to have the same mindset and MRP should look better to them as MRP is about being a better man (and husband) and TRP is about, well, having nothing to do with marriage. So why the love for TRP and not MRP?

It's simple: MRP disrupts the dualistic mating strategy the woman thought she was successful with. MRP takes the beta the woman locked down into marriage and attempts to mold him into an alpha. She didn't want to marry an alpha (he may stray) and she didn't want to marry a man that other, younger, hotter women are attracted to because she may (gasp!) have to stop being a post-wall mess. RPW is for health and fitness and beauty and femininity... but every one of them know that there is a wall, most of them have hit it (or are about to hit it) and an alpha husband is a constant reminder that they are getting older while he is getting more attractive. And a man who knows he has options may decide to start taking advantage of those options.

But why doesn't TRP get this hate?

That's easy: TRP has ultimately filtered themselves from the pool of marryable men by identifying themselves as both men who won't marry, and men who they don't want to marry. And why don't they want to marry them anyways? Because they see TRPers like they see MRPers: men who aren't *truly alpha* but are trying to be alpha... liars, basically.

The difference, the line they draw between MRP and TRP, is that see MRP men as having tricked their wives: They married (demonstrating beta status) but then decided to become alpha ("suddenly," is the word they use) which makes that snowflake wife *feel bad* about herself. It doesn't take much to imagine them referring to what we do as *emotional rape*. We can see why they have a problem with MRP: A woman feels bad and might have to work hard to keep a man gaining value every day.

In short, every issue RPW has with MRP: the "faking" and "lying" about not being a beta makes them have to assess that **this is exactly what RPW is doing: pretending to be a high value woman who had a stint on the cock carousel but needs to lock down that beta for marriage before her age and lack of social status renders her an aging spinster.**

So here's the crux:

You all got shit tested by RPW and then decided to argue about it with them. You failed a large-scale shit test.

RPW is Red Pill... but they are not *our Red Pill*. A woman's sexual strategy and our sexual strategy are at odds, and only intersect where P meets V. Until P meets V, RPW should be disregarded in the same way you would disregard any woman or group of women throwing shit tests: A&A and Fogging with a high helping of Amused Mastery.

EDIT: BLECH. GO LIFT.

54

UPVOTES

Let's Talk Body Language

Redneck001 · 28 October 2015 · Archived copy · Reddit

I read lots of posts here that say stuff like "my SMV is higher than her's" or "I've been lifting, dressing better, etc and she's not responding." And the standard response is "increase your SMV." So this post is intended to boost your SMV a few more points.

So how's your body language?

Are you a slouched-over beta? Or a relaxed alpha with good posture? If the former, let's fix that and add some immediate SMV points, points that the women in your life will notice right away.

Let's start with retracting your scapula (by the way, I just added 5-10 lbs to your bench press, you can thank me later). Pull your shoulders back, drop them down into your back pockets. Feel how your chest just lifted up? Your chin likely did as well. Check out this [video](#) for more detail.

So you've retracted your scapula. Good. Now lift your chin a half inch. Hold that. Get used to that. That's your new default. You're a relaxed, confident man.

How's your eye contact? Learn to lock eye contact with people. Here's the dichotomy: an alpha with solid eye contact displays presence, a beta with solid eye contact display creepy. Be present, not creepy.

You're standing up and drinking something (water, soda, beer, whatever)? No "beer shields." Drop that beverage to your waist. You'll stand out from the herd. Look at dudes holding beverages the next time you're out. Drop your's to your waist, people will show an interest in you. Damnest thing, but its true. Try it.

I've mentioned this next one before, but consider the *contrapposto* as your default stance. I've mentioned it once and one of the guys said, "I don't want to stand around drooped over like some Renaissance painting." Fair enough. But this has become my default, and it stands out from the herd. Plus, its the ideal masculine stance, according to history, so that's good enough for me.

How about your walk? Your movements? Ssllooww down. Everything. Slow your walk down, slow your movements down, turn your head slower. Don't fidget. Try it, its fun to walk slow.

How's your Bro Nod? You're displaying alpha traits now, so dudes are going to bro nod you. You've probably already noticed. Well, switch your bro nod from *down, up* to *up, down*. This subtle change will help establish dominance. Don't ask me why, just try it.

How warm are you? Not very? Well, smile more. People like people who smile.

How about your sitting posture? Spread out, take up space. You're a big man, and big men need lots of space. Sit back, lean back. Spread your legs. Bonus points if your knees are wider than your feet. I do this in meetings when I get bored. The others will actually defer to you. "Redneck, what do you think?" Try it.

These are just a few cues that you can consider to get an immediate boost in your SMV. Try some of them. Try all of them.

You're smiling right now, aren't you?

54

UPVOTES

Marriage after Dread Level 12 (see also “Spin Plates with Caution” or “How to be Happy with What You’ve Got”)

daddytwoshoes · 25 March 2019 · Archived copy · Reddit

This post is part cautionary tale, part philosophical question, part request for advice. I tried to be reasonably concise, hopefully I didn’t gloss over important details or go on for too long.

TL;DR version

How can a married man who has gone through each stage of dread, improved his SMV, pursued outside interests, indulged in a hedonistic lifestyle, banged hot young girls, destroyed his wife’s self-esteem by neglecting her and eventually getting caught, then come through the other side with an intact marriage, ever be truly happy again with a real-world wife with real-world flaws who wants nothing more than for him to stay, be faithful, and tell her she’s sexy? Can you really close Pandora’s Box and pretend you never saw what was inside? Choke down that blue pill and forget all you’ve experienced, and learned about the world and your place in it?

Full Version

About three and a half years ago, I was knee deep in an unhappy, low sex marriage with my wife, an overweight and stressed out new mom to our 2 year old daughter. We were both each other’s first serious relationship, having been together for over 15 years (we were both 35 at the time, now 38). I knew nothing of TRP, MRP, or really anything at all about relationships, and was feeling neglected and sorry for myself. We had been mostly happy together before my wife got pregnant, although her weight (correction: we were both overweight and out of shape, and I wasn’t happy about it) and her seemingly low sex drive had always been an issue for me, and neither of us knew how to communicate properly about our feelings. I tend to avoid conflict because I’m a sensitive chickenshit, and she’s shy and self-controlled, but also very sensitive to criticism, and with a bit of a temper.

Long story short, I jumped head first into the deep end of casual dating and sex – straight to Dread Level 11, as I later found out. Then I lost weight, got in shape, started dressing better, developed outside interests, and learned how to game girls. The dread sequence was completely out of order; I likened myself to a bull in a china shop, running wild without any concern for what I was doing to those around me. I was having fun, but my marriage suffered; slowly at first, but over time we drifted further and further apart both emotionally and physically, even with the birth of our second child. Time is zero-sum, and time spent with side pieces meant less time with my wife and our family. I loved my wife, but I also grew to resent her; the girls I was dating were fit, fun, energetic, and had low expectations for me, so why would I bother putting any energy into making my wife happy when the payoff was mediocre sex with an out of shape 35 year old?

Over time, I basically wrote her off physically and emotionally – a kind woman, the mother of our children, but fat and boring - and she consigned herself to a life with a neglectful husband who would rather pursue outside activities than spend time with her, and who was most likely cheating on her (I had a lot of “client dinners” and “guys nights” but I’m a terrible liar when it comes down to it). I hadn’t complete given up on our marriage and wanted to love her, but I was still too afraid of hurting her feelings and wasn’t communicating properly. My step 9 came in the form of me having an emotional breakdown in the middle of the night, when I finally told her I wasn’t attracted to her. We went to therapy, and she agreed to start working out and lose weight, but I didn’t stop cheating and never told her that I was. I felt like I couldn’t go back to my old self at that point; that I could have it all and never get caught. I even convinced myself I was a good husband and father – a good provider, right?

Then one day about a year later, I was caught. It was messy; she found evidence of the things I had done, and who I had done them with. I told her everything. She was angry, and hurt. She yelled at me, and cried, on and off for days and days. All of her fears were true, and worse. Already self-conscious about her body, her self-esteem hit rock bottom when she learned that I had been out banging eager young girls at the same time I had been refusing sex with her.

But there was hope; we both wanted to repair our marriage, and she decided to focus on the future, not the past. We talked openly like we never had before. It turns that we're actually very sexually compatible; the willing sub I spent so much time searching for was sleeping beside me the whole time. She wants me to want her, to need her, to use her. But therein lies the rub... she's lost 30 pounds, continues to go to the gym 1-2 times a week, and is slowly opening up to me sexually, but for me it's still not enough, and may never be enough. She's a great partner in life, everything that I'm not – responsible, organized, emotionally stable – but sexy? Not really. Sexy is the amateur model with the perfect tits, or the uninhibited college student who used to scream my name when she came during our lunchtime trysts, or the submissive Indian girl who was so nervous and turned on she could barely speak, then followed me back to my car so I could bang her in the parking garage. My wife turns me on, but she will never compare to what I've experienced, and what I know is still out there if I chose to seek it again. And now she's painfully aware of this fact, and she can't get it out of her head. And neither can I.

I read a post recently on TRP that basically said that the quest for self-improvement could become an all-consuming obsession, and I feel like that fits me to a T. On paper I have everything a man could want – a high status career, a wife that most men would be jealous of, a nice house, two wonderful children, and an active social life with lots of friends – but I still feel this emptiness inside me. My wife tells me that one can create their own happiness, and to some extent I believe that. But then another part of thinks I can do better; maybe I'll find that 21-year old bisexual lingerie model who's also polite and loves children and home cooking, or whatever chimera my mind has conjured up as a vision of what would actually satisfy my own hypergamous instincts.

Once you've experienced something "better", how do you go back to "normal" and be satisfied?

60 Days of Dread: Finances

****I AM NOT A FINANCIAL PROFESSIONAL AND THE BELOW ADVICE IS NOT MEANT TO BE CONSIDERED PROFESSIONAL INVESTMENT OR TAX ADVICE. PLEASE CONSULT WITH A PROFESSIONAL BEFORE MAKING ANY CHANGES****

I grew up in a family that did not understand financial planning. When I was young, my parents divorced and I lived in a single-parent home for several years. I knew two things: I was poor, and I was not going to stay that way. I remember reading my first personal finance book, Rich Dad, Poor Dad. Although 90% of that book is fluff, it opened my mind to the possibilities of financial freedom.

Like fitness, there is a lot of analysis paralysis in personal finance. Developing financial literacy is less complicated than most think.

TL;DR version: Increase your income, reduce your expenses, pay down debt and invest extra money each month into a low-cost index fund that follows the overall performance of the stock market. Over time, you will become wealthy.

- **Investing:** Here is the fun part. Investing is the most important aspect of financial literacy. Some people think investing is complicated. Like fat loss, the formula is really simple. ****Be wary of people who sell you complicated investing products.**** To borrow a quote from Warren Buffet, "Beware geeks bearing spreadsheets." With investing, simple almost always beats complex.
 - **Consistency Beats Complicated:** There are thousands of people in the investment management industry who tell customers investing is complicated. The truth is, 70% majority of **hedge fund managers** underperform the market in any 10 year time period. Over a 30 year period, that number increases to over 98%. This is why Jack Bogle, the deceased founder of Vanguard, recommended people invest in a low-cost index fund that follows the performance of the stock market. Not only are the fees lower, but you will consistently beat the most educated and hard-working investment advisors.
 - **Compound Interest:** Einstein called **compound interest** the 8th wonder of the world. If you invested \$12,000 in 1975, you would have over \$1M by 2015 based on the performance of the market. This does not take into account inflation, but it does demonstrate how small choices can add up over time. Instead of asking how much something costs, start looking at purchases through the lens of opportunity cost. How much does that \$10,000 diamond ring really cost? After 20 years, it is really \$40,000 if you are earning 10% annually. Not to mention, diamonds are one of the most abundant resources on the planet. But you already knew that. You're not the type of guy who buys a \$10,000 ring hoping to get decent sex.
 - **401(k):** If you get a 401(k) match at work through your employer, you need to use it. A standard match is 5%. You are not going to notice a major difference in your paycheck by contributing 5%. However, you will soon notice the balance growing with 10% of your income invested each month (5 from you and 5 from your company). Your 401(k) should be invested in a low-cost fund. Look for two numbers: Load Fee and Expense Ratio. A load fee charges you X% on your contribution. The expense ratio is the annual expense that is paid to the fund for management. There are funds with No load fees and expense ratios below 0.10%. Vanguard offers dozens of investment funds that track the performance of the stock market. I personally use the ticker symbol VTSAX. You can contribute \$19,000 to a 401(k) each year. This does not include the company match.
 - **Roth IRA:** You should also consider taking advantage of a **Roth IRA**. For most people, you can invest \$6,000 a year (There are income limits for qualifying, most people do not make enough money to worry about this). This means \$12,000 total between you and your wife. Contributions to a Roth IRA can be withdrawn without tax penalties, and the compounded growth is not taxed. Think of this as a liquid savings

account that is earning substantial interest each year.

- **Real Estate:** Some people believe that real estate is a path to wealth. In my area, real estate prices are so inflated that the numbers do not make sense. However, if you are from certain areas of the country, you may have more success with finding low-cost homes. **Bigger Pockets** is an excellent resource for people interested in investing. I am not an expert in this area, and I really can offer little advice for people interested in this subject. There is a lot of smoke coming from "gurus" in this space. People who become wealthy through Real Estate Investing take the slow road. Beware of people promising fast gains.
- **Expenses**
 - Americans suck at saving money. This is unacceptable. Are you the type of man who has to ask his wife permission to spend money? 69% of Americans **recently reported** having less than \$1,000 in savings. I had \$1,000 saved when I was in high school. You need to track your expenses. Use a free tool like You Need a Budget. Your biggest opportunities will come from three areas: Housing, Transportation and Food. Living in a McMansion you can't afford to impress your wife? Move. Drive a \$50,000 truck with a massive payment each month? Buy a used car from a reliable company (Toyota). Go out to eat every day? Start cooking at home. You will save money and be leaner. Most people can get much faster results from cutting expenses than increasing their income.
- **Income**
 - Better posts than mine have been written on career goals. Read those posts. Anyone who can fog a mirror can get a decent job right now. Maybe you need two jobs to reach your financial goals in the short-term. Do whatever it takes to provide for yourself and your family.

Final Thoughts: Notice I did not say anything about having strong finances will improve your sex life. Many men have a giant covert contract surrounding their finances: If I am a good provider, my wife will sleep with me more. **Wrong.** You need to build wealth to make your life better and to change your family's trajectory. Follow some of the steps above, and you will soon find yourself with a net worth above six figures. When you have a solid financial foundation, you are able to take more risks in your career and investing. Boss makes you mad at work? With \$100,000 at your disposal, you have the leverage to leave. It will also reduce stress in your personal life. Stop worrying about how building wealth will make your wife feel. Stay in your own frame. Be your own judge. Build wealth like a man.

- **Podcasts:** Here are some financial podcasts I enjoy listening to.
 - ChooseFI
 - Afford Anything
 - Motley Fool
 - Bigger Pockets Money
- **Books**
 - The Simple Path to Wealth
 - Playing with FIRE
 - Total Money Makeover
 - The Millionaire Next Door
 - Set For Life
 - Your Money or Your Life

PS - I am not on Reddit much, but will try to be on more often for a few days to answer any questions.

54

UPVOTES

Opera, Tom Ford and Sex. Roll on the Weekend.

SBIII · 25 October 2019 · Archived copy · Reddit

This weekend, I'm going to the opera with my wife and some friends. I planned the event a few weeks ago and everyone is looking forward to it. The wife bought a new dress and heels and is off getting her hair and nails done as I write. She wants to look good in face of the competition - her female friends.

I just had my beard trimmed, bought a new shirt and some Tom Ford cologne. I have no competition. I just want to look good in the mirror.

Beforehand, there will be dinner, drinks and general jolliment. Afterwards, some more drinks and fun. I will talk with the BP husbands and try and impart some words of wisdom to them. Most of which will be lost on them but it may help. They are pretty balls deep in BP territory. Happy wife and happy life.

My wife's female friends are quite attractive. I will flirt with them and they will respond in kind. I will do this partly for my own entertainment and partly because I know that it will get my wife all hot and bothered. So hot and bothered, that she will fuck my brains out when we get back to the hotel that night.

Is this a covert contract I hear you noobies say? Well, the chances of it happening are 99%, so I honestly couldn't give a fuck. The weekend is set to be a blast and I'm looking forward to spending time with friends, having fun, flirting with women and banging my wife's pussy at the end of the night.

Meanwhile, some of you poor fuckers will be at home, scouring the Top MRP posts, reading WISNIFG, trying to employ AA and fogging techniques, badly trying to kino your wives, failing to introduce 10 second kisses, getting turned down for sex for the umpteenth time and generally having a shitty weekend.

How do I know that?

Well, because that used to be me.

But I'm not here to humble brag. Well, not just to humble brag. I'm also going to give you a few pointers. Nothing new here but something you can add to your reading list over the weekend while your wife is ignoring you. And theses are things that you should - at the very least - have or be aiming for in your lives..

Have a Mission - it may take time to develop a purpose in life, but this - above all else - is the most important thing every man should have.

Have a Min income - at least enough to cover your outgoings, enough to save min 10% of your income.

Live within your means - debt is avoidable. Never go into debt for lifestyle expenses.

Be Family Alpha - become the leader of your crew. Be a positive role model for your children and provide them with the support that they need. Being a positive masculine figure is the singlemost important gift you can give to your children.

Be Physically attractive - dress well, groom well and often, smell good, fix your health issues, and lift until you look like you lift.

Be mentally sound - if you have mental issues, get them sorted. If you think you have ADHD, go to a fucking doctor. Then get a second opinion. Then a third. If you don't have any issues, continue to develop yourself mentally through reading, learning, improving. If you are spiritual, I can lend no advice on that, just be good at being spiritual.

Have a great sex life - develop your skills as a lover and enjoy exploring & experimenting.. tantric sex / BDSM / DEVI / fetishes.. whatever you are into, learn about it, practice it, develop it and become a fucking Sex God.

Improve & challenge - continually strive to improve & challenge yourself & to learn new skills. Skydive, mountain bike, tango dance, make curtains out of the hair of dead animals. Whatever. Just do it.

Have an active Social Life - Put the books down, put your phone away and go out and fucking meet people. At least once a week. Non negotiable. Be fucking social.

Aim to live a life of Consistent Happiness - you will have ups and downs. Aim to minimise the downs and maximise the ups. You have one life to live. Fucking enjoy it.

And..

- Develop a Strong Frame
- Always maintain State Frame
- Believe in yourself
- Be confident in your vision
- Be congruent with your desires
- Work hard on all areas of your Mission
- Always defend your boundaries
- Be confident and driven
- Be stoic as fuck
- Be fun to be with. No one likes a miserable cunt.
- Be adventurous. Challenge yourself. Bring your crew with you. They will love the adventures and remember them forever.
- Be strong, dominant & project positive masculine energy
- Remain unphased by her - at heart she's just girl and underneath she wants to be a little slut.

And remember, that the attitude you project is the attitude they reflect

54

UPVOTES

A Teaser to Frame

Praexology · 4 December 2021 · Archived copy · Reddit

An excerpt from Rudyard Kipling's poem "If"

If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:
If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;

I've watched, read, and listened to many of you idiots larp these points for the last year and it's probably time I break some of it down so that a few of you can actually start to unscrew your mentals.

All of these terms deal with a few fundamental principles. King among them is this: the stalwart acceptance of sacrifice, loss, and negative consequences.

Outcome Independence and DNGAF

Somewhere along the lines, you may have come to the nihilistic conclusion of "nothing matters so I don't care about an outcome." And that makes sense, because you suck and are stupid. You took the most autistic approach to understanding the term DNGAF, saw a modicum of success and tried to firekeep that success with your facade of indifference.

We see right through it, *we know you care*. You're a soft little baby with your precious marbles. You're smart enough to know what the Streisand Effect is, and are trying to trick the people around you into not seeing your special thing. You'll think "Wow, I've hidden it in plain sight!" but you haven't. This why you seem butthurt. Because it's obvious. You're fake. A poser who can't even own up to his own wants and desires. Here's the kicker: you are not actually supposed to NOT CARE. Not having a goal is the same as not having a mission. DNGAF and mission are not at odds.

Horns talked about this more or less indirectly with his post on [initiations](#) emotionally investing in an outcome is not only okay, but it is a prerequisite to being fully deployed.

This is when Outcome Independence comes in. With investing there is risk, and when there is risk there is loss. You aren't supposed to act like a baby-back bitch when stuff doesn't work out. Sure, be disappointed. You're allowed to have feelings, you neanderthal. But you are in control - having OI means you are not going to betray yourself or break frame simply because life with all of it's inevitable downs and even further downs happens.

Let's boil this down.

If you want to be Outcome Independent, you need to accept loss as it comes and sacrifice as a necessary evil to live a desirable life. Stop complaining about it. No more longing in the rearview mirror. You're moving forward.

Mental Point of Origin

Great, so now you've accepted loss and sacrifice. Issue is all these other people. Mom says college is the right path, Dad says go into the trades. Your pot head older brother tells you the block chain will set you free. How do you navigate all these opposing viewpoints? What am I supposed to sacrifice for? What am I willing to lose?

Doesn't matter, more important is if you take someones advice, everything that follows is *your fault* not theirs. You need to make some serious decisions about what is right and wrong. Then you need to start behaving as such.

This is the unfortunate part: People will reject you for your decisions. Good, bad or otherwise. Odds are if you are here, those "People" is really just your wife. Maybe it's your kids. Lord willing they will come back to you, but maybe not. And that's life, and it sucks so make a gameplan and make the most out of the rubble that's left.

Developing Mental Point of Origin requires you to make a decision or to hold a belief and stand by the fact it's your own shit in the toilet - not someone else's. Any decision you make is YOUR OWN. Your thoughts, beliefs, views, everything. Those "heroes" in your life should be dead, nobody should be more capable of making decisions for you, than you. (Though, many of you seem to be trying to outsource being your own origin on here - to that I'll say if I have to live your life and lead your wife, I get to spend your money, and screw your woman. So DM me your address and bank account information.)

Many of you are not capable of dealing with the heat that transpires from putting your ego to the flame. And good, most of you have allowed the last 45+ years of your life to be lived at the accordance of other people because you fear rejection.

And for that you will be rejected.

"I know your works: you are neither cold nor hot. Would that you were either cold or hot! So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth."

Revelation 3:15-16 ESV

Make a fucking decision.

54

UPVOTES

Shark Week

SBIII · 4 May 2022 · Archived copy · Reddit

Week in, week out I get to read about your wife's periods. I know more about your wife's periods than I know about my own wife's.

Why? Because you guys write about it in your OYS all the time. Here's a few examples:

A couple of weeks ago, the wife of [u/Persimmon_Dazzling](#) started her period while they were on an aeroplane. Imagine that! You can read the exciting details about it [here](#).

Around the same time, [u/UsefulWalk4](#) got a hard "no" while his wife was on the rag. OMG!! The salacious details can be found in this [comment](#).

A few hours ago, [u/SoggyTrain](#) informed the sub that his wife's menstrual cycle only lasts about 3-4 days. 3 days... Holy Cow!!! Rivetting stuff, as [I'm sure you'll agree...](#)

And [u/Hot_Cactus](#) told us that he never gets any while his wife's vagina is bleeding. Shock, horror!! Though - even when he does get some - [that he only lasts about two seconds](#). LOL

So why do we get so much information about your wife's periods?

Well, because you're a bunch of retarded cunts who are obsessed with the minute details of your wife's lives. And you think that by doing so, it will help you in your quest to get her to fuck you more often. (I say "quest" but I really mean "mission").

Some of you retards even go as far as tracking their periods, like [this fuckwit](#) - [u/SwordHolder69](#)

I bet that some of you track the number and size of your wife's bowel movements too. That's how highly I regard you twats.

OK, I get it - Athol Kay told you that you should do this. So that's why you do it. When she's bleeding you "up the Beta comfort" because the book says so. And Athol is a Sex God - after all he has fucked his [wife over 5,000 times](#). Lucky Athol, she's a fucking beaut.. forget about Shark Week.. he's got Land Whale Year, every day of his life. Oh, the joy!

I'm not telling you *not* to write about Shark Week. I'm not telling you *not* to behave differently when your wife is on the rag. I'm not telling you what to do or what not to do. I'll leave it up to you guys. I'm sure you won't fuck it up.

54

UPVOTES

[FR] The slipperier the branch, the firmer the grip.

Razzmatazz32 · 7 October 2023 · Archived copy · Reddit

One of the fundamental MRP mental models is that:

The man needs to develop both Alpha and Beta Traits in a long-term relationship and show them appropriately. Without the Alpha, the woman loses attraction and wants out of the relationship, but without the Beta, the woman isn't comfortable enough to stay in the relationship. (MMSLP p.34)

I haven't found this to be true. Thousands of relationships have been dissected on here. Many girls have ejected because of a lack of attraction. Yet not a single one due to lack of comfort. As such, we now know that the latter half of this mental model can be safely ignored.

I decided to test the veracity of this realisation with my plates. A more extreme situation. There is no mortgage, kids, live-in or other elements to provide comfort. The relationship is based solely on behaviors. Yet even removing all beta traits to an *artistic* degree, I've yet to have a girl eject from it. Quite the opposite. The more Beta traits I remove, the happier and enthusiastic the treatment I get.

So fuck comfort. Focus on attraction. The slipperier your branch, the harder the girl holds onto it. Yes, also literally.

54

UPVOTES

60 Days of Dread Week 1: Lifting for life

_RPeed · 27 October 2023 · Archived copy · Reddit

Why hello there

I see you've been banished to your man cave, while your wife's boyfriend wrecks the marital bed, and came here to reaffirm your life choices with some spooky stories of the dreaded "Divorce Rape"... under the blankets of course - lest the validation boogeyman get you.

But it's just me here this spooktober night. In my smoking singlet, peering over my half-moon spectacles at the lifting sections of OYS, clucking my tongue and wearily shaking my head.

And of course, whether you're some dumb motherfucker that thinks **5x5 is the greatest thing ever**, and can't even squat 315lbs, or the eleventy billionth genius to discover the "secrets" of **HIT**, **ketogenic diets**, or **kettlebells** that have eluded us, mere mortals, for so long, everyone on MRP is an expert on lifting.

You wouldn't be interested in my reflections and influences, would you?

What's that?

You would?

Well then simply allow yourself to ruminate as I illuminate ***the number one issue plaguing our MRP lifters right now: not actually lifting.***

Confused? You should be.

But fear not gentle reader: I shall explain.

Now whether you're one of my obsessed fanboys or merely supped from the throbbing center of my wisdom, you've probably pieced together some of my stats but here they are for the avoidance of doubt: I'm 5'9", 85kg, and between 12-15% bf. I have been higher and way lower, this is just where I think I look the best. I high pull 120kg, rep out 320kg shrugs, zercher squat 160kg and do endless sets overhead pressing 90kg for 2-5 reps and, because you likely don't understand any of that, squat 195kg, bench 140kg, deadlift 240kg without too much difficulty after not having done those lifts for over 18 months. I won't try more because powerlifting is gay and yes you can quote me on that. I can do dragon flags, the world's shakiest iron cross, front levers, and other shit I'm sure you learn on the first day of a gymnastics class.

But what you might not know is that I started all this at 57kg/125lbs. I have a hole in my heart and two separate conditions that have hospitalized me several times. I have a small frame. I didn't do sports in school. And I now have at least two blown-out disks. In the time I've been lifting, I've also been married, divorced, managed corporate raids, been fired, laid off, relocated many times, managed a young family, lost loved ones had my own health scares, and generally all the other distractions people seem to think are totally unique to their lives.

Fortunately, I did win the existential lottery by growing up in the eighties. Bruce Lee had healed his totally severed spinal cord through the power of being highly motivated. White Rocky informed us that life wasn't about how hard you could hit, it was about how hard you could get hit while **black Rocky hauntingly admonished us that there would not in fact be a tomorrow.**

This shit isn't complicated: you just have to fucking do it.

But muh back hurts!

Google is your friend. Try "lifts I can do with lower back/upper back/bicep/knee/wrist/nose pain" you will find countless results. I know a guy that tore off his bicep and trained legs everyday until it healed. He'd also put the wrist cuffs from a cable machine on his elbows and do quasi rows/flyes with them.

Muh family commitments!

Times I have found good to have workouts: 5am. 10am. 2pm. 5pm. 11pm. 3am. Yes I have lifted at 3am. Places: commercial gyms, home gyms, Crossfit gyms under seedy downtown bridges.

Muh lift plateaus!

Eat more. All your lifts will immediately go up.

Muh deload!

Deload? Bitch you need to **fucking RELOAD**. Change up your lifts, add more volume and eat more.

Muh squat form!

Do a different lift. If you don't have the coordination to squat: fucking leg press for fuck's sake. **If you think a leg press doesn't work your legs** or worse are worried about missing out on the "hormonal cascade" caused by squats... we have bigger problems here.

But muh form?

Look squatting less than 315lbs is not squatting. It's some odd form of public masturbation as well as basically skipping leg day. As is whatever you guys bench, press etc I understand the desire to be strong but if you are currently weak as a kitten, **you are far better served going ham on some machines and then playing with the barbell.**

Hur dur I don't even need to lift, I have Frame!

Probably. I got plenty of girls as a 140lb twink and my paychecks always seem to come from DYEL dudes but this isn't about how much you can lift. We're addressing your excuses here.

So what do?

These 60 days of dread: maybe you should fucking try trying? Who knows? It just might stick.

Conclusion

That's it. That's all I got for you. **When life gives you lemons, use them to sterilise your glass pipe, smoke some meth and get your ass back in the gym.**

As lifetime natural lifter, the Ultimate Warrior, would perhaps advise us: Find. A. Way. To. Keep. Moving. Forward.

Drop your own personal excuses ITT and myself and fellow bona bro scientists **u/alpha_wolflord9** **u/Cam_winston21** and **u/Becomingabetterman1** will give you tailored and conflicting advice for the next 60 days.

54

UPVOTES

Quick lifting FR for those who read this sub and don't act (like me)

vivapabloescobar · 5 May 2024 · Archived copy · Reddit

If you're like me and lurk around this sub, reading mostly positive stories but never act upon anything, this is for you.

Decided a few weeks ago I'll just pick ONE thing and stick with that.

That way there's no friction and there was a good chance I would stick to it.

I started lifting.

Heavy.

Exactly as those top posts here say you to do.

So heavy I would make sounds, and feel like my eye balls would pop out.

I don't know what the fuck this sorcery is, if it's the hormones, if because if the hormones my subconscious is acting up, or something else, but this fucking thing works like magic.

I say magic because, besides those glycogen aesthetic newbie gains, there hasn't been much to show off in just a couple of weeks.

However, it's like a fucking switch turned on. Like she fucking smells the hormones.

I tend to be a rather logical and intellectual guy, so I know how this fucking sounds.

But it has to do with these hormones we release after a really really really hard workout.

I lift for 50 minutes, have a good look at myself in the mirror, congratulate me, and for the next 3 days, it's like heaven in my household.

Deeply sorry if this is a low effort post, I don't have much else to report yet.

But I do know there's a lot of fucks like myself who just lurk around, read, but never do shit.

At least do this.

If you don't want to go to the gym, just do a fucking hundred pushups until your hands can't even help you wash your teeth. Squat 200 times until you can't even pee.

Enjoy the magic.

That's it.

54

UPVOTES

My wife makes life difficult for me

Positive-War3957 · 12 December 2024 · Archived copy · Reddit

Hello All, I just found this group and this seems to be where I can get help. I have been married for 13 years and I am a failure. I have lost my power as a man to my wife despite the fact that I am the main provider and take care of the family. I provide for over 95% of our household needs. She has taken advantage of my kindness/weakness and is giving me a hard time. She refuses intimacy and I only get it once or twice a month. She is in total control of the bedroom. Sometimes she asks for money before we can make love. She is clearly dominating me and has anger issues. I have been super nice to her and her parents respect me for being a caring gentleman but she threatens me as thrash. Each time she does something wrong, she never takes responsibility and if I try to correct her, she gets really mad and I end up apologizing. She is good at playing mind games and always wants to be the center of attention and everything should be only about her. I don't want to divorce her because of what society might say about me and our kids are still too young to go through this. Please help me come out of this situation. I am so depressed and miserable right now

54

UPVOTES

I went a to a cheap commercial gym for a year

Alpha_wolflord9 · 20 July 2025 · Archived copy · Reddit

A while back in OYS some poster who wasn't lifting made the point to express how they were going to wait until they had the financial ability to afford a "real gym" or outfit their home with the equipment needed to start lifting. While I recognized the inherit ego at play, I felt the want to test this for myself so I got a gym membership to a cheap commercial gym and restricted myself to only using this for the past year.

The results after a year, I have hit PRs in all my lifts but my deadlift. I have started hitting muscle groups that I hadn't been able to work as easily before, resulting in bigger arms and calves. I've got to help young lifters, something I didn't even know I wanted.

We are not calisthenics. We are not the gyms we go to. We are not the implements or tools we use.

My favorite article I have read on MRP is WMP's **make you fucking choice**. There are a lot of ways things may not work as you intended them to. The tools or implements you have access to may not be ideal. However, it is on you to find the winning lines for yourself with the tools you have access to. I've done things that despite my planning and action have fell short of my goals, **but it's through that effort that I have developed a respect for myself**.

53

UPVOTES

"Celebrity pass" conversation I had with my wife today

jsh1138 · 11 November 2018 · Archived copy · Reddit

Let me preface this by saying that my wife and I have been in a bit of a slump lately because of circumstances that are largely outside of our control, death in the family and some other stuff.

Also, 2 days ago I sent my wife a funny interview with Henry Cavill and I could tell after she watched it that she was kind of wet in the pants for Henry. That's fine, we all have our little crushes or whatever.

Ok, so today we get to work (my wife and I work together) and one of the guys apparently had the talk about celebrity passes with his girlfriend the night before. For any of you not familiar, the idea is that you could have a pass for a celebrity that you could have sex with if the opportunity ever arose and it wouldn't be considered cheating. So this co-worker is telling the story pretty loud and he mentions that his exception is Beyonce and his girlfriend's is whoever it is, I forget.

Normally my wife is pretty reserved and avoids sexual joking at work like the plague but this time she made a bee line out of her office to where we were standing, like literally rushed over, and excitedly told everyone with me standing right there that she "could go for Henry Cavill if I ever had the chance". This was very unusual behavior for her, but again, I was not bothered, I just noted that it was out of character mentally and let her go on about him.

So then my coworker and wife both ask me who my exception is and I say my wife's friend Mandy. Mandy is kind of thick but still very attractive and she is on her way out of an unhappy marriage and she and I have a lot in common. I did this just to fuck with my wife a little and see what she would say, not because I have any designs on Mandy.

Anyway, my wife literally gasps and says "not Mandy!" and my coworker laughs because I didn't pick a celebrity. So we talk about it a little more and then I get back to work.

I know this was long but the point is that when we got home my wife volunteered that she didn't really want to have sex with Henry Cavill (pretty sure this was a lie tbh) but that she just said that to mess with me a little. Then she said she was sure that I didn't really want to have sex with Mandy, to which I said nothing, just sort of made a non-committal noise and changed the subject.

My wife was extra nice to me for the rest of the day, to the point that it was very noticeable. I think it is probably the nicest she's been to me in a couple of weeks, at least, not that she is normally ugly or anything but it was obvious she was going out of her way to be extra pleasant.

So anyway, if you ever find yourselves in a similar situation, try that.

53

UPVOTES

Shit test success story. Not perfect, but a landmark in my RP journey.

toddan420 · 18 October 2018 · Archived copy · Reddit

TLDR had a very good outcome after passing epic shit tests, and a thank you to this forum.

I live close to work, so I can come home for lunch and enjoy a wife-made sammich, check on homeschool, and just generally enjoy myself for 20 minutes.

Yesterday my stay-at-home wife was having a bad day. She was coming off being sick the day before, and our little girl was throwing fits because mommy wanted to stay in bed. I helped the situation via text from work and wife was grateful.

But she still had a headache. (Anyone else have the migraine demon in their home?) When I came home for lunch, things felt grim. She proceeded to trouble me with household concerns that were apparently on her mind. I tried to engage but there was no time to address anything. In the end it was just stress I didn't need on precious break time.

Then she took it to a whole new level. She started going into this whole thing about how I opened up a bag of chips that she was saving because they're SEASONAL (they were stale) and blah blah and how I'm not considering her feelings. At first I engaged a little, and when I saw she was escalating, I looked at the time, my break was ending soon, I realized I was more stressed after my lunch break than if I would have just gone to McDonalds. I got angry and loudly spoke "It's just fucking chips!" or something. And then announced I was going back to work (I made it back early.) I hear her saying as I went out: "You're just going to leave the chips on the table..??"

She texted while I was driving and here is what I texted back:

https://drive.google.com/file/d/1Xamng9_IG-dzUsrax1DLubi8YrNT0Mug/view?usp=sharing Not proud of all this so far, but it's the truth. I shut my phone off so I could concentrate at work. I also made time to read about anger here because I thought I may have really screwed up. There seems to be some debate about what role, if any, male anger can play in RP life.

I worked the rest of my day with my phone off and it was nice not having to engage with her over text and just concentrating on my job. I knew there was going to be a shitstorm waiting when I got home, but I resolved to maintain a frame of amused mastery NO MATTER WHAT when I got back in there. I'll admit, I still have to fake it.

I turned on the phone to see a flood of enraged ranting on her end. Didn't engage with any of that. It was the same attacks I've seen so many times when we fight. Insults that seem so real, if a man said them to me, we'd have to have damn duel. Yet I know it's all bullshit. A desperate attempt to try and move me, to control me.

I get home and get a beer and sit down to relax and look at the news on my phone. She comes around and resumed something in the kitchen, and as she worked I see her from the corner of my eye mustering an attack for me. She starts:

-Did you get my texts? -Yup. -The way you walked out and slammed the door, is there something else going on you wanna tell me? Are you angry? -Nope I'm fine. (I smile at her) Actually I would like to mention something. My lunch break is a time of relaxation for me. I don't to be troubled. If that's a problem.. -Troubled? What was troubling? You couldn't even be troubled to talk to me with your face in your phone.. -Did you say anything interesting? I remember you brought up X, Y, and Z annoying thing. I started a convo about Elizabeth Warren which was cool for a minute, and then you started in with the chips thing.

That's when she started going sour. Launching a ton of fallacies meant to get me mad and defending myself. I held frame. I engaged none of it. I said "Ok then." Took my beer and went upstairs to change.

Now I noticed something. A large amount of housework had been done. Our room was looking better than it has for a while. She picked all her shit up. In fact, she'd been hard at work for hours all around. Hmm!

She followed! She started changing too (we take the kid to ballet on Tuesdays) She's naked in front of me. And she's still launching extremely titillating salvos of strawmen and attacks, desperately trying to get under my skin so I will engage. I tell you, inside I was nervous the whole time, but I faked it and held frame.

I go "OK, guys have fun at ballet!" As I'm going downstairs she goes "Are you going somewhere??" I say "I'll be in the basement working on my project" (musical hobby.)

They went. I didn't have to tend to them. I got a great chunk of time in on my project. I was feeling good.

They got home a couple hours later, and I felt satisfied enough that I could check on the lady and stop working for the evening if need be and it would be no great loss. The thing is, the amount of cans of worms she opened with her attacks, two rational people would have to spend hours working through all the seemingly unresolved drama. But I had a theory that wasn't going to be the case.

Sure enough. I get up there. She's already in the kitchen working on a stellar dinner. I give her a kiss on the head. ITS LIKE NOTHING HAPPENED. She's chipper. She starts telling me stories. I sit down and we have a good time. She NEVER brings up the shit. We have a great dinner, and kid bed time, and fun chillouts. And she initiates a passionate session.

So, yea, that was a landmark for me. For the years since we've been married, I've tried to live by RP principles. I do OK. I've been training her. I am lucky to have a lady that is much better than the average. But she's a fighter, and I've done a bad job at not falling for her tactics when she's in a mood and wants a fight. She hooks me in with outrageous accusations that I KNOW I could beat if i engaged. wrong.

There was a post on here about how marriage is like unexpectedly getting punched in the gut once a month. That's accurate. But I'm optimistic that consistently passing shit-tests will more than mitigate this condition.

I posted a couple years back here, probably under another name, my story about how I left my wife in another city because we had a fight in the car on the way to a show. I got righteously lit up of course. That night was emblematic of just how many problems I had not dealt with in my journey. And I was too butthurt to see it. I heard what yall were saying and yet I couldn't internalize it. I had also been listening to Stefan Molyneux and trying to wrangle his ideas with RP philosophy.

So thanks for being here. I have some posts in my mind that hopefully yall will enjoy or debate. I don't see a ton of new posts on here, so I'll hold back until I get the lay of the land.

Cheers.

53

UPVOTES

[FR] Is a Wife Worth One Foot?

JudgeDoom69 · 23 August 2018 · Archived copy · Reddit

From Illimitable Men: *Marriage is the only legal contract in existence that permits a person to violate contractual terms and then subsequently penalize the party who upheld said terms.*

From Briffault's Law: *Where the female can derive no benefit from association with the male, no such association takes place.*

I had a date with a lady I met online, I'll call her "Jan" (because I grew up watching the Brady Bunch reruns, and I always thought Jan was "groovy"). Jan and I met for a few drinks at a watering hole near my house. I like this place because it has pool tables and dart boards. The games are good because there's something to do other than sit there at the bar. They also provide opportunities for kino, and if things work out very well, it's a short drive to my house.

Jan's a divorced, decent looking petite blonde, early 30's. She has one son. She's a veterinarian who has her own private practice. We live in a farming community, so I'd assume she makes pretty good scratch for her age. Jan drinks draft beer and wears jeans and cowboy (cowgirl?) boots.

We had the typical "why did you divorce" first date conversation. Her story was a routine example of hypergamy in action:

She and her ex-husband met through the sport of "cutting", which is a competition where a rider and horse work to separate a cow from the herd in front of a panel of judges. Like any equestrian sport, it's an expensive hobby. It's pricey to buy and maintain cutting horses, plus transportation to competitions, etc.

The husband, let's call him Peter (to keep with the Brady Bunch name theme), worked in IT, while she was studying to be a veterinarian. The also had a small farm where they raised cattle. The farm had been in Peter's family for generations.

Peter was repairing some fencing on the farm where the cattle had been escaping. He was operating a post-hole-digger tractor attachment and got his foot caught in the auger which mangled and nearly amputated his foot. The accident happened in front of their son, which probably saved him from bleeding to death because the son was able to call for help.

The injury required multiple surgeries and extended rehabilitation to save the foot. While he was off work he exhausted his disability coverage and FMLA, and was released from his good-paying job as a network administrator.

They were able to save his foot, and after it had healed enough, he started looking for work but was unable to find any openings locally. He ended up getting a job at an employer who was a few hours away. Rather than relocate his family and remove his wife and son from their schools, friends, etc., he elected to rent a small apartment in the town where his job was, travel there early Monday morning, and return Friday evening after work. Not an ideal setup, but a man does what he has to do to provide for his family.

Meanwhile Jan was left alone during the week, studying to be a veterinarian, and taking care of their son and the cows. Jan became increasingly resentful of this arrangement, picturing her husband enjoying the solitude of his apartment all week, while she was left to take care of everything.

The tipping point came when Peter surprised her with a very nice new dually truck and horse trailer for use at their cutting competitions. He bought the truck and trailer to try to appease her because she was so unhappy with his work travel. The problem was that he had gotten an equity loan against the family farm to fund the vehicle purchase, and to pay off other debts they had incurred after his foot injury. When Jan found out about the loan, she concluded that Peter was "not an asset, but a liability" (she used those exact terms when telling the story).

Further complicating matters, Jan had made a new "best friend" while at school, I'll call him Greg. While Peter was

away at work all week, earning money to support his family and pay for Jan's education, Jan and Greg (and Jan's son) were spending more and more time together. Peter wasn't very happy with this arrangement and grew increasingly irritated and jealous of their friendship. Jan felt Peter was simply being insecure and controlling.

As soon as Jan graduated from veterinary school and got set up with her own practice, she and Peter separated, and she moved into an apartment near her new office. Peter was actually the one who filed for divorce, but it was a last-ditch act of desperation to bring her back ("move back or we're getting divorced" kind of thing).

Peter had to liquidate the family farm in the divorce. He now lives full time in his little work apartment. Jan got to keep her veterinary practice intact, along with her nice new dually truck (I've seen it, it's a sweet ride). She's currently building a new house out in the country.

I have to wonder if Peter had just completely lost his foot in that accident, and went right back to work instead of being off for so long to save the foot, would he have kept his job, and therefore his marriage? So he'd only have one foot, but still be married to Jan, instead of having both feet and being divorced. Is a wife worth one foot? (Fuck no!)

Lastly, it seems Jan's BFF Greg had his fun and moved on. So now Jan is dating online, shopping around for a replacement husband. She's actually not a bad catch, just don't get injured or she'll be gone.

TLDR: Husband got hurt and lost his job. Wife branch swung as soon as her education was completed.

53

UPVOTES

Big Fish

Rollo-Tomassi · 19 June 2018 · Archived copy · Reddit

The Essay:

<https://therationalmale.com/2018/06/18/big-fish/>

Excerpts:

Big Fish and the Cookie Lady

There is a larger dynamic at play in all this, one I probably could add an addendum to in my second book, Preventive Medicine. An aging Beta male, and particularly one with a notable amount of money, success, fame or status is a big fish for a necessitous woman. A woman who's long practiced in using her sexual agency to its best advantage with men knows a prime target in an older man who's never unplugged himself from his Blue Pill conditioning. Bourdain was one such big fish, and his Blue Pill conditioning, his eager white knighting and immediate deference to the feminine, his soul mate idealism would've been instantly recognizable to a 42 year old woman long accustomed to being the center of orbit for many a prior Beta.

I don't want to call it an epidemic, but there is a set of women who look for aging men with resources to befriend and pretend they have a genuine interest in. Men with even moderate means and a Blue Pill conditioned idealism that 'love springs eternal' are prime targets for women who can read and assess that man's state from years of practice. A woman who shows interest in a man who's been starved for affection, sex and a real connection with a woman (married or not) will seem like more than an oasis in the desert. She'll appeal to his romantic, idealistic Beta soul; a last chance at 'true happiness', a true miracle, as he enters his old age.

My own father was one such target for a woman we called the 'cookie lady'.

My dad passed away from complications of Alzheimer's/dementia before he was 72, but before his dementia had really become apparent the 'cookie lady' had already made a mark of my dad. My father was also what I've called a terminal Beta. He never unplugged to his dying day and lived a life based on the old set of books, being a good provider, dutiful, responsible and he was perpetually disappointed by the women in his life never reciprocating with their intimacy and appreciation the 'rules' clearly stated should happen. They never loved him in the way he thought women ought to be capable of loving him. Nevertheless, dad always clung to the (noble?) belief that if he saved his pennies and was of the highest service to women that eventually, one day, his efforts and quality would be appreciated by the right woman. He was a good example of the Savior Schema.

The 'cookie lady' understood all of this – all of dad's Blue Pill conditioning, the way he thought the world and women should work, the old social contract investments, his idealism about women, everything – all of it in less than a week. She really wasn't all that different from my step-mother in that respect, but at this late in the game, at her age, and noticing the subtle hints of cognitive degeneration in dad, the stakes were much higher for her long term security. I should also add that I would include my own mother in this schema; she's a lovable loon, but she knew a good opportunity for security back in the 60s, so it may be my father had a knack for attracting this type of woman due to his Blue Pill idealism.

The reason we called this woman the 'cookie lady' was because she always brought my dad fresh baked cookies when she was trying to play into his Blue Pill end-of-life last ditch hope for happiness. We never knew her real name and if it hadn't been for my dad getting very upset with us for preventing him from rewriting the 'cookie lady' into his will and power of attorney within the first month of her 'dropping by' we may very well have been suckered into her scam too.

53

UPVOTES

Hunter Drew (The Family Alpha) full video interview on The 21 Report

Dream_21 · 28 October 2017 · Archived copy · Reddit

- YouTube link: https://youtu.be/BlddzX_0Ew4
- Vid.me link: <https://vid.me/T0mEn>
- Facebook link: (uploading)

Behind the scenes interview with Hunter Drew after his first ever presentation at The 21 Convention 2017 Ten Year Anniversary special event.

To my knowledge, this was also his first time ever giving a public speech [outside of the military?].

Only 2 presentations got a standing ovation at the 4 day event, his was the first.

And a look at what's to come... <https://imgur.com/a/NPHJD> full 1 hour video podcast.

If you appreciate the free videos make sure to support them by dropping a like/comment/share on the video. Little stuff like that helps.

53

UPVOTES

Advanced techniques for defeating the Starfish

SirGaetanDugas · 12 May 2017 · Archived copy · Reddit

This topic comes up all the time. The standard advice is some variation of Dread game, aloofness or refusal.

That advice is sound when compared to the faketales out of Askmen or Dead bedrooms BUT from time to time when I need to soak the sheets and hear screaming while getting nails dug into my spine....a different approach is needed.

Its something I learned not from men talking around the TRP water cooler, but from women.

Start a fight

Bitches do it all the time. They do it to feel important or loved or to get attention. Most men would never do it out of fear. Most men are afraid of womens emotions. Most men are scared little boys.

So now, sometimes, I do the same as women and relish the act of inciting melodrama. The exact opposite of Billy Beta who will massage feet to avoid conflict. The exact opposite of rational, normal man who doesnt quite understand the point of deliberate provocation. He wonders why women enjoy reality TV which is nothing but emotional violence. I know why and now you do too.

I call her a bitch, *just like her mother*. Or I tell her lots of women can be her replacement if she keeps whining.

Or tonight, in the middle of so-so sex, I grabbed her face and left tit and asked what deleted text messages I would find on her phone if I looked? Said are you my good girl or bad girl?

Boom. Instant change and the starfish became a porn star. I literally felt her pussy open wide and clamp down while moaning. *From something I said*

Use emotion and sex gets much much better

I dont mean emotion like..."You are my everything!"

I mean "Fuck me like its the last time, you know, before I move out and start fucking your hot best friend"

53

UPVOTES

Fuck you money and your marriage

weakandsensitive · 4 February 2017 · Archived copy · Reddit

If you guys haven't noticed yet, none of the concepts I write about are actually tied directly to marriage. The reason for this is because marriage isn't this uniquely special snowflake entity. Life isn't compartmentalized like that; if you're dominating at work, but totally suck at marriage, you're bullshitting your mentality at one, the other, or both. Figure out who you are, what you're about, and start aiming for congruence in your attitudes and behaviors. Remember, choosing to not making a decision is making a decision. Enough with the 101. Let's move on with the 201.

The most important thing that you need to have for professional satisfaction, as every single successful professional will tell you, is fuck you money. There have been tons of articles written about it, so [I'm just going to link an article with a red pill slant.](#)

Let's start with a definition -

Fuck you money, as you may have guessed, is uncommitted cash sitting in your bank account which you can use to live on when you need to say "fuck you!" to an asshole boss, customer, or employer of any variety.

And let's continue with the all important why -

It's the stash of cash you will have which will allow you to operate and live as a free human being rather than a slave.

So what does that really mean -

Fuck you money is good because it gives you power and independence.

And with this caveat -

I'm not saying you will have to quit work and spend your days stroking your beard on the porch and reading philosophy (although you can do that if you wish), but it will give you the option to quite simply pack up your things and tell anybody you don't like to get out of your face.

Which brings us back to MRP and a theme I'm seeing guys who've put in a lot of effort continue to struggle with (I'm looking at you /u/jdroedell). Where's your fuck you money for your marriage?

Ask yourselves that real quick. Do you actually have a stash of reserves ready to go in the event that you need it?

I'd bet for many of you the answer is no.

I'd bet many of you are living in the many years of debt that you've built up emasculating yourselves, letting yourselves turn into physically and emotionally unattractive fucks. I'd bet you're paying interest on this debt to this very day.

If you don't have any fuck you money, when your boss says jump, you're going to say how high. That's the choice you've left yourself with. You put yourself in a position where you have no choice and no options - where you're effectively a slave to the whims and wants of another individual, without power, without independence.

Fuck you money isn't really about a specific sum of money either. It's about a state of mind. If you don't have any fuck you money but know for a fact that you can get a job that pays just as well tomorrow - then you're more than free to tell your boss to go fuck himself today. If you're bullshitting yourself about being able to get a job tomorrow, then you're stuck in a shitty position aren't you?

The beauty of fuck you money is that it does provide you with choice. It gives you the option to stick around so

long as you enjoy the job, you enjoy the environment, and you're reaping a personal benefit from being there. Just because you have fuck you money doesn't mean you're obliged to go running around and screaming "FUCK YOU" in everyone's face. But a more subdued "That plan isn't going to work for me. Let's figure out a better alternative." isn't out of the question when the situation calls for it. When you have that fuck you money state of mind, you're free to use it as frivolously or reservedly as you want.

If you don't have any fuck you money for the many aspects in your life, it's as good a time as any to start cultivating and saving.

53

UPVOTES

Divorce won't fix your relationship, you will

ex_addict_bro · 24 January 2017 · Archived copy · Reddit

TL;DR

Had the "main event" 1 year after divorce.

Body

Everything with the ex-wife went kind of smooth, unless the time of winter holidays came.

I prepared a really cool retreat in the mountains with my kids (9, 7 and 2 yrs old) and my gf. The logistics behind it was, gf stays with the youngest kid when I take older sons for snowboarding (up to 2 hrs max).

Ex didn't like that. Gf wasn't too enthusiastic because she lacks experience with kids this age, but she was like "hell, why not". My youngest son communicates his needs very well (he will grab your hand and lead you to the fridge if he wants to eat something, for example). Me, after getting an advice from my advisor (thanks buddy, you know who you are), decided I'm okay with that. I can leave my youngest son with ex for 7 days, ski resorts aren't really too 2-yr-old-friendly. So I agreed.

This discussion had place about month ago and I decided my youngest kids stays with his mom. We settled this via e-mail so I had the records.

Then, ex started to act angry and aggressive 2 days before our departure. We had a phone call once. I saw her as a feeble, emotional woman, perhaps for the first time in my life; That phone call included me stating "you have 5 minutes to spill everything you got - I'm listening everything you say", me stating "if you want to hit the legal route, just do it, I'm okay with that, here is the zip code for my new address and as it was already mentioned twice by you - I don't see why should we discuss that any more"; basically I used all the tips from "WISNIFG" and also from MRP regulars during that phone call, thanks guys.

She used all the gaslighting she had. I heard numerous straightforward blatant lies like "your older kids didn't know you're taking your gf!", "it is your fault you won't take your youngest son for holidays". I had e-mails which stated otherwise, and also called my oldest kid to ask him, when did I tell him that we're going with my gf (his answer: "month ago, dad, when you told us where we're going"). I also proposed that I will take my youngest kid with us anyway because I can provide him with adequate, because I can. Even if I literally asked her month ago "are you sure you want your youngest son to stay with you during holidays? I don't want a situation when you will change your mind day before we leave".

At some point ex stated that I either leave my gf at home - or that she won't give me the kids and she will lie that they're sick. I was calm, because I still have keys to their apartment (I'm a co-owner), if they kids are really sick I can see that (I have medical degree). I told her I'm going to call the police when she meets the criteria. She told me they won't be home. I told her, I'm still going to call the police, so they make a report and I will take it to my lawyer later. But honestly, who would have thought - an apartment for 5 people in the mountains and only me and my gf inside - that for a moment was a really attractive option for me. Ex, you want to take the kids for a week more, just do it.

So basically, I was really outcome independent. Not because some flaired guy at TRP told me to, but because I was prepared for every option. I'm going alone or just with gf or with her and 2 kids or 3 kids or without her and with 2 kids (we would manage ourselves) or without her and with 3 kids (I had a girl who does babysitting and also wants to learn how to snowboard as a backup, I kid you not). Every single option was fitting me.

And, I realised later, I am literally giving zero fucks about the situation, the life and everything. Not because u/Archwinger wrote once it is a good idea, no. I gave many fucks and my marriage failed and I got big alimony and had to move out instead. So now I give zero fucks. I don't care. I realised how much problems was caused just by my big, big ego. I realised that I really don't matter too much (because u/stonepimpletilists wrote so). I realised, that

even if I would be missing today, my kids would probably eventually come out to be all right some day. Or, they would not, and this is also acceptable and possible and okay. Whatever.

But basically I had enough of ex's behaviour. And letting her dictate who do I take for my holidays with me was definitely not a good idea.

I didn't told her anything, I didn't try to tell her how to be a grown up person. I accepted her, as she was. Feeble, hurt, emotional woman with Stockholm Syndrome and perhaps some other disorders. I saw her being really hurt. Last year as a last resort I decided that we'll go on the winter holidays together with the kids and those holidays went really fine (and I behaved really calm during those holidays because some guys at MRP wrote it was a good idea, so I did) - and she actually confirmed she was missing that time together. Me going on a winter holidays with another girl and kids marked an end of an era for her.

And me? I just had some idea to spend time with my kids that I thought it was cool, I already paid for the apartment and I wanted to go to try some longer snowboarding routes.

And I was not going to take any of my ex wife's shit any more.

Epilogue

On monday I went to collect the kids. I was calm. I enabled voice recording on my iPhone, but it went really smooth, she behaved herself so I deleted the recordings shortly thereafter. I received some hateful emails that I did not reply to (because some guys at MRP told me to STFU and because, honestly, I could not care less about her at this point - I'm like "bitch, I give you this much, I pay alimony on time, you was left with car, flat, I take care of my kids, you act like shit still, GTFO").

When we arrived, everything was way better than I expected, including weather. My kids instantly picked up the holiday vibe, picked up some sled (shit, free sled for guests, who would have thought) and went out to play. I snap a photo and send it to the ex wife as an act of grace, she replies with "so did you arrive?" but I STFU at this point. Kids FaceTime her in the evening because 7yr old got an iPod Touch as X-mas gift and the wi-fi is really great.

Gf overhears her asking them "did daddy locked himself in the bathroom with his girlfriend and leave you alone", tells me about it later, I turn it into joke ("shit, she must think I'm a some neanderthal... but whatever, maybe we should do this, this sounds like a good idea!", smile, wink, ass smack) - when writing it I realize, shit, MAYBE it was a shit-test from my gf? Whatever. I realise later ex wife behaviour is just pumping up my value. Let the butthurt flow through her, pre-selection for the win. But on the other hand, I could not care less.

Everything is splendid around here, including weather. I'm becoming suspicious.

Summary

My ex is still a trainwreck.

Lessons learned

- divorce won't magically fix your life,
- every failure of yours, every failure as-a-man in your relationship with your wife will be augmented in case you divorce,
- lift and sidebar, if not for yourself, then do this for the sake of your kids. There will be problems, there will be "parental alienation syndrome", there will be life happening. You need to be strong, prepared, cool, calm and collected.
- everything they teach here that you should do in the pre-divorce phase becomes suddenly a really solid framework after you divorce and move out. What did I had to change after I moved out? Not much. Everything was in place. The gym, the food and diet. I realised what I can and need to improve - using MAP - which was also the part of the, let's call this, pre-divorce framework.

EDIT: ex still a train wreck? Is she? Bullshit. She does whatever worked with me. Manipulation and gaslighting are not much more than words, really. If you can achieve something just by speaking with someone, why not try it?

She does know exactly whatever she needs to say to make me do this and that. Fortunately, for me, I realised where I am and how can I act to make this whole thing less "hers" and more "mine".

53

UPVOTES

Mini FR- Shit test and application of Law 36

gettingmymojoback · 15 December 2016 · Archived copy · Reddit

Just a quick FR about a quick shit test, my handling of the situation, and realization that it was a direct application and example of LAW 36 - DISDAIN THINGS YOU CANNOT HAVE: IGNORING THEM IS THE BEST REVENGE

While reading the Keys to Power of Law 36 the following really stood out to me

"Desire often creates paradoxical effects: The more you want something, the more you chase after it, the more it eludes you. The more interest you show, the more you repel the object of your desire. This is because your interest is too strong—it makes people awkward, even fearful. Uncontrollable desire makes you seem weak, unworthy, pathetic."

This particularly resonated with me as I have first hand experienced both with the failure and misery of attempting to get more affection from my spouse through relentless Beta smothering, and have witnessed first hand the last 3-4 months the improvements that implementing a RP approach produces.

Case in point, last night was the first night this week my wife and I were able to get home together relatively early. Absence being what it is, we were both glad to be home together. This does not however mean there were no shit tests to be had lol.

After catching up on our days, a few 10 second kisses etc, and our usual family dinner we cleaned up and settled into our evening routine. I had a few personal matters to attend to and deal with and returned back to the family room a while later. Wife was working on her laptop and I approached her to lean in for another kiss and get a snappy "WHAT DO YOU WANT!"

This is where Law 36 kicked in subconsciously. I know for a fact 3 months ago I would have either A) begged for a kiss or B) been butthurt as fuck. Instead I chose option C) give her nothing. Literally my reply "Nothing", continued walking by and went and did some other shit I needed to do.

The best part, I couldn't have been less affected by her outburst. No biggie, she can come to me when she's ready. Finish my stuff up, relax on the couch for a bit before lights out. She comes and cuddles up next to me for a bit, when she gets up to go to bed she tells me she's holding off on her bedtime routine until after I come upstairs. Gives me a coy smile, nudge nudge, wink wink, and walks away. I know how this ends, and the best part....all I had to do was "nothing" but ignore her denial as it no longer had any meaning to me. She no longer has that power over me, and she knows it.

Pre-MRP me would have been hovering around her all evening, drying her pussy out, and doing nothing but pushing her further away with my thirst. Valuable lesson learned.

53

UPVOTES

New mothers have less sexual desire for male partners who express empathy

cupoftoon · 8 October 2016 · Archived copy · Reddit

A new Canadian study that explores the sex lives of first-time parents has produced a surprising finding that could serve as a caution to well-meaning fathers.

The one-time survey of 255 first-time parents with infants, published in the Journal of Sex and Marital Therapy, found that new mothers reported lower sexual desire when their partner expressed more empathy - a finding that turns conventional wisdom on its head.

"We had results that are all in line with empathy being good for both people, and then we have this one little finding that wasn't consistent," said the study's lead author, Halifax-based psychologist Natalie Rosen. "I would like to replicate this in other studies before drawing grand conclusions."

Rosen speculated that some fathers are perhaps so intent on helping their wives deal with the challenges of parenthood that they assume avoiding sex is the best policy.

"They might be saying they're OK with less sex," said Rosen, a professor with the Department of Psychology and Neuroscience at Dalhousie University.

"They might be saying, 'I'm just going to kind of back off no matter what sexual needs I might have.' That might actually lower the desire that the woman has."

Rosen, who also works as a sex therapist, said she sees this pattern when counselling those coping with sexual dysfunctions.

"Partners think they're being really understanding and supportive, but they're actually just reinforcing and encouraging avoidance ... It comes across as very supportive and both people think it's a good thing, but it reinforces ... that sex is not that important."

Rosen stressed that her speculation could be shot down by further research, so she offered another possible explanation. She said it might be a mistake to assume that the fathers' increased empathy caused reduced sexual desire in their partners, when the causal link might be the other way around. In other words, the new mothers who reported reduced sexual desire may in fact be causing their partners to express more empathy.

[source!](#)

53

UPVOTES

What did you think she was going to do?

stonepimpletillists · 5 July 2016 · Archived copy · Reddit

#Sprinkle a lil alpha on it

I know, I'll sprinkle a little alpha on it! I just have to hit the gym, practice a little game in front of the mirror. Not to other women, that would be cheating, and ethically, I can't do that. I used to be alpha, but slowly slipped into beta. My SMV is a 7 and hers is a 6.

If you ever got the impression that we are all special, spend some time here to quash it. The subject title is there to illustrate a basic, flawed premise so many, many men seem to have when taking the pill.

It's not a Dr. Phill. Red Pill praxeology has nothing to do with fixing relationships, or getting women to 'act right' with some magic steps. That's a PUA thing. Even then, PUA teaches that you won't get that girl, just more girls.

I'm getting RP now, why is she (insert pejorative) now? Why isn't it working? Why doesn't she love me now? I label this an alpha-as-wolf, since he was such a wonderful example of RP not working. It works just fine, but he was sitting in his car, flipping all the buttons, opening and closing the door, putting the key in, and key out, then sitting there angry because the damned thing isn't working like it's supposed to.

Why?

I'm getting RP now, why is she (insert pejorative) now? Why isn't it working? Why doesn't she love me now? If you've read NMMNG, you have no excuse to even ask this question.

What did you think she was going to do?

Seriously, if you read NMMNG, WISNIFG, Confessions of an involuntary incel, Manipulated Man, Michael's story. I mean, how hard did you have to delude yourself into thinking this giant covert contract was the way ahead?

My story? Probably nothing special, I'm sure there's at least a hundred guys reading this at some point with the exact same one. Know what happened? Hit a tipping point with operation me first. Why was I working so hard to fix something that I didn't break? I mean, from an ownership perspective, it's always your responsibility, but I didn't take the kill shot here, I shouldn't have to be the plow horse who drags it out of the ditch. I would have texts, blowing up my phone up to, and during our main event:

- This new you is an asshole
- This new you is selfish
- Narcissist
- I don't know if I can do this anymore

These are paraphrased, I have them saved, for some future date when I forget these very simple lessons. AWALT, they can all do exactly what any other woman can do, all that's missing is that little push. Oh, and lots of crying. You know what I didn't get?

- A pat on the back...
- an attaboy,
- hey man, thanks for being alpha now, do you want a blowjob?

She fucking gets pissed, she throws out shit tests. You've built up a serious amount of Beta Debt over the years, and it takes a lot more work to get out from under debt, than it does to save, hence, Iron Rule #7.

Do you know what I did get? I no longer got stories about her having a temper tantrum, and me ending up bullied into some bullshit I didn't want. Not to say she doesn't have them, but I'm no longer at the house placating them. I'm

out, hanging out with old friends, talking with a few girls I know, being a little flirty with the neighbours guests in the hot tub, working out. Hell, I enjoy a good pre workout shit-test, I hit personal bests when I get them..

Yeah it's selfish. Yeah she's not going to like it. But at the end of the day. I can buy 50 cent honeysticks, and I get her to eat them off me where it counts. If she's too tired that day, I jerk one off and go to bed, it's as concerning as whether I have maple syrup or butter on my pancakes. She says she doesn't like it.

Thats a comfort test. When she says 'you' statements, e.g. You're an asshole, those are largely shit tests, she's testing your frame. I hate how they are called tests, because all you really have to do is pretend you are an american running for supreme court. Sit there and let a senator berate you for an hour or two, if you don't lose your cool, you got the job.

If it's a lot of I's:

- I don't like this
- I can't take this anymore

Those are largely comfort tests. Ignore the actual words, listen to the subtext, the body language. It generally boils down to a girl telling you that she is punching above her weight, and she's worried that she's going to lose the fight. There's an element of desperation, fear of losing control, and less disdain, very little spite. Give her a strong hug, kiss on the forehead, tell her everything will be OK. This is where the Come to Jesus speech belongs. Because this is what a main event is. That flip into submission, and where she's receptive to your leadership. If you ain't getting that, than it ain't a main event.

The last fucking thing to expect

The last, fucking thing you should be expecting, is for her to be on board for your changes. Biggest teenager in the room, she doesn't know what she wants, she only knows how she feels. Would you let your 4 year old daughter tell you how to do your job? Why the fuck are you letting a girl riding emotions tell you how to live your life?

Remember this, write it down, post in on your wall. Dread isn't a way to sprinkle alpha on it. None of this is for her. At this point, your relationship is a dead husk, and you are applying dread as the way I've always described it: A deliberate set of steps, which remove you from a shitty relationship, and put you on your best foot forward for the next one/s, allowing enough time for the people in your life to get their shit together and fight to have you back. Her role is only as a sparring partner. You have a person who shit tests you in real time. You are training more intensely than the actual events, since she already thinks you're a fuck. It's an uphill climb.

Gratitude

I'll end on a folksy bit of wisdom I have for gratitude.

If your dad beats you, every day, and you vow to never put a hand on your kids - yes he taught you that lesson, and no, he doesn't get to take credit for it.

Some of you will get lucky, and your woman will straighten up, start acting right. And some of you won't, she'll still be a cunt, and think she's still that same girl in her 20s that men swooned over. Either way, this isn't a case of dread not working, or RP being wrong, it's **not part of the equation**.

53

UPVOTES

[FR] The three words every wife wants to hear: I'll handle it

Necroptotic · 7 June 2016 · Archived copy · Reddit

Summary: We had a stressful situation. It's my responsibility to take care of it, so I did. Had Grade-A enthusiastic sex for days.

Body: Married 5 years with 2 small kids. We have outgrown our house and are trying to buy a nearby house that'd give us 3 times the space. At the same time we are trying to find people to rent out our old place as we own it. The wife is naturally stressed out about this situation. I've learned so much from TRP/MRP in the past couple of years that I can smell her shit/comfort tests coming and can redirect her actions and behavior.

I fully understand how stressful buying a house is. However, I'm also fairly OI. It doesn't matter what I feel on the inside, but I know that if I start acting stressed out and whine, she'll feed off of my emotions and amplify everything. When the wife worries about our offer falling through, I blandly state that there are other houses and other towns. When we have potential renters flake out, I simply remind her that we could get a dozen people in if we just dropped the rent by 5%. Stoicism works wonders.

Every time a new issue would pop up, I'd say 'I'll handle it' and then just take care of it. Her knowing that I have my shit together multiplied her attraction to me. Most nights over the past few weeks I'd literally lie down in bed and she'd just hop on me. As I took care of problems that kept getting bigger and more urgent (had to switch mortgage places at the last minute, etc) I'd get fucked better. Absolutely 100% correlation. I'll spare the details but the type of stuff we do now regularly is the type of stuff I used to jerk off to 2 years ago when I was full-on blue pill.

So what's the moral lesson? Guys, just handle your shit. In this short example, I didn't go to my wife complaining about an issue or seeking validation. Blue Pill me would have, and this situation would have gotten much worse. Instead I led my wife and it just made her want to fuck me more.

Conclusion: Women want men not whiney shit bags.

53

UPVOTES

A Process for Letting Go of Anger

cj_aubrey · 24 March 2016 · Archived copy · Reddit

TL;DR - This (very long) post outlines a process for letting go of anger (and a lot of other things). Broadly, it involves writing everything down in specific format, analyzing it to own my shit, reading it to someone, fixing things and living right in the future. In a lot of ways my emotions are a black box. Experiences go in, different feelings come out. This process opens it up, shows me how my anger works and lets me fix things.

Overview: I hope that this can help some of the men here as it has helped me. This post was prompted by an AskMRP discussion on letting go of anger. Frequently a person wants to let go of anger but cannot manage to do it via contemplation and relaxation. This is a common experience: we can't just choose to stop being angry or fearful. I can understand intellectually that anger doesn't help me, even agree philosophically that its the path of weakness, but I need to *experience* something in order to change my internal reality and let go of anger and fear. Its not quick, pleasant or easy, but that's what the below process does. Some anger evaporates when its seen clearly. Sometimes I forgive the people and my anger towards them to goes. Some people must be helped in order for me to let go of my anger. If I am not willing to see clearly or let go of my anger, I don't really want to be rid of it. If I'm not willing to help or apologize to someone you hate, that's normal. I don't worry about that for now. I'll be ready once I get to that point in the process. People who believe in god would do well to ask for his help but that is in no way a requirement.

There is a group of people who have to let go of their anger if they want to stay alive: recovering alcoholics and drug addicts. If they hold on to their anger it will drive them crazy, they'll relapse and they'll die. As a consequence the anonymous recovery programs have figured out how to let go of anger even in the most extreme circumstances. The general concepts of this process are borrowed from the 12 step recovery process but I think its applicable to all people. Anger works the same with everyone.

As a part of this process I'm going to fearlessly face what is in me, own my shit, learn everything I can from it, let go of the things that don't help me and try to be the strongest person I can be in the future. I think this is consistent with what we do here. Anger is a beta trait and a loss of frame. There is no circumstance where it is more helpful than peaceful focus. If you have to choose between fear and anger, choose anger. But the path of strength is neither and anger will corrode my life from the inside out in the long term. We need to be convinced of this in order to let it go.

Perspective: Anger is victim based blame directed outward at something that threatened something important to me. Sometimes this is understandable, like if someone did something stupid that threatened my daughter's safety. But that's like 0.1% of what I've been angry about in my life. Most of the time my anger is me choosing to play the victim regarding shit I should be accepting and owning. A resentment is to re-feel anger or hurt. To play it over and over again in your head. If I have a resentment there is a reason. I get something out of it. Maybe because it makes me feel safer, smugly superior or it deflects accountability in some way. When our past is accepted we no longer need to replay resentments in our head. Fear is the weaker flip side of the same victim coin and closely related.

The Process

Step 1) Write down all the Anger. Expand it. Disassemble it to see how it works and what its made of.

There is something about writing things down that makes them real. I need to make a list of everything I am angry about. I like using a password protected spreadsheet on a laptop. The spreadsheet should have 5 columns. If you have a problem with fear you can make a second similar sheet for fears. You will find that anger and fear are very closely related.

Column 1) What am I angry at. People (my wife perhaps), places, institutions, ideas. If someone did something to you in the past and you're still thinking about them negatively, that's a resentment and they probably belong on this list.

Column 2) What did they do that I'm angry about? Nothing counts here but honesty. If you're angry about something they did, write it down. Don't worry about whether you should be angry, or if its silly or childish. Write it down. But this has to be physical actions that they took. No labels like "she was being a cunt" or "all those privileged fuckers were stuck up". What did they actually do? If you are angry because someone didn't do something OK, but you need a column 4) entry that you expected them to do it. If you have something where you're angry but you cannot identify any physical action or omission, you need to ask yourself where that came from. Complete these first 2 columns totally before going on to the rest. List all things you're angry about. You need a different row for each thing you're angry about. I will have different rows for my wife denying sex and shit testing me. I might have different rows for my wife shit testing me in front of other people and shit testing me at home, if I feel differently about them.

Column 3) What was threatened? You cannot be angry without something you care about being threatened by something external. Next to each item from column 1, write down what their actions threatened. Think about the incident and ask your self really, what did you feel and what did they threaten? A list to start with is ego, financial security, sex, friendships, other relationships, career, relationships with your kids.

Column 4) My part in it. Ignore the others person's behavior entirely. We are trying to fix ourselves. For each event from column 2, what did I do, or fail to do, as a part of each of those incidents to bring them about. How did I allow the person to threaten that thing in column 3? Did I instigate something to cause the other person to react and hurt me? How could I have reacted better to the event? What unreasonable **expectations** did I have for this person? How could I have gotten over it quicker? How could I have let it effect my life less? What was the other person thinking? What did I do that fell short of the standards of behavior of a perfect captain? Imagine I posted in MRP saying "I'm angry at (Column 1 person) because they did (column 2 action) and then told the whole story" what would /u/whinomoreplease and /u/TheFamilyAlpha call me out on? All that stuff.

Important Note: People who had things happen to them before the age of 14, which they are still fucked up about in adulthood generally have no part in the original event. This is also true for victims of random crimes and misfortunes. Those things should definitely be on this list as we want to heal that pain and let go of the anger and hurt. But, for instance, people who were abused as children have no responsibility for that. That being said, they are responsible for how they chose to deal with it in adult life.

Column 5) What should I have done, owned or been on top of. This is plan for the future. I'll give you a hint here. This will generally involve you owning a part of your life that you felt was threatened (from Column 3) that you previously blamed something external (from column 1) for fucking up. Again imagine you posted in MRP saying "I'm angry at (Column 1 person) because they did (column 2 action)" what would the mods/approved guys tell you that you should have done? The men here can provide you a good set of tools for owning or managing almost any element of you male life here. Read. Ask people.

I'll provide a brief example row.

Row 1 - Sex denial

Column 1) I am angry at my wife.

Column 2) I'm angry because my wife doesn't fuck me as much as I want.

Column 3) What was threatened? This threatens my ego and my sex life.

Column 4) What was my part in it? I married a woman that was not attracted to me. I did not make myself attractive. I displayed low value. I got fat. I tried to obligate and berate her into giving me starfish sex. I whined and

got butthurt when I got rejected. *Lots more here.*

Column 5) I should have married someone else. I should have made myself attractive, studied game, displayed high value, dreaded my wife and owned my attractiveness like a man.

Step 2) Gain Insight.

If you made a thorough list you now have a blueprint for how you relate to the world. Review your list. Ask yourself the following questions.

- What patterns do I see? Do you have the same anger pattern with every women you've been with? How about every boss? If so there's something there you need to own and the individuals are probably not the one causing the problem.
- Do you have unreasonable (expectations)[https://www.reddit.com/r/TheRedPill/comments/30m0yh/the_root_cause_of_the_anger_phase/] that are not supported by the way actual humans behave in romantic relationships.
- Look for covert contracts. Many places I'm angry at someone else for not doing something I expected is going to be a covert contract.
- What am I letting someone else decide in my head? Use the ideas from WISNIFG. On my list, most places where I am angry at someone for criticizing me its because I chose to let them decide how I should feel about myself or what is acceptable for me. I have to see and then own that.
- Do you recognize any patterns of behavior from the home you grew up in? Those anger patterns with your wife, how do they compare to your parents? The purpose here is understanding.
- Where do you still see blue pill thinking and behavior?
- Are there areas of life where you see a lot of anger? These are the areas you need to look hard at fixing.
- Do you see how the individuals involved were irrelevant and that you were really just externalizing blame for the difficulties and conflicts inherent to life and the natures of men and women?
- Do you understand why a woman behaved the way she did and AWALT? By this time you will probably see that you have very, very little reason to be angry at individual women.
- Do you see how you were doing the best you could and its OK to forgive yourself? Do you see how other people where the same?

Other people who are farther down the MRP path than I am can probably come up with better questions than I can here.

Step 3) Read everything to someone.

This is scary. Grow a pair and do it. Go take you list and read it to a close mouthed, sensible person. Maybe your minister, uncle or male friend. I don't know why, but something about doing this will cause you to accept everything on the list. Unless they are red pill themselves they will probably tell you a bunch of things are not your fault. Don't listen to them. You are not doing this to seek their counsel, only their presence. This will not be a fun experience. Sometimes we talk about killing your ego. This is a good way to go about it.

Step 4) Making things right: Repair and Right Living

By this point most of our anger should be gone. All of the small things we were angry about should have _____

disappeared after we wrote them down, analyzed them, saw them from the other persons point of view, realized their futility and read them to someone. Usually, at this point, there are only the more significant people left that we are still angry about. For those people we make amends. In doing this we want to resolve the mistakes of the past and set our ship on the right course for the future.

There are a few ways to do this.

- **Apologizing.** Look at the column 4. What's there that deserves an apology? I think we need to be careful here. In our beta past we have abused apologizing as a part of covert contracts, manipulation and validation seeking. I think that apologizing to someone you care about for your beta fuckery from a position of Alpha strength can be a positive action. However, apologizing to seek validation is not. I would be interested to get the communities opinion on when apologies are appropriate. But at this point, if I am angry at someone and I have harmed them, it is very likely that I will let go of my anger by apologizing to them for what I have done.
- **Helping.** Trying to do something to help someone I am angry at will frequently allow me to let go of my anger. If I'm angry at my Father, I can go visit him the nursing home every week for a while. Yes, he'll still be an asshole. That's fine. I'm doing it to help me, but in order to do that I have to legitimately help him. Sometimes I am angry at a category (race, religion) of people. I can give some money to a charity that helps them.
- **Living right.** This is probably the biggest category. If my wife criticized me for being unreliable, my part in that was I was unreliable, I will make amends by being reliable in the future. A lot of what we do here follows this pattern.
- **Prayer.** In very rare circumstances there may be some people we are still angry at even after thoroughly completing the rest of the process. Its rare but it happens. There is a technique that has been known to work where all other methods fail: pray for the person. You don't have to pray to a god or be christian. Talk to the universe then. Ask the universe to give that person all of the health, wealth, love and happiness that I have ever asked for myself. I have never heard of a case where doing this solemnly, seriously, every day for a couple weeks didn't work.

Step 5) Continue to journal.

At this point I have cleared away the wreckage of a lot of my anger. But my experience is that the previous sequence will be a revolution but this will then become an evolutionary process of growth. When new things make me angry I make a list with 5 columns. I then complete the rest of the process on that individual point of anger. Anger teaches me the weak points in my head. If I use it correctly it can be a valuable tool for improvement.

Conclusion: I hope this process can help others as it has helped me. I intend this post to be a first draft of an idea that is refined based on people using it for the purposes we focus on here.

EDIT: Added content about expectations based on input from /u/theultmatecad.

53

UPVOTES

Why would any woman complain about MRP?

ParadoxThatDrivesUs · 10 March 2016 · Archived copy · Reddit

I find myself wondering if MRP is actually a con put over on us by women. I'm only half joking. Consider the program:

1. Lose weight. Get in great shape. Dress better. Become as attractive as you can.
2. Learn to become a Sex God in bed.
3. Become OI about not getting sex if she doesn't want to. Just cheerfully move on to the next thing.
4. Get shit done around the house, manage the kids, finances, etc.
5. Generally improve yourself in every way.
6. If your wife is a bitch, realize that it's ultimately your fault. If she's mistreated you in the past, that's on you, not her.
7. Always remember that she's a free agent and you can't force her to do anything.
8. Do this for a year or so. At the end of the process, make sure you give her a clear warning and a choice before ending the marriage.

Sure, throw in some fem-bashing and let him think he's the captain to make it palatable. But seriously, what's not to like if you're a woman?

53

UPVOTES

Blue Pill Boy Meets Red Pill World

sexysoulderdevil · 3 November 2015 · Archived copy · Reddit

They are here watching us. Those who choose to disregard the Red Pill praxeology are reading our tales and picturing us taking a flame thrower to our relationships as if our intent is to just watch it burn. They chit and chat in their Blue Pill sub-reddit debating what new level of despicableness we have sunken to today.

And then there's another camp that reads our utter insanity to test the waters and see what we so-called misogynistic, shitlords are up to...while secretly hoping, just maybe...we have a magic key to help them un-fuck their own depressing, sexless marriages. Yup, there are those reading this right now that are so desperate in their marriages that they have landed here...The Married Red Pill...

Here's the thing, pretty much all the men here would love nothing more than to fix their sexual desert of a marriage with a nice, Blue Pill chat over some warm, chamomile tea after the kids are fast asleep. How great would it be if we could just logically spell out to our wives our want to have sex with them on a more regular basis. Oh and lets spice things up while we're at it...that would be really fun! What a relief it would be for her to eagerly and lovingly understand our basic male needs, smirk and head over to the bedroom and engage in some passionate lovemaking where both husband and wife are left fulfilled and glowing. Ah, a hapless Blue Pill boy living in the Blue Pill FANTASY World.

Guess what? I'm willing to bet just about every one of us misogynistic, shitlords tried this open and honest communication. Many, many times...and it did not work.

So we regrouped and rethought our approach. Perhaps we just didn't explain it well enough in the last conversation because emotions kept getting in the way and we didn't explain ourselves clearly. Oh, perhaps a nice, loving letter. Yes, a well thought out letter telling her how how we miss her touch and truly love her will help. Letter sent. Nothing changed. Odd, she loathes our honest neediness even more it seems... That can't be right though... Just think on it more.

Hmmm. Maybe be of additional help around the house more. Find ways to ease her burdens. Yes, the talk and the letter along with helping more around the house. She will surely now know we love her and she will want to share in bountiful lovemaking where both husband and wife finish fulfilled and glowing. Why wouldn't she? Nope. Nope. Nope. What idiots we were.

None of it worked...for those of us here at least. It was a fool's errand run on seemingly good intentions. And now we're getting ticked. You see, the Red Pill did not corrupt us. All on our own we started to wake up to the fact we're Blue Pill boys living in a Red Pill World. We just didn't have the proper language to explain it...yet.

So we began our search. And down the rabbit hole we went...until we landed here. Where it's all explained. Where it all finally makes sense. This magical yet disturbing place where we realize we haven't been owning any of our shit. And then that moment...when we recognize and become so deeply embarrassed by all the trite schlock we've attempted out of 'love' and want for physical intimacy with our wives. We were pathetic, misguided chumps. And it stings.

I'm betting most of us didn't want to end up here. This was a last resort. Hell, most of us would have been fucking ecstatic as hell if the so-called Blue Pill methods worked. You see, this Red Pill nonsense is a lot of work. You have to go to the gym at least 3x times a week to become more physically attractive. You have to get your household finances in order to ensure your family is properly provisioned. You have to refocus on work to avoid becoming mentally lazy. You have to work to be a better father to your children. You have to make an effort to attract new male friends who positively influence your life. You have to proactively plan and decide events for your family that they will enjoy. You have to finally do the work to be an attractive man so you wife finds you worthy of fucking. In short, you have to be Masculine.

In hindsight, it's so utterly simple and pure. It's the way it's always been. Hell, some of us knew all this when we

first attracted our wives. But time, kids, or complacency got in the way. We were simply mistaken to think the basics of sexual strategy had changed. Nope.

And now that my eyes are re-opened, I wouldn't have it any other fucking way...

TL;DR: Not anymore.

53

UPVOTES

Porn, Fantasy, & Keeping the Gag on the table

TrainingTheBrain · 13 October 2015 · Archived copy · Reddit

Porn

I recently spent time with a friend of mine who was going through some shit with his marriage. Among the many things discussed was sex. This led us down the rabbit hole where it was eventually revealed that he had turned to porn.

Porn is destructive and it is addictive. It *can* be used as that quick fix when on deployment or an extended business trip, but too often it's used daily, sometimes multiple times a day by guys who can't get the release from their woman.

Jerking off to porn is one of the most weaksauce things a **Man** can do. You lose your seed, you lose your energy, you sap your motivation/drive, and can you imagine what it looks like if you were to see yourself in a mirror?? Just sitting there, grabbing your dick until you make a mess?

Fucking Pathetic.

It desensitizes you to your woman and leads to you denying her (why fuck, you've already released) and then it just spirals out of control. You get this amplified image of big tits, big asses, perfect tans, and fucking clean perfect money shots...

Except you're not the dude fucking her, you're the faggot getting his rocks off to pixels. As soon as you finish you feel that too, that shame where you close the video and think, *well that's that*. Except, what should you have been doing during that time? What improvement could you have made?

Sure, if it's late and you are stuck in some foreign land waiting to get home then fucking go for it. I wouldn't I'd save my load and turn the black lights on when I fucked my wife and blow my beauty fluid on her like a shooting star. If you're deployed, I get it do your thing in the porta john in 110f heat, whatever.

But for the average dude – just fucking STOP. Subscribe to NoFap **OR** just use your fucking will power, self-discipline goes a long way on the RedPill Road.

Fantasy

I was driving around with a buddy who I noticed kept looking at all of the passing cars. I asked him if he was trying to break his neck. He said (and unfortunately I will give the exact quote) "*No dude, I'm looking to see if there's any hot chicks in the cars.*" (See: Pathetic Modern 'men')

This mother fucker couldn't even live in the moment of a car ride without desperately hoping to make a connection with a stranger in another car. His desire to just see an attractive woman disgusted me as it wreaked of shame and the pitiful state of men.

To the lurkers who I fucking *know* are reading this. **You have to stop living in the fantasy where you're the fucking Man and someday bitches are going to know it**

If you face the harsh truth of reality, swallow the pill, let it dissolve, and kill your ego *THEN* you will see how women just show the fuck up. Having good hygiene, a sense of fashion and being sub 15% bf is all it takes. Married or not chicks will talk to you and from there you can decide what you do with them. But trying to get 2 seconds of attention from a girl in a car, a person you'll never talk to – how about you spend your time on something productive like learning the art of holding a conversation or keeping your focus on a topic for more than 5 seconds.

Though, to be honest, the crowd I'm trying to reach probably hasn't made it this far.

Keeping the Gag on the table

The only person who determines how far you go in your marriage and sex life is you. If you want to tie your wife up, one night introduce her to rope and then go gently with it. See how she reacts; follow her actions, not her words.

Get the black light and wear brand new white boxers. As soon as she tries to compliment you pull out the gag you ordered from amazon for 17\$ and shut her up. Then again, go to town.

You are the fucking Man, nobody tells you how far or short you can go. If you want whips, sex swings, rope, cuffs, what the fuck ever then keep that shit *on the table*. Nothing is off limits, wife tells you anal is *off the table* it means **for you** she doesn't want to do anal (See: Dread + increase SMV)

If you really want to fuck her in the ass, become the Man she'll let fuck in the ass. Use better game, kino, foreplay, whatever. You'll get to the point where your wife will do *anything* if you're the type of Man who deserves it. So keep the gag and everything else **on the table**.

- Fuck Porn
- Face the discomfort of reality over the comfort of fantasy
- Get the sex you want by getting the sex you deserve.

Acta, Non Verba

53

UPVOTES

Lifting, it's not a choice you need to make.

bogeyd6 · 14 September 2015 · Archived copy · Reddit

Everyday we see people come here with I am unplugging by reading this or that. Applying this. Holy Shit is works. Blah fucking blah. You are doing it wrong. Your very first step in your road to manhood is lifting heavy weights. Start your weight routine. Then pick up a book in between reps. SMV, to me, is the core of everything. Until your SMV outpaces hers, then it's all an uphill climb. But just wait, if you call now, ol' bogey has the cheap and easy solution for you.

Maybe one of the first articles I ever read on /r/TheRedPill was about strength training. The program was called Stronglifts and the article was

https://www.reddit.com/r/TheRedPill/comments/2m1gtt/if_squats_arent_a_part_of_your_lifting_routine/ . This article talked about testosterone and strength. Arguably two things I was severely lacking in. Immediately, I went to www.stronglifts.com and downloaded the app to my iphone. Started the program and never looked back. I went from the bar to 240lb squats yesterday since the start.

Example

Yesterday, I was laying my head on my wife's lap on the couch. This is not something that I normally do. This was to her, and me, a supreme display of confidence in each other. Flashing a little controlled weakness is like passing comfort tests she didn't even know she had. As I layed there I noticed she went from rubbing my back to casually tracing the muscles on my back. Stronglifts is good for that. This went on for about 2-3 minutes and she spread her legs ever so slightly. Tingles^tm. I looked up at her and said "You like that huh?" and she said "What?". Figures, lol. Then she looks me right in the eyes and says "Thank you". I know what she means. Then she gets up and goes down on me, and we go to the bedroom. Bold on her part, MIL was upstairs and son was outside playing.

Summary

The reason I tell new people to lift is three fold (there is more). One, muscles/strength increase your SMV. Two, self-reliance/confidence. Three, the hormones that are released in your body. These things combine into some very interesting and valuable resources that you can then begin to use.

Looks

Everyone knows the cliché about the muscle bound dude scoring all the chickadees at the beach. The fact is, it's true. Visually perceptive as strong is maybe one of the first things a lady will recognize in you. This could be being cut like a literal diamond. The other way is look like you just might wrestle a bear and win. Physically imposing and proximally dominant are turn on's for the ladies.

Your wife's vagina will become the niagara falls when you go to initiate sex by carrying her up the stairs and tossing her onto the bed. Fucking her doggy style, with power, will drain the sexual energy she has for other people. Using your Sex God Method you can even get her to completely bond to you. This all starts with your physical prowess. If you are unable to pick her up and calmly toss her on the bed like so many dirty clothes, she won't get the Tingles^tm. /u/IanIronwood has a great article on this. It's called "Three alpha moves to use on your wife" located at <http://theredpillroom.blogspot.com/2013/01/three-alpha-moves-to-use-on-your-wife.html> . Particularly the part about carrying her books.

Confidence

As your strength progresses until you are easily outperforming every male you work with. Your confidence will increase correspondingly, if not linearly. There is no replacing the feeling of satisfaction when you are lifting equipment or boxes by yourself and colleagues are having to use team lifts. The guys will take notice, and by your strength alone, you will start your ascent on the male social ladder.

There is a halfway decent article with a good take away located at

<https://jehurst.wordpress.com/2011/04/18/game-theory-part-2-the-hierarchy/> and is quite informative with the relation of self-confidence. "Beyond puberty, the social structure brutally punishes any weakness in self-confidence. By the same token, self-confidence determines how thoroughly one can reject cultural orthodoxy and choose a more independent path." The question then becomes "How can you reject your betabux role?". The simple answer is that you cannot.

Self-confidence in a male is the end all be all of every leadership undertaking. Lifting is the quickest and surest method to get your confidence back. Heavy weight lifting will make you stronger, and the side effect is confidence. The side effect of confidence is natural leadership and social elevation. You understand. Therefore, lifting becomes necessary in your path to the red pill. Be sure, that I am not talking about 500 reps of a 10lb dumbbell. I am talking about squatting 300lbs and benching 250lbs.

Hormones

Lifting heavy weights is a key to increased testosterone levels. Really there are two ways, as I am sure the doctors on MRP know. Specifically squats. The best way is the natural way in my humble opinion. Lifting heavy weights is going to increase several different hormone levels in your body. All for the purpose of good. Men are meant to be strong, not betafats.

Strength training and lifting heavy makes you stronger. Certain levels of training will help your body naturally produce significant increases in Growth Hormone, Testosterone, and Insulin like growth factor. These hormones have varying affects on your body.

Growth hormone will help you build muscle and burn fat. Obviously looking better increases your SMV. As we know, SMV is where the gains are made in our relationship. Supposedly this hormone enhances your immune system and reduces aging. There is an interesting theory and articles about how women are attracted to men with a different immune system. This could all be bullshit, but any edge is better than no edge.

Insulin like growth hormone is kind of a bonus hormone. You can read the scientific shit I can't understand but it goes a little like this. This hormone helps your cells repair. Your heart, your lungs, and you're liver. After a night with friends at the bar, who couldn't use some liver repair? This hormone may also repair your muscles and help you get stronger and feel stronger.

Testosterone, oh where to start. This is your sexuality and male hormone extraordinaire. This hormone helps you build muscle, burn fat, and get your dick hard. Yeah, better than viagra. There was a very interesting study not too long ago located at <http://www.nejm.org/doi/pdf/10.1056/NEJMoa1206168> that does quite an indepth study of doped males.

Your woman needs a good and hard dicking down every now and again. Testosterone is your friend. If you read the above article, increases in testosterone go hand in hand with improved sexual function. Basically, you are going to feel like a man and you are going to fuck your woman like a man. That's what she really wants. She doesn't want four hours of foreplay, three hours of eating her out, and two seconds of intercourse. You would be surprised how little foreplay she needs. Plus, once your smv outpaces hers, she will get wet from things that don't even involve sex.... There is no greater foreplay than her seeing you be a man.

Last but not least on testosterone. Women prefer the scent of a male with high testosterone.

Conclusion

If you are not lifting, then why are you bothering to do the reading? If you are a beginner then I recommend a program like Stronglifts for 12 weeks. If you are one of those high cardio dudes who thinks being skinny-weak is attractive then go for IceCream Fitness.

53

UPVOTES

How to build boundaries during your transition

strategos_autokrator · 13 February 2015 · Archived copy · Reddit

Several people have been discussing about boundaries. The book NMMNG discusses how important it is to have them, and how very beta men lack them, but doesn't explain very well what they are and how to defend them.

Boundaries are what is important to you that you can defend. Boundaries encompass the areas of your life saying "this is my shit here". By "my shit here", I mean that this is stuff that is important to you and that you have the power and means to defend. If you can't defend the boundary, you don't have it. **If you bitch but don't defend the boundary, you don't have a boundary.**

Analogy "Ukraine": Ukraine couldn't defend Crimea from Russian-backed forces. Russia took over the peninsula. Although Ukraine bitches and cries that this isn't fair, for all intents and purposes in the ground, Russia has Crimea inside its boundaries, and Ukraine doesn't. Is it fair? Who cares. What matters is that Ukraine couldn't defend this boundary, so it lost the boundary. Ukraine bitching to the international community hasn't done much to change the boundary *because* everyone knows Russia has the power to defend this boundary, and Ukraine didn't.

It is similar with you. To understand your boundaries, you have to self examine, swallowing your ego, and really understand what you control, and what you don't. Accept this, and from there, plan creatively on all ways you can defend the territory you want. And then consistently carry out the plan automatically. And if you can't defend with actions a boundary, accept you don't have the boundary, and change it to something you can defend. An example of a boundary you can't defend: "My wife must respect me". Why? Because as this is, you give her ALL the power to her over the boundary. An example of a boundary you can defend: "If wife is disrespectful, I'll leave."

Analogy "The Sign": Putting up a "Trespassers will be shot" sign is *not* defending a boundary. Defending it is shooting trespassers, or at least, shooting a warning shot or calling the police. Whatever action works. The sign in itself doesn't defend the boundary, only actions do.

Boundaries are for you to decide. You can be flexible, but this must come from you, not in reaction to others. Remember, you chose the boundaries, but if people test them, always trigger automatic defenses. It is ok to plan an escalating way to defend the boundary, and try one thing after the other. But you *must* defend it.

Analogy "The King's Castle Alpha": You are a king in your castle. Your castle has strong walls, with trained archers. The entrance gate is well guarded. It is fine to let a harem in through the gate for your pleasures. Make sure they don't carry weapons. Yet if women assassins try to run towards the castle walls in the middle of the night, your archer *must* shoot them. No questions asked, no nicely saying "please, go to the front gate and act sexy". There is no time for the archers to ask you if you want these hot assassins scaling the walls, they must act automatically.

When you start enforcing boundaries, your wife might be upset and act up more. This is very frustrating. Just accept that it is your own fault: you gave her this territory because you didn't defend it. Now you want it and she had internalized it was hers. It isn't her fault, it is yours for not defending the terrain. It sucks for you, for her and for the relationship that you weren't consistently defending it. So now you all pay the price of your irresponsibility. Be patient with her, blame yourself. Plan ahead escalating ways to defend the boundary, such that you find out what is the minimum level that will get her to back off. There is no point in overdoing it, after all, you don't want to be an asshole, you just want to act in ways that defend the boundary with the least cost to everyone. Of course, this will mean doing things she doesn't like, but don't over do it to punish her.

Boundaries are what make people respect you. It makes women feel you are strong, reliable, and have integrity. Many of us, when married, start giving in our boundaries thinking that is what our wives want. I certainly did this

when our son was born. This is terrible for us, for them, and for the relationship. Often, it leads to resentment on our part because of covert contracts that say that they have to respect our boundaries, and when enough resentment builds up, we have a victim puke. Bitching to your wife about how she is not respecting your boundary signals to her you don't have a boundary, and only reinforces bad behavior. It is then *your* fault, not hers. Acting to defend the boundary with behaviors (not words) is *the* way to communicate the boundary in a way she understands it.

This comes from a fundamental misunderstanding of boundaries. Our boundaries are for *us* to respect. Since we respect them so much, we defend them. Women understand boundaries *because* we defend them. If we don't defend them, they think we don't respect the boundary, so they trample it, often without knowing. It is *our* responsibility, not that of our wives, to have strong boundaries. Especially, when you start putting up boundaries, wife *will* test and test and test. Don't get angry at her, this is how she understands the boundary is important for you. Defend the boundary consistently if you want her to get it. Bitching to your wife about how she has to respect your boundary is weak and useless, and is just you blaming others for your failure.

Analogy "The King's Castle Beta ": The archers in the castle of the Beta King see assassins coming in to scale the wall and start shooting arrows to drive them away. The assassins wait just outside the range of the arrows, frustrated. The assassins start taunting the Beta King calling him a faggot, because they can't do anything more. The beta king orders the archers to stop shooting, and gets on his beautiful horse, leaves the castle, and goes to talk to the assassins to try to convince them he is not a faggot. The king shows his nice horse and shiny sword as proof that he isn't a faggot, but a bad ass, from a line of bad asses. The assassins kill him for being a fucking idiot and in the chaos take the castle.

This is what happens when you argue with your wife. You lose frame and perspective and do stupid shit that doesn't benefit you in any way. You are leaving your boundaries to exposed terrain, only because of your weak ego. Instead of arguing about your ego, become strong with frame so you don't feel insecure. Instead of focusing on her attacks, focus on your boundaries and defend them consistently.

Example in my marriage:

My wife used to make a false accusation that used to really get to me. I wanted her to stop it. When she used to say it, I would act all hurt, and argue with her to stop it, and she would just take more stabs at me. For days I would bitch about how she can't do it. She never changed. If anything, she did it more. I kept talking about my boundary, but I wasn't defending it, so I signal to her with actions that this territory was not worth defending for me. My words didn't matter, if anything, they made me look even weaker. I was the king outside the boundaries, being stabbed by assassins, stupidly trying to convince them that they *must* stop because I am the king.

After failing at stopping her false accusation, I felt a lot of resentment, which only made me weaker. It was only when I planned an action to my responses to her that I made progress. I decided that if she said this, I would say "I'm not going to continue this conversation." If bad behavior continued, I would escalate level of defenses. For me, this was just *leaving* the room to do something productive for me, or depending on the gravity of the situation, leave the house to workout, meditate, walk or get a beer.

The first few times I did this, she went nuts. She was used to me not having this boundary, so she was trying to see if she could scare me into backing off. It was afraid, I admit. But I had planned ahead my defenses, and decided I must carry them out regardless. So I ended up leaving the house for a few hours. First few times I felt a lot of guilt. But since I had planned ahead my defenses, I knew that I wasn't being a hot head, I had planned rationally this. With time, it got easier to defend the boundaries. Heck, most times it feels really good now. She wants to piss me off? Ha, she lost, I'm not going to engage, and I have time for myself. She lost because she wanted me to react, I win because I get good time for myself.

I didn't even have to explain *why* I was defending this, she knew what she did. There is no point in telling the

assassin that the archers and walls mean a boundary. Only *actions* matter.

Now, she stopped with the false accusation. Last time she say it, I just did simple warning, and she stopped! She went away, and then apologized for what she said. Amazing. I didn't threaten, I just told her to stop, and since I had defended the boundary with actions consistently, I trained her I was serious so she responded well to my reminder of my actions. Pavlov's dog shit. Before she never stopped when I asked her, and she never apologized. But since I acted consistently, I trained her that this was serious. This is respect.

Key points:

Boundaries are the territory you can and want to defend. If you don't defend it, it is your own fucking fault, not the fault of your wife. If you can't defend it, then you must accept it and change your boundaries. Being a bitch about it only make things worse. Be strategic and realistic. As you start tp have boundaries, you *will* rock the boat, because you are taking stuff she understood you had given her. Don't feel resentment, but instead, be understanding that it was your weakness that made things harder for everyone. Yet, consistently defend the boundaries with *action* (not words) as it is the only way to make her understand. Being consistent is good for you and for her and the relationship in the long term, although it might seem like it adds conflict in the short term.

Boundaries are for YOU to respect and defend. It is hard at first, but if you defend them consistently, your wife will respect you more in the end.

Gold? Thanks stranger!

53

UPVOTES

You're an animal

simbarlion · 21 June 2019 · Archived copy · Reddit

You do realise you are an animal right?

You are an animal that operates according to inbuilt biology but also within societies man-made rules, Yeah? It's a balance, and society can only tolerate so much animal, even though it's your natural state. If you go too much animal, well you will get your animalistic ass put in a cage. I bet you were more animal as boy, and were taught over time to only use your animal eyes with the filter dictated to you by society.

But if you're an animal, your wife must be too. That means you're kids are animals, and they are being tamed into the ways of society too, right now if you are doing your job. So you're in your Den with big and small male and female animals. And just FYI, the big male leads the pack. But your also a societal human too, you like comfort, you like community, you like intellect and theory. You like that someone made the medicine that helps you along in your day. You like the civility within which you engage with your wife. You like society norms, like blowjobs. Have you ever seen any other animals doing that? No. That's a society thing.

And you're here for sexual strategy, which lets be honest is >80% animal behavioural traits. So as much as I love the theory that comes through, and hey, I am as much a part of that as you, lets just remember that if you want to be alpha, you need to be spending more time on 'animal you' and less time on 'society you.'

She's mostly looking for the animal, y'know.

The following verse was deleted as far as i know, so I have just pasted the whole thing in. Its a good read, one of my favourites. credit to redpillrobert - deleted

THE LION AND THE LIONTAMER

Over time a lion's loyalty begins to overcome his rationality. He loves the lion tamer. Even if sometimes she forgets to feed him. I mean, she always feeds him eventually. Even though it's only one kind of meat, and frankly, he's getting kind of bored with it. He really misses the variety that the wild provides, but the lion tamer told him that if he leaves the cage and eats anything else, she'll get mad and his gravy train will stop. So he fights his natural urges and repeats to himself over and over that this meat is all he needs. It's safe, it's fairly reliable. No reason to risk that.

Sometimes he has to perform tasks for the lion tamer in order to get fed. But they're not very big tasks. Not like leaving the cage and trying to hunt again. And it's been so long since he last hunted, does he even remember how? In fact, he's gotten pretty out of shape since being in there, even if he knew how would he even be fast enough to catch any food? But he knows he can do those tasks though. So no problem. He'll just keep doing that.

But as time goes on, he notices that doing them doesn't always result in being fed. Sometimes it does and sometimes it doesn't. And frankly, the quality of the meals has really dropped. Not only are they infrequent and unreliable but they're bland and dry. It doesn't even taste that good. Sure some of that is because he's used to it but he can tell when a meal takes effort and when it doesn't. She's not even tenderizing it anymore.

So the lion starts to get angry and starts to roar at the tamer. But that only seems to make things worse. So in desperation the lion starts searching for ways to please her--tries to crack the code. He does everything she asks, and even things she doesn't. But his meals remain so sporadic and unpredictable he can never get his bearings and develop a rational plan for securing his food. So he just tries everything every day all the time and hopes for the best. She's become like a volcano goddess and all he can do is grovel and pray.

Until one day the lion wakes up and he sees that while he slept, another cage has been constructed during the night right next to his and his tamer is with another lion inside, giving him all the juicy, tender, deep-red meat he wants (she even lets the lion fuck her in the ass).

He roars at the other lion, he roars at the lion tamer, but she merely glances at him in contempt and tells him to get lost. So he leaves. Stunned, hurt, humiliated, angry, and hungry, he's forced to hunt again but his muscles are weak, his senses are dull, and his memory of how to survive in the wild is faint.

And so off he goes to rebuild himself again, if he can.

Spend more time on your wild lion and less time trying to crack the code.

53

UPVOTES

Getting Ass To Grass

ReddJive · 12 July 2019 · Archived copy · Reddit

The last few weeks have been rough. Sleep has been difficult. My legs, hips throb. I feel like a newbie again.

Last fall in a BJJ tournament I suffered a Stage 2 Separation of my shoulder. By luck I was on steroids for another illness so inflammation was knocked out immediately (affirming my belief that inflammation is probably the root cause of many illnesses and issues). So my coach/trainer set a plan to improve shoulder strength while I abstained from Bench pressing. Which was and is now the only lift that causes pain.

Flash forward to about a month ago. I was benching a token 225. Feeling good so we add some weight. 315. Instant pain. I am freaked, I've got meets this summer! I waste no time in getting into a doc. Xrays, MRI, Ortho within a week. Confirmed. I have an AC Joint widening with bone impingement. Ok could have been worse. The ortho is sports focused. He isn't telling me to stop lifting and he isn't diving right into surgery. we develop a plan.

So 3 weeks ago coach breaks the news to me. I can't do full power events until my shoulder is healed but there are plenty of deadlift and squat only events. If I can make the cut then I go do full power and just do a token 135 bench, make points up on squat and deadlift. Yet that means my squats and deadlifts have to be on point. The organizations that do the squat/Deadlift only require deeper squats below parallel then I had been in before. OK, coach. Let's do it.

This means getting 4 more inches on my squat. We are talking ass to grass here. I was envisioning adding weight, dropping low, and just grunting it out. I wasn't prepared for what was ahead. Instead of just doing a 4x8 squat with a set weight, I was now doing 3 differently types of squats on various protocols. First a regular one as deep as i can get. Then another at 50% weight with a 2 second hold at the bottom, the third same weight but sitting on a bench. Every leg day (twice a week) has been painful. I mean I am popping Advil at night so i can sleep painful.

I am also pissed. My squats were up there and here I am now struggling on a 225, later 280, 300,.....this used to be warm up weight. And yeah it doesn't escape me that most don't lift at this level. I just have to look to my right and see my coach warming up to do a 989 sumo deadlift. I get it. Still, this is what I judge myself by. I walk among giants.

The gym I train at has a mobility coach. I have to start working with him. So I add him to the payroll. 30 minutes before every workout I am doing ridiculous exercises. Makes me look like I am a beginner. Thing is my coach is there too. He still competes. In fact all the serious guys are there. Doing all these little movements, talking, joking, preparing. We look like a bunch of fags at a boot camp workout. Meanwhile I'm drooling over the heavy weights, the atlas stones, you know? Real shit.

I am anxious to get back at it. But no. I have to do these pussy ass lifts and what's more they are wrecking my shit. It totally fucks with your head. An experienced lifter wants to get into the complex. He wants to lift the heavy shit, the real work, why the fuck am I rolling a little ball on the wall at arm's length? Why a I doing duck walks? Monster walks? Why? Because I have to train the small muscles again. Meanwhile some skinny fuck is over there on my power rack (probably one of you unplugging guys).

Sometimes you have to do the little shit to get the big movements. Sometimes you have to go back to the lab when something goes wrong even when you had it locked in. Life is not linear. When you settle for less then you deserve you get less than you settled for. If that means I go back to beginner lifts to make huge numbers, then I swallow my pride and make it happen.

I want to see what my body can do. what it can achieve. Every man has that obligation. You have to do something cool in your life. It has nothing to do with her, your friends. It doesn't matter what reasons she gave you for not fucking you. None of that matters.

What, matters is what you are doing about it. Get your distance. Get your direction. Get your mission and pursue it

like the unmerciful god you are.

I got the 4 inches. My ass is hitting the floor at 350.

Coach told me today... now we go nuts.

53

UPVOTES

Brad Parscale cried during arrest, told officers his wife won't have sex with him - he needs MRP

weakandsensitive · 9 October 2020 · Archived copy · Reddit

<https://nypost.com/2020/10/07/brad-parscale-said-his-wife-wont-have-sex-with-him-during-arrest/>

53

UPVOTES

[60DOD] Week 8, Social Life

Red-Curious · 2 June 2020 · Archived copy · Reddit

If you're anything like pretty much everyone on the planet, your social life sucks. Why should you care? Because as much as you want to be your own man, you need other people to do pretty much anything you actually want to do in the world. In the drafting phase, I at one point split this out into a two-part post, but didn't feel like taking the time to separate it all out, and the content blends better when together, so here's the whole thing.

PART I: MENTALITY

No Man Is An Island

Most guys coming here need to learn independence. They're so heavily influenced by society that they need to pull away from everything the world and their wife tells them and develop their own kingdom that operates within their own frame. That's a beautiful thing. But it's unsustainable to go completely independent.

Let's be real: do you really want to live in the wilderness like Thoreau? Even Thoreau didn't live like "Thoreau." He made regular trips to town to visit family and friends. He didn't live in the woods, but in a cabin in a wide open field. He had visitors over and hosted an annual melon party. Nobody actually wants to live in isolation, yet many people's behaviors would indicate they do. Are your behaviors aligned with your goals? In the case of having a social life, for most people the answer is no.

The "Loneliness Epidemic"

I wrote a post about a year ago citing some stats from a survey by Cigna. The conclusion was that around half of the country admitted to sometimes or always feeling alone and having no meaningful relationships. Surprisingly, having kids doesn't decrease your susceptibility to the "loneliness epidemic." Not surprisingly, today's young adults are considered the loneliest people ever to live since we've been recording stats on the subject.

Interestingly, despite what our feminized society tells us about how women are so much better at being "social butterflies" than men, [Psychology Today](#) says otherwise:

"According to substantial research, women across all ages and lifestyles report higher levels of loneliness than men do. [Ironically:] Except, perhaps surprisingly, in one subset of people - single people. While married women inch out married men for the lonelier group, single men vastly outweigh single women as the lonelier bunch."

Sucks to be an omega. Notice the language here, though? **Substantial** research. **All** ages. **All** lifestyles. While the world will tell us that we should all build friendships like women (trust, communication, emotional connection, etc.), the reality is that it isn't working for them. At some point, you need to learn to build your social network like a man - and not the feminized betas and omegas who are ruining the gender curve. But we'll get to that later.

Why Does it Matter?

So you've worked on your stoicism and frame a bit. You don't feel lonely anymore. You're an introvert anyway, so why do you care about building social relationships? Because if you don't, you're still a loser. Let me break this

down:

- Even the most introverted person needs *some* social contact. If you don't have friends outside the home, you're going to default to your wife and kids. This makes it easy to pedestalize them and become co-dependent on them as your only source of relational fulfillment in life.
- Dread is literally impossible if you never leave your house. Just as bad is when you do leave the house, but everyone knows you're not actually going to be chatting up a random hottie.
- Online forums can only take you so far. At some point, if you want to learn how to be a man you need to actually see what other men do. The movies don't cut it because you know it's scripted.
- Chances are, your mission in life involves other people. Financial goals? Unless you are forging your own currency, you can't manufacture money on your own, which means you have to get it from ... people. Athletic goals? You need someone to train you, a rival to best, peers to give you feedback, etc. Political goals? You have to have connections to get into office. Very few goals in life wouldn't benefit from an improved social game.

I could go on, but you get the idea.

So why aren't you?

Some people are dumb and needed to read all that, but for those with common sense, able to figure out with 10 seconds of thought why it's important to build a social game, you're still left with the cognitive dissonance: "Oh yeah, I guess it IS important, but I'm still not doing it. Why not?" There are lots of answers: fear, shame, apathy, laziness, mental health issues (that you probably don't even realize you have), etc.

But there are two answers that rise to the top: (1) You're incompetent. You just don't know how to make friends. I'll address this in the "Action" section, below, so no need to re-hash it here. (2) You Make Idiotic Assumptions. When I coach guys on building their social life, I ask lots of questions about why they're not already friends with someone in particular ... you know ... like ... women. Number 1 response? "They already have a circle of friends, and it's just hard to break in." I'll address the frame issue later. For now, let's realize that this is based on a series of bad assumptions.

- **Assumption 1: The other person doesn't want more friends.** This excuse only applies if someone has actually made a clear decision not to have anymore friends. I doubt anyone has actually done this, so they're on the table.
 - **Assumption 2: The other person actually has friends.** Yeah, you see them hanging around other people, but most social contexts are recurring acquaintanceships, not genuine friendships. Your neighbors and co-workers may call you their "friend," but do you really relate with them the same way you did your roommate in college? Probably not. And that's probably also the case for the person you want to connect with.
 - **Assumption 3: The other person doesn't want YOU as their next friend.** If you're making this assumption, you need to go back to the sidebar and learn (1) that you're the prize, or if you're not, (2) how to become the prize.
 - **Assumption 4: It's hard to break in.** It's not. More on that to come.
 - **Assumption 5: That there's anything to "break in" on in the first place.** Are they putting up invisible fences? Again, this is something of a frame issue, so let's go there.
-

Your Frame/Their Frame

When my wife looks to make new friends, she asks herself what she could do to cause them to want to include her. This is how women think. They're naturally compelled to want to be in the frame of someone they desire to associate with. But you're a man (I hope). You should be inviting everyone else into your frame. This means that your method of winning friends isn't to suck up to them. It's to be someone they pander to be around.

Church folk are an easy example of this dynamic. The typical strategy for "plugging in" is simple: believe what everyone else believes, suck up to those in authority and praise whatever they say. If you do this, you become part of the crowd and make lots of acquaintances. But nobody actually wants to spend time with you or become closer friends.

On the other hand, have you ever noticed that the popular people are the most critical? They gossip about the secrets they hear and make fun of those around them. This is true even in congregations. Why does everyone gravitate to them? Because they're alpha enough to say what the betas wish they had the balls to. These people are fun. They run against the grain. Their controversial nature gets them attention, and that attention wins them friends, but also makes them enemies. They live in their own frame and it's alluring to everyone around.

Of course, you can live in your own frame and not be a slanderous gossip. This is my approach. Instead of running my mouth about how much better than everyone else I think I am, I actually strive to be the best man I think I can be. People respect that. At some point, they realize they want what I have (even if I have to invite them to have it with me, to get them there). This is what draws the crowd. Once the crowd amasses, I can pick and choose who I want to build closer relationships with.

Relationships and Networking

Now, there's a reason I've been talking most of this time about building authentic relationships. Yes, acquaintances are useful. This is the goal of **networking** - to build a vast array of people you are loosely connected to in the hope that one of those connections will one day become handy. There is a value to having a vast plethora of people who know your name in the community. I had that in my old community, and I'm working toward rebuilding that after having relocated less than a year ago. Acquaintances make you look good in public, but their utility is limited. I have set aside "networking" as a viable model for long-term success as a man, whether in my career, my neighborhood, in my spiritual pursuits, etc.

When you network, nobody has a vested interest in what you're doing unless it mutually benefits them. Most relationships aren't immediately mutually beneficial. I may meet a businessman who could refer me a case someday, but chances are that he'll recognize me in the grocery store, but won't remember me when his neighbor needs an attorney. Why not? Because he doesn't have a relationship with me. He's only thinking about me when I reach out to him or when he's personally in need.

Instead, 99% of my clients by referral come from people I've spent substantial time with. We've gotten to know each other personally. We've sat down for a meal or talked a dozen or two times, even if only briefly. I know the names of their kids. We make it a point to meet up regularly. These people have you on their mind. My closest friends refer me 2-5 new cases each year, and my more casual friends give me 1-2 cases a year. Even when I'm not around, they're thinking of me when the context comes up. [Funny story: the 1% was a client who was referred to me by an opposing party who was so impressed with my cross-examination of her that she told her friend to go to me instead of her own attorney.]

Lee Rosen used to run the #1 blog on the internet for law practice management. He coached a number of businesses beyond just law firms. I spoke with him by phone once and he told me his singular secret to building a successful career. Can you guess what it was? "Build your relationships, not your networks. Nurture people to think about you when you're gone, not merely to notice you when you're there."

Now, realistically you can't have deep relationships with everyone. You have to balance networking and building relationships to get the best of both worlds. In reality, networking is the first phase of building relationships. So let's go there.

PART 2: ACTION

Building Your Network

I wrote a post a couple years ago titled [Social Influence and Defying Context](#). Much of what I'd say here I've already said there, so no need to make this post longer than it already is. But let me clarify an easy way to build your social network.

- **Say hi to new people.** It's that simple. This is where it all starts. My favorites: on a jog, at the gym, in an elevator, grocery shopping, waiting in line. Just say hi. Even if you don't say anything after that, learn to get the conversation started. If possible, focus on people you know it's reasonably possible you'll see again.
- **Say hi again.** Again, basic stuff here.
- **Have a brief conversation.** This can be done simultaneously with one of the above, if the situation calls for it. What do you talk about? It doesn't matter. Talk about how awkward you are at starting random conversations, for all it matters. Preferably, talk about the aspect of your life for which you're trying to build a network. Just make sure you're smiling most of the time (unless they tell you their dad just died ... use some common sense, foo). You can have this conversation over coffee, or on the street where you met. It doesn't really matter, though more personal and focused environments are generally going to be more fruitful.
- **Exchange contact information, or learn how to locate them.** When I go running, I tend to learn where the people live who I say hi to. They remember me as that dad who pushes 3 kids in a jogging stroller for 5-8 miles at a time. "Hello" becomes "Hello again," which turns into, "Good to see you're still at it." Other times, I cut the conversation short and say, "I've enjoyed talking about this, but I've got to get going somewhere. Here's my number/e-mail. Let's finish our chat soon." If possible, get their info too, then leave. Once you have their info, by this point you've established enough of a foundation that it shouldn't be too awkward to contact them if you're in need.

That's about it for basic networking. Whenever you see these people again, they'll remember you and be primed for acquaintance-like conversations.

Building Your Friendships

After your network grows large enough, you'll start to get an idea of who you'd like to get to know better. It might be someone whose career aligns well with your career needs. It could be someone whose interests are similar to your own and you just want to have fun together. It could be someone you'd like to mentor so you can gain a sense of fulfillment in passing on what you've learned to someone else and sending them out into the world. Whatever your motive is, friendships are where the real value is at. Let's continue our path.

- **Follow up.** Remember that contact information you got? Start using it. While I encourage people to master the art of no-context conversations, this is a weird lull where it's better to create context so the other person feels comfortable with the foundation for follow up. "I remembered you said blank, and I'm doing blank, so I figured

I'd call and get your thoughts on this."

- **Invite, Mild.** Keep it light at first. Grab a meal or coffee together. The idea is to become comfortable hanging out in person. Once that comfort is established, the friendship itself IS the context for future conversations, so you don't need to manufacture context to keep things from becoming awkward for long.
- **Invite, Serious - "Going all the way."** Don't do this too soon. Rather than explain this one, **I'll just leave this clip.**
- **Shift the Dynamic.** Make yourself available and let them invite you. This only works once they're already convinced you're someone they want to be around.

Male v. Female Social Matrix

It's important to note that there are some key differences about how men and women engage with friends when they're in the "follow up" and "invite" phases. Hopefully by now you've become fluent with **The Female Social Matrix**. From this and what I've observed elsewhere, here are a few discrepancies I've seen in how men and women interact, which should help you learn how to build friendships with other men that actually help rather than drain you.

Women	Men
Crabs in a bucket	Encourage social ascent
Equality	Competition
Diss progress beyond the group dynamic	Spur on progress
Social niceties; pleasant demeanor	Ribbing, critiquing
Focused on the group	Focus on role within the group
Supporting conversation	Dominating conversation
Plausible deniability	Overt expression
Appearance of being wholesome	Raw, crude, and blunt
Being fair	Being efficient
Consensus/Democracy	Hierarchical Structure
Involvement	Achievement

Obviously there are going to be exceptions, and most of these will operate on a scale. This doesn't mean that men can't engage in social niceties or encourage equality; rather, it's to say that if there is a conflict between the two, or the opportunity for the male side is present, the man will engage in ribbing and competition instead. For example, a guy might prefer to look for a consensus/democratic solution before acting. But when it becomes apparent that no consensus will be reached, the women will keep trying to find one, but the man will say, "Enough is enough. We're doing this," and then do it.

You'll notice quickly that this dynamic isn't merely describing the difference between men and women, but also between feminized men and the masculine. I have found that even the most feminized men will respect the male social matrix when in the presence of the masculine. Accordingly, **my point here is not merely to explain the different social matrices to you, but to encourage you to socialize like a man. In doing so, you will teach other men how to be men, while simultaneously earning the social status afforded to the masculine in your social interactions.**

Ten Extra Tips

1. **Take Control of Your Social Life.** Even before social distancing, the world at large conditions people toward isolation and arm's-length interactions with others. Even the most extroverted people are unlikely to make much of an effort to build genuine friendships with you. If you want it, you make it happen. That's how it is with pretty much anything worth having. Yes, other people want friends too, but they're either too dumb or too socially conditioned to act on it.
2. **Ignore Context.** "Context" is the meta framework most people operate in, made up of the social norms they think they must follow in order to take certain actions. Those social norms are the very ones that ruin so many marriages and condition guys to be beta pussies, leading to higher divorce rates, children out of wedlock, etc. Do you really want to submit to the cultural forces that have created the societal chaos we have today? Plus, learning to defy context makes you more interesting to others and also fast-tracks your progress. See my previously linked post on defying social context.
3. **Embrace rejection.** About 7 months ago I wrote a post titled [Initiate Often, Confident Always](#). The premise is that rejection should not rattle your confidence - it should immunize you against further rejection and failure, making it easier the next time. I remember having to raise funds for a ministry job I once took. The first few rejections were tough to take. After several dozen more, I didn't care. It was much easier to raise funds after that - not merely because I could get to the "yes" people faster, but because my fearless charisma started giving some of the "no" people enough confidence in what I was doing that they came around.
4. **Master Asking Questions.** This is the most valuable skill you can ever learn. A decent conversationalist uses questions to keep a conversation going. A skilled conversationalist can use questions to engage in deep conversations on matters he's entirely ignorant. A master can use questions to persuade others to believe virtually anything, while thinking it was their own idea to believe it. I could do an entire post just on the art of asking questions.
5. **Be a Social Sculptor.** Many guys, especially those who run against the grain of culture, tell me, "I just don't want to be friends with the people I'm around. They're so liberal and weak and it's annoying." Right, unicorns don't exist. You think you're going to randomly bump into a red pill endorsed contributor out on the streets? It's not going to happen. Rather than looking for the perfect friend, create one. This is the same advice I give for relationships. In my experience, it's harder finding someone worth being friends with than it is to take someone I'm iffy about and influence them into becoming the kind of person I want as a friend.
6. **Negative to Positive.** Generally speaking, it's easiest to bond over shared disinterests. Many people have stronger negative reactions to what they don't like than they do positive reactions to what they do like. This creates an easy camaraderie up-front early in a relationship. Of course, focusing on the negative is unsustainable, as people don't like feeling negative all the time. Most people recognize their best friends as those with whom they shared overall positive experiences with. Even if the "positive experience" was something that landed them in trouble, they remember it fondly because of the fun they had in the process.
7. **Learn Cultural Distinctions.** Trying to engage with a hipster? Frat boy? Businessman? African American? There are so many cultural subsets that are misunderstood (or perhaps understood better than they want to admit). Knowing some of the unique ins and outs can go a long way.
8. **Tell It Straight, Unapologetic, Yet Tactfully.** Most people know I'm a Christian, so I'll use that as an example. Some people think it's impossible for biblical Christians to relate with certain communities, like homosexuals. This is dumb. I've had a number of homosexual friends. For a time, I danced around the issue, not wanting to upset them. That actually upset them even more because they knew I was treating them differently because of

their sexual orientation. They wanted me to talk to them the same way I would anyone else. So, we took it a step further. He'd start talking about making out with his boyfriend and I'd tease back, "Yeah, you'll have a lot of time to do that while you're burning in hell for eternity ;)" and they'd laugh. Once the rapport is there, and it's clear that the friendship exists through your disagreements, let the disagreements be a point of humorous distinction, not a point of division.

9. **Have Male Friends.** You can't learn how to be a man without being around other men. Even if the guys you know aren't the types of guys you want to emulate, you can influence them to become someone you're proud to be around - and then you can fuel each other on. I've done this many, many times. It's fun and rewarding.
10. **Have Female Friends.** Society will tell you that a married man should not be good friends with a woman other than his wife. This is somewhat absurd. Can guys and girls actually be "just friends"? Probably not. So what? Does that mean you're going to start unzipping your pants every time you're around one of your female "friends"? Is your self-discipline really so low? The social convention on this makes sense if you're a weak man who can't control his own dick - and if that's you, and you don't want to blow up your marriage, then follow it. But if you know how to keep your pants on, you'd be a fool not to take advantage of the power that women have usurped in society by building relationships with them. It's seriously idiotic to cut off half of the population from your life just because your wife might not like it. Besides, chances are she actually does like it more than she's willing to admit to herself. Dread. Preselection. Mystery. Got it now?

53

UPVOTES

Sabotaging the deal at the end

HornsOfApathy · 16 December 2021 · Archived copy · Reddit

I'm sitting in an airport lobby right now, where I just got out of a meeting codenamed "Project Landwhale". I'm tasked to do due-diligence on a \$100M+ company acquisition, that I will integrate into my business unit afterwards - and it's a company that previously tried to poach me back in 2015 post VC funding but they wasted my time and it died on the vine. The leadership was full of fat assholes.

And here I sit wondering if I should just play along with these guys next week when I meet them in person and for the next 60 days, just to ultimately nuke the deal on day 59 without my recommendation and a scathing report not to proceed. Maybe I will, maybe I won't.

My point is - I pretty much have all the power right now in my mind, but the truth of the matter is that they're a pretty attractive company to buy that will help me get my shit off the ground here much quicker. So, maybe if they suck my dick a little bit I'll buy them.

See, when you get to the endgame in MRP there are plenty of options. But after I've been at this long enough I see that most men - when they're attractive, have passed through all the seeking sex for validation stages, and have a sustained, congruent mindset.... they encounter sabotage from their wives.

Sometimes it is a test. Sometimes these women really are just testing to see if you're truly outcome independent (as your final lesson) and if you're really the man you say you are who is willing to walk or stay. And mostly, these tests are congruence tests - you pass them and life goes on. Except this one.

But some women will nuclear sabotage the relationship in order to protect their ego - simply because of two reasons:

- 1) You don't like her, and she knows this.
- 2) To protect their ego so they don't have to accept the fact that she isn't good enough for you. Because sometimes it's just too hard to face themselves and their need to improve. They simply are not willing to accept the swallowing of their own redpill.

But for those women who are willing to swallow their own redpill, and buck against societal standards, social media, their friends, and more importantly the mindset of princess feminism - and everyone telling them their entire lives that *they are the prize*, well, they need to buck that mindset and discover that their world isn't what they really thought it was.

Because now, they're with a high value man, and they'll do anything to be with him.

And what you guys need to understand is they have NO IDEA how to be with a man like that. They certainly didn't marry that, and so they go batshit crazy.

And dudes, this is where liking your wife gets really important. Because I've seen men here that don't like their wives spin their wheels in this stage for a long time, constantly going Rambo just to get some retard revenge fantasy fulfilled - and that makes them like the TRP retards we all know. Fucking *over* women instead of just fucking them.

A woman will always pick a HVM over anything, even their own *children*. This I have also seen here with [/u/red-sfpplus](#) - who's fitchick was kicked out of his house because of her kids... and then months later she's dropping the kids off with their father, washing her hands, and begging to come back into his life full-time. You can't make this

shit up.

My point to all of this is that right now, as I sit here willing to nuke the deal after playing along (like your wife) it's my ego that's stopping me from taking something that will proceed to further my career. So will I make the deal? Probably. Because that's best for me if I'm willing to swallow that pill.

And that's what you dudes have the choice to do when you get to this point in your journey with a woman you like. You can choose her, but you're going to need to have her take her own redpill. She's going to need to anyways, she's not in the drivers seat anymore. You are. And you'll need to have patience to lead her through that if you want to.

That's the choice I made with my woman, but it's just one possibility of endgame.

But I promise you I wouldn't be sitting here today with my woman at home, ready to greet me on her knees, with a perfectly made Old Fashioned in hand serving me when I get home, and one that I especially like. Because she's not a bad deal.

But if it all goes tits up - OK. Cost of doing business.

Strength, motherfuckers.

52

UPVOTES

3-2-1. Counting. Success or Failure?

johnneyapocalypse · 21 November 2018 · Archived copy · Reddit

God damn, god damn, god damn. That's from a movie. I forget which one, but it's apropos.

In three months, three mother-fucking-months, I get the news... the news I've been anticipating... the news I've been expecting... the news I am willing into existence... the news I have been waiting for with baited breath... the news that few other than **rulezerodad** can appreciate: the news that I am cured.

8 mother-fucking years of hell. 8, mother-fucker, 8.

2 god-damn-mother-fucking years of something-worse-than-hell. 2 worse than hell.

Fuck. That.

And the news may/might/could (1) come to be, (2) bear fruit, (3) be my new reality, (4) change my life yet again, this time for the better... or it (5) may suck.

I choose to believe... to know... to feel in every atom of every cell of my body that it will be good. Damn.

Damn. Damn. Damn.

It's intense but it's my reality. Just like you have your own reality. And your reality is not - not - always good.

I know you all **don't care**, but I care.

- My kids care.
- My wife cares.
- My family cares.

My employees - numbering a lot - well - the overwhelming majority care only so far as it relates to their own paychecks and nothing more. A handful might actually care.

- But Jesus, dudes, and very important: I care.

I check in every six months or so to provide a progress report. Not to those (cool) dudes I've been hanging with here for three years or so (and there are a lot), but, instead, to the new dudes, the dudes who are (1) lost, the dudes who are (2) bumming, the new dudes who are (3) flailing and don't know what to do.

I, weirdly, do kinda care.

Lately the new dudes here seem like first-class homos... but I won't let that get me down. I don't want to digress.

To the rest of you... know this:

I stumbled upon this dumbass place not understanding why my wife was seemingly disinterested, not understanding why my money didn't buy me happiness, not understanding why my marriage, well, sucked.

Why? Why? Why?

Lots of dudes, two in particular - **stoney** and **steel** - but don't let me get sentimental and gay - they helped me see the error of my ways and helped me stop acting like a helpless fucking victim - there are plenty of those in the world by the way, hence why your shtick doesn't work here - and instead, why it forces you to act like a man - a man on a mission - a mission of god (per blues brothers not bible) - a mission that was my mission - my family's mission -

and, whether she likes it or fucking not, my wife's mission.

- God damn.
- God damn.
- God damn.

Jesus, bros. Your problems are probably - in terms of probability - much, much less challenging than my own. After all, I can't very well get my wife to blow me better or give me a rim job if I'm dead.

Yet I've gotten through it. Butch up faggots - and heroin addicts alike - of which there are quite a few of late - and especially fairies-feeling-neglected by the RP quarantine - butch the fuck up...

Keep it in perspective and know this:

- I now have a six-pack. Thanks MRP.
- I now know stoicism. Thanks MRP.
- I now have (great) sex. Even (better) sex. Actually, (amazing) sex with my wife.
- This same wife - who never blew me (if you're in need of details) - now seeks me out to blow me often.

Results, mother-fuckers, results.

Perhaps more importantly, I can now deal with crazy, crazy circumstances that are about as insane and awful as they get. And I can survive. And I can thrive. And I can win, mother-fuckers, I can win.

I will win.

And so, too, will you.

52

UPVOTES

Male Authority – Be a "Man"

Rollo-Tomassi · 14 November 2018 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2018/11/13/male-authority-be-a-man/>

Excerpt:

How women and a feminine-primary social order control men by reserving the title of “manhood” for men who comply with female primacy.

In the Manosphere we often discuss the dynamic of men holding the burden of 100% responsibility yet are conferred 0% authority when it comes to intersexual relationships. This didn’t used to be the case. There was a kind of default authority imbued in men that was part of simply being a male under the old social contract. A lot of western societies still presumes this is the case in fact. It’s one reason popular culture presumes such a thing as ‘male privilege’ exists today. They may even have a case with respect to the Old Set of Books; being a “man” inferred that a male had some degree of power, authority and decision making capacity over the course his life would take, as well as the lives of any women or children or extended family members who were dependent upon him being a “man”.

Responsibility is what defines men to this day, but the utility in this being hammered home into the psyches of men has become something the Feminine Imperative has found very useful in consolidating power in the hands of women. We’re ceaselessly told that responsibility is something men need to assume, but under the old set of books the incentive for a man assuming that responsibility came with a commensurate portion of authority (power). That was what used to earn a man the title of “manhood”; men were expected to possess the competency to produce surplus resources, enough to ensure the security and survival of his immediate and extended family, and then his tribe, his clan, his nation, etc. We still call this “being a productive member of society”, but now the incentives of a default authority that made assuming that responsibility a reasonable exchange have been stripped away along with all the grounding that a family name or tribal identity used to mean to men. In their place is all the same expectation of responsibility, but not even the pretense of male authority that stems from it.

52

UPVOTES

Give Her the Opportunity to Provide Value

JoATMoN9 · 25 July 2018 · Archived copy · Reddit

Subtitled: Controlling the Finances

Are you a captain, or a dictator? What happens if you start a task, and then someone comes along and instructs you to do that task? Or worse, what if you are never allowed to do a task of your own will...but are told to do everything you do? What does that do to your motivation to do that task?

I recently compiled a list of motivators, or why I do things. From most motivating to least:

- 1) Because I want to - I will do anything if it internally moves me. To find joy through doing is the biggest motivator.
- 2) If it's worth it - I'll shovel shit all day if you pay me enough. Payment includes value, not just money.
- 3) Gratification - Though not internal, I derive some joy by providing value. I can't live on gratification, but it does give positive feedback.
- 4) To save face - because I hate failure.

Take away the motivators, or only allow the bottom of the barrel motivators, and you're going to build resentment. I've often said I want my wife to do things because she *wants* to do them...not because I tell her to. And a classic line is: "You cannot negotiate desire." And this includes the desire to provide value.

But you'll hear often the advice to remove time and attention, or even reward good behavior. These are things you should do. But if you take them literally...you are doing them *for her*. Instead, you remove time and attention because the value provided by something else exceeds the value **you** get from your wife at that time. You reward good behavior to set the bar of your expectations in life **for you**. And that's the bottom line of frame: Set the bar for your life. Anything that meets it gets a value exchange. Anything that doesn't is discarded. Value leeching friends, a cunt of a wife, a shitty job, all of it.

But back to to motivators. You could command the bar be met. But more often than not, commands won't drive people to please you. Look at the first two again...they are internally driven. Looks at the last two...they are externally driven. If you can foster an environment where providing value to you checks one of the first two motivators, you will have better and happier compliance.

Case Study: Controlling the Finances

One of the boxes to check "to be RP" seems to be to control the finances. Much to my disadvantage because nearly everything that comes out of my mouth is sarcastic, words online are often taken literally. So here's a rewrite of this idea. Be the final authority on the finances.

I used to have absolute control of the money. All the money came in to a joint bank account, but not a dime came out unless I allowed it. I allowed an allowance each month of equal amount...even though i made significantly more. This meant i was funding *her* money to play with. Anything extra went to the family fund unless I allowed some to go to the monthly allowance.

For reasons with a long explanation...one day I said "fuck it, you handle your shit, I'll handle mine, separate accounts, and 50/50 on all house/child expenses. And if you can't keep your finances in line, for my protection, we're done." It was basically a financial divorce. And it turned out to be one of the best things I ever did.

My first mate is an adult. She should be able to handle her money. I give her the freedom to buy, save, and spend her money. She worked part time before because that's all she needed to. But now works more hours and reaps the rewards of those hours with paychecks nearing mine in some cases. Not only does this give her the dopamine rush of a larger paycheck...but guess what nearly even paychecks means if we do divorce.

In addition...I can save now and invest, I can go in on business deals, or I can blow my money as my heart desires.

At the end of the day...she comes to me if there's a big decision like changing jobs, buying large items, if there's an expense involving the kids, or if guidance is needed. Before I denied her the ability to provide that value because she didn't have a choice. Now she has a choice to provide that value, or not. And if not, we both know the outcome.

Yes I know her debt is still my debt. My funds are still her funds. But held separately, we cannot touch each others. And it's like the stock market...it's unrealized until you pull out. That's the risk involved. Don't like the risk? Then cut your losses and pull out now.

That case study was my original post. But I see it expands into this whole idea. How was I giving her the ability to motivate herself before? How was I giving her the ability to provide value before? The value that you want is the value that comes freely from a **choice**.

If you could autistic-ly schedule sex as many times a week as you want, and she agreed to scheduled starfish sex, would you be happy? Not really. May as well go masturbate, or buy a hooker. Because the joy comes from the decision to provide value. The value to you is enthusiastic sex. The value to her is enthusiastic sex with a mate she wants to keep. It's a freely given value trade for individually motivated reasons.

Getting in shape, eating right, hobbies, a clean house, sex, money, success, all these will thrive under internal motivation.

The bottom line is: To build an environment where that internal motivation can thrive. And that environment always involves the opportunity for the choice to provide it. That choice is sometimes motivated by aversion to the choice not to provide it. Removing your time and attention, while for you, also influences her actions. Because she values the value trade of time and attention. For her, it's worth it (motivator 2). Become the best version of yourself for you. But it also motivates her to want to keep you around because she likes being with a high value male (motivator 1). Doing these things checks the block of internal motivation for both of you. At the end of the day though, it's still a choice. She can choose not to. That's fine. And you can choose to find value elsewhere.

52

UPVOTES

Five things you can do right fucking now to increase your alpha and begin to tip the balance of power in your favor.

hashtag6zer0s · 27 December 2017 · Archived copy · Reddit

1. Never ever apologize. Ever. You will fuck this up and say "I'm sorry" from time to time. Those fuckups are the actual allowable number of times you should apologize.
2. Make time each day, preferably when you're in the house together, to do something productive just for you (e.g. I go to the garage and lift or go to the basement and clean my guns). Don't allow yourself to be disturbed while doing said activity. Make this time sacred...don't let her disrupt it (she'll try...tell her, "Not now...let's talk when I'm done here.")
3. Never let her mood dictate yours. Ever. Maintain your frame and be unshakeable. Never let her realize that her mood can sway you.
4. Adhere to the 3:2 ratio in all aspects of communication. If she sends you a text and you must respond, make it shorter than hers. For every 3 texts/emails she sends you, send her 2. And make them 1/3 shorter.
5. Always end a phone call first; You do the wrapping up and the, "well, I gotta go" sheal, not her. And when it comes to texts or email exchanges, make your goal to never be the last one hanging. Let her be the last to email or text without you responding.

52

UPVOTES

Nagging Wife

Flagfootball99 · 20 October 2017 · Archived copy · Reddit

2 year anniversary discovering MRP. All i can say is thank you. This stuff works.. At the height of my beta sexless days, my wife turned into a nagging , harpy bitch.. I could NEVER do anything right. Well, it's all turned around now. I never get that bitch anymore, i get cute now.

If i could go back and write me a letter when i first got married, this is what i would write..

Sometimes you need to go back and review the basics. Keep it simple guys:

Your wife cannot be attracted to you if you let her walk all over and talk down to you. She needs to know that she can't boss you around. She cannot be attracted to or respect someone who she can talk to this way. Your wife is constantly complaining because she feels she has to be the responsible person in the relationship. It's a classic response from a woman who is resentful. If she is constantly nagging you, she is not attracted to you. She is feeling hurt, not anger, she is basically saying "prove to me you are the man who can protect me".

The female selection algorithm assures that Alpha men get more pussy than "nice guys". Women desperately need a strong alpha - warrior thug- so their offspring can have comfort and security. She will test you to see if you're the stronger partner and if you're still in charge. She will reflect and calibrate up to the same level of energy you are bringing to the relationship. Women are wired to be attracted to dominance and leadership. Women are attracted to "Jerks". Tap into some of these qualities. Doing chores do not make you attractive. Do the dam chores because you are a man and it needs to get done. Male power and intensity is desired by women.

If she rejects you, it's a direct reflection of the level of attractiveness she feels towards you at the moment. It's your own fault. Did you stroke her Responsive Desire or create any sexual tension today? If she is not attracted to a man, she will hate/despise/recoil from any sexual comments or jokes from him. However, a man she finds attractive who "always thinks about sex" is "cute", Become attractive and you will get "cute". The more Dominance you show, the more attractive you will be to her. Take Pride in your own perversity. Own it. Your sexuality has value.

Sexual tension = the most powerful tool in your arsenal. – stroke her responsive desire. Throughout the day. Stop asking her what she wants, and start telling her what to do. Issue commands. You are in charge. For fucks sake, give her little dopamine hits every day or she will go seek it out somewhere else (CHAD, mindless hours of facebook scrolling, or expensive kitchen upgrades, etc). Show her some fun and excitement, if you don't provide these, who will then? Some other dude and she will find him attractive. She needs to realize each day that a man lives with her who wants to fuck her. That's your pussy. You own that pussy. The more Dominance you show, the more attractive you will be to her. Better give her some male dominate energy, or she will be attracted to a man who does.

When she asks why "is it always about sex"? : Just AA and say one of the following with Ass Slap and walk away:

1. What part of husband don't you understand?? (Asshole grin on face).
2. Unzip... Yep!, still a man
3. Your ass makes it so hard not to think about it.
4. I don't just think about sex, also think about BJs and anal.

It should be normal for a wife to want to please her husband. Marriage is a sexual relationship, otherwise, what's the point? You will see improvements in the bedroom only after you have fixed the other things in your life. Your plan is to up your Sex Rank by improving your body and your Alpha and Beta skill sets in order to purposely destabilize your relationship with your wife by trumping her Sex Rank. Once you recognize you have sexual options, she'll recognize you have sexual options. She'll change her game up when your SMV comes up, and she won't even know she's doing it.

You have to remove your neediness based validation. Your wife will eventually realize that she only has one thing to fall back on or one real value that she provides... guess what that is? So she uses it. Sex ensues. Everybody is happy as a result.

52

UPVOTES

Traditions Will Set You Free

TheFamilyAlpha · 11 August 2017 · Archived copy · Reddit

This is part six of a seven part series.

I ran this series on the blog and intentionally did not cross-post to Reddit as I felt these piece's are based primarily on *my* views more-so than what I feel will benefit others.

Basically, I wrote about my kids, wife, money, etc.

This post in-particular is one I feel will benefit the men here. I've included the links to the other writings.

The Order:

1. **Son** Where I talk about my little man and how he recently got into his first real fight and how I handled that.
2. **Daughter** A piece for my daughter, the little woman who has captured my heart.
3. **Wife** My wife is the balance to my masculine, I felt the need to write about that.
4. **Finances** I share my financial approach/strategy and offer some ways you can help unfuck your own.
5. **Home** We spend a significant amount of time in our homes, we need to ensure they represent who we are and not *what society has told us we should be*.
6. Tradition
7. **Country** I'm a nationalist, I'm proud of my country, and I think that the best way to raise the standard of America is by being better citizens.

Traditions Will Set You Free

As men, we're part of a long line of survivors. Respect those who came before you.

Traditional Beginnings

Following your biological programming is the only means to optimal living. What is meant by 'optimal' is the type of life which you enjoy during and look back upon without regret.

In the past men and women followed their programming. This created what is now being called '**Trad Life**'. Our ancestors followed their mission and fell into what are now considered the '*Traditional Roles*' for men and women.

In these roles we found our greatest strengths being displayed and because of this our pride and joy poured forth with ease. Men and women looked back on their youth and beamed with pride at having given it their all and while they may have hit some deep valleys along with those mountain peaks, they lived genuinely.

Like Sinatra said, "*they did it their way*" and they did it with all they had.

The masculine and feminine mentality and set of behaviors were around well before our weak society decided they were obsolete.

When you strip away each layer of lies that **you've painted to cover your true self** you'll see that there is a raw 'self' which is dying to get out.

When you stop repressing who it is you are as a man and instead allow that 'self' to surface, it will initially be so overpowering you feel that you are going to punch through a wall, cry, and ultimately die.

What are you passing on to your children? What will your legacy be?

That's how powerful our spiritual side is. That's the 'self' traditional living allows us to share.

When we break the mold society has forced us into we're able to experience the world on our terms and often times that means disregarding entirely the comforts which modern society has told us we absolutely need.

Trad Life in Modern Society

More and more people find themselves desperate for a sense of purpose and meaning.

This is a direct result of the comforts technology has provided us as well as the narrative society has spun and tried to program into our minds.

Through suffering we find purpose.

Men and women are unplugging and detoxing from the poison modern society has injected into their minds. They are stepping away from the screens and instead of shopping malls and electronics, they're going into their backyard and choosing to experience the world.

When is the last time you truly appreciated a breeze?

The color of flowers?

The age and beauty of trees?

In an attempt to keep our sense of purpose and satisfaction in life we are shunning technological advances in favor of inferior *yet more satisfying* products and activities.

- Hunters will use re-curve or long bows as opposed to compound.
- Wives will cook from scratch as opposed to 'ready in 5 minute' meals.
- Men will rebuild what is broken as opposed to choosing to 'just buying another one'.
- Women will defer to their man and support him vs being an '**independent woman who don't need no man**'.
- Men will listen to their woman instead of viewing her as an incompetent idiot who is just tagging along.

There are a myriad of examples which can be given, but the universal truth between each piece of evidence in favor of trad living being presented is that it comes from **authentic living**.

When we think, act, and live in accordance with who we are on the inside, the greater our level of joy and living will be.

The software that society is programming and the support of the female imperative over the male has led to men repressing who they are and women absolutely depleting themselves of the essence which would otherwise fill them with the greatest pride and happiness.

We have to choose to take back our lives and the manner in which we live out our days. You can sit there and scroll for hours, or *you can go outside and live*.

Place your children in front of a screen *or teach them to garden*.

You can be overly critical with your spouse, or you can learn to love again. Men are men and women are women, there should be no discussion on what that means or whether it is an 'outdated' style of thinking.

Tradition is timeless

Read the entire post on the Blog: <https://thefamilyalpha.com/2017/07/15/traditions-will-set-you-free/>

For more personal interactions: <https://twitter.com/TheFamilyAlpha>

52

UPVOTES

The Red pill is training wheels for betas

88Will88 · 21 July 2017 · Archived copy · Reddit

When my daughter was 4, I bought her a bike with training wheels on it. Red pill subs are a lot like the training wheels on my daughter's bike, they are basically a set of acronyms to help hopeless betas to learn to think, act and walk like a man. We use acronyms like training wheels, wooden swords and floaties so that you can change your weak, feminine and pathetic behaviours into stronger, masculine, dominant behaviours. Acronyms like AF:BB, OI, AWALT, A&A, STFU, CC, AMOG, SJW, MRA, MGTOW, GLO, IDGAF, SL 5x5, SMV, HB are basically cheat codes/ basics about gender dynamics to allow betas to begin learning how not to be totally retarded bitches that women rightfully consider repulsive. They are largely a legacy of the PUA movement from which TRP grew. These acronyms and rules have been codified so that our members can learn to get laid, spin plates, or get their cunt of a wife to fuck them.

Red pill subs (among other things) are a school where you can learn to be more alpha. Just like learning the alphabet and the times tables, we keep it basic. The fundamentals are all there on the sidebar. We have posts by vanguards, mods, approved, senior and endorsed contributors which deal out wisdom from the full spectrum of basic ideas, right up to extremely advanced posts such as the outstanding post on how to manage your bitches by u/humansockpuppet (most of you need not even read that post because you are not managing one bitch, let alone several). You will not get anything out of the advanced posts until you master the basics. You will certainly get fuck all (except hopefully a long ass ban) out of arguing with Endorsed contributors or other members until you master these concepts. It is important to remember that the basic teachings really are like training wheels. Do not try and apply these things like they are absolute truths, they are teaching devices and they are there so that you can discard them one day. After all how important is AF:BB to you if you are in excellent shape and getting laid whenever you want? Why would anyone need to act as if they have "abundance mentality" when they have genuine abundance? Why do you need to learn game if you get approached a lot and your online dating inbox is full of messages from hotties?

What you want is to be able to forget all of these baby steps and be able to act like a man naturally, without having to remember acronyms, maintaining eye contact and the best ways to deal with shit tests. Your goal is to be able to forget the rules, not commit them to memory and think about them day and night. You get to take off your training wheels when you can ride well and then hopefully go on to win a race against your peers. Best way to get there is to practice. Don't talk about what your goals are, take steps to achieve your goals. Don't read too much about how to approach, get out there and approach. Stop overthinking red pill concepts and treating them like a religion, it is training wheels for hapless betas, not a dogmatic code to engage in keyboard warrior style battles. So for those of you that want to get upvotes, or get endorsed, or get favourable comments from members - how about you remember the real goal of red pill awareness. That is to see things as they are, act like a man, live a happy life, achieve your mission, and get laid on the regular - in other words TO TAKE OFF THE TRAINING WHEELS. Any other goals are just masturbation.

52

UPVOTES

Men, Woman, Children, and Dogs - Why I Treat My Wife Like Man's Best Friend - Part 1

valvadi · 28 June 2017 · Archived copy · Reddit

Part 1 discusses how I treat my wife and why. Part 2 discusses the hierarchy and why it should be different when dealing with plates v. ltr/marriage.

Here at TRP/MRP we have a saying: "Men love women, women love children, and children love dogs" (or puppies, depending on who you hear it from.) This adage exemplifies a core belief of the Red Pilled Man - generally, love flows downhill while respect flows uphill. The love I show my woman, my child, and my dog, will never be reciprocated back to me in the same way that I love them. However, the respect I earn from my woman, my child, and my dog, will never be reciprocated back to them, unless they earn it from me. The oft used phrase assumes a hierarchy with man at the top, women below occupying the first-mate role, children further down, and dogs occupying the bottom. It is this assumed hierarchy I wish to discuss in these posts.

The inspiration came from an observation I made when dealing with my wife. A recent change in schedule resulted in her arriving home from work earlier than I do. The last couple of months my 70 lb mutt greets me at the door, tail wagging, jumping, barking, etc. - this is the norm, he does this everyday. My wife, on the other hand, while glad to see me home, did not offer the same enthusiasm at my return as my faithful canine. Sometimes she stood up from the couch to kiss me, sometimes she was in the kitchen, sometimes she sat there and said the stereotypical "Hi honey, glad you're home."

My reaction to my dog is similar in kind to his greeting of me. I eagerly pet him and let him jump on me. Then I calm him down and offer him some love because I left him alone for most of the day. My reaction to my wife mirrors her greeting as well. It is usually a quick kiss on the lips, a quick hug, and a quick smack on the ass as I go to change out of my suit. It is noticeably subdued compared to my dog. After a few weeks of these greetings my wife tests. "Honey, do you love the dog more than you love me?", "You always have such a loving greeting for him as soon as you walk in the door! I just get a peck, a hug, and a smack!" Some of us view this as a shit test while others view it as a comfort test. Whatever type of test it was the response should be the same. Agree and amplify verbally while escalating physically. Typically something along these lines: "Of course I love him more! Look at him, he's a stud and gets all the bitches, but he doesn't have your ass!", as I grab her, slap her ass and plant a huge and enthusiastic kiss on her lips. This quelled the questioning (and led to some good sex) but didn't actually solve the problem. She didn't change her daily greeting.

So I changed.

Another core tenet of TRP is that women are children. But in my case, I have no children, and her complaint revolved around my treatment of her when compared to my treatment of my dog. I pondered "what if when I get home, I greet her as I greet man's best friend?" The next day I did exactly that. After greeting my dog with the usual enthusiasm I immediately went to her and greeted her *in the exact same way, using nearly the exact same words, with the exact same tone*. Obviously I changed the names and gender pronouns to the feminine, but I was astounded at the immediate improvement in her response to my homecoming. This upbeat, enthusiastic, even juvenile greeting completely brought her into my frame, lifted her spirit, and helped provide for an exciting, fun, and sexual night. With each successive day her mood and spirits improved. After a week she now opened the door as I pulled into the driveway and she and the dog both came to greet me before I even entered the house. Currently, I get a mix of her meeting me at the door with enthusiastic kisses, coming to meet me in the driveway, having dinner waiting for me, and occasionally laying scantily clothed on my bed.

Why did this change happen? Why did my wife respond better to being treated like my dog as opposed to being treated like a grown human being? The simple answer is Feelz before Reelz. A more in-depth analysis reveals that my wife did not want to be treated like my intellectual peer. Telling her I was glad to see her and offering her a token kiss did nothing to satisfy her emotional needs. Yes, I verbalized my feelings but she did not want to be told.

She wanted to feel that I love her. She wanted to be treated in a way that gave her a physical and emotional experience. Xtreme's *More than Words* comes to mind. Greeting her in the same way that I greet my dog was more fun, more playful, and more emotional. It allowed her to be caught in the moment and caught in my frame. As a consequence of now being in my playful frame, she was more willing to follow my lead for the rest of the evening. Whether I wanted to go fuck or go to my workshop to work on my business, my wife was more than willing to follow my lead. Why? Because her emotional needs were met. Now I have to admit, I treat my dog more like a young human than a canine. So I guess our tenet of "treat women like children" still holds true. But that wouldn't make for such a catchy title. I have extended this principle to nearly every other area of interaction with my wife with similar success, and oddly, I don't think she has caught on to the fact that I am treating her like the dog. She enjoys the enthusiasm, the playfulness, and the emotion of our interactions.

Part 2 will be forthcoming and will discuss the difference in hierarchy and treatment: Men -> women -> children -> dogs/puppies (1st mate thinking) v. Men -> women, children, dogs/puppies (treat them all like children thinking) And how to mix both.

Lift, Lead, DGAF

-Val

Coming up on my 3 year anniversary of finding this place and wanted to start giving back. Thank you to everyone in this community. Went from begging for sex on my 10 year wedding anniversary & then crying about it to her—lowest point of my life- to her telling me that her “pussy is all mine” on my 11th anniversary as I’m choking her doggie style... Mmslp/mrp completely changed my life around. Thank you. Just read the, “The Art of Learning: An Inner Journey to Optimal Performance” by Josh Waitzkin. Unbelievable book. He is the child chess prodigy the movie “Searching for Bobby Fisher” is all about. In one section, he talks about the difficulty he faced as he was trying to write his first “How To” chess book. Even after being a chess prodigy from an early age to still a high ranked grandmaster today, he had trouble explaining basic chess principles in his book...and it wasn’t even designed to be advanced. The problem, as he explains, was that he internalized 30 years of chess theory and tactics and it was extremely hard to sit down and actually write them all out on paper. He had internalized it all and doesn’t even have to think on that level anymore during a game. He is the game. It’s natural.

I was just cleaning out my office desk at work and found an old “How TO” list I made when I first was learning about the Red Pill from MMSLP from 2 ½ years ago. – and I made a connection with what Josh was explaining in his book. When I first started to learn the sidebar, being engineer by trade and knowing nothing about GAME, I actually carried around an index card in my wallet to remind me how to act when I got home from work. I was extremely Beta in a AAAAF marriage. No clue. Before entering the front door, I would read over it: 1) 10-sec kiss, 2) If I see her in the hallway, pin her against wall for a kiss and move on, 3) Ass slap in kitchen if the positioning is right, 4) Try to flirt with her, 5) If she starts complaining about the towel I left on the bathroom floor this morning, just FOG her to see if it works... 5) pick her up like a child and carry her to the sofa and then move on.. etc.. pathetic, I know. Looking back. For the next year probably I just added to the list more of the abstract teachings.. 1) She wants to Feelz...give it her, don’t be so logical 2) She’s not yours. Only your turn.. etc... I guess sometime during the second year I didn’t need to carry the list anymore, it all just become part of me. I no longer need the list. I internalized it all ! The side bar is part of me now, completely internalized. 3 years of doing this and It’s automatic. If I tried to sit down and write a book about everything I learned, it will be extremely difficult.

Lessons Learned:

- Make a list of tactics and principles and work on internalizing it.
- Even after you internalize it, don’t forget to occasionally go back over the tactics and principles (index card) to remind yourself of the foundation. I just found an old gem on my index card that I haven’t used in a long time. So I literally just texted her with “So fucking horny right now...(which I am)... be ready to go under the covers with no panties on when I get home...” She loved it! Some fun & flirty text exchanges after that.. The beta version of me would have NEVER texted that. I would have been texting about the status of the relationship while getting mauled by her. That kind of exchange would have NEVER happened. She would have shammed me for even trying to be sexual.
- Keep practicing & don’t give up. At first, all of this seemed so foreign to me. Sometimes in the beginning, I felt like I was just “acting” off of a script. I had some low points asking myself “is all this necessary to get my wife to fuck me?” She should want to automatically...Ha. “Why do I need to do all this stuff, it’s tiring..” When you internalize all of it and it becomes part of the new you, you realize that you are doing “all of this” for YOURSELF, not her. Acting “like this” makes me happy. When I see her dance in the kitchen every so often for no apparent reason, like this morning, and she says “I don’t know why I’m happy..but just am!”.. I have to remind myself that I certainly know why she’s happy. She now has a husband “Who just gets it”. She wants you to just get it. Get

52

UPVOTES

HOW TO PREPARE YOUR BODY AND MIND FOR IMMINENT VIOLENCE

TheFamilyAlpha · 24 May 2017 · Archived copy · Reddit

I wrote this as a guest post on TheDarkTriadMan.com back in February, in light of the recent attacks, I felt it was necessary to get it out into the community.

Be the master of your own death.

This was the third & final post of my 3 part guest post series.

In the first, **Words of War** I shared the beginning of www.TheFamilyAlpha.com and exposed the battle which is being waged over the minds of men.

In the second essay **How to Roar Primal Fury of Family Honor in the Dark World** we covered how honor, primality and lineage intersect, while calling our brethren to find their shields bearing their family crests *and to raise their banners in preparation for battle.*

In this essay we discuss what happens when the meat meets the meat: **raw destructive physical violence.**

At this point in the series you should **see** the battlefield with the corpses of your slain brethren. You should **hear** the call from those who actively resist the powers targeting masculinity, choosing to accept harassment and targeting for physical attack over submission and conformity.

It is now time for you to **feel** that primal rage which exists in every man. That immense pressure which instantly builds inside every muscle fiber when you are called upon to deliver destruction to the life of another.

It is not a matter of *if* your masculine aggression, strength, and power will be called upon, but rather *when*.

Mental preparation for imminent violence.

In our day and age it is common for men to daydream about what they would do if placed in a life or death situation. We have movies, television shows and video games which place us in the hot seat where we're watching the action unfold and critiquing the decisions made by the individual while playing the "*If that was me, I would*" game.

Men dream of the defining moment where:

- They're the sniper who has to make the shot...
- They're the boxer who has to win the fight...
- They're the soldier who has to rise while all others fall...
- They're the hero...

They look upon these forms of entertainment and blur them with real life.

You see, modern society in the West has made men so comfortable that they no longer fear physical violence. Most have been so far removed from any dangerous environment that now the most minor of inconveniences is cause for unbearable strife and anguish.

These men who believe that they could "*take out the bad guy*" are perturbed when they have to ask someone to get out of their way when walking around a store.

Most men would rather go the long way vice saying, "*Excuse me, could I slide by you?*" because their mind is conditioned to avoid all possible confrontation.

It is here that we shall begin the preparation for battle.

If you look at the most highly trained warriors in our society, you'll find that they are nothing more than men who have trained their bodies for combat and that they're more in tune with their surroundings than most.

The fastest way to win a battle is to avoid it.

While it sounds like you'd need a superpower, step back and understand what it is I'm saying and how avoidance is the best tactic.

You know when things start heating up in groups; very rarely do fights occur out of the blue. Usually there is a period of escalation which then boils over to the point where the smallest spark can ignite the entire place.

Watch for the signs.

Train your mind to read body language, to hear what people mean versus what they're saying, and most importantly keep your head on a swivel. Train yourself to find exits, to keep a tally of the type of people who are around you, and immediate action items.

An immediate action item is one of the games I play with my wife and kids.

Remember, you are responsible for yourself as well as the lives whom you are leading.

Their training and preparation is your responsibility.

The game goes like this:

My wife and I are on a date. Not every time, but randomly while we're out, I'll say: "*All right, the kitchen caught on fire and flames are blowing out the doors and people are panicking. What do we do?*"

If she takes more than two seconds to respond I'll intensify the questioning to get her mind to make decisions in a stressful environment, which more accurately simulates how the mind works when shit really does hit the fan.

Recently I asked her what she would do if there were protesters blocking the street.

Her immediate response was **see them and turn around before getting too close**

Good girl.

I then changed the game and told her she couldn't turn around and they were close.

She said she'd *lock the doors*.

Dead.

I then went on to explain to her what could happen if she allowed them to swarm her Jeep.

Now she knows to keep the wheels moving. And while she may slow down, she stays above a speed which would knock people to the ground and keep them from have a chance at grabbing any handles.

This sounds crazy, *but this is the reality in which we live*.

And for all of those who think I'm fucked up for training my wife, get off your fucking high horse and read about the man **who did stop**.

My wife and kids have a better chance to live *because I've trained them to*.

My mind is capable of making the decision to commit to the act. And win, lose, or draw I will have not suffered from hesitation. I am always ready for a fight. Even when I'm at home and have friends over, there's a part of my mind which says, *what would you do if someone barged into the house right now with a gun?*

The same should go for the men reading this.

You have to shift your mindset to observation mode. You need to be aware that violence is imminent and unforgiving. *It does not discriminate.*

Doesn't matter if you're out on a date with your family. Evil has no soul, and the difference between your family walking away unscathed – or your wife and children being beaten to death – is your mental fortitude and ability to avoid the fight or fully commit to it.

The problem men face is the fact that they are, mentally, living in an entirely different realm in which their physical body exists.

Physical preparation for imminent violence.

You must remain physically fit to the grave. This is not purely for aesthetic purposes, but rather for survival.

As a man you must be physically able to run, lift, climb, fight, push, pull, jump, and do so without injury or immediate fatigue.

The adrenaline a man will experience if he gets into a street fight will be short lived. Few are aware how fast the body tires when locked in combat.

You must prepare for this. **You're being warned right here and now that your very survival may come down to whether you are able to outlast your opponent's stamina.**

When you read of Ivan's dark world, do you not understand that *this is the world in which we all live?*

If you'd like to argue, I advise you Google Saffie Rose Roussos along with the other 22 names who never left the concert they were attending. A concert primarily filled with teenage girls that was specifically targeted.

When you read his daily posts discussing how he and Mr. Swift will do battle against gravity via the iron, do you not also see how they incorporate combat fitness? You must not only make your body strong, *you must also make it capable.*

Train with weapons, train hand to hand combat, train when fatigued from sprints to replicate a high-stress scenario. train. Train. **TRAIN.**

The only way to be confident in your abilities is to be aware of your abilities. The only way to know how much your body can take is to push it past that threshold and when you fall hard onto your face you discover where that line can be found.

Test your body.

Push your body and your mind past that comfort zone because when the times comes for utter destruction, you will **not** be comfortable, but you will be *capable*.

Look at yourself right now. If you have a "DadBod" or cannot remember the last time you participated in some physical exercise, understand that you are a liability and your family is at risk entirely because of your complacency.

Your decision to be comfortable is being placed higher than the safety of your wife and children.

You need to understand the severity of your actions. You must also be aware of the example you are setting for those around you.

Your wife, sons, and daughters will look to you as the man who shapes their vision of what life is.

Your inability to understand the reality of our world is setting them up for failure. It's possibly setting them up for death.

When our children face the same foe, in the same environment, and *my* child takes the immediate action as he'd

envisioned while yours hesitates... I will not look back with regret on the days I was sore and tired from preparation for violence.

While you watch your child lowered into the ground, you'll look back to this moment and wish you'd listened.

These are brutal words to write and for some they'll be even more difficult to read.

But we exist in a dark world. one filled with **bamboo cages and gardens**.

Never forget this.

You can read the entire post at: <https://darktriadman.com/2017/02/17/how-to-prepare-for-imminent-violence/>

Follow on Twitter <https://twitter.com/TheFamilyAlpha>

Side Note

I've released **31 Days to Masculinity: A Guide to Help Men Live Authentic Lives**

This is a product of the **Men of March** campaign. For those who participated, this is the entire program, including the days I missed in the original campaign.

During that campaign the totals were 238,500 pushups and 312lbs lost.

Those are the *tangibles*.

What you don't see in those numbers are the *intangibles*

You don't see that those men are still walking around with their shoulders back. They have a newfound sense of purpose and their wives and kids are now able to fill their own roles which allows her to be more feminine and their sons and daughters have better examples as to how men and women should interact with one another.

Fathers are lifting with their sons

Husband and wife are having sex again

The home has filled with laughter when before the children were raised by screens while the father walked on egg shells and the mother was filled with resentment.

That's what this program did for hundreds of men.

I've received several emails from guys letting me know that they've purchased the book and are all starting on the last day of May (*the program has to start on a Wednesday*).

There is going to be a whole new group of men following the book together working towards the common goal of reclaiming their sense of *self*.

If you are the type of guy who enjoys the 'tribe mentality' which comes with collectively marching towards a goal with others, check out the program.

If you think this is for you, order the book and reach out to others to ensure you remain accountable to your *self*.

I'm always available as my Twitter, email, and blog are open to all. There are too few places where men can be men, this program is not like any others you've ever participated in, those who completed **Men of March** can attest, this will test your willpower and answer the question, *are you worthy of the life you feel you deserve*.

It's 31 days of raw self-assessment & objective observation as well as daily action.

Is reclaiming the rest of your life worth 31 Days?

52

UPVOTES

Outcome Independence & Validation from Others

CaptJohnLukeDiscard · 10 April 2017 · Archived copy · Reddit

I've been thinking quite a bit about Outcome Independence in my MRP journey so far. As I've analyzed this concept and applied it to the situations I encounter, I've found that most of my beta ways come from trying to get validation from external sources.

WARNING: this is going to be a longer post so if you aren't interested in reading those, skip over to something else. Regardless, this post is for me. If you like it, great. If you don't, great.

Background

A very brief background about me and what brought me here: I'm a man in my lower 30s who came from a broken home (single mom who I now recognize as a shrew who drove a passive dad out of the home). I had limited positive male role models and didn't understand what a healthy masculine man looked like. I naturally leaned towards more alpha characteristics due to success in sports. I married young to a smoking hot babe and we quickly started having kids. Her interest level in me gradually waned and I became more and more fat / beta with each year. I stumbled upon MRP from another sub and my mind has been fucking blown.

Validation from Others

I've come to recognize that a significant amount of the beta behavior in my life is due to seeking validation from external sources. I work extra hard so the boss will praise me. I cleanup around the house so my wife will be happy with me / have passionate sex with me. I coach my kids' teams so that the other parents will see how good I am at sports / organization and praise me for it. On. And. On. If I were to list all of the *"I do ABC so that person XYZ will validate me in some way"* things I did, this post might set a new record for length.

What's wrong with this? There is nothing inherently wrong with doing X to get Y. That's the basis of cooperation and an organized society. However, when we base our own perception of ourselves on what others think of us, do for us, or say to us, we shift extraordinary amounts of power and control from ourselves to the other person. That is the absolute opposite of Outcome Independence. Let's walk through some examples.

There have been times in the past where I would do something I knew my wife wanted me to do, like mop the floors. I would do that and then anxiously wait for her to get home. I would anticipate that she would see the freshly mopped floor, squeal in amazement, and then rush me into the bedroom with a dripping vagina. That... rarely worked. I have also gotten into huge fights at work when I've worked especially hard on a project, had it go very well, and gotten little to no recognition for it. I've been butthurt for days / weeks / months for not getting what I considered enough praise. Was I paid for it? Well, yes. But that wasn't *enough*. I wanted / needed / craved the praise for it. I was like little Oliver Twist begging for just a bit more.

There are plenty of other examples but these will suffice for now. In each, I performed a certain action (mopping, extra work on a project) so that others would be obligated to do something in return (sex, praise) and I would then get validation (she wants me, they know I'm awesome at my job). When the chain is broken... when I do the work and don't get the payout I want... I'm frustrated, hurt, and angry. "They" literally have the power to control my life because their responses determined my emotions. I engaged in covert contracts and effectively signed over my manhood to other people in exchange for validation.

Do you want to know the worst part? They aren't "bad" or "wrong" if they don't give me what I want. Maybe she didn't think the floors were that big of a deal. Maybe she legitimately had a migraine or was about 10 seconds from throwing up. Maybe there was a perfectly valid reason why she didn't throw herself at me exactly when I expected. My boss may have meant to congratulate me on my work but got distracted. He still paid me for that week. He may have come to expect that quality of work from me and thus didn't feel it was necessary to call out one project in particular. Or maybe he just didn't give a fuck. The point is that it doesn't matter.

What really matters is that I was anxiously dancing for the hug. **If** I was good enough, tried enough, etc. then I would get what I wanted as a reward. I would be validated. As soon as I did that, I handed all of my ability to be a rationale, self-contained man to everyone else. I emasculated myself as surely as if I took a knife to my testicles.

Why do I do this? Because I wanted to be validated. Here's the truth though that I'm coming to realize. Praise from others can be nice but you cannot use it to build your own self-worth. It's like building a mansion on the sands of the beach. Eventually, you are going to have a bad time. Your self-worth must be built on you purposefully and thoughtfully setting and then reaching your own goals. You must build your self-image on earned self-respect. Everything else can be taken away. On that note, let's look at another angle to this issue around validation.

Intentions, Actions, and Results

There are three broad categories of people in terms of what we expect from others. Those categories are loosely defined on whether we expect praise from others based on either intentions, actions, or results.

Lazy people expect validation from others due to their **intentions**. This is the fat fuck who announces he is going to start a workout plan and diet for New Years. He wants everyone to praise him for coming up with this 'bold, challenging plan.' /s The problem is that others don't give a fuck about your intentions. Chances are good that he has announced these "intentions" to them many times over in the past. Betas in a marriage reach this point with their wives soon enough. She gets tired of his string of repeated promises. That shit gets old.

Immature people expect validation from others due to their **actions**. This is the fat fuck who is married to a hot wife and expects her to drip with anticipation when he comes home from the gym the first time, still a half-a-human too heavy. Great job, you went to the gym. Fat people go to the gym all the time. Want a cookie? You want to be validated on the one thing you did right, thus ignoring the 50,000 times you overate and didn't work out over the past decade? The math doesn't check out. Children are also like this. "I played a season of sports so I should get a championship medal." Well, sorry Johnny but your team sucked ass and came in last. No medal for you. Life doesn't care if you just tried. The lion doesn't stop eating the gazelle because the gazelle tried to run away. This universe is a cold, hard place and trying isn't enough.

Mature people receive (but don't expect or require) recognition from others for their **results**. Tom Brady gets paid millions and fucks Giselle because he wins Super Bowls. Bill Gates is one of the richest men on earth because Microsoft is on nearly every computer on earth. Men like this are praised and given what they want because they won. Period. Intentions are nice, effort can be admirable, but success is irreplaceable. The icing on the cake is that these guys don't even look to others for validation. Tom Brady has more haters than he can count (me included) and he doesn't give a fuck. He just goes out and wins, drives his Lambo home, and bangs Gizelle.

Bring This Back to MRP

What does that mean for MRP? Don't expect shit to change until your **results** are different. If you are a fat fuck, going to the gym for two weeks won't guarantee your wife will salivate when you walk in the room. If you have been a lazy fuck at work for four years, don't expect to get a giant bonus for working hard for three weeks. This shit takes time, as in months and years. The people in your life (who you have let down by being a beta bitch for *years*) probably aren't going to care about your intentions or actions at this point. They will only see results. If that is too much for you, go back to video games and porn. However, if you are willing to put in the time, effort, and focus, then you will position yourself to have the results LATER. When that happens, other people will praise you. And it will be nice... but it won't matter nearly as much. You will control your own self-worth.

52

UPVOTES

Less shitty than my last post

Yosuccha · 25 February 2017 · Archived copy · Reddit

I lurked this sub hard when shit hit the fan in my marriage starting last July. Had two options: curl up in a ball on my couch and let depression grip me as deeply as it had my wife; or man-up, embrace a new course, exercise daily, read, and most of all when I could not display higher SMV, never ever expose incidents of low value.

The new course was accepting that I was a slave to validation, especially creating covert contracts that if I acted nice or attended to what I thought were the needs of my wife, it would result in the highest form of validation: sex. I turned it off completely which allowed me to learn how to build and maintain frame. I adopted a mindset to become the best man I could be for myself, and decided my wife could either jump on board and if not, I would be prepared to face life without her.

I am not a fan of gyms. I neither have the money for a membership or the time to travel. My basement / new living quarters became my home gym. With a yoga mat and six foot ceilings, I still used body weight training, stretching, and eventually developed a daily meditation regimen. Hitting this no less than 6 days/week and cutting sugar and grains from my diet, I quickly gained a physique that was a major confidence boost.

Starting off I read the side bar, current and top rated posts along with all the comments. Then to the 101 books: MAP, WISNIFG, NNMG, and then Rational Male and Rollo's blog, podcasts, etc. all vital! Mixed in some fiction as well as philosophy and other non-fiction along the way to keep my mind fresh and balanced. Along with the reading I began internalizing the ideas and perceptions and implementing these new ways of speaking assertively into every conversation regardless of who it was with. Then came Diederik's, The Way of the Superior Man. As soon as I finished the last sentence I started it again from page 1 and am now on a path in seek of my core purpose.

Lastly, when it came to High Value / Low Value shit... We all fuck up, but if no one is around to see it, just STFU. There is no need to tell anyone that you broke a glass. Just own it, clean it, and move on. I've gained weight before and been able to keep squeezing into the same clothes, but after dropping fat I didn't know I had to lose, I needed to pick up a whole new, form fitting wardrobe. Finding sales and buying a piece at a time off clearance racks allowed me to do so without breaking the bank.

The red pill ideals are essential to a happy life and ranking up either your current woman or the ones who are lucky enough to come into the picture post-personal-transformation. Confidence and integrity result in trust from and the ability to lead the world around you. Make a plan for the next hour or day or year and plow forward. Accept that mistakes will result and learn from them, but do not allow the opinions of others to take you off course. Fuck Em if they disagree or judge, you make all choices for your life now.

The principals I learned here allowed me to create an environment for myself in which I have not been more happy and genuinely optimistic with life since before puberty hit. While I was not active in posts or comments, I want to sent my gratitude to those who are. Anyone who feels like they are in a rut and no matter how hard they try only seem to get buried deeper: it's not about trying harder, it's about making a complete change from head to toe, inside and out. Follow the advice, use the tools, and own the shit.

Personal details for reference. I'm late 30s, married 8 years with an almost 4 yo daughter.

52

UPVOTES

[FR] You're a fucking asshole, you know that?

[deleted] · 13 January 2017 · Archived copy · Reddit

I'm sitting in bed reading and my wife walks in and say, "have a look at this picture, I'm thinking of getting a hair cut"

Two things:

She knows I like her hair long. She knows I think Charlize Theron is attractive.

It's a picture of, you guessed it, Charlize Theron with, another guess, *short hair*.

"She's really pretty"

"Do you like her haircut?"

"Yeah, it looks great on her"

"Are you saying it wouldn't look great on me?"

"You look better with long hair"

"So you're saying I'm too ugly to have short hair?"

smirk, raise eyebrows, go back to reading

"you're an fucking asshole, you know that?"

continue reading.

She left. Came back 15 minutes later happily humming and started a conversation about something else. It was almost like the previous conversation was with someone else. The rest of the night went perfectly.

Here's what I learned. My wife knows she's not ugly. She also knows I don't think she's ugly. She knows I'm shallow and wouldn't have married an ugly woman.

I spoke on this topic of her choosing for less than 5 seconds and it resulted in exactly zero seconds of tension, anxiety, upset or anger. She was reminded that I think other women are attractive.

Very few words and it came quite naturally because I wasn't *trying* to win the moment. I was just 100% honest and used as few words as I could to communicate that honesty. Felt fucking great.

I'm coming to realize that it's these little changes that are bringing me far more happiness than the large scale stuff I once tried to implement through initial MRP . I used to think I had to be this rapier sharp guy with a witty reply for everything and it would result in copious amounts of sex. I've now embraced the fact that treating every part of my marriage with Outcome Independence and suddenly the sexual dry spells are far easier to deal with. It's not all about getting laid. It's about being a better, happier me.

Two Field Reports in a week is enough. Back to the Field.

52

UPVOTES

The MRP Bait & Switch - don't say i didn't warn you...

spexer · 19 August 2016 · Archived copy · Reddit

Lots of new folks coming here (welcome!) and this might come to a surprise to many of you.

You might think **The MRP Bait & Switch** refers to tricks to get your wife to give you sex. And there are tactics discussed on this forum that help in seduction.

And for most, that what initially brings you here. You were googling for ways to get more sex from your wife and you ended up here. And sure enough, this place helps husbands get laid. No doubt about it.

But then an interesting thing happens on the way to a sex-filled marriage. --And this might sound crazy but there are plenty of MRP veterans here who will back me up-- *Getting sex no longer becomes the goal.*

As MRP'ers read the books, start following their MAP and get to lifting - they change. There is a evolution that comes with becoming the captain of yourself, and then the captain of your family and your life. **Shame turns to pride and you become more and more focused on becoming the best YOU that is possible** - that is the new never-ending goal.

Oh - and the sex? Yeah you get plenty of that by becoming a confident MRP man - *but that is no longer the reason why you are motivated.*

The bait & switch is that MRP is not really about getting your wife to have sex with you. **We are building men here.**

Welcome.

52

UPVOTES

Wife Returns to a Main Event

bismarck8888 · 4 August 2016 · Archived copy · Reddit

My wife went out of town for two weeks with the kids. She does this every summer, but I have been decreasing the amount of time she can go every year. This year, I told her she could go for two weeks. She did not respect my wishes and booked the trip for three extra days. I was not ready to create a hard line there, so I let it slide.

While she was gone, especially the first few days, she would shit test me on the phone, bitching from across the country about things that were going wrong at home (flea infestation, tree falling on house), which I was in the process of handling and did in fact fix. She hung up on me once. That was met with me generally ignoring her the next day and only doing facetime with the kids. She would send texts showing how sad she was. I just left those unanswered.

The day after that, I called her and acted positive and happy. She entered that mind-frame and stopped bitching. In fact, after that, she did something she had never done before. She got snapchat and started sending me sexy pictures. This is something she use to claim she would never do. This proves the importance of passing shit test even from across the country.

While she was gone I stayed busy as hell. I worked later than usually and achieved an important result at work. I continued to work out as usual. I went out with old friends and new friends and made sure to keep busy. Every time she called I was doing something important or fun. Honestly, the only shitty time I had during the entire two weeks was talking to her on the phone (some of the time).

Finally, they came home about six days ago. I am use to being shit tested when she gets back from her hometown, so I was prepared for it. I also had in my back pocket the fact that really I didn't miss her at all. I started questioning what, if any, value she added to my life at all since I have been at this for over a year. Divorce is not something I am even remotely scared of anymore and I have been working on a plan in case I determine she does not add any value in the coming months.

So, she gets back and the shit tests begin immediately. Simple ones I was expecting about things I supposedly didn't do right when she was out of town. Also things I didn't do that she would have liked me to do, but never told me she would like me to do them. For example, she was pissed I didn't come and meet them across the country. She was pissed I didn't pay her enough attention, etc.

I answered these with either AA, changing the subject, or cocky funny. This is going on all afternoon and night. Finally, we reach the point when the kids are asleep. We are hangout out in bed and I make a move. Shot down right away. I act indifferent, and that pisses her off, so she goes full force with the bitching, a more intense continuation from a day of it. She is also frigid as hell and just acting like a horrible teenager.

As I said in my last post, I am tired of bitching. I don't want bitching in my life anymore. I am no longer willing to tolerate bitching, especially this level of bitching after I have not seen her in two weeks.

I ask, "are you done." At this point I have not stopped smiling and laughing about what she is saying and have not lost my cool.

I had enough.

I looked at her straight in the eyes and said: "you need to stop being a huge bitch, or you need to get the hell out of my house. Your choice. I don't care. But I am not living with this anymore. You have the maturity level of a 12 year old. You need to grow up and control your emotions and treat me with respect and love. If you don't want to do that, I will go talk to a divorce attorney tomorrow. I will spend as much money as it takes to have my kids and get you out of this house. I spent two weeks without you and was happy every minute of it. For the last few months, I have had women throwing themselves at me and showering me with numbers. You don't think I can find a woman better than you? What do you do around here anyways? We have a maid now. I pay for everything. All you do is

scream at me and the kids. Stop being a bitch. Stop being a bitch or get the fuck out. I have zero problems getting divorced, so if you want to continue acting this way, I am telling you right now I will end this and take everything I can."

After that, I walked out of the house and left. I didn't return for two hours and didn't answer any of her texts.

When I got home, I got in bed. She immediately climbed on top of me and started fucking me. We fucked twice.

We have had sex everyday since last Friday. There have been a few shit tests but zero bitching. It is like we are newlyweds again. She also handed full control of the finances over to me the next day.

The thing is, I am 100% serious. I am done with bitching and am kicking ass in all other areas of my life. She must add value or I am out and will fight. I think something clicked in her head, but if not, on to another adventure without her. I will be vigilant and hopeful. Maybe she is starting to accept my frame, but I know I already love living inside of it.

52

UPVOTES

Welcome 8,000 Subscribers to Married Red Pill

BluepillProfessor · 2 June 2016 · Archived copy · Reddit

There have been a few changes over the past few weeks on Married Red Pill (MRP):

/u/thefamilyalpha stepped down as MRP moderator in order to pursue his "Family Alpha" blog concept. We are very pleased that he continues to participate on MRP, providing his sage advice and writings. His blog is not exactly "Red Pill" but it is an exceptional resource for positive masculinity. Check out [The Family Alpha!](#)

/u/stonepimptilist has stepped up as a new MRP moderator. Like TFA, Stone has his own blog you should check and also like TFA, Stone is an old navy guy who will be taking his "Hard Core Red" philosophy to the boards and doing more than his part to whip these guys into shape. Stone was taken on board with the express intention of "Reddening" the discussion on MRP. The rules on The Red Pill about concern trolling, shaming, and spouting purple pill nonsense have been sporadically applied in the past but Stone was asked to come aboard and apply them with a little more zeal. This is your only warning- No moralizing, no concern trolling, no stupid sniping at one another. Don't test him!

/u/theultimatecad and /u/whinomoreplease both mysteriously deleted their accounts although we suspect they are both lurking among us, probably trying to pull a Richard Bachman on us all and become famous (again) under a different name just to prove it wasn't a fluke.

Finally, some of you may have heard that we have some competition in the "Married Red Pill" label insofar as /u/redpillschool (head moderator who rules The Red Pill Reddit with an iron fist) has, instead of putting MRP on the TRP sidebar, decided to start his own "Married Red Pill" flair. There has been little activity on this flair to date and we on MRP see it as less a direct "competition" and more of us filling similar niches.

On TRP, the niche is younger and newly married guys, who are primarily there to talk about the state of marriage. On MRP, the niche is older married guys with a highly experienced panel of older married men to advise and direct other men in the same situation. There is room for both of us as the growth of MRP suggests. On MRP we want to provide actionable advice to men in marriage and avoid the "marriage is a terrible deal for men" diatribes because in other news, water is wet, the sun is bright and space is a near vacuum.

So welcome 8,000 subscribers and remember.....stay manly gentlemen.

52

UPVOTES

Turn off your brain

stonepimpletilists · 4 March 2016 · Archived copy · Reddit

Chad

Man, there's some asinine questions in AMRP lately, reminds me of the old adeage I was told early on. It was mostly geared towards working out, but I'll bet it would help in most areas.

That image of Chad you have in my head? Muscle-head who gets girls, etc. In traditional Nietzsche fashion, that envy of a cock sure man who gets girls taught me a few things. (envy is inspirational/aspirational IMO)

You know what Chad does? Wakes up, he eats, goes to the gym, comes home, talks to his phone harem about his needs, gets them, or moves on and eats lunch. What an idiot. If only he was more self aware. It's just too bad that he's focused on his singular vision. **Happiness.**

Thinking isn't helpful in singular focus

Know what? You know what thinking does? Thinking helps think up excuses asshole. Thinking points out all the reasons something won't work. The "smarter" I am, the more I think, the more these excuses make sense. I had an early OYS that I admitted I was a very smart guy, and it wasn't meant as a compliment. I truly believe that.

The greatest curse of the intelligent person is that he can rationalize anything

Here's where I ramble:

You know what smart guys do? Have most things come easily and naturally. Know what to do when something isn't immediately clicking? Give up, because I am 'a smart man' and if something doesn't come naturally, just quit:

1. I'm smart, so I'll build up a narrative that placates my ego, and I don't have to test my identity further.
2. I could have done better if I applied myself, so it's clearly that I didn't, and not that I'm not gifted in everything.

So I used to ignore things that you don't immediately master, because the alternative is to admit that this ID I have of being the 'intelligent man' is more important than truth, growth, or success. Tell me that's not the epitome of BP bullshit. I don't miss that shit at all, kind of freeing really. I no longer have anxiety for being less than perfect in things, and no one cared anyways.

The point(back to)

Want abundance?

Have a situation you don't know how to deal with?

Don't know how to deal with being locked out of your own house?

Just stop thinking. Go to the gym, have some rolled oats and a fried egg, hit on the chick at home. If she shoots you down? Go do something else, pay it no mind, turn off the brain. Stop thinking about how she hasn't desired you better, stop thinking that whatever reason she's chirping at you has any importance. She starts 'talking' at 10pm? Go to sleep, tell her to write it down and you'll read it in the morning.

Personal story.

Had a good laugh this morning, realized I was doing it.

I finally got the perfect styling of my hair today after my cut last week. Was going to skip the gym, because then it would be all fucked up and I won't shower till tomorrow, spouse is in need of comfort today and ...

oh FFS, so I'll throw up a post, and I'm headed downstairs afterwards to work out. Then I'm going to have another 4 coffee's. Fuck you brain... fuck you.

Know the alternative?

Spouse is having some overthinking panic at work this week. Totally normal for her situation, and I've been there. It's not something wrong with her, it's just a matter of not getting sucked into everyone else's bullshit. Gave her my old navy smarties (adivan) and told her to leave them in her purse, just having them available if needed will be enough, call me if you decide to take one.

Morning of shit tests. Just like /u/bogey06 said this morning in a comment, try poking fun at her pet peeve and holding frame. Thought for a moment he was watching my life and commenting. She gets pissy, then she laughs, then pissy again. It's all in her head, and the last thing anyone needs is to make it a reality.

this could have gone the other way so easily

I could be in damage control mode, walking on eggshells, treating her like she was made of porcelain, assuring her (because I can fix other people right?) and sitting at Starbucks, running my hands through my perfectly trimmed quaff, getting fatter off of venti fraps, worried about how I can keep this house from crumbling around me.

Granted, by writing this, I'm thinking about it a lot more than I should, but we can't all be Jesus now can we?

Just stop thinking so damned much. Do things that make you happy, take care of your responsibilities, and carry on. Want to know what to think about when X happens?

Don't, you got better things to do.

52

UPVOTES

E3D Time Management

RPeed · 15 May 2019 · Archived copy · Reddit

The following is a worked example of one of the time management approaches outlined in Caleb Jones' Unchained Man.

For context: I'm a disciplined guy with strong habits and I'm good at sifting out the priorities in a project and attacking them. My former time management approach was typical of "7 Habits..." and the other usual suspects, mixed in with some basic project management and an indifference to anything else that doesn't "move the needle" as it were. I applied this both personally and professionally and it worked pretty well.

That being said, my life is getting more complex, likely yours is too. And I have been conscious that successes in one area were increasingly coming at the cost of others. I would also rather drop something than stress over it. So this has meant a great deal of Sophie's-Choice-type triage while I struggle to implement a more comprehensive approach that is not too cumbersome.

In other words, "Make a better MAP" has been at the top of my MAP for a while.

So when /u/SBIII mentioned using The Unchained Man for the same purpose: I was like a rat up a drain pipe.

The Unchained Man

The book itself is kind of like if TRP did 4 Hour Work Week. It's not bad per se but after skimming it quickly, I relegated it to the bottom of my reading list and have still not completed it.

Running Your Life - Unchained Man Style

What I did do is skip to part 3, which contains a complete, nuts-to-soup, idiot's guide to "running your life". I am that idiot, so I've read this section several times since then and implemented a great deal with success.

In it there are 5 chapters which cover:

- Areas of your life;
- Formulating a personal code of conduct;
- Defining a personal mission;
- Setting societally independent goals;
- Managing your time.

None of the concepts are new or original however Jones unpacks them well and most importantly, outlines the execution in great detail.

In particular he describes two methods for time management:

1. The "Check" method and
2. The "E3D" (Every Three Day) method - a more complex, multi-document approach.

There are other helpful nuggets in there, such as goal setting tips and examples of mission statements with "do's" and "don'ts" but the time management systems made the most impact on me and I'll run through a sample.

Check Method

Jones explains the Check method as a way to build habits and more suited to visual, fly-by-the-seat of your pants types. I agree, I fit the description and a similar system has helped maintain strong habits. It's nothing more than focusing on a few daily tasks and checking off compliance.

E3D (Every Three Days) Method

The output of E3D is a prioritized "to do" list (That you check Every Three Days). The input is basically your entire life. Mine is a multi-tabbed worksheet in Google Sheets. I had something similar before however refining it and adding Jones' rules for executing it have been very effective.

A worked example is as follows:

Step 1 - Establish some goals:

- Complete relocation;
- Reduce office hours to <30 per week;
- Clear unsecured debts;
- Cut to 8% bodyfat for beach vacation;
- Find and settle in new home;
- Buy vacation home;
- Hold 100k USD in free cash/equivalents;
- Vacations x 3;
- Increase total from 1300lbs to 1350lbs;
- Mother's Day, family birthdays, anniversaries;
- Read a book a week in 2019;
- Improve two languages;
- Learn fourth language;
- See the Terracotta Army.

Jones recommends phrasing everything in the past tense, as in "I spend less than 30 hours in the office per week". I won't re-write it, you get the idea.

Step 2 - Assign everything an A, B, C priority¹⁾(NOTE 1)):

- A Complete relocation;
- C Reduce work hours to <30 per week;
- A Clear unsecured debts;
- A Cut to 8% bodyfat for beach vacation;
- B Find and settle in new home;
- C Buy vacation home;
- A Hold 100k USD in free cash/equivalents;
- C Rebuild asset portfolio;
- A Vacations x 3;
- B Increase total from 1300lbs to 1350lbs;
- A Mother's Day, family birthdays, anniversaries;
- A Read a book a week in 2019;
- C Improve two languages;
- B Learn fourth language;
- A See the Terracotta Army.

Step 3 - Add a timeline to your A's, using 1/3/5/10 year brackets:

- A Complete relocation (1 year);
- A Clear unsecured debts (1 year);
- A Hold 100k USD in free cash/equivalents (1 year);
- A Cut to 8% bodyfat for beach vacation (1 year);
- A Vacations x 3 (1 year);
- A Mother's Day, family birthdays, anniversaries (1 year);
- A Read a book a week in 2019 (1 year);
- A See the Terracotta Army (1 year).

Step 4 - Prioritize your 1-5 year goals²⁾) and sideline everything else:

- A1 Complete relocation (1 year);
- A2 Clear unsecured debts (1 year);
- A3 Hold 100k USD in free cash/equivalents (1 year);
- A4 Cut to 8% bodyfat for beach vacation (1 year);
- A5 Learn fourth language (1 year);
- A6 Vacations x 3 (1 year);
- A7 See the Terracotta Army (1 year).
- A8 Read a book a week in 2019 (1 year);
- A9 Mother's Day, family birthdays, anniversaries (1 year).

Step 5 - Pick the top two goals to focus on, make em big and assign a date:

A1 Complete relocation

(by end-May 2019)

A2 Clear unsecured debts

(by 15th May 2019)

And that's all you're allowed. At this point you break them down into individual steps.

My goals are fairly simple but for the avoidance of doubt, relocating breaks down something like: healthcare, find house, furnish house, kids in local school, sort utilities, sort tax liabilities etc.

Step 6 - Projects

Now we move onto the projects list. This is where I started to get some real value out of the approach: I had dozens of projects over all kinds of timelines³⁾ with little direct link to my mission or priority goals. Again, you pick 2 projects, break them down into prioritized steps and execute.

I did some mopping up first: I broke out furnishing a new home as a project and attacked it with the same intensity I would anything else. Same for my wife's birthday (because I wanted to: calm the fuck down): small gift, babysitter, transport, nice restaurant, called ahead to ask them to bake her a cake. Same for some forthcoming trips.

Then, since my immediate goals were mainly financial, I prioritized a new business venture to get some more cash in. However since my mission is also (words to the effect of) "travel and have fun", my second project was to really nail the planning on a forthcoming trip and execute it well and I've continued with that split so far.

It seems to work for me and any doubt on what comes next is normally resolved by referring back to the mission and goals tab.

Step 7 - Inboxes

Jones recommends processing all your inboxes down to zero here and replacing them with "to do" tasks. Personally I am 99% paperless and 90% of my emails just need a one line response, so I just do some cleanup here to ensure I've <10 or so items and any big items are being addressed.

Step 8 - Once A's

Then you take your "Once A's" (as in "once a day/week/month) and schedule them.

I am pretty good with calendaring (auto-correct confirms this is a real word) but I did make a checklist here and double check everything in the next three days is scheduled and any forthcoming event has been considered as a ____

possible mini-project. I also block out meeting/call prep (immediately before the event if possible) to cut down on tasks.

NB: I also reviewed my daily habits here e.g. I read an hour, train an hour, MRP an hour, sleep well, weigh myself and track my macros everyday and I checked those off to see if there was any improvements to be made. I got a surprising amount out of this exercise and I suggest you throw it into the mix yourself.

Step 9 - To Do List

Finally, from your project priorities, inboxes, upcoming "Once A's", process improvements and other "stuff", you produce an "active" To-Do list⁴⁾ for the next three days⁵⁾.

I'll also email/text my wife, business partners and employees about their priorities at the same time which adds a bit of leverage.

Conclusion

This ~~simple~~ approach has allowed me to:

- A) Manage my life in a far more granular level of detail;
- B) Deliver more goals and extrapolate new ones from my overarching mission;
- C) Increase the leverage I get from my team toward my own personal goals.

Jones covers it and more in detail, with a step-by-step guide and flowchart.

If curious, read Section 3 of The Unchained Man for more. Worth the price of entry.

Notes:

1 I started off without a "mission" tab - as that seemed redundant - however adding it in, completely changed my A, B, C's so I suggest you don't skip it;

2 I have no long term priorities, so something for me to revisit;

3 I added a title of "6 Month Projects" in this tab to keep me honest;

4 I produce two, To-Do, lists now:

- one in a Google Sheets tab that I do in the office, 9-5,
- a smaller one on a post-it note that I take home with me.

There's no split between personal/professional tasks, it's just what is practical to get done at each location and a nice side-effect was significantly reducing my screen time out of office hours, which feeds back into my goals.

5 I do this twice a week: Monday which is mainly professional and Thursday, where I'll make sure I've covered the weekend. And I've scheduled a monthly review of my goals.

52

UPVOTES

MRP: The Soulless Reddit that teaches men to game their wives- look at the hamster go! Also notice the Google search algorithms

BluepillProfessor · 26 September 2019 · Archived copy · Reddit

Greetings one and all. This post is a response to a media story and is not a typical post on MRP. Don't ban me broh, it's a special case of responding to a media story about MRP.

MR:: The soulless Reddit that teaches men to game their wives

First we should note that according to Google, more people read this soulless twit of a feminazi author than MRP! Our little MRP Reddit is now THIRD down on the list of hits when you type in "Married Red Pill."

Uh Huh. Tell us more about that algorithm Massa Google. Could it be any more blatant and obvious?

This chicks hamster is amazing and properly harnessed, would be able to clean up Log Angeles!

The Red Pill philosophy of sexual strategy (and especially Married Red Pill) contains bits of useful relationship/communication advice

Yes we know. Tell us more!

but the deeper meaning has been stripped away and replaced with patriarchy

AAAAHAHAHAHA!!! Yes...we know. That IS the deeper meaning.

Married Red Pillers, though already in serious relationships, are studying pickup artist tactics designed to trick women into having sex with men. MRP followers discuss tactics to get their wives to quit asking them to do stuff (what they call "nagging" and "shit tests") and to have more sex with them.

OK, so what's the problem?

And they call it Fight Club. Married men are out there, swallowing the Red Pill, and discussing tactics with each other. They're not respecting their wives

LOLOLLLLLLLLZZZZZ... Men are discussing tactics with one another! We must stop that immediately. They are not respecting their wives and worshipping them the way we demand!

What's that? They are getting laid like tile? Their wives are happy? Well, but, but, Patriarchy! Men and women are the same and equal and stuff except women are more equal.

My husband is a visual artist and he listens to a lot of podcasts while he works.

Can you smell the dripping slime all the way to the floor as she talks about about her artsie faggot husband?

He told me last week that he listened to a relationship podcast, that it was great, even though it was really, "Men are like this and women are like this." Immediately, I felt panicked.

Oh no! I could lose total control of my husband! That's not panic darling. Those are the tingles. I bet you screwed hubby into next week later that night. We know, it just happened and he was looking especially handsome that night. AMIRIGHT?

Also, why is hubbie listening to Relationship Podcasts? Hmmmmmm?

My husband is a leftist anarchist, identifies as a feminist.

Did you take out the trash and do the dishes. Dammit, why is it so dry? I need you to get me another bottle of Replenz after you finish cleaning the house.

The Red Pill promises a solution, then gives them textbook toxic masculinity.

Wait, I thought we were giving them Patriarchy? Of course you mean that all patriarchy is 'toxic' because before feminism everything was toxic.

I think we have you pretty much pegged. Rails against the patriarchy and drips when a man is strong enough to stand up to her. She cries about equality and then demands special treatment. She is horrified (HORRIFIED I SAY!!) that men would talk with one another about issues that concern men. Standard feminist tropes.

Her other article is: "My Rapist Wrote Me An Apology, No I never reported him."

Obviously.

TLDR: MRP made the news and they don't like it one bit

52

UPVOTES

[FR] Training Day

PillUpAss · 22 November 2019 · Archived copy · Reddit

A FR inspired by [u/HornsOfApathy's Depressed and Anxious Wives](#) series:

For my whole life, I've given up my power in sex. The women I have been with were always giving me an orgasm, every time, every encounter. That was my sole focus and mentality during those times: taking from the woman. I might give them orgasms too, but it was only validation-seeking and covert contracts for reciprocation. Society supports this supplicating, powerless view for men and, even if a man has high SMV and may have practiced RP for years, it's easy to see how he can remain stuck in this mentality in regards to his sexuality.

Recently, I've been rethinking my default mentality. After a lot of reflection, I decided to change my mindset on this and instead view every interaction with women (and really people in general) as a gift. That's the true meaning behind "be the prize." My sexuality is a gift, my time is a gift, my presence, knowledge, wit, even my gaze and words are gifts.

I'm training myself to embody this mindset, and by proxy those around me are being trained on how they fit into it. Surely such a seismic shift in mentality will require retraining of my wife to receive my gifts instead of me taking from her. After 16 years of shitty, selfish sex with me, this is going to be a really difficult transition for her to accept and understand for sure.

Allow me to take you back to a recent night...

After the kids go to bed, the wife and I usually spend 30-60 minutes talking about the day, etc. It's usually time I'd rather give to more sexual activities, so this time I mixed it up. While we were talking, I put her hand on my dick. I had her play with it while the conversation continued normally. There was no resistance and it didn't even seem strange to either of us - I just led her to it and she complied.

It created this duality that was new and interesting to our normal routine which started to turn us both on. As she decompressed her stress from the day and I remained the oak, I escalated with her and brought her to orgasm. I wanted to do it and I did it from a place of strength, from a place of giving myself to her. There were no contracts and there was no validation to be gained. I felt in total control and could sense the absence of the normal resistance she usually has to most sexual acts (with me).

When it came time for reciprocation, I told her I'm letting it build up until tomorrow. I told her this firmly and with confidence. "Sounds like a challenge," is what I get back. I love when she's feisty. We proceed to play together for an hour and had lots of fun. I never came because I decided I wasn't going to. You know what? Ejaculating is not required for a satisfying sexual experience, IF you are in control and you are the one giving your sexual energy instead of trying to syphon off your partner's like a faggot.

My wife remained sweet and submissive as she had been all day, happy in her feminine role. It's a natural state for women around a man who leads them. It's the way things were meant to be. The session ended the same way it started, with a normal conversation as if nothing abnormal happened. That's because, from an evolutionary perspective, there was nothing abnormal about it. What's abnormal, and fatal in an evolutionary sense, is a man bringing needy, validation-seeking energy to sex or any other experience he has.

The real training was tolerating my shit mentality for 16 years; transitioning to the way it should have always been required no training at all.

52

UPVOTES

Building your slut: Part 2 - Using your slut

red-sfpplus · 17 January 2020 · Archived copy · Reddit

Dear Diary,

OK, so been a minute. But this post has taken me some time to put together as it tends to be more specific, actionable things to do in the bedroom.

So, you are fucking her ass like the slut she is, and now you need to keep upping the ante. Well, here are some ideas to spice up your sexual adventures.

Maybe you are already doing all this, and hey that's great. Why didn't you take the fucking time to write this post then?

That's what I thought.

Safewords and Safe Gestures

Fitchick and I have evolved to two sets of safe words. We have the standard Yellow/Red for non-rape fantasies. Then we have another set of words for rape/resisted sex play. The reason is, during the rape/resisted sex scenarios she needs to be able to say the words "No, you are hurting me, please stop" etc and you need both need to be safe in knowing these words are not real, right now. They are all actually really hot to hear, so go for it.

For this standard Yellow/Red do not apply so you need a second set of designated words. You also need "safe gestures" for you both in case she has her underwear in her mouth gagging her, or something else.

We have two safe gestures: Extreme, rapid eye blinking and/or finger snapping. In case of blindfold, you cant see eyes, so you do not restrain fingers. And vice-versa. This gives you visual clues. In the case of safe gestures, we consider then the same level of **RED**, so all actions stop immediately.

Level 1: Safe Words

- Blindfold her.
- Tying her hands behind her back.
- Pinning her hands above her head while you are on top.
- Biting her ears.
- Biting/pulling/pinching her nipples.
- Slap her ass when in doggy.
- Life up her shirt to her face and use it as a gag and/or blindfold. Works well with hands above head.

Level 2: Safe Words

- Order her to masturbate while you watch.
- Order her to undress herself while you sit on the other side of the room to supervise.
- Facefucking.
- Facefucking with her hair in pony tails using them as rains.
- Order her to her knees to perform oral in front of a full length mirror.
- Grab the back of her neck during oral and force yourself deeper into her mouth.

Level 3: Safe Words

- Finger her, then order her to taste herself off your finger. Bonus points for anal, ensure sanitary conditions.
- Pull her hair with one hand, then two.
- Grab to fist fulls of hair when you are on top, placing all your weight into the mattress and order her to maintain

eye contact while you pound her.

- During any sexual act, calling her your whore/slut.
- Pin her against the wall face first and fuck her while standing up.

Level 4: Safe Gestures

- Place a clothing hook over your door, handcuff her then put the cuffs over the hook. Use a leg spreader to open her legs, then fuck her from behind. Add in blindfolds and gags as desired.
- In doggy, pull her hands behind her back forcing her face into the mattress. Order her to hold her own hands while you place your non-dominate hand on the back of her head pushing it harder and deeper into the mattress.
- Tear off her underwear, and use them as a gag, in any of the previous scenarios.
- Order her to her knees to perform oral. Tower over her, and while you face fuck her, order her to maintain eye contact with you. Verbal commands and sexual name calling is required.
- Standing from behind, or in doggy reach around to her face and place your fingers in her mouth like a bit a horse chews on. Ensure lots of verbal cues are used "My dirty little slut."
- Standing from behind or in doggy, reach around and grab her chin. Pull her face up to you, forcing her to over extend and hyper-extend her lower back. This will cause great pain/pleasure if done correctly for her. Kiss her cheek during this and ensure verbal cues are relayed.
- Fuck her fully clothed. Pull her skirt/dress up, panties to the side and fuck her like that, standing, from behind.

Level 5: Safe Gestures

- Cover her mouth during any sexual act.
- Cover her mouth and pinch her nose closed.
- Use a pillow case over her head.
- Slap her across the face during sexual acts.
- Slap her breasts during sexual acts.
- Come in her, tell her to squat down and let it drip out of her onto the floor. Once some is on the floor, order her to get on all 4's and lick it up.

Scenario Based Sex:

- When she gets home from work, spring out from a hidden area, cover her mouth, drag her to the bedroom, toss her on the bed and rip her clothes off.
- She is your tenant and you are her landlord. She enters your "office" from the garage, bedroom, etc. She is unable to pay her rent for the month. You take her to the kitchen where you have pre-staged a dinner setting for two. Use plastic plates or paper. She is going to explain the situation, and it will escalate to you offering rent in exchange for sex. She will resist verbally. You will get to the point where you stand up and violently sweep all the place settings off the table. Ensure you do this in a safe direction, and make sure you use plastic so nothing breaks. Once the table is cleared you march over to her and lift her up, roughly slamming her down onto the freshly cleaned off kitchen table where you will force yourself onto her from behind to collect your rent money. You will remind her that moving forward she will give you sex in exchange for free rent. This can then be a running fantasy for you and your wife for the entire month. You can send her texts like, "Rent is past due again, I will be collecting tonight"
- She is a runner running through the park. You spring out from behind a tree and execute a rape fantasy.
- Public library. You require a large public library. You meet each other somewhere in the back of the stacks for a sexual encounter.

There is a longer list that I am still working on, maybe that will be Part 3.

Until then, try and get your dick wet this weekend.

Come back, and tell us which of these you did yourself.

And you will notice, DEERING, masturbating and arguing with your SO are not on this list.

The Dual Mating Strategies of Men and Women

ElOvution · 22 April 2020 · Archived copy · Reddit

Alpha Fucks and Beta Bucks is a well documented phenomenon in the Red Pill. It's the so called dual mating strategy that describes a woman's instinct to seek sexual opportunities from the alpha (Alpha Fucks) and provisioning opportunities from the beta (Beta Bucks.) It seems generally assumed in the 'sphere that this strategy is exclusive to women, so this will be my brief attempt to show that a dual mating strategy is also present in men.

Across the 'sphere we see RP men constantly admitting their dual mating strategies. We want to fuck hoers, and marry virgins (low n-counts.) We want "a lady in the streets, and a freak in the sheets." Men seek sexual opportunities from the whores, and provisioning opportunities from the virgins. Sigmund Freud expressed this dual mating strategy in his Madonna/Whore Complex: the tendency in men to view any particular woman as either a Madonna or a Whore. Madonnas (don't think of the superstar by this same name, it will confuse you) are women we perceive as pure, submissive, obedient, and faithful. Whores are women we perceive as sluts, large n-count, tattoo-ridden, disobedient, and unfaithful. History is full of men who were in love with their Madonna wives, only to cheat on them with a Whore. In fact many RP players have made careers out of fucking hoers only to eventually marry a woman they perceive as a Madonna. We all carry this Madonna/Whore instinct inside of us, and it's quite clearly a dual-mating strategy, if we care to admit it.

This dual-mating strategy for both men and women may be a result of pre, and post, Agricultural Revolution societies. The findings of evolutionary psychology suggest that before the Agricultural Revolution sex in humanity was far more polygamous, liberal and free. People tended to sleep around for various reasons without taboo or stigma. There's a lot in our biology that is evidence of this. This doesn't mean a woman's hypergamy wasn't in effect, it just means being a hoe wasn't looked down upon. If this is true it's safe to assume that women were hoers for a very long period of time. And this would explain our natural attraction to hoers. Further, pre-Agricultural Revolution, there was no such thing as property, assets, and marriage.

Post-agricultural revolution introduced property, assets, and marriage, and this changed sexual relationships forever. People began to think heavily about guarantying their property and resources was passed on to their progeny. Men became interested in women who could guarantee this bequeathment, and women became interested in men who would share their resources. Suddenly virgins and beta men became more attractive. The forces of this new social pressure conditioned women to look for men who could provide provisioning (betas), and those same forces conditioned men to seek women who could be trusted with their resources (Madonna's.) Virgins can be trusted with property and assets more than whores, and beta men can be relied upon to share their resources more than alphas. In this hypothesis, a dual-mating strategy evolved in both men and women out of our ancient past of free and unbridled sex (pre-Agricultural Revolution) and the relatively recent development of commitment sex (post-Agricultural Revolution.)

In the RP there's this idea that you must maintain alpha-ness in your relationships at the expense of beta-ness, so that your wife doesn't cuck or leave you. While there's obvious truth to this, we should condition this view against our own dual mating strategy. In the life of a man, a virgin is perceived to be a prize. Sure, nothing turns us on more than a whore, and some married men will fuck them given the opportunity, but many won't. Many married men will stay faithful to their Madonna, even though she doesn't turn them on like a Whore. Understood in this way, we can see that while women may be attracted to Alphas, for them the prize might very well be a Beta. This is why we teach comfort tests. And while some women in relationships will still fuck the Alphas, many of them won't, and will stay faithful to their Beta. AF/BB is not a black and white line, it's just an evolved tendency in women, just like the Madonna/Whore complex is an evolved tendency in men. But neither of these tendencies dictate with any certainty how a particular man or woman will act. This is not an excuse for a man to be a little bitch, a real RP man knows how to be both Alpha and Beta.

I admit that the theory of AF/BB and Madonna/Whore instincts evolving out of a pre, and post, Agricultural

Revolution society might simply be conjecture. But, the evidence that men have a dual mating strategy (like women) is overwhelmingly evident and universal.

52

UPVOTES

60 DoD Week 5: FEAR IS THE MIND KILLER

SorcererKing · 5 May 2021 · Archived copy · Reddit

So far in 60 DoD we have covered the basics of your appearance and health: lifting, eating, hygiene, and how you dress. I'm betting some of that was uncomfortable for many of you. So congratulations if you faced up to some harsh truths about yourself and made it this far. However, buckle up; that was just the prelude.

This week is all about Game. Perhaps no single topic in our Red Pill universe is more controversial than this. Feminists instantly go nuclear at the thought that men would "manipulate" women in this way. Career Beta thinks you're a scumbag if you act differently around different people. Nice Guys secretly loath you as you act in a way in which they could never give themselves permission to act. As the old expression goes, if you're taking flak, you're over the target.

All these objections are easily met intellectually. If done well, it's not manipulation, it's genuine and people like it. There is no difference in how you treat men vs. women except you're not trying to close men for sex (unless that's your thing, in which case you're likely in the wrong sub). Nice Guy hates you because he has *the best* covert contract set up, and some woman is going to see the *Real Him*TM any time now. Well and good, fuck you Nice Guy.

However, it is not these lame objections from non-involved parties that scares you. No, we all know what scares you: feeling rejected, feeling humiliated, feeling humiliated because you feel rejected. After all, if you start chatting up women everywhere you go, they might see right through you. They'll know what a beta bitch you are, call you out for your 4" dick, and then proceed to get everyone in the coffee shop to laugh at you in unison. Right?

- Reality check 1: women have no idea who you are, and don't know you're a beta until you present like one, either in appearance or behavior. If you've developed new habits around your physique, grooming, and style, you are starting with the deck stacked slightly in your favor by at least not *looking* like Billy Beta.
- Reality check 2: people like you for how you make them feel, not all the things you know about you. To cash in on those looks and that presence you developed, you will need the agile conversation and flirtation that makes people want to be around you.

What are the real obstacles then?

The sub-title of this post comes from the sci-fi masterwork *Dune*. The main character has learned a short mantra that begins with that phrase, "Fear is the mind killer..." This must become your mantra as well. While the resources on Game can give you a script if you're dense, and prior years' posts can give you a pep-talk as to why Game is important, in keeping with the spirit of Basic Bitch mode, I'm going to clue you into the real thing you need to learn: you are your biggest obstacle. Your shitty self-beliefs, the narratives that you're an unattractive loser, that you can't be that way because it's not "who you are."

Have you noticed the recurring theme here? You have to decide that this is how you would like to be, and just *start doing it*. We fear what is unknown or unfamiliar. This is why the OG pickup guys would go to the mall and say hello to 100 women in an afternoon. If you work it like a skill ladder, you will get comfortable with it, and develop an approach that works for you.

For the autists: go to my Career Beta post and see the prescription for learning Game if you're really stuck here. For everyone else, take a little time to ask yourself this important question: what's more important to you, protecting your ego, or getting down with all those wonderful women out there who don't even yet realize they're going to fuck you? I hope the answer is clear.

(Edited for formatting, as always.)

52

UPVOTES

60 DoD week 2: THIS POST IS NOT ABOUT NACHOS

SorcererKing · 8 April 2021 · Archived copy · Reddit

Welcome to week 2 of 60 DoD 2021. This week you will contemplate your eating and develop better habits.

Odds are overwhelmingly in favor of the fact that you eat too much in general, and too much of the wrong things in particular. You probably drink sugared soda, or put sugar in your coffee, or have dessert often, telling yourself that it's OK this time because you don't have dessert often. You eat empty carbs at meals because it's what you get served, and part of your meal, and if you don't eat it you'll make even worse choices later because you'll be hungry. You start eating when you're hungry, grabbing whatever is convenient in the moment. You stop eating when that food is gone or you've satisfied your hedonism. You may also be a chronic low-level drinker, the old "two fingers of whiskey to take the edge off before bed" or "just a couple beers to unwind" kind of guy. I'm here to tell you: it's well past time to stop.

You see, you likely have a bad relationship with food. You might use it to modify your mood. Eating -- like sex and booze and drugs and gambling and shopping and social media -- can be a source of dopamine, which can help change your feelings. You got passed over for promotion again, you aren't getting laid, your kids are disrespectful fucking monsters? You eat. You lick your psychological wounds by licking an ice cream cone. You drown your anxiety in ranch, and you forget about your convoluted life by untangling that bowl of pasta.

Maybe that's not you. *I'm not that kind of headcase* you're telling yourself. Maybe that's so; not everything is a Hallmark Channel drama. But don't go climbing up on that high horse just yet, partner. If your eating is not under control, you still need to reform your relationship with food before you can reform your habits, because you're probably a lazy, unthinking fuck. You're living a low-consciousness existence and evading some serious responsibility to yourself.

Are you starting to see it yet? Whether your issue is that you are using food as an escape or that you're already checked out, your body fat is just a leading indicator of your willingness to face your insecurities, to live in the present moment, to plan, and to execute.

Last week you committed to making lifting part of your life. You decided on your program, you built it into your schedule, and you execute it in an unfaltering fashion because you recognize its importance to your goals, to living the life you want rather than the life you had. Now you must do the same with eating.

Moving forward, you need to change your thinking around eating. No longer is it a coping mechanism, or just something that gets in the way a few times a day. From now on you must view it as a powerful cheat code to getting what you want out of your own life. It has the power to lift you up or break you down. Like the Holy Grail in Indiana Jones, a good choice will give you life, while any of the innumerable poor ones will take it from you. Good nutrition can lead to better health, better physique, and better mental attitude. (Just don't get sanctimonious about how you eat. Remember that consistency is key and there is no right way to eat for everyone.)

So like lifting, I leave it to you to find a food plan that works for you. If you're completely stumped, try [r/leangains](#). It's like keto for weight lifters. The thing to really work on though is preparedness and commitment. If you need to bulk meal prep for the week to make sure you stick to your plan, get some Tupperware and get to work. Make all your lunches for the week in advance, and only eat those during the day. Plan what you can have if you want a snack, and measure out portions ahead of time. Know where your calories are coming from, and have good choices ready. Be ready to be hungry and not give a fuck. Drink some water instead, knowing that hunger, like being sore from the gym, is the physical manifestation of positive change. Track your macros and energy intake, at least for a while. This will keep you conscientious about what you're eating and when, until you *build better habits*.

A warning:

Taking control of your own eating will inspire some level of dread in your wife, just like lifting. (This should be obvious, it's 60 DoD for a reason.) This is because you're showing some semblance of independence, responsibility,

of leadership (if only of yourself) and of *being a guy who lives intentionally*. Of course, it will also lead her to shit test your resolve on this issue. Practice your amused mastery and own the change. Use A&A if you must. At the very least, simply say, “something had to change, so I changed it.” You don’t owe anyone an explanation for positive change.

Nothing must deter you; this is literally life and death we’re talking about here. Go forth and conquer. If there are things you need to own about your relationship to food, put it in OYS. Now go.

52

UPVOTES

Fake It Till You Make It

Praexology · 4 March 2022 · Archived copy · Reddit

FITYMI

Revisiting this concept because I see so many people totally fail to understand what the purpose of FITYMI is.

MRP is composed of basically two parts:

Red Pill Truth and Red Pill Strategy

The whole point of obligatory FITYMI is to *experiment with these community agreed upon truths and strategies, then see what conclusions you personally come to*. In the end you aren't suppose to just to believe everything here because some guy said so - Red Pill isn't a religion despite how so many guys act. This is your first step into developing FRAME.

And I know most of you aren't doing this because of the gem colored turds in askMRP. The same happens whenever you see some dunce in OYS arguing about "Well that wouldn't work for me" - these guys either want to know what strategies to use but have never done the work, or jerk off into their own mouths enough to think they don't need to try a strategy like "lift and bjj" because they think they're smart enough to see how dumb it is without doing it.

Here's an example:

Red Pill Truth: Texting is for Logistics Only

Turns out it's horse crap! Well, for me it is anyway. Most of you can't help but triple text your hopeful side piece then block her like that indian guy that keeps sliding in my DMs. (and that's why even though I don't agree with it for me, I still agree with it for the masses.)

Alternatively, over the last 3.5 years I've had a real come to Jesus moment regarding the value of Mayor Game, STFU and likeability. I watched my life significantly improve when I stopped being a sperg just because I wanted to be "authentic" to whatever unconscious cupcake hide deep inside.

I did this by experimenting with my own life and watching as my peers experimented with the same ideas. But like you will, I had hang ups. Little niggling feelings of insecurity that try to stop me from behaving in the new way - this is why you have to fake it. You are defying your sensibilities. *The very same sensibilities that turned you into the you that you are now.*

You are questioning the very core identity blocks that created the horrible statue of YOU. The whole point is to replace these block one at a time. You can't put too much pressure on your identity, or try to change everything all at once, otherwise it will cause you to break frame. (This is what is called going Rambo.) Your identity cannot handle the weight stress an instantaneous total transformation would cause.

We all understand the **Thousand Foot Rope** this also applies to you and yourself. You are both the first mate, and the captain. You don't trust yourself to lead (and you shouldn't honestly) but the map you now have is different, and it won't start feeling like you're actually being your own captain until you've done it for a while.

52

UPVOTES

Using Your Anger to Find Your Balls

DiamondUnlucky9120 · 27 July 2022 · Archived copy · Reddit

This is for intermediate guys who can't seem to shake the anger phase, on the tail end of the dancing monkey improvement program. It's what I did to finally develop my mental point of origin. This is dynamite unless you have all your auxiliary SMV levels straight. It is a method to turn the incorrect dancing monkey mindset into living in your own frame.

By this point you should be physically attractive, have a good social life, most of your MAP in green, and yourself easily fun and flirty with other women, but still struggling with your wife, and still lacking a solid understanding of frame. A&A and amused mastery are concepts you understand mentally, but your usage of them is cringey. You are probably not genuinely fun at home, despite your attempts to fake it. You probably have a history of being a little high strung and always found yourself trying too hard to make people like you.

You probably find yourself angry or frustrated often, thinking you've done the work so why aren't you getting the results you want? It's because you're still haven't found your balls, you don't have the power and you know it, and you're angry that it's just not working for you like it is for other guys.

If you find yourself stuck at this stage, grinding day in day out, failing constantly, feeling anger and not knowing what to do about it, I suggest something that worked for me. Focus HARDER on the anger and frustration. Stop trying to fight it or suppress the anger and frustration. Go somewhere alone, let yourself get extremely worked up about your failure to succeed with your dancing monkey program. Look at the amount of time and effort you've put in to win your wife's approval. It's ridiculous, you've completely changed yourself and your wife STILL hasn't given you her pussy as a reward? How long are you going to do this? Fuck this. It's been long enough, she's not coming around for whatever reasons and it's time to get the life you want no matter what. Really let yourself surrender to the fact you failed, and that's ok, and accept its time to go out and get the life you want.

Something will happen. You will reach that point of idgaf that you need, not the anger idgaf but zen calm idgaf. You will understand that your anger was just a result of you feeling powerlessness all along. You will understand that you are now a free individual man in the world, with complete self reliance to make anything good that will happen, happen. It's all on you now. Your confidence and drive should skyrocket at this point, as you have just given yourself permission to have complete power over your situation in life. Congrats, you now have frame and mental point of origin. You don't give a shit about what your wife thinks, your coworkers, your friends, strangers, other women, guys on MRP. You will RELAX into your masculinity, because you've been overcompensating for it all these years and you just needed to fucking relax a bit. You'll notice you just feel happy and have fun, because the stress that was caused by feeling powerless in your situation is now gone

Idgaf means you're a fun driven dude who knows he can handle any problem that arises, therefore he has no problems. Life is good.

Wake yourself up daily to this message, and it will cement itself in place.

At this point, you will be able to finally uncover what it is you want out of life, and start making moves towards it. You are now the prize.

Footnote

A lot of guys seem to be misunderstanding the format of this post. I personally think if you don't get it, you're a retard, but at the end of the day we're all retards for being here in the first place. I will spell it out.

The beginning is written from the perspective of a dancing monkey, meant for him to identify with the incorrect mental models.

The middle is an approach used for a guy with the dancing monkey mindframe to break past this incorrect mental model.

The end is the new correct mindset.

51

UPVOTES

The Mods don't care about you

SorcererKing · 16 November 2018 · Archived copy · Reddit

I think I speak for the whole mod team when I say: we care about you so much that *we don't care about you at all*.

Huh?

We obviously care about all of you, in some distant abstract way, or we wouldn't post to this sub, and we certainly wouldn't moderate it. We care enough to read your problems and comment on them, to call you a faggot when you are one, and to provide a set of tools for your success. We take pride in good field reports where guys have put the pieces together and rebuilt themselves.

What we don't care about is your goddamn opinion. We don't care that you're butthurt. We don't care that you're angry. We don't care about your objections to RP, your morals, your *feelz*. Our caring is an *overt* contract: we care enough to give you this sub. We don't owe you an explanation if we ban you, we don't owe you an apology if we decide to unban you.

Does that make us dicks? Maybe. One thing it does do is keep this sub tight and useful. So if you don't like it, you have two options: hit the unsub button and piss off, or mouth off and get banned. As always, the choice is yours.

51

UPVOTES

Past Indiscretions

Rollo-Tomassi · 24 October 2018 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2018/10/23/past-indiscretions/>

Excerpt:

The Sisterhood will always show solidarity for, provide cover for, or aid and abet a woman trying to optimize Hypergamy,...unless that woman is in direct intrasexual competition with her for the same optimization.

Right now I'm sure there are guys thinking, "Rollo, we know that women can get really brutal when it comes to competing with each other." And yes that is true; "slut shaming" is almost entirely reserved for women's intrasexual combat, and there are many other ways women disqualify other women from the sexual marketplace if they feel threatened by that woman's direct competition. But women evolved to be collectivist and cooperative in our hunter/gatherer past, and this has given rise to a globalized Sisterhood wherein women buy into the narrative of their own victimhood and most understand their gynocentric position of power simultaneously. If there is a prime directive to the social order it's that all women everywhere are entitled to the best available opportunities to optimize Hypergamy.

Women will almost universally run cover for their sisters' infidelity, and especially so if they are anonymous and there is little risk attached to their involvement. The rationalization is always the same too; it's men's responsibility to "Man Up" and marry a sister and thus subterfuge is justified, or, a woman deserves a shot at hot short term sexual opportunities if that woman is paired with a Beta partner. Either scenario is consolidation of Hypergamy.

Men are never afforded the same luxury of being able to vet women or to abandon one for his own reasons. I constantly get questions from guys asking how to vet a woman for marriage, but the fact that I would be audacious enough to offer advice on this is enough to set most women off. How dare I think that any woman might not be suitable for a long term commitment? To the Sisterhood, that vetting is only ever valid when it comes from another woman, why? Because to women only women should ever have control over Hypergamy and sexual selection. And in a feminine-primary social order a man telling another man that he should pass on a woman for commitment is conflated with misogyny.

51

UPVOTES

On My Way

JoATMoN9 · 4 September 2018 · Archived copy · Reddit

I always wondered if I would get to this moment from the minute I first found MRP. 10 years to the day that I asked my wife to go out with me I found this place, to today. Three long years of working, improving, and focusing my life. I've been through a lot, and seen my body and especially my mind transform.

A lot of learning came from eye-opening texts on the sidebar of how other people thought, how to influence what they think, and how to think differently myself. I think most of the texts can simply be summed up in one sentence as: Everyone including you is their own person with their own thoughts and feelings and frames.

That's it. Interacting is learning to **accept (or reject)** that, and own that decision. There's no magic key to make people do what you want or think what you want. But understanding why they think the way they do does take away some of the frustration. And knowing that most people are lost souls simply looking for a leader makes assuming that position easy.

After 3 years, as much as i thought I had my thoughts locked down, I recently had a mind-altering experience. I dropped acid on a trip I went on. I did my research going in. I knew I was going to experience some funky thoughts. But nothing quite prepares you for an experience that shows you a glimpse of mental processes that normally run through your mind, that affect how you think every day, and how they might not be as ideal as you thought.

The experience basically broke down my current world view and let me see it from a different perspective. **The truths didn't change**, but the way I saw myself interpret them did. And what this made me realize is that the way our minds organize these truths involves taking the life experiences we each have and trying to put them into frames we consciously AND unconsciously construct to protect our minds from the chaos that is the random world we encounter. Each of us can see and know the same truths. But the framework the mind uses to make rules to govern our thoughts and actions about these truths can be different.

It also made me realize that MRP is simply one of those frames. And I had been using a lot of mental energy filtering the world through this worldview to try and make sense of it. Everything I experienced, I thought "what does this mean through an MRP lens". But I now realize that the energy I spent trying to filter actions of other people was energy I was burning for no benefit to myself. I was so busy trying to put everyone into a box, trying to out-think everyone, that I wasn't getting any joy filling my own box.

And that doesn't mean I didn't have a filled life. I was and still am going out and expanding my life all the time. But I'll compare it to going to practice a sport, versus enjoying playing the actual game. Learning about a hobby, versus enjoying the hobby. Going to college, and getting a job in that field. And of course you need both. And of course you can derive joy from both. Pushing yourself and learning is a path to fulfillment. But actually living gives the learning purpose.

The experience didn't provoke this thought, I had been thinking about this for a little while now. I'm ready to hang up my MRP handle. I'm ready to stop mulling over sexual dynamics and instead simply pursue sex, and life, unapologetically. To be clear about my wants and needs, my intentions and boundaries, and accept the acceptance or rejection other people have of those.

Am I abandoning the MRP framework? Not at all. Like I said, the truths are still there. And I've seen a lot of it work:

-I've grown from a guy who didn't take care of himself to a guy who takes pride in his looks/style/appearance.

-I've learned that the actions I take have consequences.

-I've realized that I'm not owed anything from anyone, but that I can pick the people I'm around.

-I've studied closely my feelings and motivations and found that while I don't have direct control over them, I do have control of the situations that cause them.

-I've expanded my options and seen that many roads are open before me. And that only by learning about all my options and their consequences can I know that the path I choose to take is one I can own.

-I've seen my life fill from passions I know I want to pursue, and from experiencing the passions of others when keeping an open mind and not stifling my options by protecting an ego identity.

-I've seen my wife follow my lead in how we speak to each other, how we discipline our kids, and how we take responsibility.

-I've seen my wife respond to me when I make my intentions and boundaries clear and known.

-I've seen my wife take pride in her body while training and lifting for a bikini competition to, in her words, "keep up with this jacked guy over here".

-I've seen my wife ignore the words coming out of my mouth, but follow my example when I lead and clear new paths for us.

-and I've also seen my wife, and others, choose not to open their lives or follow my lead...and have learned to accept that they think that way.

To those new to the journey: This place will help you. RP doesn't solve your problems, it gives you the tools to handle them like an adult. Guys here will push you, teach you, and slap you upside your head. Remember though that you don't learn here. You simply see a door opened to a new way of interpreting the world. When you go out and actually experience that, that's where you'll learn and create meaning behind the words. And sometimes you'll even see the words aren't entirely true, but they do get you to live by the framework that enables you to move forward.

Remember too that we are all at different points in our lives. Guys here are married, divorced, young, old, and have different passions, schedules, and thoughts about what a good first mate entails. And these things will evolve over

time. You will see men doing great things with their lives. Don't lose focus of what you want while trying to emulate the super-man you've created by combining all these great things into one man. Do expand your mind by being open to the experience of other men.

I had a huge essay of other notes and thoughts, but like I said you don't learn that here. So I'll leave it at that. I wish you all the best in finding your ways. And appreciate everyone who has helped me find mine.

-JoATMoN09/Gargantuablarg29

51

UPVOTES

Manage your bitches.

red-sfpplus · 27 July 2018 · Archived copy · Reddit

I have been actively playing the dating field for three months now. My divorce is moving along at a slow pace, my kids still live with me 7 days a week, and everything keeps moving forward exactly how I want it to in those regards.

My SBX wife has pulled out every nasty page in the book ranging from false DV allegations, to accusing me of withholding money, to withholding the kids, you name it she has done it. And this is a woman I have known since she was 15. When they turn, they turn.

I simply cannot stress the importance of reading [/u/Red-Curious](#) posts on divorce and planning this shit out if you really think you are going to split. It will save your ass.

You need to memorize his posts, and the post on "be her friend" as well. These two things will save it all for you. My hardest job right now, is continuing to be "nice" to my wife. Even my lawyer tells me over and over again. Be fucking nice. She is destroying herself and the judge knows it.

But I digress.

The bitch ladder

I have read the sidebar many, many times. But until you are in a specific phase and dealing with those things I don't think it registers, well at least for me. So, the learning never ends really. The topic of Bitch Management and Plate management has been a rough one for me. I am weak in this area, and many of you might be as well.

The post from HumanSockPuppet called [Managing your bitches](#) is by far the most applicable post there is, for a guy like me going through what I am going through. He absolutely nails how women act during the dating/honeymoon phase and while his post is great, I want to share my personal experiences with you.

Keep in mind, I am still a believer in the LTR. I am no longer a believer in "marriage." I have my kids, I am working on my divorce and everything I want now, I can get in a simple LTR with a woman I may or may not eventually find. If I do great, if not well I have proven to myself I can bang 10 different women in 30 days with little effort or cost. 38, in shape and there is a plethora of pussy out there. Lift, STFU and sidebar are still applicable, as is rule Zero.

Mandy is someone I met on Bumble a while back. She is a cool chick. She has moved through the ranks of HSP's rating system like precision clockwork. After our first date when she came over she brought a really nice bottle of wine for us to share. She knew from date #1 I was fond of Oregon wines. Between date 1 and date 2 she did her research, and selected a great red wine to pair with the steak I was grilling us on date 2. Keep in mind, there was no sex to this point. Since then Mandy has cooked me dinner, and while not hand done "artistry" like HSP talks about in his post, has sent me many meme type poems she has found on Pinterest to describe her interest in me.

Contrast this to my wife, and perhaps your wife. Never went out of her way to select a wine to pair with steak. Never sent me a poem from Pinterest. In fact, I have received more nudes from Mandy in the month I have known her than my wife our entire marriage. Have I changed that much in 30 days? Or was it something else?

How you fuck matters

It has taken me almost three months to "deprogram" my brain to how I used to fuck my wife, to how I fuck these other women I now fuck. The same rules, boundaries and guidelines I had built in my brain - I naturally associated them to these new women. Not sure why, maybe someone who understand psychology better than I can discuss it, but I cannot stress how important it is to start with a clean slate mentally on these things. This translates to your wife/LTR. And I am telling you right now, I see it and I now recognize my own behavior.

Never used to put your thumb up your wives ass while she was bent over? Mandy loves that. Never used to choke

your wife during sex? Chances are your new girl loves it. Why didn't you wife like the thumb up her ass? Was it because you convinced yourself she didn't, or that she really didn't? Again, I ask myself - how much have I changed in the last 30-90 days?

Experience counts

I have an N count I am happy with, and thus far I have not been with a woman who has a higher N count than me. I am a sales guy, and a pretty good judge of character, but even if their N count is higher (I really DGAF) my experience level is higher than theirs. Based off how I fucked the 1st girl I met post split up (what we would call starfish...hey I was nervous) to how I fuck a new woman now, there is absolutely no comparison. Missionary is not going to cut it. If you need to watch some porn to get your knowledge base up, then do it. But if you want them crawling across the floor to suck your dick - you better know how to coach them on it.

This fucking game is all mental. You think it isn't? It is. I thought I was pretty good, but nah - lots to learn brothers. Perhaps more accurately - lots to REPROGRAM.

The Plan

If you are an efficient planner, then you will have NO problems dating women. This is one area I have on 100% lock down. There is never any question on who/what/when/where. I never get any push back on the "dates" I plan, and they always make whatever arrangements necessary to ensure they are there.

Frame

Frame is everything. You have to be DNGAF right from the start. They get instantly addicted to you if you show them out of the gate you are a man who lives his own life, on your terms and they will need to do everything in their power to get an second of your time.

Bitch Management

Three is all I am willing to take on. Three different women I am fucking. The most I was ever up to was 6, and the juice was not worth the squeeze. YMMV.

I am booked out 4 weeks on dates with these women. They know that Sunday-Thursday is generally reserved for the kids, so that leaves two days a week Fri/Sat to play. I have picked up Mandy a few times from her work for a quick lunch because of the three, she is somewhere between Level 2/3 on HSP's guide. The other two, are just at Level 1.

What is the take away?

I don't know. I am in the thick of it right now and wanted to share my notes. Looking back, I can see how my own mental blocks I have had to un-program could have impacted the sex quality I was getting from my wife, so for you guys - I would challenge you on this one specific thing. So perhaps - that is the takeaway.

My window of opportunity with women is around 14 days. That is all I care about right now. That is one coffee date (about 30 mins) to make sure they are not crazy and that they look like their pics IRL, and a FUP date where we fuck. This is the traditional date. If we don't fuck on the second date, they do not get a third. I will go on record as saying I do not fuck on the first date because there are some crazy bitches out there.

Am I the same guy I was 30-90 days ago?

No.

51

UPVOTES

What is MarriedRedPill, what is askMRP?

Rian_Stone · 5 July 2018 · Archived copy · Reddit

What is MarriedRedPill, what is askMRP?

27 points • 16 comments • submitted 1 year ago by Rian_StoneMod / Red Beret[M] to r/askMRP

Lately I have noticed some off-topic and varying levels of usefulness in the posts between the two subs, and I'm offering some clarification for everyone on the pupose of MRP and askMRP.

Marriedredpill is the space to discuss RP strategies, produce field reports, and provide value to each other from within a committed relationship. It's since grown to encompass a few other properties:

1. Demographically older, and all the nuances that comes with it
2. Generally focused more on pragmatism, and less on over arching systems. Getting your own house in order, and not worry so much about society crumbling around you
3. A much lower tolerance for self pity; our one-victim-puke rule
4. No fat chicks

When I first started my MAP, there wasn't an askMRP. It's still not universally accepted among the readership. It was a solution to the simple questions *How do we filter low quality, un researched, value leeching questions without turning MRP into The Oliver twist forum, always asking for more?*. Is there any way to polish those turds into something useful?

So askMRP was created. I'm surprised people post there as much as they do, it's always been *I'm too lazy to start, so I need spoonfeeding*. the users who respond, mostly do so because *teaching a thing is the best way to learn a thing*.

So, we are where we are. regression to the mean. Having said that:

1. Questions end with a question mark. If you post a field report or a navel gazing post onto askMRP, we both know you know it's shitty quality, and think it goes into the shit pile. It doesn't. Your post would have been better in the weekly OWS thread to begin with (that stickied post thats always updated), you're just too lazy to post more than one navel gaze before you Rambo your shit.
2. If it's a field report, I don't give a shit if it's not up to Caddy McCadderson standards. If it's got some value for another person reading it, post it to MRP, thats the point. If you have a theory that ties together multiple field reports, it goes in MRP. If you're worried about getting grief, don't. I could give a 100% foolproof guide to banging supermodels, and someone would complain that superdupermodels will see right through it. Taking grief with a little good grace is good practice anyways.
3. OWS posts aren't about what you wish you could do, or what you'll do tomorrow, it's about what you've done, and fleshing out your process. Others chime in to teach what they've learned, and point out the blind spots.

End of the day, if someone reading it can carve a success out of their life with the information therein, it's an MRP post. Don't worry if it's not 10/10, none of us will ever post a magnum opus, so don't worry it's not. If you have a question and can't be arsed to learn, askmrp and hope that someone else needs to refine their understanding of the same thing. OWS is for action, not pontification

51

UPVOTES

Sex is currency

88Will88 · 21 June 2018 · Archived copy · Reddit

I don't give a fuck! Beta bucks. Fuck you! What a whore. Oscar Wilde said "Everything in the world is about sex, except sex. Sex is about power." Make no mistake here, sex is a form of currency. Ask yourself a few questions: Are you buying or selling? Do you use your sex to buy assets or liabilities? How valuable is your currency, ie: is your sexual currency more like US dollars or more like the Indian rupee? How many dollars (or rupees) are you carrying with you now and how much do you have in the bank? Were you born with a lot of currency or do you need to acquire a lot? The answers to most of these questions will be determined entirely by your gender. If you were born a woman then you have an asset/ cheque book between your legs which will remain valid until you are around 45, to sell your currency you only need to get out of bed, dress and maybe wash yourself. If you were born male then you most likely have a liability/ debt between your legs so you will need to spend a lot of effort and energy acquiring some currency.

There are exceptions to these rules, if you are female and you are in the bottom 10% of appearance due to terrible genes then you were probably born in debt. If you are a male in the top 10% of appearance due to great genes then you were born with a cheque book. Obviously this is a guideline like the Pareto principle, not an absolute. It is a spectrum, like alpha and beta and you can find yourself with credit, debt or a zero balance subject to your life choices. On top of this there is a lot that both genders can work on to increase the amount of currency available to them. So you can drop out of the top 10% or you can work your way into the top 10%. Indeed if you can get into the top 20% of either male or female sexual currency then you are going to be much better off than the bottom 80%. Both genders can modify their chances by lifestyle and mental choices.

So depending on your luck in the genetic lottery, the effort you put in, your lack of discipline, your good and bad decisions you will shift up or down the spectrum. Love and war are both just stupid games that adult humans play with each other. Most of the time neither player knows the rules that well and they have no real idea why they do anything. Whether you have a lot of currency or just a little, the next big part of the equation is what are you spending your currency on? Women are the gatekeepers to sex and men are the gatekeepers to commitment so you need to ask yourself are you giving your currency away too quickly?

If you are a female then as the gatekeeper to sex, you should not give your sex away cheaply. Why do you think there are at least 42 million prostitutes in the world, with 80% of these being females and the remaining 20% of male prostitutes generally servicing men? Only 11% of male sex workers have female clients, that means that almost 98% of the money spent on prostitutes world wide is spent by men. Truly a man's appetite for sex is voracious and all consuming. So the smart tactic for a woman is to optimise looks and remain chaste in the hopes of securing a high value man. Of course you can cheat, and lie about your n-count but that will still leave you with a lower quality man, high quality men have the experience to know the difference between a woman who chooses to give her currency away cheaply.

If you are a man then you should not give away your commitment cheaply. If you are the sort of guy who lacks sexual currency then you are the sort of man who gives up his commitment easily. Maybe you are working your ass off in a job you hate and you are scared to tap on your wife's shoulder and ask her for your bi-monthly installation of starfish duty sex. Maybe you allow an angry fat woman to boss you around. Maybe you take women out for expensive dinner dates and listen to her stories about her job. Maybe you cried when your girlfriend dumped you because you value your relationship more highly than she does. Worst of all you are a beta orbiter and you dangle your worthless offer of commitment to a woman who has absolutely no desire to cash that cheque. A lack of abundance/ currency is a very bad thing for a man. Unlike a woman who can just lie about her n-count, faking abundance is much harder for a man. Women have antennas and they can sense your weakness. You can lie and cheat like a PUA but at the end of the day, you will never have a decent or significant relationship with a high quality woman.

Most of the above applies more to sex and relationships but sex is still a currency in the context of casual sex. People use the most common form of currency, money, to buy all sorts of things. Some of these things are good for you and some are bad. You might buy something on impulse and get buyer's remorse afterwards. You may buy something which is for pure indulgence and has no future value, indeed you may buy something that actually reduces your assets now and in the future. In this case you have used your money to buy a liability rather than an asset. If you had a burger and fries for dinner rather than lean meat and veggies then take a guess at whether you just purchased an asset or a liability with your money.

No one should imagine I am being puritanical or prudish here. We all buy liabilities, we all love liabilities and guilty pleasures, life would barely be worth living unless you have some things which provide just pleasure. In the context of sex as currency casual sex is a guilty pleasure. It has been estimated that \$186 billion dollars was spent on prostitutes in 1 year. Given that almost 98% of that money was spent by men it is a very clear example of a currency exchange. The prostitutes are spending their sexual currency in exchange for money, and the men are using their money in exchange for sex. In a dating context a woman riding the CC is exchanging her currency for a liability. I could go on here with more and more examples but these are red pill subs, we all know the score.

So to summarise, try and keep a budget and have some idea how much currency you have, what your currency is worth, and be careful what you spend it on. If you want to know how to optimise your sexual currency, then you know where to look, it's all on the TRP, MRP and Red Pill Women sidebars.

Peace ♥

51

UPVOTES

Incels

Rollo-Tomassi · 5 June 2018 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2018/06/04/incels/>

Excerpt:

So what's different now? Well, to start, we have a generation of lost boys who've been acculturated to think that even asking a girl out is a form of sexual misconduct. The Village has raised boys as if they're defective girls, devoid of any of the masculine discipline necessary to teach these young men how to cope with real rejection from a girl, how to deal with defeat or how to come back stronger as a result. As we've feminized these boys so to have we embedded the same feminine victimhood narrative that women rely on into their collective psyche. Except these boys are still beholden to the old social contract that women believe incumbent upon men. This puts these boy-men into a very precarious position: they are educated like defective girls and as such adopt the same frail sensibilities and are subject to the same entitlement narrative as most women are, but they are also male and therefore are expected to suck it up, take it on the chin and carry on. They are told to express their feelings and in the next moment are told to check their male privilege.

Most of the lost boys generation are not ready for the disillusionment that the Red Pill brings to them, but it's not the manosphere that's opening their eyes so much as they are having it thrust in front of them by a communication age steeped in the Feminine Imperative. Today, Red Pill truths are harder and harder to get away from as Open Hypergamy and all of the unflattering truths about the female nature are triumphantly lauded by women themselves. Every swipe left on Tinder is one more confirmation of exactly the harsh truths that push Incels to their limit.

Of every article I've read on Incels since the Toronto killings not one author has analyzed the problem correctly, but also none have any actionable idea about how to solve the problem of Incels snapping. There are no longer the same outlets that 'losers' had back in my day to channel that sexual frustration to more productive ends. Many a frustrated high school boy became his generation's iconic artist or musician. I think it's the height of irony that Mark Zuckerberg essentially created Facebook to stalk his ex girlfriend. There are no longer the creative ways to deal with the discontent that comes from sexual rejection. Some will say to me there are, it's just these guys are too unmotivated to apply themselves. And while that may be true, there are much easier outlets that further stunt that boys development. Rather than redirecting that sexual angst to something creative, it's much easier to lose themselves in online porn or immersive escapisms facilitated by this age's technology.

Or they can seek out a forum of similarly disaffected young men and commiserate about the truth of a world that has no place for them. I read that Dr. Jordan Peterson suggested that a social order based on 'enforced monogamy' might be a cure for Incels. I get what he was trying to say, but it's just one more flippant redirection away from the real causes of this rise in Incels. I can remember reading a post that Roissy had made about a knife wielding man in China who had gone to a day care center to specifically kill women and children. As horrifying as that is what had prompted the guy was the understanding that he'd essentially been selected out of the reproductive game because there was a huge imbalance in the ratio of men to women in China as a result of their one-child policy for so long. Roissy went on to suggest that as more and more men are disaffected by a feminine-primary social order, one that bases all its legislation and social doctrine on optimizing Hypergamy, the men disenfranchised by it will become either more violent (in their effort or angst to reproduce) or more suicidal – which we also see in men killing themselves at 5 times the rate of women.

Incels are the canary in the coal mine that is a gynocentric social order. They are what results when a society prioritizes and incentivizes Alpha Fucks (enthusiastic consent) while Beta Bucks is more or less assured by direct and indirect resource transfer to women. When 80%+ of men are evaluated as 'unattractive' to women fed on a steady diet of ego inflating social media, you get Incels. I made a case for this in *Dangerous Times*, but Incels are a byproduct of a feminine-primary form of polyandry. Incels are a result of shifting from a social contract based on

marriage to one based on a sustained child support. The old social order was founded on giving a guy a decent shot at marriage and reproduction by way of being a good provider, this contract is gone today. When a woman's primary incentive is no longer provisioning all that's left is a socio-sexual contract based on the most available Alpha seed to meet a need that a woman cannot provide for herself.

51

UPVOTES

The Four Horseman of the (Divorce) Apocalypse according to Traditional Marriage Counseling: STFU IS NOT "STONEWALLING"

RedPillCoach · 15 January 2018 · Archived copy · Reddit

A few days ago some SJW demanded to know if there was anybody on MRP who understood traditional approaches to therapy. Let me stick my hand up and offer my experience and knowledge. I have been a lurker for several years on MRP and TRP and have read all the sidebar books and lift 3 times a week.

I am also studying traditional marriage counseling as I proceed through my Life and Relationship Coaching Certification coursework.

I note one item recommended for the 3rd or 4th "Marriage Counseling" (MC) visit is to explain to the client(s) the 4 Horseman of the Apocalypse which lets you know that you are on your way to a divorce.

Displaying these features means that your marriage is on the fast track to divorce:

1. **Criticism:** If you spend time nitpicking and criticizing your partner then the Trad MC's say you should STOP.
2. **Contempt:** If you view everything your partner does or says with a derisive snort or an eye roll then the Trad MC's say STOP.
3. **Defensiveness:** If you are defensive and take offense at whatever your partner says or does then MC's say STOP.
4. **Stonewalling:** If you refuse to fight and engage the other partner who is railing against you then MC's say STOP.

Let's take those in turn:

1 + 2. **Criticism** and **Contempt:** First, observe that these are FEMALE tactics in marriage because they work so well on men. Please also observe that the second two (**Defensiveness** and **Stonewalling**) are MALE tactics almost always in response to the female's constant harping and carping, disrespect, and contempt.

Does anybody else find it very interesting that the "Four Horseman" signaling Divorce are Female Attack Patterns and Male Defensive Mechanisms against those attacks?

The "solution" is even more interesting and clearly informed by the cultural Marxist, equality brush. They ignore the real solution and they completely ignore the fact that men and women experience relationships very differently (and if you think otherwise then you must hate women). The answer on which the MC's agree really struck a nerve with me. They think the answer is to back off.

So, MC's basically tell the Wife: "Back off and stop being such a bitch."

Then they tell the husband: "Stop Defending yourself from her attacks and talk and talk and talk!"

This is Marriage counseling summarized.

In case I was not clear, obviously Men being "Critical" or "Contemptuous" is NOT OK (and while it does occur in some relationships we rarely see it on MRP. In fact, Criticism and Contempt by a husband is far, far less damaging to the relationship than a woman being Critical and/or Contemptuous. The damage done is also very different. When a man is critical he drives away the wife because she (rightly) sees him as a spoiled little boy. Strong men are affirming and when they are critical it is a statement, followed by the solution, and then the criticism is done. There is no nitpicking, whining, crying, or complaining. If there is, then he is not being a strong man and it repels the wife.

However, when a woman is Critical, it poisons the relationship because it means she is "Unhappy!" Women want to respect their men and be bonded to a strong man. If they are critical, they are showing they do not respect their man and do not see him as somebody they can rely on.

These are two very different consequences that MC's completely miss in their fervent drive to believe that men and women are exactly the same.

Further, there are major problems with this approach. Most important, an obvious and MUCH better solution is to cultivate the OPPOSITE of these Female Attack patterns. Don't just "back off" on being critical and contemptuous! I say stop it right now! Moreover, I say women should not just decrease their bad behavior but they should work on increasing their good behaviors. Women should cultivate the **opposite** of these features- that is, if women would practice APPRECIATION and GRATITUDE and RESPECT they would find their marriage suddenly improved! One cannot be "Contemptuous" and critical while practicing gratitude and respect.

3 Defensiveness: The first tactic men use to attempt to adapt to a constant barrage of criticism and contempt arises from fear and oneitis- in short a lack of abundance mentality. There is no need to be "Defensive" but if you have an abundance mentality and know this woman can be replaced with a better and younger model then this is the absolute cure for Omega style, weak and unmasculine Defensiveness.

MRP constantly identifies "DEER-ing as a fundamental mistake men make in their relationships with women. When men feel compelled to "Defend" or "Explain" or "Evade" or "Rationalize" then he is being "Defensive. MC's and MRP agree that men need to avoid being "Defensive." MRP goes further and identifies WHY (so you don't look like a weak bitch and women want strong men).

4. **Stonewalling:** This is where MRP and traditional MC's appear to part company but on closer inspection we are really saying the same thing to men.

First, STONEWALLING IS NOT STFU. Stonewalling is AUTISM PLUS STFU. According to MC's any time a man walks away from an argument or refuses to engage in arguing with the wife he is "Stonewalling." On MRP we could not disagree more and this is the source of the women who claim that MRP is "abusive" to women. In fact, walking away from a fight and refusing to support bad behavior is the PROPER and ONLY POSSIBLE response today to a carping, harping, bitching harpy sex-denying screechtard.

At the same time, a LOT of MRP guys, especially at the beginning interpret STFU to mean walk away like an autistic savant and refuse to have a discussion with the wife. That is NOT the meaning of STFU. What MRP means is to walk away and refuse to engage a woman who wants to fight or is engaging in unacceptable (disrespectful or contemptuous) behavior. STFU does NOT mean don't talk, don't plan your day, or don't discuss issues with the house, work, or kids. It means don't fight with the wife and don't talk about Red Pill or self-improvement or anything of the sort. It also means you are correct to withdraw your time and attention from a wife who is being disrespectful or contemptuous. It is not "punishment" but merely a consequence of unpleasant behavior. You are a MAN and have better ways to spend your time!

Lessons Learned: Traditional Marriage Counseling is a flawed creation that fails to take into account real and substantial gender differences and sex roles in marriage. In their "treatment" they conflate and equate female attack mechanisms with male defense mechanisms and (in the best case scenario) they try to blunt her blades while stripping the man of his armor so that her now slightly duller blades can still do damage to the now defenseless man. Even worse, they fail to address the root of the problem (woman's loss of attraction for her husband which comes with sexual denial, unhappiness, Contempt and Criticism- aka Shit Tests) and appear to completely ignore the critical underlying issue of sexual attraction, probably because that would force them to acknowledge that men and women are attracted to different things.

51

UPVOTES

FR: 21 months on MRP

PurpleVeteran · 11 November 2017 · Archived copy · Reddit

Reposting from OWS

It's been a while since I posted any updates, so here's a bit of background for those who don't know or remember me.

When I started my journey on 2/1/16, I weighed 340 pounds. I didn't have a DBR, but after over 20 years of marriage, we were both headed there. I hadn't lifted since high school, so I ordered a squat rack and free weights, and before they arrived, I started just doing deep knee bends and walking for 30 minutes in the mornings. Typical dress was T-shirts and baggy jeans, and I was a classic nice guy / drunk captain, who was afraid of his wife's emotions.

Physical

I'm now 47yo, 6'4", and weigh 270 pounds (up from 255 after of bulking). I do look a lot better, and though I could go lower, I prefer having a bit of dad-bod over looking like a deflated balloon. I still have loose skin on my face and chin, but my beard covers it pretty well, and my upper body gains have helped give me a better, more masculine shape.

My goal was to hit the 1000 pound club this August, after 18months of lifting. The first week of August, I was about 980 pounds calc-1rpm, but during a session of heavy squats, I pushed through a slight twinge, and hurt my back. A week of light exercise, I hurt it again and couldn't even move -- my wife had to bring me to the ER. I spent the rest of the month recovering.

After my recovery, I switched from my volume focused PPL-DUP to a GZCL program that would let me run fewer but heavier sets and test my 1rpms. In conjunction with an egg timer to enforce my breaks, I was able to shorten my gym time to about an hour/day. I supplemented with high-rep, low-weight (60%) sets. Last week, I hit 235 bench / 355 squat / 415 deadlift for 1 rep each = 1005 pounds. Achievement unlocked.

But I also hurt my knee during deadlifts that Sunday (bar regularly hits top of my knee cap), and exacerbated it by running and squatting heavy later in the week. Anti-inflammatories and rest helped, but after three days it got worse again, and now I'm taking a week off from lower body work and running to focus on my upper body while I recover from the injury. *Update: after a few days of down time, I'm ready to get back to the treadmill.*

It was nice to hit my goal, but 1rpm lifts are solely for the ego, and I know I don't need to prove anything to anyone. At my age, I have to pay more attention to my body's warning signs. As such, I'm going back to my PPL program (5x5 working sets at 195/305/365) that balances strength and hypertrophy, with decent volume, at sustainable pace.

In the meantime, I've been doing heavy rope exercises for a few months, and *I love it*. The DOMs are awesome, and my shoulders have fucking popped. At 270 pounds, I can't do many chin-ups, but I recently picked up a tow strap, lat bar, and carbiners to make a custom lat station for my squat rack. Adding these to my T-bar and one-arm rows fills out my back/pull day nicely.

With the impending cold weather, I'm getting ready to switch to running indoors on a treadmill, but I'm also looking at joining a heavy-bag gym for upper-body cardio after work. Finally, after being in a bit of a funk, I've bumped up my Vitamin D intake, and the positive effects were almost immediate. I still need to schedule my yearly physical and get my T-levels rechecked.

Appearance

I have revamped my wardrobe, and for this fall, I have found a look that I like that still feels comfortable. I'm not 25 or 30 any more, and with my graying temples and beard and average looks, I am more professorial than anything else. I keep my hair trimmed, my teeth clean, and my breath fresh.

Slim-fit Levi 541s look good and fit my thighs nicely (36-38 waist). I have a couple polos, but I prefer henleys or button downs that highlight my shoulders while hiding some of my belly. I am not always the best dressed in the room, as there are still managers and sales guys in suits in the office, but even in work casual, I stand out in color, style, and demeanor -- and I can still catch the eye of women over 30.

Commitments

I work for a medium sized company. I'm the team lead, and after shepherding one major project to completion, I'm now the key man on a new high-profile venture for the company. This means that I'm putting in 60+ hours a week, and though I can work from home most days, it tends to impact my other commitments.

I volunteer at a local group for a few hours a week, and after a hectic summer, I've become too busy to stay on point with everything. Things are falling behind, details missed, and I probably need to give up some responsibilities, though I'm not sure to whom.

I still spend time with the family, but even here, the captain doesn't have the focus to keep the ship running perfectly. Finances are fine, there are plenty of fun ventures, and I handle or contribute to much of the household operations -- but the first officer is also busy, so things are falling between the cracks (small repairs, weekly chores, car maintenance). I need to make the effort to get (and keep) my planner up-to-date, so that I can better track what needs to be done and make sure it gets scheduled. I also need to discipline myself again that Saturdays are for completing tasks and not just a day of rest.

Marriage

The last 18 months have been a re-kindling of my marriage. The sex has been great, and while its tapered a bit from 2-3 times a week that I find optimal, it's due to longer hours and busy schedules and not a lack of interest. I don't know that we're any closer emotionally, as even during our DBR, we were never really distant, but passive dread has certainly had an effect. I no longer rely on her validation for my ego, I don't weigh my responses against her reaction, and (for the most part) I keep an even keel on all our interactions. I tease, but I don't do any push/pull. I initiate when I want, not when its time. I lead, and she follows.

For a while, I think she suspected I was having an affair, but she's never tried to confront me about it and I've neither suggested nor denied any such thing. Still, I have never strayed nor even dabbled in strange, except to become more aware of my own physicality and the responses of those around me. As someone who was always awkward, I still don't have the confidence to approach (or even stand out from the crowd), but I am making this my next major goal, and I have 3 months to work on it before my second year is up.

I've applied what I consider the best MRP precepts and tried to maintain a balance of alpha and beta. While I haven't become the red-pill hero like certain others here, my problems were never so bad. Any issues I've had with my wife were only due to my poor leadership, and as I've improved, so has every aspect of my life. I'm still deliberate and my responses measured, but now I have the insight to see things (and people) around me as they really are, the language to describe what I want out of life, the tools to make those things a reality.

51

UPVOTES

AF:BB - A grown up's perspective

88Will88 · 24 October 2017 · Archived copy · Reddit

AF:BB is the king of red pill acronyms/ formula. It is the $E=mc^2$ of the red pill universe. This equation is epic in its scope and broad in its application. 4 simple letters describe the crux of sexual strategy as we know it. However the reality of the way this equation has been incompletely applied, both on the main sub and in here, is yet to be revealed. So maybe it is time to swallow another pill, although this one is a choice, rather than a necessity. The main sub is simply not ready to have this discussion as it would undermine the wet dreams of the incel/ basement dwelling keyboard warriors who increasingly own the debate. So as grown ups we can at least have a discussion without it descending into a name calling shitfest. My theory is that AF:BB is not a dichotomy as previously believed, it is a concurrent and complimentary aspect of female hypergamy. If you really want to be a successful and fulfilled alpha male you need a healthy and alpha body, and a healthy and alpha status/ bank balance. What you really want to be is AB - Alpha bucks.

There is a wealth of data and discussion from red pill luminaries to back up this theory. Esther Vilar correctly pointed out in *The Manipulated Man* (the best and most neglected item on the sidebar) that truly beautiful women do not marry tradesman. Jordan Peterson points out that women primarily choose men based on their ability to provide resources. Indeed women presented with images of men rank 85% of the men viewed as "below average" in looks. So while it is true that a **beautiful** woman will more readily have sex with a very attractive man (top 10-20%) they will not remain in a long term relationship with said man if he cannot provide resources. Study after study has shown that women pick men with resources and men choose on attractiveness. Why else is it that wealthy men are habitually married to women who are much younger and more attractive than they are yet the reverse is never true. Why is there such a thing as a sugar daddy but no such thing as a sugar mummy?

This is a SMV/ RMV issue. TRP helps you to over perform in the sexual marketplace but it does nothing to improve your RMV. We often hear it mentioned in MRP that for a good LTR is TRP on hard mode and you need to mix some beta with your alpha. I disagree with both assertions, firstly a good relationship should be easy, not hard, if it is hard then just leave. Secondly I think we need to take a harder look at the concept of beta bucks. Beta bucks is seen as the only way that a beta can get laid, and there is a lot of truth to this. However that is an SMV issue, beta men with a decent income are more desirable for a relationship than alpha men with no money or a dead end job. So if you want the best of both worlds then you should be aiming to be AB - Alpha Bucks. After all, betas can certainly have money, but there is nothing stopping an alpha man from making money as well. Alpha means boss, and without a bunch of betas answering to you, then you are not alpha.

The commandments of poon is another area of TRP which is regularly skimmed over. We are supposed to make our mission our priority. Pook also describes a healthy life balance as combining day and dream, meaning one does not want to become the alpha jerk, or the beta good guy, but a self realised man who lives life on his own terms. So I think the end game of red pill sexual strategy is AB. For me personally, finding TRP was great because it made me start lifting. I was cocky and had money, but I was skinny as fuck. So red pill helped me to up the physical aspect of my alpha. Lifting is compulsory in red pill subs and I think it is time we realise the importance of the last letter of AF:BB and that is bucks. Money and status gives you more options in life in every way. So if you just want to bang vapid hos, then there is no need to stray from the main sub. Hit the gym, learn some basic grooming and game and you will be balls deep in tinderellas. However to be more realised as a whole man who does not take orders, we need to cover both ends of the AF:BB spectrum and aim for AB.

51

UPVOTES

It's science! Fat fucks have declining levels of marital quality compared to fit hardbodies.

ho-li-fuk · 21 October 2017 · Archived copy · Reddit

This study says that there is a correlation between risk factors for Cardio Vascular Disease and improving or declining married relationships. If you are a married man, and your risk factors for CVD are increasing, the quality of your relationship will decline over time. If you are a married man, and your risk factors for CVD are decreasing, the quality of your relationship will increase over time. The authors of the study said some very interesting things related to decreased risk of CVD: "Change in both these risk factors for the improving quality group may have been driven by weight loss (change in BMI -1.07 kg/m^2 , 95% CI -1.73 to -0.42 kg/m^2)."

My extrapolation of this study into generalized information consists of two main points:

- **Lift** - If you are a fat fuck, your life will suck. The less fat you are, the less your life will suck. For married men, your wife will want to fuck the slimmer, fitter you. You will be more of a prize. Other women will notice this to. If you are not prioritizing your time and attention on a physical fitness plan for yourself, you're an idiot, and you're wasting your time.
- **Sexual Marketplace Value** - While this study focuses on LPL and HDL cholesterol counts over time, read between the lines... If you were the hot, fit guy that got the girl, then turned into a fucking fat slob, your SMV lowered. If nobody else will fuck you, why would your wife. Your value in the marketplace will reflect on how your wife should be treating you. (notice I said should).

From the Study:

What this study adds - Improvement and deterioration of longitudinal relationship quality appears to be associated with respectively positive and negative associations with a broad range of objectively measured cardiovascular disease risk factors.

Further research needs to determine if effective marriage counselling, or when appropriate, abandoning a deteriorating relationship, has longer term physical health benefits over and above psychological well-being.

None of this should be a mystery to any of you here. I saw an opportunity to read a paper about this, and share it.

51

UPVOTES

Shit test win 6 weeks in. Big win.

[deleted] · 25 June 2017 · Archived copy · Reddit

[deleted]

51

UPVOTES

Fun and effective way to deal with shit tests

demeck · 13 May 2017 · Archived copy · Reddit

This is primarily a tool for those moments when she's being overly emotional, and even SHE doesn't know why. You know it when her arguments seem irrational even for her. Something is clearly bothering her, and she just needs to vent. While this could be effective with a plate, it's mostly more appropriate for an LTR. I have had some success with this when she is genuinely pissed about something, but it's less likely.

Have a childish nickname for her. It should not have sexual connotations. This needs to be something you might use when being playful with a child who is throwing a tantrum. For example, I call my wife Grumpy-umpagus (a derivative of Snuffle-upagus - from Sesame Street). I've combined her mood with a child's cartoon.

When she starts ranting, console her in the same condescending childish voice you would for a toddler who is being over the top. Use this nickname, and hug her. If she does not get pissed, then start sticking your hands in her clothes (up her shirt, down her pants, etc). Escalate until she either pushes you away, or you manage to fuck her. If she pushes you away, just go on about your business.

The results are rather remarkable. She will sometimes let you fuck her on the spot. She may push you away, but will have become completely diffused (sometimes, even playful). Occasionally, she will get quite angry about "not being taken seriously". The response to which is typically something like "how can I take you seriously when you're not naked?" If she does become angry, she will return later feeling very guilty, and have a very sweet / submissive tone.

I have even done this in a somewhat public setting. She starts to emote, and I hug her, and start trying to unfasten her pants. On one occasion, I got as far as having her pants around her ankles at an ATM. On a number of other occasions, I was able to finger her in a dept store. These occasions usually led to some good times when we got home. AND, it's even added a bit of kink to our life.

The key takeaways: She is being emotional - a potentially great time to have sex. She needs to know you don't take her trivial emotions seriously. It's an opportunity for you to set the frame (and maybe even get laid). Looking forward to your comments!

51

UPVOTES

A woman will never fully appreciate the things a man does for her. Learn to accept this and avoid covert contracts.

InChargeMan · 20 December 2016 · Archived copy · Reddit

On the Reddit home page I came across [this](#) post. This guy makes an incredible wooden unlocking storybook to propose to his girl (with a platinum ring he also made himself). Looking at the detail, part-count and pictures of early prototypes, it is clear that he spent an immense amount of effort on making this. This guy is clearly intelligent, motivated, and trying to show her he loves her the best way he knows.

Now, not to take anything away from their relationship (which may be fantastic), but I highly doubt that you will be able to find many women who would put forth that level of effort and thoughtfulness. Additionally, I can guarantee that she will not appreciate it as much as she should. AWALT.

So, what is the point? It would be easy to say "don't try so hard, they won't appreciate it anyway." But, I believe this guy did an awesome thing, as many a man has done something special for a woman. We need to be careful not to become jaded and slip into a drunk captain role, waiting for appreciation that never comes. Instead, we need to be internally satisfied with ourselves and the things that we do. The leader doesn't need his subjects to tell him how awesome he is, he knows. But he does need them to follow him and perform their roles to the best of their ability. The concept of covert contract can be difficult to grasp for those just seeing the light. Don't do something "special" so she will have sex with you. Instead, do something "special" if you feel like it, period. Her fully fulfilling her roles in your relationship is her responsibility, which she should see demonstrated in your behavior. She doesn't have to (and likely won't) appreciate the things that you do, but she does need to fulfill her role to the full extent.

In effect, there is a contract, but it shouldn't be covert, it should be right out in the open as clear as day. "If we are to be married, I am going to be an awesome husband/father, and you are going to be an awesome wife/mother." Doing occasional special things for your wife is part of being an awesome husband, but not the only part. Being respectful and sexually available is part of being an awesome wife, but not the only part.

TLDR: That special thing you did for your wife once won't keep her from being a shitty wife. Only your leadership can do this. Doing something extraordinary for a woman just because you are awesome increases your value. Doing something extraordinary for a woman hoping that she will give you more sex/be nicer/etc. decreases your value.

51

UPVOTES

Holiday Reminder: Look out for numero uno

JackGoldsteinWrites · 8 December 2016 · Archived copy · Reddit

I'm in a 7 year LTR, and own a house with my fiancé. One thing I noticed, in the last 7 years, is that the holidays would often leave me feeling more tired coming out than going in. In my field, no one works from the last Friday before the 25th until the 3rd or 4th of January.

Each year, I have acquiesced to use this time to visit our families and do events, usually 6-7 over 10 days, the lions share being events with her non-immediate family (aunts, uncles, cousins, etc).

This year, I got promoted, more responsibility and stress at work, and took on the renovation of a house we purchased together. I am hitting the holidays with my fatigue at an all-time high.

I started thinking about all these events and it just made my stomach turn. So I told my girl, I am attending one event for her family, one for mine, and the rest of the holidays, I am in recovery mode. She can pick the event, but that's the only one she is getting. I am not interested in seeing her aunts and uncles and cousins that, quite frankly, don't add anything to my life. I see them once a year, and then? So why would I give my precious rest time to these people? That time is being repatriated and given to *numero uno*, me. In addition, I told her she can go to the other ones without me, but my recommendation for her was to rest as well, so she could be a better First mate for me in 2017.

What was her reaction? To me, her reaction would tell me just how "on board" she was as my FM. If she gets bitchy, it means she hasn't fully understood that those non-immediate members are not her family any more, *I* am her family.

Well, she was initially disappointed, but since then, she has truly embraced the idea. In fact, she told me she was actually kinda relieved to get some rest herself, and that she was happy I made this decision... which I had initially made selfishly and out self-preservation (I don't mean to sound negative here, I have no issues being selfish, I think it is an admirable trait in some ways). In fact, the "frame" I set there basically allowed her to be honest with herself about how much she was sacrificing for little to no benefit.

I noticed in fact, that when I make these types of decisions, she often is relieved someone else is making a difficult decision for her. Even if she disagrees with the decision. In other words, a woman loves following a leader more than she hates following "unpopular" decisions of the same leader.

Be sure to stake out a bit of time for yourselves, boys. The Captain needs rest too. Happy holidays everyone.

51

UPVOTES

3 little words

drty_pr · 4 November 2016 · Archived copy · Reddit

There are 3 words that should never be said. Especially when preceded by "I". Its talked about a lot on here, but I'm going dissect them a little deeper. They are **just**, **think** and **feel**.

Very simple words that we have been programed to use for our entire lives. The problem with them being, that they are some of the most indirectly indecisive words one can use. As men who are trying to not only be confident and masculine, but ensure we are portraying ourselves in a definitive manner, this is unacceptable.

JUST

acting or being in conformity with what is morally upright or good

This is a righteous affirmation which is used as a means of justification. A sense of entitlement needed by an individual to have their own convictions. There is no need to have your actions validated. Even to yourself.

- "I just didn't do the dishes"
- "I didn't do the dishes"

Or

- "I am just going out tonight"
- "I am going out tonight"

Notice the difference? One is seeking a form of approval and the other is simply a statement.

THINK

to have a certain thing as the subject of one's thoughts

That "thing" that is the subject of one's thoughts is approval. There is no way for a statement to be assertive when your seeking validation for that of which your pursuing.

- "I think I am going to have a beer with my dinner"
- "I am going to have a beer with my dinner"

Or

- "After the kids are in bed, I think I'm going to go out"
- "After the kids are in bed, I'm going to go out"

Notice the difference? One is an indirect question and the other is simply a statement.

FEEL

a sensation of something felt; a vague mental impression or feeling

That sensation is your brains way to justify emotional weakness. It's a coping mechanism for an inability to accept the truth. That's why females are so apt to use them.

- "I feel your not invested when we have sex"
- "Your not invested when we fuck"

Or

- "I feel we aren't having enough sex"
- "We aren't fucking enough"

Notice the difference? One is trying to justify your desires with an emotion and the other is simply a statement.

Now understand, these words all have several definitions. Often being equally indecisive. Still I advise the complete removal of them from your vocabulary. In every way, shape and form. If you catch yourself, stop mid sentence if need be and fix it. Within a short period of time, it will be natural to stop using them. The reward is obvious as well. Almost like a weight being lifted from your subconscious.

You should also be wary of **want** and **try**. That's a discussion for another day though.

So stop talking like a pussy and **think** what it would **feel** like to **just** stop using these words.

51

UPVOTES

Update on getting my son to stand up for himself

Sepean · 9 April 2016 · Archived copy · Reddit

I continued to talk to him about standing up to bad kids and making them respect him, adding in some of the examples people gave me. We worked on thai clinches and knees some more, but now we began it with roleplaying me being the bully, yelling at him and pushing. I also showed him some videos (this one with adults but my favorite, starts at 4m17s <https://m.youtube.com/watch?v=ibl6SHbq8sY>)

Wednesday he kneed a kid so the kid said he couldn't breathe, and Thursday he did a hip throw on that bully I mentioned earlier, landing him flat on his back on the asphalt. He got scolded by a teacher for it, but no word to us parents (not that I expected that).

He said noone bothered him Friday.

I hope both the lesson and his reputation sticks.

Thanks for the help :)

51

UPVOTES

Be attractive, don't be unattractive. The number 1 rule.

Boesman12 · 4 April 2016 · Archived copy · Reddit

There was a post recently asking if woman still doll up for their man. From the OP it became clear that some men expect their wife or LTR to step up regarding their looks, but are not willing to do so themselves. This got me thinking what is the difference between the above statement. Seeing that it is the number 1 rule of MRP, lets break it down.

Be attractive To be attractive is a physical thing, it has to do with your looks.

- Be fit and muscular. You should aim for 10% bodyfat, but not more than 15%
- Wear clothes that fit your frame and is as stylish and nice as you can afford that fits the situation. What I mean is don't wear your washed out track suit at home. Wifebeaters is for the gym only, if even that. There is a lot of tips on style if you look around.
- Be well groomed. Remove those hairs in your ears and trim your eyebrows. You can't reasonably expect your wife to tweeze her bikini line if your unibrow is a mustache for your eyes.
- Smell nice. At the very least remember your deodorant. Sweat and tobacco smoke is so 1955.
- Polish your shoes. And for fucks sake, use some foot powder.
- Treat every day as if it is a first date, and dress to impress.

Don't be unattractive This has to do with your personality and demeanor. This is actually the crux of being a better man. Of being a red pill man.

- Don't be clingy. Women can't stand a man who is clingy and needy.
- Don't be that man that she needs to whine at to get shit done. Women want shit to magically be perfect. Your job as the man of the house is to make sure your house is ship shape.
- Don't be boring. Have a hobby. Have friends that add value to your life. Have something to do if you get a hard no.
- Don't be weak. Woman want to know you are a rock. You can't complain to her if you feel ill. You don't tell her about shit at work, or if you are feeling depressed. You only tell her that whatever happens you got your shit together and then you show her that.
- Don't entertain her emotions. She needs to know that you are her captain. You will lead her.

There is a shitload of posts that handle each and everyone of these statements in more detail. Look it up, read the blogposts of the MODS. Read the sidebar and lift.

But know the difference between what is attractive, and what is unattractive. You need to get them both right.

51

UPVOTES

FR: "I'm nervous. You seem to be going through some sort of phase."

dt8933 · 27 March 2016 · Archived copy · Reddit

Background context--my first MRP FR is here:

https://www.reddit.com/r/marriedredpill/comments/49zdc9/impressed_red_pill_really_does_help_a_marriage/

"I'm nervous. You seem to be going through some sort of phase." That's what my wife told me a few days ago, as we were winding down from some very good sex. She senses that change is afoot. I'm working out more, getting myself fit and tight. I'm less plugged in to her activities. I'm dressing better. I'm more assertive with her when there is something I care about. She is feeling the dread when other women pursue me, something that has definitely been happening more lately. She's feeling uncertain, perhaps even a bit ungrounded.

All of this is motivating her little hamster so damn well. She is regularly initiating sex. She is working out more. She is dressing better, sexier, more in line with my tastes. She offers blowjobs. She is planning sexual adventures for us. She is striving to engage me more, but she's also careful not to overdo it.

We've hit bumps in the road: the occasional fights. STFU has worked so well when she starts yammering on about some trivial thing. I've learned an extension of STFU that has worked super well. When she is feeling emotional and doing the verbal vomit thing that women sometimes do, I don't respond with words. Rather, I just grab her, hold her tightly, kiss her deeply. Sometimes in these situations, if logistics permit I'll grab her hand, take her to the bedroom, and fuck her hard. Her confusion and emotions just melt away. The issue seems pretty irrelevant when I am balls deep in her, pounding away. It works wonderfully.

The one downside of all of these changes is that she's lost some of her verve. She's a little uncertain, almost timid at times. Her confidence is one of the things I love about her, and seeing it wane is sometimes tough. My cynical side concludes that this is just another attempt at emotional manipulation, and there surely is some validity to that. I need to be strong, continue to pursue my path, while also giving her the comfort that I love her, desire her, enjoy her. Hopefully, as we work through this transition, her confidence will return, tempered by the deep-seated knowledge of her position and what really works for her. I'm weaning her off the emotional candy of "yes, dear" and showing her the meat and potatoes of confident, assertive and respectful leadership.

It's working. Thank you all for opening my eyes to these dynamics.

51

UPVOTES

[FR] Unexpected benefit from lifting

The_Litz · 13 January 2016 · Archived copy · Reddit

We all say it....LIFT! It is at the very core of MRP. It is the cornerstone on which we build our strategy.

And somehow, at the start of my journey, I thought I would do other exercises and diet and somehow it would work out ok for me.

I was wrong. And I realised it and owned that shit and now, three months later, I can wholeheartedly tell any noob, LIFT!

The results, so far, I am still building on years of inactivity, I have made good progress, both mentally and physically.

And the unexpected benefit? I used to be an insomniac. Now I sleep. I hit the pillow and I sleep, and wake up before my alarm clock. I lie in bed and stretch, drink some water and then leap out of bed or onto my wife.

Previously, I would wake up at 2AM and just lie there and start up the hamster wheel. I would lie there agonizing and analysing my relationship with my wife. These thoughts would dominate my nightly routine of slumberless tossing and turning. Until I eventually get up, start snacking and watching some mindless shit on tv or porn. Sleep would return at about 04h30, to be rudely interrupted by an alarm clock. Ugh. This has not happened once since I started lifting.

I don't presume to know the scientific reason behind it, but my thinking is that my body now just shuts down to sleep, and in no way will a squeaky hamster wheel stand in the way. As I said, not very scientific but the body must be taxed in some way to function properly.

So, do you lift bro?

51

UPVOTES

Sex and Blowjob for the Busy Man / Tired Couple

010 · 26 November 2015 · Archived copy · Reddit

One of the problems with scheduled married sex is that it can be boring or chore-like if you let it be.

When I was in boarding school (co-ed), we weren't allowed to have sex, so those of us who were sexually successful had to sneak it in between classes and sports and then basically act like nothing happened. I had to climb through windows and hide out under the bleachers; have Oral sex with clothes on and the door ajar, in the hallway, under the stairs, etc. All under the threat of expulsion if caught and wrecking future goals. You have to learn to start and finish fast or work with whatever time you have available knowing that you could be interrupted at any second by teachers or room-mates.

Anyway, it is possible to have lots of sex even when you're both tired and sneaking around, even having to make it happen when you only have a few moments unobserved.

Even though this sounds like the exact opposite of what you would expect in 'married game', there is a lot of carry-over that I think would serve MRPs here.

If you're married with little kids and in-laws and ringing telephones and planes to catch, it probably feels like there is no time to have sex, that the only way you can have sex is to schedule it twice a week. This is bullshit. It's going to make it beta and boring.

You should be taking advantage of those little bits of time when nobody is looking, while mother-in-law is checking her cell-phone or the kid is in the bathtub. That's what a bad boy would do.

When you're basically initiating all the time some of the little sessions are going to go all of the way and a lot of them are going to go nowhere, but that's OK. You can finish up later. Or tomorrow. It doesn't matter at all.

When you schedule sex for Tuesday night it's turning it into a trip to the dentist. If you or she has a headache on Tuesday night, then there's hurt feelings and performance anxiety and potential for unenthusiastic performance.

Grab bits and pieces throughout the day. You'll be walking away from sex and blowjobs because you really don't have time to finish or you have to leave for work or school or whatever. Be like Bill Clinton dodging secret service agents in the White House.

If you have enough time to finish, you can finish, if not, save it for later. It will be a lot less predictable and boring and you may be surprised where you end up and how often you actually don't get interrupted or run into headaches.

If you're on the twice a week (or month) plan, try mixing it up and seeing if it works better for you. Since you weren't really *expecting sex* when you initiate at wildly inappropriate times, you certainly aren't going to get butthurt when it doesn't work out. And maybe the five minutes before the conference call or the car to the airport will be more valuable than you realized.

51

UPVOTES

MERPERS Posting on RPW: Don't do it guys!

BluepillProfessor · 2 June 2015 · Archived copy · Reddit

Hi everybody:

We have got the word from one of the RPW moderators that a lot of married guys are posting on RPW. Please remember that RPW is a sub for WOMEN to discuss Red Pill strategy.

Lurk if you must over there but remember that RPW is not your henhouse. They are apparently getting some posts with 9/10 responses coming from MRP men and this is driving away some women from their sub.

I can certainly appreciate why that would be a problem for them and we are not going to let this dynamic continue.

If you want to cross-post a RPW comment as a post on MRP (so long as it is relevant) I have no problems but the RPW points are valid.

from RPW Mod: /u/wingnut

you are taking over our sub. You kicked us out of here for good reason, women were giving bad "team woman" advice, and this is a place for MEN to advise men and destroying male community. Now you guys are doing that to Us.

There is no other place for non-religious women to congregate meet and communicate, no place, RPW is IT. We are male friendly and hate all that feminist "safe space for women" bullshit, but you are all LITERALLY driving women out of our sub and taking it over. Some posts have a 90/10 male female response ratio and it has become ALL mrp posters. We are not your wives or your sister sorority, neither are we TRPs, we are our own community and if you keep interfering with us youll all be banned on sight, not every place on the internet is for you.

Let me add that I will enforce a suspension and then a ban for any MRP users who are interfering or trolling another RP sub. Just as MRP is male space, RPW is female space. Please respect this fact and do NOT interfere with their carefully structured dynamic.

TLDR: Stay out of the henhouse or you are liable to be banned on RPW and MRP.

51

UPVOTES

TRP in The Atlantic

equinoxshadows · 14 February 2019 · Archived copy · Reddit

If you all want an amusing read, head over to The Atlantic to read the article [The Bored Sex: Women More than men, tend to feel stultified by long-term exclusivity--despite having been taught that they were designed for it.](#)

The entire article is simply a PC-wrapped composition on hypergamy and beta partners. Below are a smattering of quotes I found particularly amusing:

...Although most people in sexual partnerships end up facing the conundrum biologists call “habituation to a stimulus” over time, a growing body of research suggests that heterosexual women, in the aggregate, are likely to face this problem earlier in the relationship than men.

... “Long-term relationships are tough on desire, and particularly on *female* desire ”

... But Meana discovered that “institutionalization of the relationship, overfamiliarity, and desexualization of roles” in a long-term heterosexual partnership mess with female passion especially—a conclusion that’s consistent with other recent studies.

... The psychiatrist and sexual-health practitioner Elisabeth Gordon told me that in her clinical experience, as in the data, women disproportionately present with lower sexual desire than their male partners of a year or more, and in the longer term as well. “The complaint has historically been attributed to a lower baseline libido for women, but that explanation conveniently ignores that women regularly start relationships equally as excited for sex.” Women in long-term, committed heterosexual partnerships might think they’ve “gone off” sex—but it’s more that they’ve gone off the same sex with the same person over and over.

There is nothing in this article that would surprise anyone who has read the sidebar. I just find it interesting that a very politically correct and left-leaning publication like The Atlantic would essentially confirm the idea of hypergamy in its own PC way.

Of course, the solution they come to is all wrong. The author's solution: add novelty (read DEVI). Of course, we here at MRP know it's far more than just novelty.

Keep fighting the good fight gentlemen.

And make your woman some goddamn heart-shaped pancakes.

51

UPVOTES

60 DoD Week 1 - Part 2 Lifting For Life

NoAARPforMe · 29 March 2019 · Archived copy · Reddit

I spent most of my work life driving process improvement in various organizations. For the past 30 years, that has centered around continuous improvement using lean tools and concepts. The idea of continuous improvement is ingrained in my business life and personal life. The journey may or may not get easier.....but only you decide when it ends.

Lifting heavy is a foundational principal to Married Red Pill and is part of the beginning trinity of lift, STFU and read/implement. It can be the easiest, because it is all you and your discipline to the process. And let's face it, lifting heavy weights, making process, seeing the progress and feeling better each month can be a great motivator.

I am not going to talk about heavy lifting in general. That has been covered here often and well. [Here is a good overview of lifting programs](#) by /u/bogeyd6.

What happens when injury, disease, pain, body condition and/or your doctor tells you no more heavy lifting...maybe temporary...maybe permanent.

January 2019, I found I have an ascending aortic aneurysm. The artery coming out of my heart was more than twice as large as it should be, like a balloon that could burst. No more heavy lifting until my operation in June. After that I will not be able to lift heavy for my recovery period....maybe never.

Ascending aortic aneurysm. The words from my doctor hit me like an anvil hitting the Coyote in the Warner Brothers cartoons. As I searched for lifting alternatives, I found research showing that one could get most of the benefits of a heavy weights, low reps program with lighter weights and higher reps. I could use lower weights at 15, 20, even 25 reps and still produce good gains. Not the same as lifting heavy...but gains with a program that fits my circumstances.

This is [one of best articles](#) I found on the subject as it covers a number research tests on this subject comparing low reps, heavy weight vs. high reps, lighter weights. Here is part of the conclusion:

The fact that it's possible to gain with higher reps and lighter weights doesn't necessarily mean that it's a good idea to do so.

Remember, in terms of muscle growth at least, there were no discernible advantages to the light weight high rep protocols. They didn't lead to superior gains in size or strength. But each set took twice as long to complete.

Plus, lower reps and heavier weights still win the day as far as gains in strength are concerned.

What it does mean is that the range of repetitions you can use to build muscle is a lot wider than previously thought.

Most studies out there show very similar gains in muscle size across a variety of rep ranges.

That gives you a lot more choice about the type of training you do.

We aren't alone in being forced to change our workouts. Forget the 710-lb. deadlifts and 470-lb. back squats — workouts look a little different for Arnold Schwarzenegger these days.

Squatting and all those kind of like heavy leg exercises, I can't do anymore. My knees are shot. I have to protect my knees because I want to go skiing.

The machines that you have today, I wish that I could have used them in addition to what I did, because they're

really amazing. A guy like myself who had shoulder surgery, hip surgery, knee surgery — they can always find an exercise around the injury that I could do.

So I cannot do dumbbell lateral raises anymore, but I can go and find the machine that does exactly the same thing and I have no pain.”

Arnold’s version of continuous improvement.

I am currently working the SL5x5 plan, but doing 5 sets of 15-20 reps. Basically, I am changing 5x5 to 5x20. I may not be setting 1 rep max personal records, but with the circumstances I have today, I am getting stronger, looking better, feeling better. My plan has changed. I am not going to get that 5x5 225 pound bench press before June. Some of my goals are revised, but still a plan I am working on.

I am not a doctor, not an expert, not a fitness guru. Just lessons learned from 40+ years of running, lifting heavy, bodyweight fitness, HIIT routines...and now lifting lighter weight, higher reps. But you do you...follow your plan...build your life. And always check with your doctor before taking off on any new program if you have health issues.

Some of you may be thinking, hey noaarpforme, you are 62 years old, does lifting really have a benefit at that point? And if it does, will anyone notice? Does SMV apply at 60+?

Everything you read from the sidebar and Married Red Pill, Rian’s daily email, etc...it all applies at 60+. My body has changed, I like to think I am wiser, kids are grown and out of the house.

I still love sweating through a good workout, hanging out with friends, a night out on the town, passionate sex multiple times per week, a tasty keto meal, a little too much rum, rock n’ roll cranked up to 11 and the latest Avengers movie.

And yes, women still check out an average dude who is lifting, well dressed, confident and has a bit of game.

OK, the iron is calling and those weights won’t lift themselves.....

PS. Deep appreciation to all the regular contributors on Married Red Pill and AskMRP. I learn from you guys every week. Continuous improvement; the journey never ends. Rock On!

51

UPVOTES

Narratives

sea-tease · 25 April 2021 · Archived copy · Reddit

There is not a lot of digging into our past or upbringing issues here as the path forward is pretty much the same whether your childhood was heaven, hell or somewhere in between. But there is a portion of this that was relevant to me in my journey out of beta hell that held a lot of value that may be worthwhile for those of you who are earlier in and taking this process seriously. I didn't really touch on it during my stretch of OYS'ing because it didn't really click until later in my journey.

Kind of like Glover goes into, we are egocentric early in our childhood development. Everything that happens around us seems to be a function of ourselves, rather than outside forces. So when something happens that's awesome, you think of how awesome you are, which was cool. But there is a fair to good chance that you also had some instances happen that were uncomfortable, unfair or even devastating. Well, that sucks, because in that instance, you probably interpreted it in an egocentric way - an interpretation that most likely was not true but seemed true at the time. And perception can become your reality. This sets into motion a narrative you tell yourself. Following that, there were probably more things that happened that *you perceived* to confirm that narrative, whether it was true or not. Without realizing it, it became a subconscious narrative that would run like a background operating system in a computer. Most men never get that introspective to even know it's there, let alone confront it and deconstruct it.

So, to make this make a little more sense, I only know how to relate how this happened with me. This isn't so much about me, just the best way I know to how write how it may have played out for you. Anyway, I had a couple of instances that I don't need to go into here because the specifics are irrelevant and you don't give a shit. But it started a narrative without me realizing it that said, "I fucked this up. I am a fuck up." I internalized that useless interpretation as a kid without realizing it. My dad was self-absorbed, harsh and really paid little attention to me unless I broke his boundaries. Then I would get in trouble and he had no issue punishing me in however he saw fit. And then he would go back to paying no attention to me even if I tried to connect in my various ways - which were unsuccessful. So another layer was set in my subconscious narrative, "I'm irrelevant and always in the way."

So what? you ask. At our ages? Get over it, nut up and be a man. We all have our shit and the path out is always the same: Lift, STFU, read, build frame, self-validate and build your own life of abundance. I agree with this BUT I found something that was very helpful in the self-validate/build frame portion of that process. Rather than psychoanalyzing, getting touchy-feely, trying to figure it out, crying and being all gay about it, I realized that this narrative was real and was still coloring my view and affecting my actions and reactions, even at my age. So I took myself back to that place (and places) and realized I was not getting what I needed as a kid at that time. Those instances produced a certain feeling and not a good one. It was a very specific feeling that I would experience over and over in my life in different circumstances - I had just never really identified that this feeling was the product of what I was unconsciously telling myself. It would be with friends, family, colleagues, girlfriends, social situations and of course, my wife. This background narrative literally kept me from liking myself and without me knowing it, sabotaged much of my life and was sabotaging much of my rp progress. I would argue that you cannot build authentic frame without liking yourself.

Once I recognized and identified that narrative and the resulting feeling, I began to pay attention to times when something would happen outside of my control where it would arise. Since I had become so much stronger mentally, I learned to literally hit the pause button, STFU, and tell myself "I am not a fuck-up" (sometimes over and over) and I would intentionally not react. Pretty much go autistic but there was a reason underneath rather than just being an autistic retard trying to think of what to do or say. Also, recognizing that I operated with those narratives, I began to do longer range work on ending the "I am irrelevant and always in the way" narrative. As I began to focus only what I could control, I had a way of ending that narrative as I gained confidence in several areas of my life. Social, business and of course the way I reacted (no longer react) to my wife. I had a specific narrative to deconstruct as I told myself I am not irrelevant and how much I value myself. I have become much more proactive

and this holds more meaning that just trying to become awesome. I did not want to be a slave to that narrative I didn't even realize was there. This was probably the largest thing for me to overcome to really get to a place of self-validation and outcome independence. I found it interesting that [/u/nowenterthearena](#) seemingly accidentally found himself go through **This similar process** after W&S asked him is there anything worth really being mad about. This isn't about self-esteem but building authentic frame and not sabotaging your process.

I have always liked Horns line, "If you aren't vulnerable, your frame is shit." It's true but it can also be true that "If you're vulnerable, your frame is shit." That was me and possibly you. Because my being vulnerable was not **Expressed like a man**. My version of vulnerable was unconsciously trying to use others to make me feel like I wasn't a fuck up or in the way.

If this resonates, although with your own jacked up narrative, it is largely under your control and at least for me was a great step forward in personal progress. I've gotten better at being my own judge, being outcome independent and being vulnerable now in my frame when I want to because I am not a slave to those useless narratives. This was a nice dragon to slay.

Again, this wasn't so much about me, but my best way to outline what may be there in you without you even realizing it.

51

UPVOTES

Wife has lost her mind. I'm new to this sub. Please grill me on what to do. I still love her but she left me.

Energetic_Cheetah · 26 September 2022 · Archived copy · Reddit

Wife and I argued in the car in July, and she ended up leaving with my son to her mom's. At first things were good. She was love bombing me over the phone for an entire week as I was out of town at work. Calling me a great husband, loving father, and just showering me with love. Thursday rolls around and everything changes. She called herself a "slave" and "maid" of mine, that she had been depressed "all those years." I never saw any of this. We were going on trips, having fun, etc.

She got more distant and cold as time went out. At first she told me she wanted to "take time for herself." As time progressed, she started asking me for a vehicle, for money for certain things, like my son's clothes and for his school.

Things were pretty cordial. Mid August she asks me to take stuff over to her mom's, which I do. She looks like a different human. It's almost as if she was so cold and distant, couldn't even look me in the eyes. I felt like she had cheated on me.

Late August/early September she tells me she wants a divorce all of a sudden. I do some investigating and find out she had been going to a concert and also out of state to visit a random dude she barely met on Facebook with my money, telling me it's for my son's school. I verified he didn't need money at all. She took whatever I sent her and used it for her own priorities. During July I had sent \$500, thinking they needed food/water/school supplies and my wife 11 days later asks me for "money for a backpack" again.

Anyways, I found out the girl literally flew out to another state and stayed with the random Facebook guy which she's just been talking to for about a month, for four days (with her sister). She left my son back at her sister's house to be watched by her sister's boyfriend.

I have barely seen my son the entire time. I had to find his school, and when I did, she tried calling the school to have me not go.

The day before she flew out of state, I randomly dropped by to ask to see my son and got cussed out and threatened (police, divorce, etc.) I had sent her photos of the random guy and asked if she was gonna throw our 8 years out the window for that guy, to which she said "I don't even know what you're talking about" as she looked away.

The night of, for the first time in over two months, she had my son call me for over 30 minutes (something that hadn't happened the entire time). I was like, "great, but why now?"

Little did I know she would go the next day. Also, the night before, she had asked for money for my son's school, although I verified he didn't actually need anything.

I stalk her social media and she's liked pages about "other halves", "twin flames", "the universe supports me", and a divorce recovery page.

I swear to God, she didn't have a proper conversation with me about any of this since July. I actually don't know what the hell is going on. All I do know is she went from love bombing me that first week to saying she doesn't want relationships to suddenly asking for a divorce and liking all this energy and witchcraft stuff online. She also started complaining about how terrible I am (somethings I could see, others were blown way out of proportion given her own actions).

Once I told her I knew what she had done with my money and where she went, she completely went ghost. She changed her number, got a new phone, and gave her old one to my son. She actually thought I got the info from him somehow and called his school to try to stop me from visiting him.

What the hell is going on? Somebody please help me wrap my mind around all of this? The images she's liked are

all about sex and about "another half out there" and there was only one that I think was in reference to me, but I'm not entirely sure. To paraphrase: "Why are they ignoring you? I'm taking some time to myself because I realized somethings in this relationship need to be stronger in order to grow." Yet she has a divorce page liked and a whole bunch of other random stuff.

She would never go out like this, but suddenly she's a drinker, has added all these men, and even pages where men are in uniforms and are wearing tight clothing.

It's the most bizarre thing I've ever seen and I'm really freaking out. Apparently she's into tarot cards and witchcraft type of stuff all of a sudden.

Can somebody please tell me what's going on and how I, if possible, can get my wife back? I'm in love with her and absolutely confused and devastated by what's going on.

And why is she so upset that I see my son? She doesn't want me to see him! I literally am so confused and outraged. I'm even more outraged that her sister would go with her and encourage this type of behavior.

Please help me determine what to do to get my wife back and have her snap out of it. She's ruining an 8 year relationship and a 6 year marriage over craziness that I can't understand.

51

UPVOTES

Just be yourself

threekindsoflucky · 28 May 2026 · Archived copy · Reddit

A short one.

I'm sure you've heard this advice spouted many times before.

'I've got a date with this girl and I'm worried about how it's going to go.'

'Just be yourself'

'That girl over there looks pretty but I don't know what to say'

'Just be yourself'.

It sounds like good advice. And generally, it is. Better to be authentic than to spend your life pretending to be something that you're not. But 'Just be yourself' only works if 'yourself' is actually worth bringing to the table.

If you're a boring, undisciplined, uninteresting peice of shit with no value to offer, then no. Don't just be yourself. You suck.

This is where people confuse authenticity with complacency. Authenticity doesn't mean accepting the weak, unattractive and underdeveloped parts of yourself as sacred personality traits. The goal is not to pretend to be someone else, the goal is to build a better self until being yourself is no longer a negative.

When you don't suck, you can take the advice to 'be yourself' to mean be your generally fucking awesome self.

That is the self-check.

When you hear someone say 'Be yourself', ask yourself honestly if you are comfortable showing up to any situation armed only with what you are and nothing else.

If the answer is no, then 'be yourself' isn't advice, it's a warning.

Don't fake being better, just become better. Then be that.

50

UPVOTES

One quote to hold onto.

healthyteacher4 · 30 September 2018 · Archived copy · Reddit

You can spend a lifetime writing down great quotes you find in books, films, songs, etc. But I've narrowed my favorite down to one simple, ancient one, that I carry in my head- "Take what you want and pay for it."

It applies to red pill because you really do pay for all the things you take in life. It is comfortable and easy to have a marriage where you go to work, come home and flop on the couch to watch tv without making much of yourself. You have a job that pays the bills and you put a little bit away towards savings and 401K. Maybe you BBQ on the weekend and occasionally have some beers with the friends. You have taken a very easy lifestyle, but without realizing the actual cost of it.

There is a cost to not working out. There is a cost to letting days slip by without reading, increasing your knowledge and working on your further development. There is a cost to bingewatching stuff on Netflix instead of tending to a more productive project. There is definitely a huge cost to you sitting back and deluding yourself with the idea that you've done enough, you have achieved enough and that you can ever stop learning, growing, moving.

Take any path you want in this life, but be aware of the costs tied to it. There is always an accounting. It took me 15 years and a lot of sidebar to realize that.

50

UPVOTES

Halo Effect and Applying MRP

ishouldhaveacigar · 23 June 2018 · Archived copy · Reddit

What I've read (including some books not in the SB): NMMNG, MMSLP, WISNIFG, The Rational Male, MAP, The 16 Commandments of Poon, The Book of Pook, The Way of the Superior Man, The 48 Law of Power, Mastery, Listening to The Art Of Seduction, Thinking Fast and Slow, The Subtle Art of Not Giving a Fuck, and How to Win Friends and Influence People.

Lifting: 6' 187 10% BF lean Some CrossFit SS 3X5 Squat 300 Bench 205 Deadlift 345

8The tendency to like (or dislike) everything about a person— including things you have not observed— is known as the halo effect*

Kahneman, Daniel. Thinking, Fast and Slow

This book is one of the best books I've read. I believe it's somewhere in the sidebar over in RP. It is loaded with an enormous amount of information, yet worth the read. I'm a behavioral therapist and I had previously read this book. However, the lessons I got from this book took on new applications once I started applying MRP. Halo Effect is a human bias phenomenon. It can work in my favor or it can be a disadvantage for me. My body of work and the principles I apply in my life can be used to increase my value.

I smoke cigars. I smoked cigars when my wife and I started dating 11 years ago. She wasn't fond of the smell, yet she like me enough to overlook the smell of cigar smoke on my face or on my clothes. At that time I possessed a certain amount of alpha qualities (albeit raw alpha qualities) which greatly contributed her attraction to me.

This is essentially Halo Effect. Her initial interest and attraction to me set the tone for how she would perceive other behaviors with which she would subsequently encounter. Halo Effect is "a common bias that plays a large role in shaping our view of people and situations" and "increases the weight of first impressions, sometimes to the point that subsequent information is mostly wasted" (Kahneman). Two important observations to note here are 1) she had just recently quit smoking cigarettes and 2) before we dated, she did not like cigar smoke. These are two notable factors to her aversion to cigar smoke. However, the tendency to like or dislike everything about a person can be a strong bias. Therefore, it makes sense that she was more than willing to overlook the occasional cigar smoke in order to get into my pants. I was working hard and going to school, which was a high value body of work at that time.

In short, she perceives: *He's attractive to me, he has potential and is actively reaching it. The good outweighs the bad, so I can deal with the cigar smoke.*

Fast forward a few years. We are married, my alpha qualities have already begun to diminish, and my slippery slope into becoming blue pill began. It started with comments and inquiries about me smoking cigars. She would ask "did you smoke a cigar today?", even when it was clear that I have. I started to notice her subtly move away from my face when we would make out or during sex. This eventually become more overt with her, asking me to wash my face and/or brush my teeth before getting intimate. I would occasionally wash my face and/or brush my teeth without needing to be asked, yet I was inconsistent with it (low value). Eventually, it was evident that she really did not like the smell of cigar on me and I began to respond by being overly apologetic (more low value). I started to be mindful of when I would smoke and rarely smoked when I knew there was a chance for making out and/or sex. I thought I was being a nice guy and, well, I was; I just thought I was killing it. I smoked less and if I happened to smoke, I would thoroughly wash my face and brush my teeth, mostly out of anxiety about how she was going to respond. Especially if I knew she was in a bad mood or I had pissed her off (low value again). This is Halo Effect happening again within the context of me not having a high value body of work at that time.

In short, she perceives: *He's doing a lot of unattractive things, he once showed potential and now he is regressing. The good and bad balance is way off, and by the way, I fucking hate cigars.*

Fast forward several years and becoming quite blue pill, then swallowing the red pill and applying MRP for a while, I realized something. My wife wasn't complaining about the smell of cigar smoke on me. Not only that, but she often encourages me to go relax and smoke a cigar. She will often sit with me while I smoke and if a cloud of smoke blows passed her face and I say, "Oops. We can swap places so the smoke doesn't go by you", she will say, "No. It's fine", all while gazing into my eyes with that look that says, "You can do whatever you want to me". This is Halo Effect happening again within the context of me having a very high value body of work at this time.

In short, she perceives: *He's more attractive than ever, has gone above and beyond what I ever expected. The good outweighs the bad by a shit ton, and I love the way he smells when he smokes a cigar!*

She did not just acquire a smell for cigar smoke. She certainly didn't just simply start tolerating it. This would discredit the hard work I've done. Something significant took place, and It changed how she responds to the smell of cigar smoke...at least on me. I can think of numerous examples of this in my transformation. I recently arrived to this understanding when working with a client. I have begun to specialize in working with men in LTRs and, although I don't call myself a Red Pill therapist, I have been implementing many of the philosophies applied here, albeit within an ethical context (gotta keep my license). I have a client who stopped fishing (one of his favorite pastimes) because his wife didn't like him being away from home and didn't like the smell of fish. Clients and I typically discuss frame a great deal, as well as walking their own path, among other things, such as learning how to respond to their SO's femininity with masculinity, in healthy, creative ways. I introduced to concept of Halo Effect to this client and he has since started fishing again. He was surprised about how well she responded. I pointed out to him that much of her desirable response to this was due to his body of work and how he can recognize Halo Effect.

It is beneficial for me to consider hobbies and interests I have deviated from because she doesn't like it. One might think that they need to wait until their body of work increases in value, but this thinking is flawed. Value is clearly an important aspect of the work here. Believing my value is low actually creates lower value. Not understanding my value is low value. Understanding what my value is can improve it. After this, increasing my value consists of the positive behavior modification I implement. If I wait until I believe my body of work has enough value, before I reengage in those hobbies and interests she hates, I am, by default, believing I have low value, which is counterproductive to increasing my value. I simply need to reengage in those hobbies and interests in order to display that I value myself enough to do so.

Behaving this way will show value, which is attractive. Consistency is as equally important as the display of this type of behavior. It is also imperative that I understand my body of work as it improves. Halo Effect can benefit me or it can work against me. My body of work can increase my value. Therefore, the stronger the body of work, the more conducive the Halo Effect will be for me. Don't go Rambo, right?

50

UPVOTES

Finding Your Mission

ReddJive · 24 May 2018 · Archived copy · Reddit

Finding your mission is perhaps one of the hardest things to do on your Red Pill journey. It is also unique for each man. Not only the mission itself but also how it is found. I for one believe that this is why men can't move forward in their Red Pill development. They fail to find their mission, others are stuck on objectives or goals and haven't completely defined their vision in life. I am not judging a man's mission but if you think I have then perhaps you need to reassess your mission or what you thought it was. To be sure this isn't an easy topic. While I do have firm beliefs in how it should go I also yield to the idea that the process isn't the same for every man.

Leadership is an ephemeral thing. It's hard to nail down but when you see it you know it. It's also why my dick itches when I hear about the newest leadership book from some ex special operations space shuttle door gunner. Leadership is not condensed into a trait or skill. It's a process. One that isn't easy.

All military leadership schools spend time discussing leaders of the past. They do this for great reasons. It's first to understand the lessons learned, but it also studies the men involved. Why they did what they did, how they did it, and their mindset. To learn a few skills or traits or adhere to mantras (Leaders Eat last!) is merely turning leadership into a homogenized mindset, when it is extremely complex in nature. No two leaders are alike which is why it is so difficult. I was told as a cadet to find a military leader I admired. Then emulate him. Over time you will then develop your own sense of leadership and style.

In short leadership cannot be learned it has to be experienced. I feel the same way about developing your mission. There is no other way to do it but get into the process, head down, and begin to find it.

Let's begin by breaking down some terms and gaining some level of understanding what we are talking about. To be sure that there are fine lines. Vision vs Mission? What's the difference? There is some difference and enough to make note about it but maybe not to others. Some may see this things as the same thing. Yet I contend these men have synthesized their lives and have gone through the process. To them it makes sense. Like an experienced martial artist. They see things in ways lesser experienced don't. Like when learning a technique it's taught in slow steps, maybe 4 or 5. Over time a martial artists is able to reduce it to 2 steps. Maybe even one step. The good ones will teach in the old ways, through the slow process. The mediocre ones will try to break it down into simple efficient techniques. Cutting out a lot of the learning and other important aspects that made themselves great. The bad ones just won't GAF.

What this thread should be a is discussion more than a teaching point. The post should set the stage. Developing your mission is a personal thing. Yet it starts the same way.

Defining some of the terms and the process

Vision - Outlines what you want to be in the future

Mission - describes what to do wants to do

Goals - Your goals are broad outcomes, think of them as more long term. They can be made up of objectives.

Objectives - an objective is a measureable result of your work. It's the first step. If it can't be measured it can't be managed.

Red Pill lays out some very simple and achievable goals:

- Lift
- Dress better
- Better diet
- OYS

These can be thought of achieve the Objective of being more attractive. These are core and essential. They cannot be skipped, though many of you try. As i said that study of others is the best way to develop leadership and I believe your mission.

I am going to deep dive into one objective and show through my own development how this can change and morph into something that is just a cornerstone in Red Pill to be a clear support to my Mission and vision for myself.

There is no valid argument against lifting heavy weights. It's time proven to be the way to develop the masculine form. It can be argued that running, CrossFit, and the like are fitness goals, but do not come here complaining about results if you have skipped an essential step. You are then left trying to make up the short coming in other areas. Possible, but don't complain. It's the path you chose.

Developing your masculine form is critical. My theory on way running isn't masculine is simple. Prey run. This doesn't necessarily account for the predators that run quit well, but it is just my theory. When I started red pill I was already working out pretty heavily but I was doing a CrossFit style workout. It got me lean as fuck, but I was back to my pre-military look of lanky and thin. I started lifting again, but in a lean way. Not for strength and then I found Red Pill a little later. Through that process I rediscovered my love of powerlifting.

I took heart the idea of the masculine form and lifted like it was life itself. My size, strength are always remarked on. When I am working on a paramedic shift I am called when the patient is a bariatric, or if the situation requires the presence of someone of my stature. I find my martial arts is far more effective. Techniques I was taught to do with two hands I can do with one. Yet these are nothing to me as the final vision for my life is to find my potential. To see what I am capable of. Our ancestors wrestled bears and lions on mountaintops, and while I am pretty sure I won't be doing any of that I want to see what I am capable of. I want to know I have that option. I am driven to find the lengths of which I am able to achieve in my personal abilities.

Over time I started getting injured as I hit the mid-400 range on my lifts. Every time I went to pull a 450 Deadlifts. Something happened. Everytime I went to move my bench or squat up. I had to take a break. Mind you I was merely working on the core objective here. Lift.

Earlier this year I wrecked my back, my rotator cuff was getting strained and stressed. I took a break. Lost a lot of strength over that time. I finally had to admit I needed a coach to break those barriers. I found a performance gym that specializes in powerlifting. About 705 of the members are amateur competitors on a state level. It's the gym I remember growing up.

Bare bones. Equipment beat to fuck but loved and cared for. Instead of a posted sign politely asking you to rack your weights it says

"We aren't your fucking mother, and this isn't your fucking house. Clean up."

I knew I was home. The move was good for the ego. After being the big fish in the fancy gym I was at, being one of the strongest, and largest dudes, I am now at the bottom again. Nearly every man there point to the wall at the far end where their record is written. I knew this is where I wanted to be.

After a few days of assessment my coach told me I was leaving a lot of strength of the table. My form was not solid. That hit the ego. I had been lifting a long time, but I accepted what he said. When I started with the coach and the performance gym I just joined I was at mid 200s on all lifts. 2 months later I am back to the high 300s and setting my sights on state powerlifting competitions next year.

I want my potential. I want to see what I can do. Who I am. I want to build value relationships around me. This was all built on one objective. Simply lift. The goals could simply be the 1000 pound club, but it develops into more. Some men could just simply use this as a goal and my life vision for myself, finding my potential, could be an objective all their own. For me it crosscuts more than just my lifting. I need to know what I am capable of in all areas of my life.

I have stated before. I have been a soldier, a scholar, a healer. I am now developing the artist in myself. I haven't stopped being all those other things. I train in martial arts often. I hone the skills I learned in the military, shooting, fieldcraft. I study a wide range of subjects. Education is free. Go to the library. I maintain my medic license, and work 20-30 hours a month doing a variety of things with it. As for the artist? A lot in the work there. I may announce it. I may not, but it has nothing to do with Red Pill other than it is part my life's' mission and vision for myself.

I offer these Veteran Posts on the same topic. The ground has been covered but there is so much more to learn. This is by no means exhaustive research.

Purpose by /u/SteelSharpensSteel

Apart from your fitness and your mission, everything else is perks or masturbation /u/88Will88

You are Your Mission

Finding Your Mission and Success /u/88Will88 I couldn't find the rest of this series.

50

UPVOTES

Killing the ego

BobbyPeru · 16 March 2018 · Archived copy · Reddit

Over the years, I've learned the difference between being judgmental and being observant. Sometimes, this is a fine line. One thing I have observed on MRP is new guys often think it's a "race" to become alpha, and a little bit of progress can be easily mistaken as a total transformation. **This is the ego**

After a lifetime of being lied to by the media, friends, family members, and your own mother, unplugging from the matrix is no easy task. In fact, many of the people that have lied to you are simultaneously lying to their self. So, the line between truth, lies, reality, fantasy, and wishful thinking can become blurred. **MRP can often make things more muddy before the clean-up starts** It's kind of like cleaning out a garage - it will look more messy than ever before the real progress is revealed.

One of the biggest issues is **ego** . All too often, we either see a newer guy come on here posting about a situation he needs to fix right now, but in reality, if we provide solutions, they are band-aids, and they generally will not help the new guy's progress.

These type posts start with tell-tale signs of the markings of ego. For example, when I see a guy start off with 'I've always been alpha, but blah blah blah'... or 'I'm probably a 9 SMV (and then gives no details about lifts, height, and weight - yes, all three are required for a reasonable analysis)... or 'wife is shit testing me about folding the socks,'... or 'wife gave me a hard no, but I didn't show any butthurt.'... etc... **the problem is usually the ego is in the way of the beginning of progress**

Progress **begins** when the new guy has **finished** all of the sidebar readings and is starting over.

Progress **begins** when the new guy can honestly post all physical stats **Height, weight, and lifts** .

Progress **starts** when the new guy doesn't lace his post with pats on the back or **please tell me I'm a pussy** pleadings.

Progress **begins** when the new guy realizes he's been brainwashed and is **still brainwashed** , and he wants to do the work to deprogram.

Progress **begins** when the new guy realizes there are guys on this board who have put in a ton of effort, way beyond what he has put in, and he is willing to listen to feedback, no matter how much it stings.

Progress **begins** when you hit your first lifting plateau after adding 5 pounds a week on all lifts for many months straight.

Progress **begins** when the new guy has cleaned up his diet, is under 15% BF, and has the stats to back it up.

Progress **begins** when the new guy realizes he is a pussy with **no frame** , and he becomes willing to STFU and lift , and then gradually add A&A, AM, fogging and other frame builders.

Progress **begins** when the new guy has **internalized frame** and no longer is **faking frame**, which his LTR will see right through and break easily anyway.

Progress **begins** with all of these acts , thoughts, and behaviors of **humility**.

Progress **begins** when the stay plan becomes the same as the go plan

Progress **begins** when the new guy can admit he has a long hard road ahead, and he starts to become comfortable with small but valuable strides of progress.

Progress **begins** when a new guy can come on here, present objective facts, and not lace it with implications of the grand ole alpha days, the great resent victories on who should fold the socks, and not present us with paragraphs of he said/she said dialog. **You will not find progress within the mundane details of every day BS conversations between you and your LTR**

Progress **begins** when your LTR isn't giving you hard no's anymore, and you realize that your sexual strategy is a combination of things in this post, and **it is working**

Progress beings with killing the ego because then the new guy can tear down the sand castle he has built and build a solid rock fortress**

The enemy is not women

The enemy is not your LTR

The enemy is not the media and the brainwashing you received

The enemy is your ego.

Kill the enemy

50

UPVOTES

Men with no frame and the things they do.

weakandsensitive · 15 January 2018 · Archived copy · Reddit

It's been covered before - but new guys get the concept of frame all wrong. Frame isn't some you hold or you don't, it's something you have or don't. Frame is your world view and your reality. **Everything that doesn't in your reality is funny, amusing, or irrelevant.**

He can not get the concept (I think) that she can possibly view anything that happened in any other way then how HE chose to view it.

So how can you quickly tell when a man has no frame? No sense of his personality reality? Because instead of being dismissive of anything that doesn't match his reality - his feel the need to try to peacock and dick measure.

OP: It's hard as hell to project positivity

Me: Because you don't project it you stupid bitch. You learn how to embrace positivity and enjoy life for what it is. Otherwise, it's all horseshit and all you're doing is pretending to be a clown. Here's a hint - clowns aren't actually happy.

By the way - everyone at MRP, askMRP, and TBP knows you autistic fucks are going to fail and fuck it up. It's on you to not be an autistic fuck and fuck it up - which you're obviously going to any so -- what's the point of this warning in the first place?

OP: Maybe you're warning yourself? It's cute how you say "YOU autistics"...

Completely missing the knowledge and taking the bait. You jar a guy's butthurt, and their blinded to everything else. It's so, so, so easy. If some random dickhead on the internet can trigger you to make you wanna amog over some stupid bullshit, imagine how much more effective people who you're emotionally invested into are going to be able to trigger you.

With solid frame, a solid worldview of what you represent, stand for, and won't stand for, you can actually pick and choose what you accept into your worldview.

For example, the only thing that was useful in my first post was - **You learn how to embrace positivity and enjoy life for what it is.** This is actually a really hard skill that takes significant amounts of effort actively changing your mindset. Instead, OP focuses on the completely unimportant and totally useless fluff. Great - instead of picking out the value from a conversation and figuring out how to leverage it, OP misses the point completely. Sidenote: I don't put effort into useless newbies when there are not useless newbies making solid progress every single weak at Own Your Shit - demonstrate that you have the spine to not get instantly butthurt and you MIGHT actually be able to make some progress. This is because weak men are a total waste of time.

So imagine OP's wife is bitching at him about something. Instead of focusing on the actual problem, OP gets sidetracked by being insulted by her FEELINGS on the problem. Way to go OP - you just missed the entire point, and you missed the diamond because you were too busy digging through shit because you never realized that the ONLY thing you care about are diamonds!

This happens all the time -- 1, 2, and I could find more I'm sure, but I'm feeling lazy. This was just the last two days off the top of my head.

I write in a way that if a man focuses on the insults and gets butthurt (frameless men get butthurt *a lot*), they'll never see the meat. And this is me, some random cunt, over text, that they'll never, ever interact with in real life.

You have the power to pick and choose what you actually waste your time and energy giving a shit about. Don't let some anonymous dickhead or your dear precious wife dictate what care about by baiting you with some stupid, stupid bullshit. Decide and focus only on the things that matter - for me, that's the potential value of each and every interaction. For you, it might be different - but decide!

50

UPVOTES

[FR] A Failed Branch Swing

JudgeDoom69 · 26 October 2017 · Archived copy · Reddit

Here's another real-life confirmation of MRP concepts.

The ex-wife of one of my childhood friends started messaging me shortly after word of my divorce became public. "Diane" broke the ice by wishing me a happy birthday and then the conversation progressed from there. We ended up talking on the phone for over two hours and I found her story to be a straight-up vanilla case study in a husband gone Beta and a wife's hypergamy kicking in on-que.

My buddy "Jack" was a high school football star running back. He went to college on a full ride until he flunked out. Now he has a good job in law enforcement. He and Diane got married in their early 20's and have had three kids, two of them pretty much grown but still in the house, and one in 8th grade. Over the years, Jack has gained a bunch of weight and lost a bunch of hair. Diane stayed at home with the kids while Jack worked hordes of overtime so they could send their kids to a high-end parochial school, have a nice newer house with a pool, and drive nice cars. Jack is an involved father and has coached his kids' sports teams when he wasn't working a 12-hour shift to keep the bills paid and build up his retirement.

Diane lost interest in Jack to the point of being repulsed by him. Her loss of attraction for him culminated when Diane's mother passed away and she started to reflect on her own mortality. Everything he did annoyed her, to the point where she couldn't stand to watch him chew or hear him talk. She claimed he was uninvolved with their children, because he didn't have the energy to play with them after a long shift, and just wanted to sit in his chair and have a beer after work. They didn't have sex for over a year, and Jack developed a porn addiction, which Diane felt made him some kind of pervert.

Diane was at the funeral of her younger female cousin and started chatting with the boyfriend of the deceased, "Mike". They continued communicating behind Jack's back. Diane whined about what a terrible husband Jack was, and Mike lent a sympathetic ear and reinforced her negative perception of her husband. Every interaction with Jack turned into a huge fight until she finally drove him out of the house and Jack moved back in with his parents at the age of 49.

Mike and Diane had a short fling, until Mike grew tired of Diane's middle-aged snatch and moved on to other plates. Diane has been single ever since, with a few short-term relationships that started with online dating but never amounted to anything. She clearly overestimated her SMV due to the interest from Mike, and now is finding out that single, middle-aged women are a commodity as common as dirt, and there aren't a bunch of young hot Chad's lining up to marry her. Jack and Diane are still married on paper, so that Diane can stay on his sweet government health insurance benefits. Diane works two shitty part-time jobs to pay for groceries etc.

Meanwhile Jack has had a few girlfriends and moved in part-time with a girl who is nine years younger who idolized him during his glory days as a football star and a lifeguard. He has lost weight and has been taking some sweet vacations with his girlfriend, much to the chagrin of Diane. Diane says she's "happy for him", but then goes on a rant of how much she resents him enjoying vacations with, and spending money on, his girlfriend. Her rationalization for resenting his new relationship is that Jack should be vacationing with his kids instead of the girlfriend. Clearly Diane expected Jack to stay at his mom's house, lonely and pining away for her.

Eventually the girlfriend will pressure Jack into filing for divorce and get re-married. Diane will survive on spousal support and her shitty part time jobs. Maybe she will find a new Jack to support her, but she has a lot of baggage and her looks have faded. Meanwhile Jack has moved on, and is taking positive steps toward living the good life.

TLDR: Former star athlete became a tired cranky fat beta provider, wife tried to branch-swing at the first sign of attention from another dude, but the new branch broke off and she landed hard.

50

UPVOTES

Wow...I just totally lost my shit.

resolutions316 · 10 May 2017 · Archived copy · Reddit

This saved a bit early, I meant to tag is as a FR (or possibly Cautionary Tale.)

Context: MRP since November. Lifting, sidebar, hobbies, leadership, etc - working on all of those, not perfect anywhere but lots of progress. Married about 6 years, SAHM, two kids, 3 and 1. Career beta that whole time, married to my oneitis. 100% dead bedroom for 1.5 years after the second kid was conceived. Only recently started having sex again. Had a huge blowout two months ago, after she was acting depressed enough that I had worries about the kid's well being. Since then, things have stabilized - she's MUCH better, much more in control, dressing nicer, much better with the kids, better mood. But sex has also drifted off, from a high right after that big fight (8 times that month) to about once every week and a half. Also important: I've initiated the last few nights and been rejected, and those rejections got to me, even after a few months of truly feeling OI.

So, MRP - tell me how much I fucked up. Pretty sure I was just involved in a train wreck.

Now, something you should know about me: I don't get mad. Really, hardly ever. I had a wicked temper as a kid, really hurt some other kids in fights, and had my anger straight up therapy-ed out of me.

Because of that, I internalize anger. I don't show it. I can count on 1 hand the times I have gotten visibly outraged at my wife over our 9 year relationship. If I get *really* pissed, I might go in another room and punch myself in the leg. Given myself some nice bruises that way, but other than that, it's extremely rare for me to blow up, yell, etc.

This week I've been trying to make plans with a friend, Friend X. That friend also knows my wife (we all grew up together), but Friend X and I are very close, grab beers together for "Dad Nights", etc.

I've noticed my wife and I haven't had a date night in a while, and we've been hanging out separately a lot. I thought it would be nice to lead our relationship and get some group hang time in.

Yesterday I texted for logistics, letting her know I was making plans for this week with friend X. I asked if she'd be down to have him over the house after the kids were asleep, maybe play a board game. She has been reluctant to have people over in the past, because she feels self conscious about our house.

She didn't reply. She's on her phone all fucking day, messaging her friends, so I know she got the text. Fine - no worries. I

Friend X called me this morning, let me know he would be in town, and we decided to grab a beer. Texted wife:

ME: Heads up - Friend X will be in town tonight, so I'm swinging out to meet him. Won't be till around 7:30.

HER: Wait. Is this instead of him coming over to hang out?

ME: i never heard back from you about that. do you want him to come over?

HER: You never followed up with me. I didn't have a chance to think it answer when you texted. I wish you would stop assuming things. You do this a lot.

HER: I'm so frustrated. Like, what went through your thought process when I didn't respond? There are so many possibilities and you just assumed one thing which is most convenient for you.

.....

ME: wow.

HER: That's what you have to say? We are supposed to be working in our communication. It continues to be a problem.

I don't know if it was her "tone" - like she was chastising one of our kids. I don't know if it was the complete taking me for granted. I don't know if it was just weeks of initiating and getting rejected, all the "I have OI" talk I'd been giving myself just covering up more resentment.

But at this point, I lost it.

Blood started pounding in my head. My hands started shaking. My breathing sped up, and I started pacing the room...

...And then, from my hands to the keyboard, emerged the grossest fucking victim puke.

I'm including it here because it's fucking embarrassing. If I'm being honest, I didn't even mean to send it - I typed it in, expecting to get it out and then delete it.

But of course, I hit "send" instead.

ME: how about i don't want to text because I am soon fucking pissed at you. I texted YOU to include YOU in plans that I was making. I wanted to hang out with YOU and reached out to YOU because we haven't hung out much lately. YOU are on your phone all fucking DAY and probably facebook messaged your friends 150 times over the course of the next 24 hours. I told YOU I was trying to making plans for this week. and yet, when YOU don't have the fucking time or courtesy to respond to ME, it is MY fault and I should've been chasing YOU around and treating you like a fucking child.

jesus fucking christ i am so fucking pissed i can barely breathe hence me trying to pull back on the texts and nOT RESPOND i am shaking god damn, you take me for granted. holy FUCK

I haven't edited any of that, because hopefully one day I will look back on my post history here and laugh at this.

I then called her, basically reiterated the above, she started arguing back about "how dare I turn this around on her" and "is it too much to ask that I follow up with her in person." And I argued back every point, completely sucked in.

She said she had to go - she was with our son - and we'd talk about it when I got home.

Look, this is like, the picture of an MRP train wreck. **Losing frame, being butt hurt, showing weakness, getting sucked into fights, DEERing, fucking texting!**

Like I was going down a fucking check list of things not to do, and then just doing them instead.

I probably undid months of work.

But, honestly...it feels so good to be MAD. It feels good to be pissed off and vocal about it. It feels good to get pissed and call her out on shit.

I know - it's probably terrible for the marriage, terrible for me. But I actually feel GOOD now. I'm sure it'll fade and this will just feel shitty, like the victim puke it was.

Anyway. Posting this here to remind everyone, and myself:

- 1.) You can feel like you are on top of you shit, and still let stupid bullshit get to you. Never slack off or let up your guard.
- 2.) Even when you THINK you have let go of resentment and butthurt, that shit goes deep and can fuck you up when you least expect it. This day started perfectly fine.
- 3.) I made a commitment when I started here to be open about this process. This shit is fucking embarrassing. I'm posting it anyway.

50

UPVOTES

Participation

drty_pr · 28 February 2017 · Archived copy · Reddit

When we look at how MRP helps to build better men, we are usually thinking about lifting, sidebar and STFU. While these are all essential, I believe participation is of equal importance. How often do you see a post on r/askMRP that starts out like:

*Hey guys,

Been unplugging for 6 months, lifting 5x5 stronglifts, read NMMNG, WISNIFG and MMSLP, passing shit tests and she is starting to follow my lead quite nicely...*

They then proceed reveal their situation and puke the rest of the post out. Very quickly we realize that they haven't internalized the material. The community then calls them out on their bullshit. Usually followed by some serious DEER or not responding and possibly deleting the whole works.

Shit, even my first post qualifies to this scheme. I thought I would give it to everyone real honestly, explain that I've studied and waited to contribute, then asked a question about what to do about the way my wife flirts with BIL. The community tore me a new one and rightfully so. I was fuckin mad and butthurt. I was full of feelz. "How dare someone have the nerve to call my wife fat or think she is fucking my BIL!"

That's why I say *you haven't started to unplug until you have posted something*. Be it askMRP or OYS. Even if you post it to the main page (pro tip: newbs, don't do this) and get ripped up. Until you have fully exposed yourself to the locker room mentality of the sub, you're still plugged in.

I'm of the belief that the single most important thing that one needs in life is a solid frame. It's impossible to have a frame if you're an egotistical little bitch. If you can't handle what a group of men you will never meet have to say about you, how the fuck are you going to be able to keep face while debating with your boss? Let alone dealing with the antics of a bitchy woman whom you share a life?

For the first 6 months, I never missed an OYS. I took a lot of flack from guys on here too. At first it really pissed me off. But as time went on, it got to a point where I was making decisions of my own accord and owning them. Not saying the advice became unnecessary. Simply that I was able to take the criticism constructively and apply it to my situation as I seen fit. The solid frame I now possess is greatly attributed to the way this community trains you to understand your ego.

You don't eliminate an ego. It's part of your natural being. You do learn however, to keep it in check and never act on it's advice without diagnosing the information it's giving.

This is why laying it out with zero fears of how the community will take it is so important. I can't think of a better way to grow than having the very fabric of life you have built up ripped apart in front of your eyes by guys who are not only better than you, but what you are in fact striving to become.

So if you're a guy who is waiting til he thinks he somewhat has his shit together before he posts, go ahead and do it. You're not going to advance until you can learn to take criticism, kill your ego and internalize that your fucked up situation is totally your fault.

It's also a reminder for guys to be honest with themselves as they not only post, but comment as well. If you get called out on shit advice you're offering, chances are that the train of thought that's causing you to have this belief is a hindrance to your success.

Keep it real on here mother fuckers.

50

UPVOTES

The Fast Train

bogeyd6 · 12 December 2016 · Archived copy · Reddit

You found this post because you either searched for divorce, cheating wife, or dead bedroom. Things have gone awry and you, as an upright man, can't figure out where you went wrong. Your lover has gone another way and you have literally done everything you know how to make her happy and save your marriage. The marriage your grandparents had. The love each other forever, common goals, and raising a long generation of families. The one person in the entire world you were supposed to trust has failed you. This was the one person who shared your goals, vision, and bore you children. Twists and turns aside, this was all down hill now. Work hard, stay loyal to your company, never cheat on your wife, and care for your children. Keep bringing home that paycheck, treat your loved ones the way they should be treated. Loved. That's all you had to do.

You've grown up. Time with the friends were spent with friends who were married and having children. Breaching that age where it was time to just settle down with "the one". She had her baggage, but so what? You had yours too. Ex lovers, Ex friends, none of that mattered now. You exchanged vows, rings, and this was it. Make or break. You forgave her for her past and even she told you she was ready. Ready for children, ready for monogamy, ready to submit to her lover. Family or bust. That's what you told yourself.

You did everything you know you were supposed to do. You broke your back, sacrificed everything you loved before you got married and buckled down to raise a family. All the nights you spent with friends and brothers. All the free time you had to chase your own goals. You gave all that up for her. She was supposed to praise you and love you unconditionally for everything you spent to make sure she and her children were raised proper. **God damn it**, you did everything you ever knew to do.

You do what any real man would do right? You reach out to friends and family. You ask your father, maybe your preacher what to do. Invariably they all come back with the same answer. The same things you have been doing over and over. The marriage counselor? He told you to communicate your feelings more with each other. Embrace the individuality and figure out a way to compromise. The issue was, you have already been doing that. What no one ever told you until now, she was keeping score and you weren't. You didn't know the real rules and you didn't know how to make points.

Maybe she is withdrawn from you, maybe she is talking to that guy you seen friend her on facebook. The point is you have spent so much time building your legacy and it's all falling apart before your eyes. No one is helping after all you have done for everyone else. What has gone wrong in your life? No one understands what you are going through. You keep on trying though. You aren't giving up this easy. You keep on moving. After all, anything in life worth doing is worth over doing, right? You are alone, no understands what you are going through. They don't know the history or the shared struggles.

What if you take a step off the train?

What if you let go of all that?

What if, you stopped for a moment to work on yourself and stop working on everyone else? Then, you allow wondrous things to occur. Number one you realize that your happiness is only dependent on you and absolutely no one else and not even your children can provide you with true happiness. You hit the gym and get the body back you had before marriage, you know, let them muscles show again and get some confidence back. Get the diet under control and start losing body fat. Go back and rekindle old friendships with old friends that might be frustrating but some of them are still there with you, not for you. That's the key difference.

The wife gets put on hold while you rebuild your fatherhood with your children. You spend time with them like you always knew you should but didn't really have the time to do that. Work and wife was always in the way. Take a moment and spend time with your children and learn what motivates them. As a father, you would be absolutely surprised how much you mean to your sons. After all, they learn how to be men based on your actions. Your

daughter? That's the most important. She learns to love through you.

What will then happen to your life and family when you put yourself first? Everything.

The problem? You are on a fast train and it's going on the rails.

50

UPVOTES

Noob Arena – Fearing Your Woman

fuzzyface1980 · 24 August 2016 · Archived copy · Reddit

Welcome to the Red Arena. Glad you are here, it has a nice view. I mean, it's just a fucking field, but it offers a certain perspective. See that road down the hill. You know it well; you've been traveling it for some time now.

All those people walk that road because they feel it's easy to travel. It's got signs and tolls and watchful eyes to make sure everyone follows the rules. So, at surface level, it does appear easy. But it takes more than it gives. Which is why you are here,

Now I see you brought a sword and shield. Awesome. Because up here, something wicked this way comes. Those watchful eyes saw you crawl up here. So they geared up ready to test your resolve.

You will face a strong and independent army, battle worn and ready to rape and pillage your dumb ass for showing up in this arena. For even considering to go against their will, any attempt to change your weak behavior will be met with brutal systematic attacks. And for being so weak, this is your burden to shoulder, because I'm here to tell you -

Everything has a price.

And what you've historically paid doesn't make you anything but a fool. You are not a victim and you aren't a hero returning home. You are not a champion for what you've sacrificed. You will never be a king. Empires yet to rise will not whisper your name in awe. They will never know you even existed.

And for that you are free. Today, right now, right here. Free to fight. Free to fail.

Do you hear them? Those war drums signal their approach. The ground shakes. The pounding of earth as hundreds of thousands of heels stomp in unison with a single intent to demoralize you. Those roars they give; an early celebration to your impending demise. See, they want you to submit without ever lifting a hand. Because that's what you've done. Your act of submission is all that you have given this world!

Until this day.

So stand against the tide! Their rank and file approach! Your enemy is upon you; staring straight down and keenly through! The old you will die so end your miserable existence with stiff spine and a pair of balls between your pathetic legs!

Ready your sword; here comes your mortal enemies - an all girl marching band! AAAA-HAHAHAHA! It's just a bunch of teenage girls with flutes and shit! Ahahaha. The look on your face! Oh, Jesus on a lake. I thought you were going to shit yourself.

You're such a fucking pussy...Holy fuck! Is that sword real? Put that down. Why the fuck did you bring a real sword; you are going to hurt someone. TheRedPill said you were fighting evil? Don't be a faggot. They're just bratty little girls. Never mind which one I mean.

Look, pay attention, you are here to battle your fears. Not women. Not your wife. She's in that marching band somewhere. Mine is in there too. She's in there because she's a unique snow flake...but all of them FEEL they are.

Which brings me to my point - every damn woman on that field thinks she is a unique little snow flake. ALL of them. And all of them have turned their nose up at 80 percent of us men. Soon you will be part of the 20 percent. So fuck petrichor. Fuck geosmin. From my perspective, I smell a blizzard approaching. A pussy blizzard!

Leave the weapons and leave your anger behind. Understand the benefits of abundance mentality. Failure is growth. You were a loser. Here your failure pays you. Every rep gives you knowledge. Perspective. MASCULINITY.

Lift. Work to failure. Work for you.

TLDR - Your wife is not the enemy because you are not a victim. Winter is Cuming.

50

UPVOTES

Application of MRP to a 'Good' Marriage

videreLux · 23 May 2016 · Archived copy · Reddit

This post is essentially a 'thank you' to the long time contributors of this forum and an encouragement to those who are new.

I stumbled across MRP by hitting the random reddit button and it changed my life. The three first sidebar books were eye-opening and enlightening.

I have been married for 23 years and if you asked me if I was happy, I would have said, 'yes.' We married at 23, both with n counts of zero. She has a professional degree, outearned me for the first 20 years. I'd say we were about HB6's (she topped at 7 while running track in college. I could be 7 if I lifted) I was (and am in many ways) the perfect beta-max.

Our marriage is strong, little chance of straying...we molded things to the current fashion of equal everything. We pool the money, divide the household tasks, and enjoy each other's company. She gives me plenty of alone time. We spend much of our time raising 4 kids (2 in college now, 2 middle school) and are typically worn-out from a day's activities. We are able to get out for weekends away and vacations with the family. We had some years with major struggles and came out the other end stronger. All in all, a good life and good marriage that I would have chosen again. And yet...

In two areas I was uneasy and had that nagging doubt that all was good. The first, is obviously the sexual arena and the second was the understanding that with both of us leading, neither of us was. The household was adrift with no real direction or focus other than making it through each day. As for sex, it was and is always available. I'm unsure I've ever been given the hard no. However, there was lots of starfishy duty sex...lots of that. I was the clueless good guy, always concerned that I didn't appear to want it too bad...too worried about what she wanted, unsure, timid...what I now know to be nuclear passion killers. She gained enough weight to drop her SMV a point (edging up to two), while mine has probably moved upward. She threw me SO MANY signals about how she wanted me to lead...Asking my opinion on every single damned thing no matter how trivial, giving me carte blanche in the bedroom (and me having no idea how to use it), telling me she likes to feel 'desired.' My good guy conditioning could not be overcome.

Stumbling across MRP was like being instantly smacked in the face with a 2x4. It INSTANTLY hit home. I read the sidebar through and was astounded how much of me was in there. The course prereqs were revolutionary. I began my MAP.

Every single little bit of alpha I add to myself has resulted in clearly tangible benefits in both the household 'progress' and in the bedroom. I have not yet begun to realize many gains from lifting, but they are coming. Of more importance in my life has been the more dominant stance in terms of sex and her very positive responses to me taking control of the wheel (finances and household direction- goals). Dread, simply in terms of improving myself, has worked magic. I changed jobs to a more risky, but higher paying job with more social status after reading NMMNG. I had been scared to death to pull the trigger on this change. (thank you RG!)

The Family Alpha website has been the most relevant application of RP to my life. I'm very out of touch with the PUA and the plate mentality that much of RP revolves around (except how it applies to married seduction). It's all good for others and I am probably missing out on all the RP has to offer, but for me, that stuff will never be on the table unless I am divorced. Monogamy and the idea of living out my vows are central to who I am.

I guess my point is: MRP can help even those who are struggling with good to mediocre marriages. It can help those of us who are not looking outside the bounds of our marriages. Every bit of alpha I inject into my being has taken our marriage to a new level. Especially in the sexual area, I have reaped immediate rewards in both the variety and intensity. I expect that when the lifting gains take hold, it can only get better. (the beginner gains drew comment and ACTION enough!) MRP works, but it is not easy. The biggest obstacle I have to overcome is myself. I like to

shirk responsibility and struggle with laziness...both things Captains can ill afford. MRP gave me the incentive and the tools to start chipping away at that old me and the benefits arising from that have been impressive.

50

UPVOTES

Why you're lost

SorcererKing · 8 April 2016 · Archived copy · Reddit

A quote to start us off:

Most men spend their days struggling to evade three questions, the answers to which underlie man's every thought, feeling and action, whether he is consciously aware of it or not: Where am I? How do I know it? What should I do?

By the time they are old enough to understand these questions, men believe that they know the answers. Where am I? Say, in New York City. How do I know it? It's self-evident. What should I do? Here, they are not too sure — but the usual answer is: whatever everybody does. The only trouble seems to be that they are not very active, not very confident, not very happy — and they experience, at times, a causeless fear and an undefined guilt, which they cannot explain or get rid of.

They have never discovered the fact that the trouble comes from the three unanswered questions — and that there is only one science that can answer them: *philosophy*.

- Ayn Rand, *Address To The Graduating Class of The United States Military Academy at West Point New York* -- March 6, 1974

We've been seeing some lost seekers lately. Guys asking the Third Question Rand outlines above. Some are at a basic level of, "I get that I need to live for me, but someone needs to tell me how." Other guys are like, "I've totally transformed myself. I'm interesting, good looking, fit, but bored. Someone tell me what to do next."

Wake up boys. This is your life and it's ending one minute at a time. I'm going to guess that MRP appealed to you because it gave you a vision, a vision of how to become the person you've always wanted to be. How to become *The Most Interesting Man in the World*. But that's just a recipe to fake it until you make it. All Your Gains Are Belong to Us... unless you have or develop an explicit philosophy that really **makes** you that guy. As the man said, "Sticking feathers up your butt does not make you a chicken."

That philosophy is rational egoism; there's simply no way around it. Those of you who think you can sneak Christianity in the back door by spouting some Red Pill-esque Bible verses are doomed to either outright contradict the teachings of your faith or sink back into beta-dom by being consistent with them. Those of you carrying on about Stoicism are simply kicking the can down the road, and at some point you too will have to choose.

I'm not here to tell you that embracing Rational Egoism will be easy; on the contrary, the Altruism we were all raised on is the core of the Blue Pill and tough as fuck to undo. But you must undo it, whether you knowingly do so or not. If you don't, it's back to the Matrix with you, no exceptions. If you try to do so subconsciously or half-assedly, you will find things unnecessarily volatile in your life. Smooth sailing one day, maelstrom the next.

I personally have no stake in your religious beliefs. You can be as rational or irrational as you want. Of course I have no stake in your success or happiness either. (And I'm definitely not here to debate whether or not there is a God.) But the Truth is the Truth: you ditch the Altruism or you get eaten by it, fast or slow.

So if you find yourself wondering, "What next?" I'll give you one last hint: get your philosophical house in order.

50

UPVOTES

Step One: Get Past Victim Mentality

midlifedick · 31 January 2016 · Archived copy · Reddit

Summary Victim Mentality is common, learn to recognize it. It is the Heisenberg blue meth of hamstering; pure, potent and insidious. In order to get results, earn respect and make your life better you need to recognize your own victim mentality and behaviors. How? Own your shit.

Body

A victim mindset is basically lack of accountability. It is denying how your own actions, mindset, attitude and behavior influence results or, most often, lack thereof.

The guys that come into any of the red pill related subreddits and get torn up the worst are the ones that are operating with a victim mindset. You will recognize them because they use a lot of words to say "it's not my fault". They are in a downward spiral or endless loop and it becomes a way of life.

Behavior -> Result -> If bad = wasn't me -> no learning -> no change in behavior, repeat.

They are in a cycle of self inflicted failure caused by simply not recognizing the tremendous influence they have on their own life. This is true for past, current and future behaviors and attitudes.

This post by /u/countpudyoola about the new [rage quit icon]

(https://www.reddit.com/r/marriedredpill/comments/40j5c5/the_alpha_chihuahua_a_retrospective/) gives a great example. /u/alpha_as_wolf continued to exhibit signs and symptoms of victim mentality, despite the many users who pointed it out along with suggestions and advice to counter it and improve his situation. He ignored it all and doubled down on victim behaviors which you will recognize below. So... off he goes back into the ether from whence he came, destined to endlessly repeat a self fulfilling prophecy of being a victim, sadly unaware.

Signs you are *becoming* a victim:

- *Losing your ability to control your circumstances
- *Looking to others to help yourself succeed
- *Not taking responsibility for your own actions
- *Blaming others for your mistakes
- *Finding excuses why you could not deliver/achieve results
- *lost the drive to perform
- *Prolong taking action to see if the situation will disappear or if a resolution will appear
- *Being confused and not taking action

Signs you are *already* stuck in the victim cycle:

- *Avoiding confrontation of your toughest issues.
- *You are saying/thinking "Why it can't be done" vs. "How it can be done"
- *You blame others or "finger point"
- *You cite mixed signals and confusion as reasons you did not get results
- *You avoid situations/people that would expect you to explain your progress/results/outcomes
- *You spend time creating a "story" of why it wasn't your fault. (Amazingly, this can happen before you even start something and is very common, leading to many failed efforts with handily available stories explaining why at the first sign of a hiccup)

- *Saying "we'll just have to wait and see"
- *Saying "there's nothing I can do about it"
- *Feeling that you are always being treated **unfairly**
- *Wasting time bashing others
- *Feeling captive and having no control over your circumstances

It is an absolutely critical first step to recognize your own victim mentality in order to make improvements since it prevents you from accepting your contribution in the good AND bad parts of your life. Once you get past it and start being accountable for yourself you can begin to learn, grow, take risks and gain credibility.

There are different stages of *entering* the victim cycle, lets run through them.

Ignore/Deny Pretending to ignore or deny a problem exists. "She would never cheat on me, it's just drinks with an old high school friend" , "I haven't gotten a blow job in 8 years, it's ok I never really liked them."

It's not my job/role/responsibility Avoiding responsibility. redirecting blame and making excuses for NOT taking actions. "If she wants sex, she will initiate" , "I don't need to lift, I'm naturally skinny" or "Why should I decide where to eat, every fucking time?"

Finger Pointing Shifting blame to others. "She is low libido."

Confusion and tell me what to do Ah, my favorite. Most askMRP posts. Every askTRP post. Something along the lines of "She keeps saying she is too tired unless I do the dishes, but you guys are saying she would fuck me if I could just lift a bag of sand?! What do I tell her when she asks me to do the dishes!? ... a week later... I told her to scrub the pans with her huge brush (like someone said to A&A) and now the bedroom door is locked. Now what?" This one is a classic and extremely common. If you are not a careful leader you will force someone to take this stance by micromanaging, criticizing, flip flopping, giving ambiguous instruction and delegating poorly.

Cover your trail This is a full on dodge of accountability/responsibility. You have convinced yourself with a story of your creation (maybe others have enabled you by commiserating and adding to the story... r/deadbedrooms and r/relationships ??) and you are imaging this story gives you some protection for blame. The story is usually complex, prepared and rehearsed and always leads to a viable explanation as to why this is not entirely your fault.

Wait and See Maybe things will get better. You've effectively given up.

Fine. You recognize something in the list. How do you stop the cycle?

Step One Recognize the full reality of the situation. Don't let others hide the truth and don't hide the truth from yourself. Ask for and give honest feedback. These are the guys that post and actually listen to the advice being given, usually they had a blind spot. Epiphany follows, along with renewed vigor and action plan.

Step Two Own your shit. Accept responsibility for the experiences and realities you create for yourself and others. The Victim stories typically screen out any evidence of our own role in creating our circumstances. Often, blame for unhappiness is based on perplexing circumstances beyond control. Victim pukes are long complicated explanations and descriptions of the same basic stories we hear over and over, yet somehow it's definitely unique to this *one* guy. Too bad for him, it was an unfortunate series of improbable events, and yet... here we are reading about yet another deadbedroom from an overweight, attention seeking, directionless people-pleaser about how his wife is low libido and agreed to have sex every Wednesday and Sunday but goddammit she skipped the last 13 weeks of Sunday and Wednesday sex, even after he cleaned the garage, basement and bathrooms!

Ask yourself some questions: What did I pretend not to know? What evidence did I ignore? Has something similar happened in the past? What about my own behavior and actions prevented the results I wanted?

Step three Ask yourself this question until you have removed all the layers and found your next step: "**What more**

can I do to achieve the results I want?" Generally, you are going to have to *think* differently in order to solve the problem. Red pill is overflowing with new and different ways of thinking. Can you accept these new paradigms, even though it cuts you deep and to the core? Is your sweet wife of 10 years really capable of fucking the balding but fit and dickish soccer coach? Yes. Now, what more can you do to achieve the results you want? Still doing body fitness? OK, no problem. Could you do more? Yes.

Step four Time to go do it. Don't just sit here reading the Internet, you now know what to do. Get past your fear of risk, failure, being actually responsible for results. **You must be willing to do what others won't.** It's Sunday. Turn off Netflix, read a chapter of WISNIFG, update the annual budget, pay the bills that came in this week, send that update to your boss, clean the chicken breasts for this weeks' meals and then get to the gym. It's deadlift day.

Conclusion

Examine yourself and your history of behavior for signs and symptoms of victim mentality. It will creep up on you and blind you. That is why, before you speak, lash out or cry for help, ask yourself if you are behaving like a man that acknowledges fully the part you play in your own life. What more can you do to get the results you want? You must accept that you have contributed to your current situation and **you** will contribute to your future situation.

The source for this post is "**The Oz Principle**" by **Connors, Smith and Hickman** which is a business book, but applies to more than office politics. I was introduced to this book years ago and it changed my perspective. I have recommended it many times to many people.

*format for better readability

50

UPVOTES

You will never have your bluepill dream girl

theultmatecad · 14 December 2015 · Archived copy · Reddit

I know, the title here is "sad", and "depressing".

Let me explain why internalizing this basic RP concept is actually **LIBERATING**.

If you have browsed both the MRP and TRP sidebar you now know that women don't love men who place them on a pedestal. If you put a woman's concerns above yours then you get fucked® as women are biologically programmed to despise unmanly, faggotty, Disney Dream Seekers. They want and need an "asshole" who will reassure them that they and their precious offspring will survive.

So why is this good news?

You now have the opportunity to build a terrific life **INDEPENDENT** of your woman (or if you are smart like me..Women).

You can still love her childlike nature, her sweet pussy and tits, and her adorable feminine qualities. Just know this:

That love you provide? This masculine love needs to be carefully doled out with thoughtful moderation and with full knowledge that it cant, won't, and isn't coming back in the way you were conditioned to expect.

Moral:

A man's love won't be returned in the way you expected and that's ok. It doesn't seem ok to newcomers, but that because they were lied to. They were told they were special, that they could have a egalitarian, incredible partnership with the "One".

It's a sack of bullshit and women instinctively and unconsciously sell this dream everyday. Its not real and they know it. TRP elders are here telling you to wake up, unplug, and see the truth that very few men today know.

Be the source of strength to your children and women. Expect little in return. This truly is the way of men.

EDIT..hi bluepill fatties. I love when you give me extra visibility, it helps bring more men to TRP

50

UPVOTES

[FR] Wife's cousin notices changes (in me).

Rasalom72 · 28 September 2015 · Archived copy · Reddit

So, I had a family gathering this past weekend, and some of the wife's cousins are about the same age as she is, but we don't see them often... it's probably been about a year since we've seen this particular couple. Her cousin is married as well and has two young kids.

Anyway, the cousin comes into the reception hall and gives me a big hug and says "OMG, you look great, no, wait, you look AMAZING!" I thanked her for the compliment and went back to doing my thing. My wife was coming over to greet her from the other side of the venue, but I assume over heard/ saw this exchange, because she came up to me, and gave me a big hug and kiss.

I asked her "What was that for?" (I know what it was, but wanted to see what the hamster told her to say). She said "For helping set all this up." (I helped with a bit of the decorating) I just smiled at her and said, "No problem."

Knowing what I know now about how the female hamster thinks, I totally recognize this as preselection at it's finest. She got validation from another female about her "good" choice in mates.

While working on myself has made a drastic improvement in my/ our relationship, I've found that, if you want your woman to want you more, you don't need to impress her... you need to impress OTHER women. She should want/ need you, but if she's not getting the "this is my man" feelz to keep the other women away, you are that much closer to her branch swinging.

50

UPVOTES

How to distinguish between a shit test and comfort test.

bogeyd6 · 20 July 2015 · Archived copy · Reddit

I had a recent comfort test after sex. Maybe a few weeks ago or so. Time is compressed for me atm. Each time we have sex I caveman the shit out of her. I ride her hard and put her up wet. Then I immediately get up from the bed. No cuddling, no pillow talk. I reward her with my time outside of the bedroom instead. She grabbed my hand as I was getting up and said "Please dont get up, cuddle with me". This was a comfort test. I wrapped her up in my arms and legs and whispered sweet nothings in her ear for the next 15 minutes and one thing led to another. Round two was well under way. How to distinguish is the key. It's the tone, the body language, and her timing.

Overview

- Tone is sweet and slightly stressed? Comfort.
- Tone is shitty and snappy? Shit.
- Body language is open and inviting? Comfort.
- Body Language is closed and stand offish? Shit.
- She asks you when you are just lazing on the couch? Comfort.
- She asks right before your planned leaving time for dinner with your male friends? Shit.

Discussion

Each and every **man** is his own captain. You have to decide the criteria on your own but this little guide will help you alot.

Here is a scenario you may have seen before (shit test):

Your wife stands there, arms crossed or flailing in the air. Feet are spaced apart and she is harping about that 90% ground beef you had the gall to buy. She cant believe you would to go the grocery store and not even buy EXACTLY what she told you to buy. She is shitty and you are almost starting to feel like a child. This is a shit test. Give her a big smile, leave the room and Ignore it. If you got enough game built up, try Amused Mastery. When she follows you and asks why you left the room? Tell her because she is being a bitch and you had to go do.

Yet another (shit test):

Your wife stands there, hands on her hips. One foot is more forward than other. Leaning towards you. Tone is shitty and snappy at the same time. You are always going out with your friends. You need to make time for me and the kids. Everytime you leave its the gym or friends. Never just staying the night in with her. You are about to leave out the door and she starts directly into you. Very direct and very accusatorial. **This is a shit test.** The worst thing you could do is stay home. Instead deploy amused mastery or a&a and then leave. Deal with the comfort test when you get home. Whatever you do, don't apologize for leaving and dont agree to change your plans. Change nights, but dont lower the amount of me time you have decided that you need.

Maybe another scenario you seen before (comfort test):

Your wife is laying next to you in bed and complains about something stupid you did today. You a&a it naturally. She is rolled over on her side facing you and speaking to you in a respectable tone. Her head is laying down on the pillow and you guys are about ready for bed. She then goes into all you want from me is sex and you dont show me you love me anymore. ^This ^is ^not ^a ^comedy ^scene, ^but ^I ^go ^through ^this ^alot. **This is a comfort test.** You need to wrap her up in your strong arms and squeeze moderately hard, give her a kiss on the forehead, and tell her "Don't worry princess, you are still my woman". Deploy some kino and get cuddly for until her storm passes. I can almost bet she initiates sex first. If she doesn't then roll over and enjoy a good nights sleep.

Finally another scenario:

Here we go. Another night of being a harpy because she had a really bad day at work. Can't seem to do anything right. She is standing in the kitchen, feet crossed and one is pointed at you, arms at her sides, locking eye contact with you. She cant believe the day she has had. Glances to the floor alot. Eyes are all big and doey. Body is straight on at you. She is stressed visibly and is attempting to use you as an emotional tampon about all the shit she has had to put up with today. She is pleading with you that you just dont show your emotions and love to her anymore. She is begging you to treat her like an equal. Dinner needs to be started and she knows this, because she said dinner is going to be late now. **Comfort test or shit test?**

You better know your woman, because this could be both, one or the other, she is all shaken up like a beer can. You have to be the oak and act accordingly. If this is my wife, its a comfort test. She needs someone to show her its going to be ok. Not tell her. Not get into "I would do this" or "You should do that" bull shit. She just needs a big manly hug from her rock solid oak and passionate kiss. Tell her you love her and that her big strong man is here now. No need to go into anything else. If you show that your are unphased she is going to start feeling unphased. Your showing rock solid temperament (even if it isnt) and thats going to calm her down a little.

50

UPVOTES

MRP Beginner's Guide for the Career Beta

SorcererKing · 18 February 2015 · Archived copy · Reddit

After a challenge by one of MRP's moderators, Archwinger, I have created this post as a follow-up to my ["Introduction to RP for Beginners" post] (http://www.reddit.com/r/marriedredpill/comments/2vykau/a_guide_for_beginners_to_mrp/). Here I address a scenario that I did not in the previous one: saving the marriage of Career Beta. This post is going to be controversial, but I pull no punches. I don't claim to have all the answers here, but this is how I see it.

I've used this formula before. Though it is never a trivial thing to help someone through a major life crisis, this is what I have done with a friend IRL, and would do to help other friends in the future. Those with different approaches are encouraged to comment. As a companion post to the first work, this can be considered **"Scenario 4: The Career Beta"**.

Introducing Career Beta

To the best of my (admittedly limited) knowledge, no one has previously coined a term for the sort of man about which we are here concerned. I therefore take the liberty to coin the term "Career Beta" for such individuals, and will first identify their behaviors and the common state in which we find them when they by some miracle make their way to MRP.

Career Beta is by all measures in a sorry state. For his whole life he has been a Nice Guy: he has done what others have expected of him; he has put the needs, happiness, and desires of others above those of himself; and most generally and importantly of all, he has *sacrificed*. Like many a Nice Guy before him, he has created covert contracts with his friends and lovers, expecting that his sacrifices would be recognized and rewarded. When this does not happen, he seethes with rage, sometimes openly, sometime secretly. The result is predictable: he alienates friends, he repels women, and he bewilders family members.

For most of his life the attitude of Career Beta is often one of *righteousness*. Since he is complying with what he believes to be ethical behavior, in his mind he feels that it is he who is in the right; the world and its refusal to accept or worship his sacrifice is in the wrong. And yet, his behavior seemingly never gets him what he desires most, the respect and love of his family and friends. This continual "soft" rejection can often lead to bouts of depression as well. (The see-sawing of emotion may even occasionally cause Career Beta to encounter the mental health system, but that is not strictly relevant here.)

Plugged In

In spite of all this, Career Betas do manage to date and even marry some women. The reasons for this are varied: some of the women are just plain undesirable by other men's standards; sometimes the Career Beta finds a woman who is at The Wall, and (subconsciously) ready for someone to pay her way through life under the guise of "settling down"; other times he finds a woman who has ideals similarly aligned with his own (often women with very little dating or relationship experience themselves).

No matter how it starts, it progresses the same way. The Career Beta is attentive, adoring, self-sacrificial at every turn. As his relationship with his woman starts to get more serious, he, in equal measure, starts to drift away from whatever male friends and hobbies he may have still had. His agenda for his life is cast aside and his life becomes more and more about his woman, her needs, and her agenda. The Career Beta will do anything and everything to please his woman, thanking his lucky stars every day just to have her. Nothing is too good for her, nothing is too much to ask of him. It is not long before the Career Beta is quite literally at the beck and call of his woman, willing to follow her every command, willing to accept her every rebuke, wondering why, no matter how much he gives, it never seems to be enough. As this cycle of ever-greater sacrifice and accommodation continues through a period of years, the Career Beta starts to literally lose his sense of self. His ego becomes subjugated to his perceived duties and his personality begins to atrophy.

Agent Smith

But what of the woman in this scenario? Isn't she to blame for the Career Beta's unhappiness? Shouldn't she recognize all his sacrifice? Ironically, in most cases, the Career Beta has created the very monster he now fears. Barring the rare exception of the intentionally manipulative woman who marries the Career Beta expressly for the purpose of exploitation, women will commonly enter into marriage with a Career Beta out of honest intentions. But the behavior of the Career Beta immediately starts to reshape her perceptions and behaviors, and never for the better. Where once there was a sweet and caring woman, instead there grows a shrew, irascible and contemptuous. Confused and disappointed by Career Beta's seeming lack of desire to stand up for himself, to set a course – to be a *Man* – her contempt for him builds. Forced to make not only decisions about her own life, but now those for her Career Beta, she can become downright abusive, punishing him and torturing him in myriad ways, daring him to reclaim the manhood that, unbeknownst to her, he never had to start with. Feeling totally in control, she browbeats him, hoping that he will fight back, begging him to offer her some limits. Her attraction to him is long evaporated, and she may in fact begin to cheat on him, sometimes covertly, sometimes overtly. How quickly she plots her own escape from this nightmare depends on many variables, such as whether she has a new relationship lined up to replace her marriage, the amount of money her Career Beta brings in for her, and, to a lesser extent, what her family and friends may think of divorce.

The Glitch in the Matrix

Let's be honest: the outlook of the Career Beta is bleak. It is rare that such an individual will ever understand exactly what the root of his problems are. Still more unique is the Career Beta who makes up his mind to change things for the better, no matter the cost. For every Career Beta that appears on MRP, there are untold numbers who never make it that far. And yet, this is our mission and the point of this post. Moving forward we have to assume that Career Beta has seen the glitch in the Matrix (i.e. that his approach to life and relationships isn't working) and has followed the rabbit far enough that he has a choice.

Step 1: Find Morpheus

So where should a Career Beta start if he wants to change his ways? Unlike the three scenarios I posted previously, where men could effectively change their ways through reading and self-actualization alone, I don't believe Career Beta can come out of his patterns without help. So in my viewpoint the first thing a Career Beta needs is to find Morpheus. Remember that Morpheus does not only run around dispensing red and blue pills – if you take the red one, he trains you. He kicks your ass at Kung Fu, he pushes you to learn more, he takes you to the Oracle, and, perhaps most importantly, he believes in you. In this context then, Morpheus is a safe person, much like those recommended in *No More Mr. Nice Guy*. The safe person should be someone who can hear the Career Beta's frustrations and shame without judgment, someone who can give the Career Beta a much-needed pep talk from time to time, and someone who understands and models Alpha behaviors, especially in the context of marriage. Even better if this friend has been down the Career Beta road himself and come out of it.

Regrettably this eliminates most professional therapists and marriage counselors, who tend to have a gyno-centric viewpoint that only reinforce Career Beta's tendencies. I have witnessed incidents where complete strangers on MRP have filled the role of Safe Person for someone struggling, but ideally this should be an existing male friend. Again this is complicated by the fact that the Career Beta has likely torched his male relationships long ago. Nevertheless, without a Morpheus figure, the Career Beta has the odds stacked further against him.

Step 2: There is No Spoon

Supposing then that the Career Beta can find his Morpheus, the first thing he must do is reject the doctrine of self-sacrifice as a moral code. He must come to understand that his family, friends, and wife do not want or need him to sacrifice his dreams and values. In a complimentary fashion, he has to stop expecting others to do the same. Before anyone wonders what I mean by "sacrifice" here, Ayn Rand provides a concise definition for this context:

“Sacrifice” is the surrender of that which you value in favor of that which you don’t.

-Galt’s Speech, For the New Intellectual, 139

This is Career Beta to a T, as he has given up his whole world in an attempt to make his woman love him. Changing Career Beta’s outlook here will be the most important step in his transformation. It will destroy the beta foundation of his behavior. This will also be the most difficult step, as Career Beta will likely want to reject the egoism of RP ideology as *selfish* and *manipulative*. Career Beta *must* break through the altruist frame or he cannot progress.

If Career Beta can accept these ideas and truly reject altruism, he is ready for the remedial therapeutic self-help books *No More Mr. Nice Guy* and *When I Say No, I Feel Guilty*. If not, he may literally need to spend time studying philosophy: a read of Rand’s *Fountainhead* and *The Virtue of Selfishness* may help, then followed by *NMMNG* and *WISNIFG*.

Also, once the self-sacrificing Nice Guy antics are recognized, they must be stopped. Career Beta must first learn to put some distance between himself and his wife. He must strive to make his interactions with her emotionally neutral while he regroups.

Step 2 should take about 3 weeks or a month, but must continue as long as it has to, until the altruism is purged.

Step 3: Dial In

Once Career Beta has broken through his old frame of self-sacrifice in relationships, it’s time to start rebuilding him. If he has gotten this far then he has rejected altruism in relationships and accepts that women in particular want something different. Now it’s time to show him what that different looks like.

At this step in the program I recommend *The Game* by Neil Strauss. This is a remedial lesson as well, but the intention is NOT to teach Career Beta Game. At this stage of his redevelopment Career Beta has to understand what could be, what is possible. In other words, Career Beta needs *Social Proof*. For all of its dramatization and silliness, *The Game* can show Career Beta what is possible if he wants it to be.

During his read of *The Game* he should continue to maintain a neutral and somewhat distant relationship with his wife. His learning here should focus on how to avoid confrontation, how to control his emotions; in other words, continue practicing the lessons of *NMMNG* and *WISNIFG*.

Step 3 should take about 2 weeks as Career Beta reads The Game and practices disengaging with his wife from beta conflict mode.

Step 4: Learn Kung Fu

When Career Beta finishes *The Game* he should be ready to start transforming himself into a fully actualized man. This is the point where he starts to really change himself from *no longer doing stupid, counterproductive shit* to *starting to do positive, productive shit*.

Career Beta now needs to start lifting and improving his SMV. Many will say “Career Beta should have been lifting from the day he knew something was wrong.” This is not likely to happen unless Career Beta was lifting already. His reading of *The Game* however should have shown him that lifting is key to transformation. He should also be cultivating new guy friends or trying to reconnect with those he dropped because of his devotion to his woman.

His reading at this stage should be the *Red Pill Antibiotic Nuke* followed by *Book of Pook* and then *The Sixteen Commandments of Poon*. After that, he should work his way through the “Required Theory Reading” section of the TRP main sub sidebar, and *Rational Male, Year 1*. Finally, having digested all that, he should read *The Mindful Action Plan* so that he knows how to plot his course for what is yet to come.

Step 4 will probably take from about 4 weeks to 6 weeks, depending on the speed at which he reads and absorbs new material. Again, having Morpheus around to discuss and help digest the material is highly valuable.

Step 5: Visit the Armory

The final stage in Career Beta's learning is all about arming himself – with Game. He should read *Mystery Method*, *Bang*, and *Day Bang* to understand the mechanics of game. He should then move to *Married Man Sex Life Primer* to see how it translates to his marriage. Finally, *Sex God Method* to improve technique. Going out with Morpheus to flirt with girls is necessary training in this stage both to practice game techniques and to boost his confidence. Career Beta's workout regimen should now be paying dividends after 6-8 weeks of lifting, so now would be a good time to update his wardrobe, haircut, and hygiene. All of this will be the start of his (soft) Dread Game program, a necessary element in his married Game.

Step 5 should take about 2-3 weeks, as Career Beta practices Game with Morpheus and any other male friends who "get it", and makes changes to his personal appearance.

Step 6: See the Code

This is the moment of truth. Let's review what Career Beta has accomplished:

- Rejected the doctrines of self-sacrifice and covert contracts in interpersonal relationships
- Learned how to pursue his own agenda and set his own course in life
- Learned what women really want out of men by studying Red Pill theory
- Trained up on how to give women what they want by studying Game
- Raised his SMV through physical fitness, an updated wardrobe, and better hygiene
- Proven to himself that women find him attractive by practicing his Game skills

The final challenge is to start applying what he has learned to his marriage. He will of course make mistakes, but that is what Morpheus and MRP are for, to help him refine his married Game until it is natural and he is getting the results he wants consistently. There is of course no guarantee that the wife will respond positively. The relationship may be too far gone or she may not be able to accept the changes.

For continued improvement and learning Career Beta (by now Reformed Beta) should hit MRP consistently, help those behind him in the transformation, and work his way through the advanced material on the MRP sidebar.

Now, discuss.

50

UPVOTES

Dates and Drama

alpha-zach · 23 April 2019 · Archived copy · Reddit

I was coaching a guy recently who said, “[My wife] doesn’t have anything going on in her life, so she just sits at home watching Netflix all day. She just seems to be bored and starts drama with me.”

Women are going to have big emotions, both positive and negative. Since women make decisions based on their emotion at the time, negative emotions justify(in their minds) creating drama. It's in human nature to blame other people for our problems, creating scapegoats, using drama. I hope this post helps some of you minimize the drama, while regaining the frame.

In the absence of an outside enemy, people will get anxious about lack of progress and decide there is an enemy within the group.

So because she's "bored"(doesn't have an enemy outside the home to blame or attack) she chooses you to be the enemy.

Sometimes, she scratches this itch by making the enemy climate change, Trump, or Cersei Lannister. But if she's displeased with something in her life eg not owning a bigger house, she will choose to blame you instead of taking responsibility for the part she plays in that(spending rather than investing, not getting a part time job to add funds, etc). The blue pill and often natural response is to perform and buy a bigger house. Don't.

Women will use drama to test your frame ie shit test. When you have the frame, you can enjoy and embrace reasonable levels of drama targeted at you(even non playful shit tests). Passing the shit test will increase attraction because the anger part of the brain, in women, is closely connected to the sexual part. After the fact, small levels of drama can also tie her to you emotionally because when the resolution occurs, she has very positive feelings. But intentionally escalating drama can create distractions from your mission, and without adequate frame, it can create very unfavorable, Rambo-type situations.

Redirect her energy.

When initially building frame you want to de-escalate situations or not let them happen at all(STFU, don't DEER) to keep her from going crazy on you.

Minimize shit tests, while building frame in early stages of dread(1 & 2)...

Encourage her to get out of the house and do something else to focus the drama on someone or something else.

You'll have to decide how and when to do that, but yoga, a part time job, playdates for kids, all accomplish this goal. If she says she wants to do something new, encourage it. You'll find her coming home to bitch about someone else, and you'll need to be prepared to listen and validate her drama focused on others, rather than argue or try to fix the problem. She's probably wrong. The other person isn't that bad. But the focus of her drama is on the other person, not you. Don't be her chatty girlfriend and get wrapped up in the drama, but keep energy focused away from you.

Dread Stage 3+. Get out of the house and build your own life. Separating yourself from her minimizes drama because you simply aren't around for her to attack. But she sees you on missions accomplishing things, so attraction is built. Too much, too soon, can escalate drama because “you aren't around anymore,” so ease into it. Picking up new hobbies slowly.

Date night...

I believe strong men with strong frame figured out this drama issue, in the past, and the date night was conceived. Getting her out to see new things and new people helps to distract her from focusing the drama on you.

In recent years, the date night concept has been hijacked and has become another feminine tactic for control. Date

night is an entitlement used to further utilize the beta bux side of a man, while dangling the carrot (sex at the end of the night) in front of the horse(the man) as long as he is obedient. Inevitably, it doesn't work because she isn't turned on, and sex rarely occurs.

When you don't have the frame...

Use a date night, not as a night for her to be wined and dined(beta bux), but rather for you to have fun and her see you do it(alpha fucks). She's still wondering, if you are good enough for her, so increase your value in her eyes. Show her, she is with a strong, confident man. This can work wonders for sexual attraction.

Once you've built frame(if you aren't sure you have it, you don't)...

The drama will shift from her feeling you aren't good enough, to her not being good enough. At this point, you wine and dine her, in appropriate amounts. Don't fall back into the beta bux habits, but use dates to provide comfort(showing her you've chosen her). Doing this(once she believes you are a strong confident man) will make her feel that she is, now, valued by a strong, confident man, the dream of every woman.

More advanced red pill men can use drama to their advantage by creating it. I encourage "playful drama" created through sarcasm or pushing her buttons in a playful way. Sometimes, when you have particularly low levels of frame, this can backfire, but generally, it's well received.

Example: Occasionally, I'll ask my girl if she plans on "eating that entire meal" with a smirk. When she was young, she had an eating disorder, so this is an emotional trigger for her. But she hasn't gained a pound since I met her, and she knows I think she has a rockin' body. She knows I'm pushing her buttons in a playful way. And in an indirect, fun-asshole way, it reminds her that I think she's attractive, but I'll have no problem saying something, if she were to let herself go.

Edit: Beginners should not use teasing to create drama. That is not the point of my post. Drama is inevitable, no need to create more. Redirect her energy through activities outside the house rather than blaming her for the drama because she isn't doing anything besides watching Netflix.

50

UPVOTES

Put Your Ego in the Box

Blarg_Risen · 11 January 2022 · Archived copy · Reddit

I'd like to take a moment today and write a post about an idea that's been wandering about my head in many forms for years. I've inadvertently used the idea when talking with friends about things. And conceptually used it myself when trying to understand something new. I recently read about a form of it in a book on Zen. Consider it a look into how best to learn new models.

Can You Purely Listen...

In normal conversation, or on this sub in a normal exchange, what happens usually is one person will speak from a position within their frame, based on their models. Person 2 will hear what was said, immediate attempt to decode and "fit" the thought into their own set of models, and then, thinking they understood it, respond with how that does or does not fit with their own line of thinking.

Consider the riddle "What happens when an unstoppable force meets an unmoveable object?" The unstoppable force is an idea spoken. The unmoveable object is the receiving frame. It has the same feel as two cinderblocks colliding. Maybe somewhere within their structure micro-cracks form from the collision. But ultimately they remain their same solid self. There is no change imparted.

And that's not to say it's completely wrong to react with your model immediately. But in doing so, you're coming at the discussion from the standpoint of "my model is adequate to the task". And in a place where we're often working on moving forward and growing, depending on who you're talking to, you have to ask...*is it???*

Segway:

I want to segway real quick because it seems like a lot of you noobs in here need it. We've had a lot of guys lately have egoic reactions to criticisms from the mods and MRP approved. You can skip to the bolded **End Segway** unless some piece of your ego has ever felt "Why do the mods here have such big egos?" in which case, i'd read it.

See in every interaction you have with someone, someone engages as the student, and someone engages as the teacher. And the teacher usually walks away from the interaction with a better, more solidified overview of what they *already* know. And the student usually walks away with lingering doubt of what they know but useful hooks of how to *build* off that. The thing is, most people would rather feel better and more solidified, than have lingering doubt. So they approach interactions and instead of saying what they have to say and then opening their mind to a response, they simply listen to what is said back in an effort to figure out how they're going to link what is said back to something else they can say. There's a concept in social dynamics called active listening that's a very similar solution to this. Again this all has a lot to do with the ability to stoic-ly set aside ego. And the rejection of doing that is a way to protect the need to set aside your ego.

Part of what a mentor/teacher needs to do in order to establish a relationship to which they can teach and you can learn is to adopt a "way in" to your head. Every single guy who's earned MRP Approved flair on this forum has done so from creating a perspective from which they can actively understand an angle that you can possibly engage your problems from. And each of us are staring you down every week under a microscope watching what you're doing, because it allows us to read you like a book. I'm literally sitting behind my keyboard watching you navigate the model in your head. Horns is watching you feel through us and everyone in your life. 3KL is watching if your thoughts are directed at you or at outside forces. Barracuda is watching to see what game you're playing.

Whinemoreplease, when he was here, was watching whether or not you approached life with integrity or self pity. Easydays is watching where you put your attention. ReddJive is assessing whether you approach life with strength and will. Redsfplus is watching to see if you're a little bitch. Stone is watching to see what you really want and if you're betraying that. And on and on. In order for any connection to be made though, there needs to be a receptive mind on your side within the mental realm that we attack it from. And that means clearing out the landing pad in that area of your mind, clearing your own thoughts out of it, to be ready to receive.

How we know whether or not you've cleared out a spot or if thoughts are parked in that spot in your brain is how you respond to an approach. Did our approach send you into an emotional frenzy? Make you answer curtly? Did you completely ignore what we said and continue on with you own idea? Did you covertly go "that's nice...anyway" and start telling us what you think? Or instead did you go "Hmm, that's something to think about." Did you ask a question to further consider what we said? Did you ground it in your own experience? Did it click something in you? Did you have an ah-ha moment and now you're elated?

And I know what you're thinking. Because once in awhile someone flies into a tantrum and asks shit like "Why are the mods so full of ego and want everyone to bow down before them?" The answer is we arent. *The question itself belies the ego of the asker.* There's a difference between being a position where a student has to set aside their ego to receive value, and a bully using the circumstance to *increase* his ego without giving value. A teacher needs to ask their student to move their ego out of the way to receive value. This *shift in the balance of egos* can **look like** a student having their ego stay the same while the teacher instead *increases* their ego. **But that view itself comes from the student's ego.** The notion is almost like asking "How come the teacher in school gets to stand up at the blackboard and we have to sit here listening to him?"

And I know what else you're thinking. "But blarg, why is it that MY ego has to change?" And I'd answer "**Because you're the one asking the question.**" If you ask the question, you're expected to move your ego to receive the answer. If you dont, you imply your model is up to the task ("I dont need the answer."). And like I said before if you feel your model is up to the task, then you're not coming at the conversation as a student. And that's totally fine. But if that's the case, you cant then go and whine that you arent learning anything or that mods are being egoic. Because you're choosing the dynamic when you ask (teacher-student), and then trying to flip the dynamic when getting an answer (teacher-teacher). All the while trying to receive the value (as a student). And at the same time not letting it land (because you dont want to move your ego). I'm sure your brain just short circuited reading that because it really is that stupid.

When I ask the question, I make it a point to set my ego aside. I know it's required as part of the dynamic. And yes, guys can come at a conversation as equals and still both walk away with knowledge gained. But it's because both of them are very good at switching their teacher hat for a student hat dynamically within a conversation.

"But blarg, how come the advice has to be so pointy and rough?" Because the endurance of a new idea in your existing model is directly proportional to the impact that idea has on you. And trauma is extremely impactful. The locker-room is simply a vehicle that works based on how you yourself have set yourself up to learn. If you learn when I call you a retarded fuck. Then I'm going to talk to you like you're a retarded fuck.

One last question for me: "But blarg...what if you're *wrong*???. And my answer is: I probably am. In some way of looking at the universe my mental model wont jive with someone else's'. But guess what? And this is going to sound full of ego but **I'd rather be wrong in the position I'm in, than wrong in the position you're in.**

End Segway

So this clash of minds with no real result is an extreme view of what happens when there's no give. I want to swing all the way to the other extreme.

In the book *The Heart of Zen*, the author gives a koan. A koan is a riddle which a master gives his student. The purpose of the riddle is that in order to answer it correctly, the student often needs to go off and consider many often undefined or vaguely defined concepts in a way that will lead him to explore and develop entirely new mental models. The riddle is constructed in such a way that arriving at the answer tells the master that the student not only knows the answer, but also has a similar mental model from which the answer was generated. Which is ultimately the goal of teaching an idea.

This koan in particular was: "Can you purely listen without having an opinion?"

Upon reading this, immediately I thought I had an opinion on the answer (see? I do it too). But I decided to close the book and take a few weeks to think about the answer to that question. I mean...often students are sent away for years to think about the answer to koans. I could at least give it a few weeks.

A lot of my thoughts on the issue revolved around deconstructing the actual question and twisting and turning it every which way in order to put it back together in a proper thought. For instance the words "Can you" ...does that mean "Do I have the ability? The complete 100% ability? Is it something I control like an arm movement? Something I partially control like a thought? Something I don't control like your heartbeat?" Or "purely"...what is pure? Without intent to act? To conceptualize whatever I'm listening to in an exact duplicate of the thought?" Things like that.

My answer for the most part was "No, you can't purely listen without having an opinion." But then a thought came back to me. It was a kind of thought that enabled a more pure form of listening based on someone else openly and honestly coming to me in a way that asked me to set aside my judgment, and simply make space in my head to consider an idea. As if someone said "Look I have something to tell you, and I know you're going to immediately start trying to interpret it or relate to it or twist it...but just listen for a moment".

This is also what I usually mean when I speak of open and honest communication to others. Saying it in a way that is devoid of the usual bullshit context of the game you're both playing and with intent to be considered pure. But also with the release of reaction to how someone else actually interprets it (Not getting butthurt if they receive it in a way that's still based on the game.) And in that way of speaking or receiving an idea, I saw with this kind of "setting aside" of myself that yes, I could purely listen...**as if merely trying to construct the idea they were trying to tell me as they saw it, rather than add my own flair or analyze it through my models.**

The explanation the author gives to the koan is a bit of a disconnect from what one might think the author is trying to ask with the question. But the answer, the lesson remains gold. The answer he says is "Yes, you can purely listen. (With the explanation of) if you think you can't (and he would ring a tuning fork and say) stop the sound of the tuning fork with your mind. If you cannot, then you are not under control of the listening."

What he's trying to say is that there is a part within you that receives the listening *before* the actual sound is attacked by the rest of your mind and transformed into something else. That piece of you is purely listening. But in order to realize it, to understand what it is, to see it, you have to understand that it requires you split and set aside all the you that happens after you hear the sound, and acknowledge the pureness that is you simply hearing it. You're in control of the *interpretation* of the listening. But you aren't in control of the listening. Keep this in mind.

Put Your Ego in the Box

Some vets may have already heard this story. I was sitting in a truck with one of my closest friends. We met that night to discuss the situation of our mutual closest friend who wasn't present. That mutual friend had a problem, and we both knew it. It was a very blue pill problem. And it was giving our friend a very rough life. So rough that we both knew that the threat of suicide wasn't an immediate threat, but the odds were going up.

It was early in my RP days. And my friend noticed a change in confidence in me and my interactions with people. And he said "I don't know where this change in you came from and I don't really want to know. But I think he may benefit from hearing something from you. Will you talk to him?"

And I looked at my friend and I said "Look, I understand the risk we both see here. Our mutual friend is a very logical guy. But at the end of the day the door through which the lessons I learned is a door someone has to voluntarily walk through. Not one that you can be convinced through." I said "I've experienced this many times before, and if I simply go to him and start spewing knowledge here's what's going to happen: He's going to take everything he knows and he's going to put all that in a box. He's going to put that box on the shelf. He's going to listen to what I have to say, and then he's going to immediately go 'that's cool but' and take that box back down and replace all his old ways right back while spewing forth what his models of the world were instead." I said "I know the risk of suicide is non-zero...but he needs to come to me." This is why overt red-knighting doesn't work (don't talk about fight club).

I've had this idea of the box for a long time. And it connects to the idea I talked about above in that instead of simply stalwartly mashing your model against another person's model, sometimes we will attempt to *fool* ourselves into thinking we're actually considering someone else's model when in actuality what we've done instead is to take everything we know about us, all the connections between ideas in our heads, all our models of reality and how things work, our emotion, our feelings...our egos...and we'll put them all in this nice, roomy, velvet lined box that we metaphorically made for them. And we'll take that box and latch it closed and put it up on the metaphorical shelf while we listen to someone else. But we know we're not actually listening to them. We're simply allowing them to talk. And as they talk we keep eyeing up that box and itching to retrieve it because we know the second they stop talking, we're going to be able to rip that box open and attack their idea with everything our egos have built into so far.

The thing is, we know we're doing this. We know it because when we rip our egos back out, they guilt trip us for putting them in there in the first place. But also acknowledge that there's something about what they've just told us that we've destroyed. We feel that loss. It's that weird feeling we get after the conversation like "why do I feel like I heard them talk but didn't really internalize what they said. We 'made it' through the conversation but it was hollow."

Side note for the story: Our mutual friend actually did come to me after a month. And we had a drink and he just purely *vented* at me the entire time, not really giving me space to talk or listening to the few things I said when I did. Because I wasn't giving him immediate solutions. I was giving him long-term suggestions of a more complex nature. Teacher, teacher vs teacher, student. One more story.

That's not me...but if it was...

I've said it a few times here and there in the past, but I really hate when people say the phrase "That's not me." Whether that's listening to a new type of music "Oh no, I like punk rock. Rap? That's just not me." Or doing some kind of activity "I don't enjoy running. That's just not me." Or even acknowledging a different point of view "I'm not a dog person. That's just not me."

The reason I hate "That's just not me" is because if you're paying any attention to your life at all, you'll notice how damn often we find that we're always learning and experiencing something new, and 'who we are' is constantly changing. Everything that you've done in the past used to 'not be you'. And now it is. The question then comes "well what happened in the process of it becoming you, that allowed it to fall into the category of 'You' and not 'Not You'?"

"That's not me...but if it was, how would I need to be in order to be it?" Once I found the power of this thought, it transformed my life. I could loosely define it as a sort of empathy for someone else, if that someone else was simply the You that you aren't right now. It transformed my life because I could now uncover the doorways through which other people were entering into the realm of things that were not me, but they were making them, purposefully. I could then seek out that doorway instead of simply stumbling upon the doorway when life seemed to come together perfectly to show me where the doorway was.

For instance, Rap music...I used to not be into that. I used to not be into it because I felt that all they talked about was "bitches, the club, and money". When I started working out I found a section of it where the artists talk about real fucking problems like what to do when you strive for something and it doesn't come to fruition. What to do when thoughts of self-harm enter your head. What to do when the world seems to shit all over you. These thoughts gave me that dig-deep, that strive-through-suffering feeling that seemed to accompany lifting so well that listening to it has become a permanent staple of my working out. The way in was to find out how it benefited me. This happened by chance. I stumbled into it.

Noticing that I can stumble into it logically means that there are *other* things out there that aren't me, that *are* future me, that I can adopt more quickly if I allow myself to search for them. It's an improvement within the search algorithm.

Now when I listen to other music that doesn't seem to be me, I make use of the knowledge that there is a way in to make this music me. It just doesn't seem to fit with the me now. I think "How would I need to be in order to be it?". I think "What about this do other people like? What about this could I like? Is it the beat? The bass? The melody? The words? The feelings? The personality of the person the lyrics are talking to? The social aspect?" And that's not to say that you will always find a doorway through which you will choose to walk to make that music you. But the key is that *you will find the doorway*. Whether you walk through it is your choice.

How does this relate back to MRP

As I go through OYS and talk to guys through PM and on chat, and sometimes in real life, a common problem I see is that I'll run through an idea and I'll get damn deep in the weeds about what's going on and how we're acting. And when I do, they will immediately reply with how that idea relates to them and what they're thinking right now. It's almost a compulsive need. A drive to respond to that stimulus immediately.

And the mind does a really funny thing when you do this. It thinks that *because* it responded to the idea, that the implications of the idea no longer hold weight. In a way it says "Whew...we batted that idea away with our own set of models. Onto the next thought."

The problem with that is that the way we learn isn't by taking the models that we have and applying them to life. It's by taking the models we have, applying them to life, and then studying the disconnect between the two. And more important, *studying that disconnect over a period of time and allowing new ideas to form rather than trying to force those ideas through the existing models we have now because the existing models we have now are incomplete.*

There's a necessary discomfort that one has to face wherein one really sits with ideas that they don't understand instead of immediately running them through the models we already have. You HAVE the power within you to purely listen to the input life and this place is giving you in your head before it gets processed through all the junk that sits on top that you (Story 1 above).

That power comes from a separation between who you are and all the models you have right now, and the act of purely listening to that input. You promote that listening by taking your ego and putting it in that box on the shelf and then *letting it sit there for awhile* (Story 2 above).

As you form the idea within the space in your mind unaffected by what's already there, you can start to see unique connections within it that you don't have in your model, and of which your model would have ripped apart or disregarded in its own blindsight. From there then, you have the power to seek out the boundaries of this new model, and ask what would need to happen, who would you need to be in order to accept the new model in its whole within yourself (Story 3 above)

Many guys on here have read what I've had to write in the past and responded with "That's going to take some time to consider. I'll get back to you when I do." And when they do...from what I've seen...those are the men that I later see actually internalizing the notes we're all passing around.

Many guys on here have also looked at a post like this and thought "Why the fuck are we deep diving into how the mind works? Just act!" And the answer if you understood what I wrote above is that by sitting and watching what the mind does and then asking why it does it, you'll often find it does it because that's all it knows. And a lot of the time what it knows first and foremost is how to protect what it knows. But we don't learn from continually doing what we know. We learn from doing what we *don't* know. In the same sense, we don't learn by only thinking thoughts we know. We learn by considering thoughts we *don't* know. And those thoughts we don't know are "How do I need to act, how do I need to think in order to more efficiently get to what I want?"

Efficiently: The thing to consider is that thoughts are often associated with inaction (the image of the thinking man comes to mind). And action often associated with putting aside thought (an image of a guy simply pushing aside his approach anxiety and walking up to that woman). But sometimes thinking can be useful to more purposefully guide action.

When then do we know if what we need to do is act or think? **If you believe you need to be somewhere other than where you are right now, you need to act. If you instead feel you're in the right place but simply need a better frame to view it, you need to think.**

Those two ideas are true and seem to be mutually exclusive *except* that often unwillingness to act is the *result* of having a mindset that is not driven to act. Changing the mindset allows action. Likewise unwillingness to think is often the *result* of refusing to consider what your actions are doing for you. Consideration of the action allows for introspection and revision.

Notice I said **allows** action and **allows** introspection. **You still have to walk through the door.** Just like in my example above about finding new music...it doesn't mean I *will* walk through the door. It simply means I'll be able to more efficiently find it. How do we walk through the door?

Grounding

I've done some fucking deep diving into books and discussions with other approved members here and I hope they'll forgive me for putting all our ideas together...but the three ways it seems we use as catalysts to get ourselves

to walk through doors is Doubt, Curiosity, and Play.

Doubt - I've posted about this before in my post [Go out, test, and see who you are](#). Doubting your current models tears down that belief that "my model is up to the task." It invites a way through lies you may be telling yourself. It invites you to be a student and to look for teachers and mentors. And I think the draw to this place, the locker-room feel and doubt both follow the path of trauma, which is the number one way in which we open ourselves to change.

Curiosity - [/u/easydayshardnights](#) has commented on a lot of replies deep in OYSs about using curiosity to drive progress. In a way, curiosity is doubt stripped of ego. The "woe is me" is stripped away and we, almost from a logical standpoint, approach the world in such a way as to allow ourselves to re-learn it. It takes the form of a discovery of the new, and a reforming of the old. With new information, we ask "If this is true, then..." and predict new models. Then act to see if our predictions were right.

Play - Is a concept [/u/oobertas](#) talked about in a conversation with easydays [here](#). The point of play was to remove the dependence on the outcome in an effort to simply explore and take in whatever happens to be present. It's almost a step above curiosity because curiosity still looks to assess an outcome, while play can choose to, or not. Play is more engaging for the sake of engagement.

I'd like to stop short of saying play is "best" and doubt is "worst"...because that would be akin to saying "achieving enlightenment means having no ego". (For the noobs, the state of having no ego is different than when we say "kill your ego". What we're saying when we say "kill your ego" is "kill your ego *as it is right now*"). I think all three are useful tools depending on where you are acting within your whole self.

All three of these things though do something that allows you to solidify those new experiences in your head in a process I call grounding. Because simply thinking thoughts or doing actions isn't going to lead you to growth. You've got to be *watching* when you do them, and then grounding them, using the experiences as anchors within your mind to solidify the experience within you. When a guy gets advice to STFU, and then reports back later a story of his wife throwing him shit and him just walking away, and then her being sweet affectionate in an hour...that's grounding. It links the idea of STFU to "that". What's that? The whole experience. When he thinks "shut the fuck up" now he isn't thinking literally of the words. He's recalling that entire experience from the feelings, how to push through the need to speak, how to walk away, how he felt about that, and the result. All in the snap of a thought.

And this is also why when guys come on here and we tell them to NGAF and they come back the very next post and say "**I DGAF now!**" it's infuriating because it's blatantly obvious there was no doubt, curiosity, play...there was no action, no thought, no grounding. It's merely parroting back what we said to do. It's hollow as fuck. And we see right through it.

Now...if you're still with me. I'd invite you to take a moment, and broaden your thoughts again. Take a deep breath, let the world back in. Look around the room. Consider the breadth of information in your environment. And examine the *depth* of our thoughts right now.

"Depth"...what does that mean? They're all just thoughts aren't they? What makes one thought "deeper"? It's the fact that where we are right now is at a level that's so "deep" as to be unreachable during our normal everyday lives. It's unreachable because where we are right now is a thought that only makes sense when we take a strategic walk through all the layers of our models that build up to it. And the thought is so deep that the limits of our attention in

our daily life isnt enough to allow us to keep all this in our heads at once.

If that is so then in order to live by the deep thoughts we have right here, we need to figure out a way to summarize the entire sub-model in such a way as to capture the nuance of it all, so that we *can* reference it in daily life when the world demands our attention. And this is do-able. I do it all the time. And these summaries I can tell you are *much* more impactful than the summaries one might find at surface level MRP like "acta non verba". That does not mean acta non verba is false. Big emphasis on that. But it is vague and shallow.

Why? Because the words it uses are words that invoke an idea of an easily followable dichotomy. Actions...not words. Do this. Not that. But I'm sure you've seen mentioned in here also a line like "Let her give her gifts freely." This is also a short slogan of words. But the words seem more amorphous. What gifts? Freely how? Give...somehow the thought seems incomplete. And that's because what the words are are not words themselves, but *pointers* to whole other sets of ideas. (If anyone is not familiar with computer coding, a pointer is a piece of data that stores an address to the actual data. It "points" to it.) The pointers point to these ideas we've spent the time to think out. But we'll find that we're able to operate off the pointers in real life in real time, rather than take the take to distill the information in 10,000 words like we are here.

Why did it take 10,000 words to distill these ideas? Because words are shit at communicating ideas. Words are mere approximations of entire sub-models in your head...but because they are so low resolution, they not only cant precisely outline an idea, but they are very easily confused for another idea entirely. And this is the reason whenever I get into long, 3 hour conversations with people about these deep concepts, that we often resort to defining and being very specific about the words we choose to use.

In the same way a picture is worth 1000 words, a thought is as well. So then, are we able to use thoughts to reference ideas and guide us where we want to go in real time too? Yes. And they are quite effective at it too.

So much so that a lot of the time when I take the time to meditate and notice things like I talked about above, I will come to a thought. The thought will be composed of ideas and feelings. And I will be able to grab and lock down that feeling as if to say my path to a better future will happen if I "head towards *that* in life...whatever *that* is." And in going through life, I'll be able to quickly reference whether what I'm seeing in my behavior, attitude, demeanor...in all my non-verbal aspects, if those things align with that *that* that I'm heading toward.

Quite often, when I'm chatting with easydays or Horns or ubermensch, what I doing is actually trying to convert that thought into words. And when I do, what happens is almost an "ah-ha!" feeling. A feeling that's odd because even though one part of me already knew and internalized the thought, it's as if another part just saw it for the first time.

I could go deeper and explain why this is. But I wont for now. The point is: we can use both words and these ideas composed of thoughts and feelings to guide us, summarize for us, and reference for us.

The other thing I'd like to mention is *If that is so* then I am here to tell you that this investment into thought, meditation, spirituality, the 'whatever-it-is' that you all know me for...that when you see me post you expect my post to have a flair of, that thing is what I've used over the last 2 years in order to **deepen** my ability to hold onto and attend to these deeper levels of thought in my daily life.

I dont know how exactly doing what I do and thinking what I think allows for it...but it does. The only analogy I can think of is sometimes when I go down in my basement and pick up my drum sticks, and put on a song, I dont think about the song. The sticks just go where they need to go. And i will tell you at times I'm literally watching myself in

awe that they are really playing this fucking song correctly. It's a...flow...in which the entirety of my effort is focused, without the actual intent of doing it. (I say flow and laugh because I know once again I've given a nod to easydays...because he's talked about this.)

I say this because all this...whatever this is that we just did here...whatever journey we just went on with our thoughts...someone will actually believe is mental masturbation. And while I do believe mental masturbation exists...and the hallmark of it is thinking too much...I want you to consider: **Was this it?**

And it's okay if your answer is yes. Because it is not wrong to be okay living a life by which the depths of your thoughts are shallower than this *and you are getting what you want*. ("My model is up to the task"). But if this journey through my words brought out a tiny thought within you that asks "Holy shit...what was that? What did we just do here? Because I feel like it was important and I don't feel that feeling a lot. I feel like I will be able to use this somehow, even if I don't quite know how yet."...if you felt that...then I would hardly call it masturbation.

When we think of a guy who just "gets it", we see a guy who's acting. But more so, we see a guy whose action is on point. As if an entire being of a person is aligned in congruence behind it. As if everything he does seems to be backed by a mountain of depth as if it say that he's been through it all, he knows what he's doing with every fiber of his being. It's not a guy who **simply acts the right way, but has an entire model behind it, with each node grounded in experiences he's done.**

So what am I actually telling you to do here? Because it's not a checklist like the 12 steps of dread, or iron rules, or specific actions to take to achieve your goals. When I came out the other side of my MRP journey the first question I had, which I actually sought out the mods and called to ask was: "What the hell was that? What did this place do to me?" Not referencing the transformation from a beta to someone who uses MRP tools, but the **process** that it used to get me there. What was that? How can I harness it to move forward in the future? Not the tools. The tool *to make* the tools.

That's what this post was all about. How to ground experience in actions catalyzed by doubt, curiosity, and play. With an emphasis on finding a path of efficiency using both the tools of action and feeling out the world. And allowing those thoughts and feelings and experiences to solidify and land in a place in your mind that's free from the models that you've already put together, that your ego furiously defends, so that they have a chance to take hold.

Taoism often speaks of effortless action. See if you can crosscheck your life and assess whether when you do act, if your actions seem more like you trying to force something to happen using the strength biology has given men to push through adversity by default. Or if your actions seem to flow from a place of understanding and if those actions move easily to navigate the landscape of reality like a rudder through water.

50

UPVOTES

Call-out posts

threekindsoflucky · 12 May 2022 · Archived copy · Reddit

We've seen an increase in 'call-out' styled posts on the subreddit. I have also [contributed to this](#), so I'm not just wagging my finger at everyone else.

Generally, the intent of these posts is to call attention to a specific issue or topic, and to highlight how 'not' to do something. Here's a bunch of things that other people have done. Don't do those things. This can be useful for people who are either unaware of the mistakes they are making, or who respond well to being whipped.

However, these type of posts put the poster in the position of judge and executioner, and the audience as jury. Whatever it is the poster is or is not doing, at least it's better than those people that they call out. I might suck, but at least I don't suck as much as these guys. It is fun to write these type of posts, as you can take a selection of the worst examples from OYS and parade them in front of everyone. Look at these guys. They're terrible! But it is 'they' that are terrible, not 'I'. And these posts are full of 'you' statements.

Similar to 'she' statements, 'you' statements direct the locus of control onto someone else. And we want to generally be encouraging 'I' statements. Posts with lots of 'I' statements follow a format of 'this is what I did, this is why it worked for me'. Posts with lots of 'You' statements are generally 'You should do what I say, it worked for me'. 'I' statement posts allow a reader to go 'Why did they do this thing? Why did it work for them? Could it work for me? How do I test it?'. This is the foundation of what MRP was built upon. People identifying problems, trying things to fix them, and then reporting on those results.

The point of this post is to try encourage more 'I' statement posts. Field reports are a great example of this. Even people just starting out can write a post that:

- Articulates the problem they were trying to solve,
- Actions they took to solve the problem, and
- Whether or not their actions had the desired outcome

I'd like to encourage those who are actively trying to make changes to write field reports. Why? Well, [read this](#) - I'm not going to explain shit that others have already explained better than I can.

With that said, I'll be actively moderating any more 'call-out' posts as I think we've got enough already.

Yes, I am aware of the irony of writing a call-out post on call-out posts.

50

UPVOTES

Wife wants to go out with no explanation

woo199112 · 1 November 2023 · Archived copy · Reddit

Currently in process of reading through side bar, watched all BPP stuff and reading No More Mr. Nice Guy now. And I'm currently lifting as well. Been doing this for about 3 weeks to a month now.

Last night I took the kids trick or treating after taking photos while wife stayed home to give you candy. We ate dinner and put the kids to sleep and then went to the bedroom.

After a bit the wife and I got into a fight after she asked me to post photos of our family and I said no. She asked why and I said because I don't want to. After that we had sex, then went to sleep.

Today I went to work and now she asks me to be home on time today, says she wants to go out without kids. This is the first time she's ever asked to do this in two years (we live far from family and friends and she doesn't like to go out)

I asked where she was going and she said "out" and I just said did my best to NGAF and say okay. Any advice on what I need to do to handle this, or is just not worrying about it the best option?

Edit: You guys are mostly saying why I didn't just post the pic. I thought it was a shit test, but I see now that I misread the situation and acted like an idiot. Thanks for the advice.

49

UPVOTES

[FR] Game and frame

LongRoad_518 · 29 November 2018 · Archived copy · Reddit

I haven't seen a lot of FR's from newer guys so I figured I write one up.

First 5 weeks of RP sucked... then everything changed. I have a long long way to go - overall plan is going to take 12-18 months. I will preface this to saying my journey to be more physically attractive started months before finding RP. I'm still a fat fuck but considering I'm 55 lbs less than when I got married and never been this skinny or strong since I've known my wife has had to have helped this process.

About two weeks ago after either a really long continual shit test or a potential 'main event' (a week of non-stop talk about me being selfish and her wanting a divorce), everything changed. I saw the light switch effect with my wife. Suddenly I wasn't repulsive to her.

If you had asked me a couple of months ago if what happened last night was even in the realm of possibility I'd have laughed at you. My frame has been solid the past few weeks - what I want, not getting upset by threats of divorce, keeping a good mood when she's mad. She made the comment that it's annoying that I don't ever seem to get affected by anyone else's moods. (Response: Yep - unless you're turned on). She claimed I'm perverted, only want sex. Owned that shit (yep - let's go right now, etc.). She'll probe your frame immensely when starting out. Don't back down. Don't apologize. Don't complain. To be fair I do find myself edging to complaints and have to catch this. It's a marathon that never ends. Not a sprint.

Get home after work. Kids are around as well as her father in law. Start gaming the wife. Light touching, spinning her around and kissing her. Then escalated to grabbing her ass and tits when no one was looking. She was so turned on it was incredible. I was able to do whatever I wanted and she didn't push back. She started to wipe up something on the kitchen floor so I started grinding her ass. We were then on the floor and I started fingering her... right in the middle of the kitchen which opens up to the living room where the kids are watching TV. Lead her to the mud room for a quick fuck and then we went back and sat with the kids (after she went to change her soaked panties).

If anyone, anyone who is new doubts that this process works - don't. Maybe it will take longer and maybe she'll never come around, but you won't care. You'll be free to do what you want. I want to have this playful fun relationship with whoever I'm with. I'll get that - either my wife will come along or won't. So far I am absolutely amazed by the progress I've seen. I went from a few times a month of starfish, never making out, resisting quick pecks or hugs to this. When she kisses me now she wants to... she hugs *me* and holds on for dear life.

Make your plan, stick with your plan, don't rambo (like I did), accept failure, and get better. And post in OYS... that's mandatory to hold yourself accountable for the stupid shit you do.

49

UPVOTES

Two years and counting

HerukaArisen · 16 November 2018 · Archived copy · Reddit

I am a little over two years into my Red Pill journey and I feel like it's time to take stock. I think the Red Pill main sub quarantine has made my old account unusable for mobile, so I created a new one. But I guess creating a new identity for yourself every now and then is just a good thing.

I'm 47, married, wife 43, three kids 14, 13 and 6. (BTW, even though my English is pretty good, it is not my first language. There may be some weird phrases here and there, so bear with me.) Over the past two years, I have made a lot of progress in many areas in my life. I have read the sidebar, some books several times. I have also read plenty of other books on PUA, Stoicism, personal finance etc. For me, finding Audible was a game-changer. I highly recommend it. In general, I understand most of the central RP concepts and I can apply them relatively well to my own life.

I am lifting three times a week. In the summer, I went to the gym even more than that, up to six times a week, but during the busy working months three per week is the most I can do. (I also notice that 5 or 6 times a week is too much for me in terms of recovery). I'm not the most jacked guy but I'm doing good. I found a good PT, and now I work with him once a month, currently on my squat and deadlift technique (lots of back problems and small injuries in the past).

During the Christmas time last year, I understood I was building muscle but I still didn't look the way I wanted. Since the new year, I have become increasingly conscious about my diet. I dropped all sugar and decreased my overall carb intake. Since the summer, I have dropped most alcohol, now drinking only on occasional social events. Since the new year, I have lost 10 kg (that's 22 lb. for you Americans) and I was never that fat to start with. The veins are starting to pop as I am now approaching the low two-digit body fat. People are noticing.

An important part of my RP progress has been Buddhist meditation. I used to do it in my youth but then had a long, long break. Right after encountering Red Pill, I decided I needed to start doing it again. I am now meditating pretty much daily. In the summer, I attended a ten-day meditation retreat, something that I am going to make an annual tradition of. I think the most important thing meditation has brought me is a kind of a confidence in myself or a relaxation into being myself. This is something I have very much struggled in the past.

A rewarding single event for me was this year's summer holiday. I took my family to a slightly unusual foreign country for a total of 16 days. I initiated the whole thing and took care of most of the details, but I also sought input from my wife on some things. As an example, I let my wife and the eldest kid choose one of the accommodations from a few options on Airbnb pre-selected by me. Overall, the holiday was a perfect combination of luxury and adventure and the kids still talk about it pretty much every week. I have now started to plan the next summer's holiday, this time to a more urban environment, just to change things up a bit.

The things mentioned above are the good things. Things I have made considerable progress on. What are the not-so-good things or the things I still need to change?

I still constantly compare myself to other men. In a way, it is not always necessarily a bad thing to be inspired by others or to learn from others' example. But I feel I often do this comparing in an unhealthy way.

Even on this board, I feel that other men come here after me and in less than a year they are already banging their now suddenly hot and willing wife in the ass or, alternatively, their hot new girlfriend or, alternatively, both, while also attending powerlifting competitions over the weekends. I do realize this is not the whole truth, just a perception. And even if it were true, it is not my life nor is other men's success in any way my loss. I know I should rejoice in others' successes and sometimes I even manage to do so. But somehow it often also exposes this nagging feeling inside me of inferiority and not being enough.

Another challenge is that I am not a particularly fun guy at home. I often take things oh so seriously. It is kind of weird, since I can be fun with my friends and my colleagues and also goof around with my six-year old daughter.

But something in my own approach to my home life and my marriage often drags me down. I really should lighten up and do more fun things by myself and with others.

Financially, I'm nowhere near where I would like to be. I feel somewhat stuck in my main profession. There are little opportunities for promotion or progress and I feel my heart is not in it anymore. I have managed to increase my yearly income a lot, but this is because of a couple of side hustles I am able to do. This, in turn, means that I often work long hours and on weekends. I'm kind of OK doing this, but at the moment I feel I don't have clear goals or a sense of going forward. And even more so, I don't have that much to show for all my efforts. What comes in, goes out, pretty much immediately.

I come from a childhood of financial struggles and somehow, I have not been able to rise above it. Even though I make a decent income, I still live pretty much hand-to-mouth. I have managed to transform my money into meaningful experiences, such as the summer holiday and the retreat mentioned above or the cool car I just bought. What I haven't done is transform money into security and a long-term vision. Also here, I feel that a lack of direction is a key factor. I kind of know what I'm supposed to do but I'm not doing it fully.

And then there's the sex. Things are much, much better than what they were a couple of years ago. I'm more relaxed in bed. If I want to fuck, I'll do it. Porn and masturbation are non-issues. But somehow, also here, I feel a bit stuck.

Currently, it is actually my wife, who does most of the initiating. She does like sex and sees its importance in our relationship and I have also managed to create some dread. However, she is also very vanilla and sensitive. And I'm a bit bored. I do fully know that it is my responsibility to change the situation and go for what I want. But, for the time being, it is not happening.

From what I have written above, I can see a pattern. All the things that mainly involve myself alone, are going well: the reading, the gym, the diet, other healthy habits, the meditation, the extra gigs I do to make extra money and so on. The ones that involve other people, like my main job, finances, sex, interacting with the family, I am somewhat struggling with or unable to reach for what I want. Or maybe even more so, that I have trouble even recognizing what it is that I want.

One of the most significant reads for me lately here on the forums has been [this post](#) by /u/skidsm where he writes how his life used to completely revolve around his wife and her swinging moods. My marriage is clearly not at all as extreme as what he describes, but, as a child of a narcissistic mother and an alcoholic father, my childhood sure was. I think I have built my whole existence and especially my personal relationships with others on being very clever in recognizing other people's needs and wants and then finding ways to fulfil them, sometimes even before they are aware of them themselves.

I am not referring to my childhood in order to blame others. Nor do I particularly want to keep dwelling in the past. But I do need to understand what has made me what I am in order to become what I want to be, whatever that is.

Another post in a way discussing the same theme was [the recent post](#) by Rollo, although he takes a more societal perspective on this. Here's a quote from his post:

"Red Pill thought emphasizes men disconnecting their sense of identity from a female-correct paradigm. In my own work I've stressed that the most important aspect of Red Pill awareness is men making themselves their Mental Point of Origin and this necessitates a realigning of oneself as his first priority. It's easy to make declarations about how your self-worth begins and ends with you and that no woman can influence that image, and in a way that seems liberating. Like you're taking at least that much authority back for yourself. But it's another thing entirely to wrestle with a social order that's now founded on a consolidated female-primary authority."

Over the past two years, I have become considerably more conscious of my own wants. I am taking time for myself to go to the gym and to do other things I like. In everyday situations, I can quite well pass shit tests and say either "no" or simply shrug away silly demands made upon me. I can do these things. But I also feel that I am still miles

away from really, really recognizing and embracing my true wants, when they involve other people, when there are really things at stake.

If someone were to ask me now "what do you want?", with some consideration I would probably be able to come up with a pretty good answer, including various short-term and long-term goals. However, I feel that this answer would ultimately be a kind of a hoax: a well-formed conceptualization of things I feel are expected of me, are practical and sensible, are socially accepted.

One reason for my, in my own view, somewhat slow RP progress has also been the fact that things were actually pretty decent when I started. My bedroom was never dead, just a bit docile. My wife is not perfect but she was never a fat harpy cunt, either. I was certainly not alpha but I was never a total beta pushover either. I was not super fit but I have always been relatively slim and good-looking. I was no Chad but I have always been somewhat attractive to women. In a way, over the past two years I have now kind of maxed out most these characteristics in me.

And life is OK. It's not perfect nor awesome but I am content in many ways. I was talking to a good friend of mine recently and he said that most men he knows are a mess while I'm the most balanced and healthy person he knows. So, I am kind of balancing between accepting things as they are, with their small imperfections, and going for what is truly possible for me.

Perhaps you could say that I have now perfected the process of alpha-sprinkling. But have I really swallowed the pill? Probably not. If I want more, I need to do more. And "more" here certainly doesn't mean "more of the same." It means something that will help or even force me embrace my full power and capacity. What would it be? Getting a divorce? Getting a plate? Changing professions? Aiming for the powerlifting competition? Don't know yet. But I will find out at some point.

49

UPVOTES

Developing Rhino Skin

progression_101 · 3 October 2018 · Archived copy · Reddit

The idea behind it is that in nature we see that birds poke and prod on the rhino, it remains unphased. For me, the birds that poke and prod have been thoughts and feelings of insecurity and lack. In my work with the TRP this has been one of the toughest things for me to come to terms with, to get comfortable being uncomfortable and "doing the opposite". Up until recently I would say that I definitely made myself too available to my LTRs (2 years) emotive ups and downs. This typically happened when the lady would get into a mood and I would constantly try to see what was on her mind. Whatever it was, I thought the best route was "communicating" about it, easing her anxiety, for me to be her safe space. However even after we spoke about what was going on in a particular situation, I have had the realization that it wasn't about my genuine care about her or where she was, but about soothing my anxiety through her communicating to me what was on her mind.

Much of the time, what's been on her mind has been innocuous emotions about the day, her own insecurity, etc. I recognize there are times when it is necessary to overtly address issues, and there are times when I have to let things pass and just STFU. However, I found myself having to know what was going on, not because I cared, but due to my own insecurity and need for immediate gratification and soothing.

Sex has never been an issue in the relationship, the frequency and intensity has consistently been on the incline since she was promoted from plate. My thing was to take the dominance from the bedroom, and the DNGAF attitude to our everyday interaction. My turning point was this past weekend when she visited her family, 6 hours away and ~~I didn't hear from her for four days~~ she didn't hear from me for four days.

I hamstered all weekend, recognized what was going on and just got comfortable with being uncomfortable. This has allowed me to develop rhino skin against not so much my woman's tendencies, but my own insecurities. She got back, and was in a mood of some sort before a meeting we had. I did the opposite and did not play into it. I went to the gym afterwards because as opposed to sitting around and trying to "loosen her up, etc." I focused on investing in myself and fitness goals. Got back from the gym, she was ripe and ready. The quality of sex is a side product of one's focus. The more I focus on myself and follow Pook's 2/3 rule, the more she craves me, does things which overtly communicate her desire for me to fuck her.

To develop the Rhino skin is to maintain frame and be the oak. This experience has been an incredible lesson for me to learn and is why I pass it along.

49

UPVOTES

The Important of Stoicism to Achieving Your Preferred Outcomes

Th3JourneyRed · 15 August 2018 · Archived copy · Reddit

TL;DR - Your woman experiences your anger as a threat. This is a result of biology. Any time she sees you frustrated, enraged, or anywhere in between, her amygdala goes crazy, and she goes into crisis mode. In order for her to calm down/accept your frame, you **have** to be cool and collected first.

Intro

Life is not fair. The sooner you can recognize this, the sooner you will be able to build habits of thought that will help you cope with your surroundings in a way that produces outcomes you want. It is not fair that LeBron James is a physical marvel that no amount of lifting and practice will let you equal. If you can not accept this fact, then you will go through life bitter at his billion dollar empire, instead of focusing on what you can do to make your life better.

That's a contrived and easy example, though. This fact of life is more relevantly applied to your relationship with your LTR and society in general. It is not fair that she can raise her voice and even go so far as to hit you without being perceived as a significant threat, whereas mere body language from you sets off all kinds of alarm bells in her and in wider society.

You can act in the exact same manner as your LTR, and it will achieve wildly different outcomes.

Explanation

The reason for this is rooted in the innate differences in how men and women perceive each other. Essentially, women tend to perceive men as more threatening than the other way around, and this reaction is exaggerated. Thus, we have a society that assumes the man is the abuser, to the point that there are essentially *no* shelters for male victims of female domestic violence in America. It is well known that women can physically assault men in public without fear of being policed by the crowd, whereas if the man were to physically defend himself, *he could go to jail*.

The list is endless.

In personal conflict, this means that, when you begin to display anger, she will exaggerate the threat you present to her. Just firming up your tone can be enough to make her label you an outright threat to her bodily safety. *This is a pure sympathetic nervous system reaction*. She has no practical control over it. When she perceives a threat from you, her amygdala starts to go nuts. This is essentially a one-way street. Your amygdala can send signals to shutdown your prefrontal cortex, but not the other way around.

The Fallout

Your woman will *never* be able to hear your anger and frustration in its raw form. Ever. I don't care if you're married to fucking Ronda Rousey (okay, she might be an exception). When you start displaying signs of agitation, irritation, and especially rage, the conversation is effectively over, because she perceives that behavior as a threat that *must* be mitigated.

Remember, for women, context/emotions are everything. There's a reason that your woman is so unfocused on rigorously discussing conflict and equitable standards. It's because that topic literally doesn't matter to her. What matters is that she's upset/uneasy. So, when you get angry, this makes her upset, and every single word out of her mouth will be her trying to communicate that fact.

With another guy, displays of anger can work as a communication tool. I perceive that whatever it is you're talking about is really important to you, and we broker some sort of compromise. You could be outright flipping tables, and

if I know you, I could still remain calm and talk to you about the issue.

RP Lessons Will Save You

There is nothing in the RP lexicon that confirms its value better than the fact that it overcomes this issue. Whatever your objective is, the core tenet of maintaining a calm, almost amused appearance in all situations is so fundamental to interacting positively with the women in your life that RP could be wrong on literally every other front (it most definitely isn't), and it'd still be worth wading through the shit to find this gem.

AA, fogging, negative assertion, and negative inquiry are all tools designed to overcome her threat matrix.

How to Internalize Frame

Frame is about two things. One, figuring out *what your values/worldview is*. When she comes at you with something from two weeks ago that you've already discussed multiple times, what are your boundaries? Is it acceptable for people in your life to treat you this way?

Two, figuring out *how to enforce that boundary*. In my personal view, until you complete and implement this step, your line in the sand isn't a boundary. It's just mental masturbation.

How do you achieve both of these with your woman? **WRITE THEM DOWN.**

Get a notebook, and come up with as many scenarios as you can. In every single conflict you have with her, write down what she brings up, figure out your boundary, then figure out how to enforce that boundary in a manner that recognizes that the central issue, from her view, is how she *feels* about it. **Make this a daily habit.**

Read WISNIFG. [Here's a link to a free PDF version.](#) (You lazy slob) Figure out how to defend your boundaries in a way that does not try to use "I'm angry" as a tool. Every single time you turn to "I'm angry," you lose.

You could be turning her down flat, and if you can make her feel good about it, she'll *happily* acquiesce, even thank you for it. I promise you this is true. I've had my wife bear hug me when I do this successfully, even though I haven't promised to change my stance one iota for her, and this is a high IQ woman who listens to egalitarian podcasts on an almost daily basis.

49

UPVOTES

Blue Pill Trauma

Rollo-Tomassi · 1 August 2018 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2018/08/01/blue-pill-trauma/>

Excerpt:

She's My Everything

We're going to come back to this question later in this essay, but now I'd like you to have a look at the IM exchange I had a reader make me aware of on Twitter this week. I apologize for the resolution; the tweet was deleted not long after I commented on it and I had to rely on screen captures. What you're looking at here is an exchange between a very invested Blue Pill guy and the thought process guys like this typically go through when the woman they've made their 'everything' wants them gone. There's a lot going on in this and I wanted to parse it out here. When you're Red Pill aware for any length of time it can sometimes be confusing to see the thought process that Blue Pill conditioning predisposes a guy to. The Red Pill Lens is one of the gifts (and curses) of having unplugged, and internalizing the awareness can make us somewhat confused or jaded to the experiences of guys who are still plugged in and trying to make their blinded understanding of intersexual dynamics work for them.

"Can this guy really not see why this girl wants to get away from him?" From a Red Pill perspective we might think this guy is an idiot for not seeing what he's doing. It's plain as day for us so there must be something wrong with him, right? Usually, the only thing wrong is that these guys' Blue Pill conditioning has limited them to understanding their situations from that old set of books – the rule set that they believe (like a religion) that 'quality women' acknowledge and play by too. Lets try to put this jadedness aside for a moment.

[...] I can't take my mind off of you no matter what I do and yesterday I literally cried for an hour in my room because I didn't know what to do. I just really need you in my life and it kills me to know that I have messed our relationship up,...

This kid's (it reads like he's an adolescent) whole exchange is riddled with self-incrimination. This is an intrinsic part of Blue Pill conditioning – the guy is always at fault in any break up. Even with his now ex's admission of her own complicity in their split, he'll have none of it. If a relationship, a marriage, fails it is always because a guy wasn't invested enough; even if she cheated on him the Blue Pill conditioned mind will only accept his complicity in her looking outside the relationship. I should also add that this is an integral part of the Promise Keepers mentality as well as the 'Oprah-Marriage Counselor Approved' notion that "relationships take a lot of work" and it's always a man's responsibility to qualify himself for a woman's intimacy by maintaining that work.

As a result, the Blue Pill mind automatically defaults to self-blame and looks to find ways to negotiate some kind of new work-program that will 'fix' the 'broken' relationship he somehow caused. Blue Pill conditioned men are still men, and as such they default to the deductive reasoning that we're largely predisposed to. So in that Blue Pill state it seems like logic to look for solutions that will put the relationship back together again. This is how Blue Pill men's minds work; they have a set of (Old Books) rules they believe everyone is, or ought to be, playing by and since he also believes the lie of coequal agency (blank-slate) between men and women he thinks a woman's desire and intimacy can be deductively bargained with.

He realizes his failing and will be sure to correct it. But that's not how all this works. In fact, it's this very acknowledgement that only reinforces this woman's decision to leave him. Hypergamy is rooted in doubt, and it turns out he is as Beta and optionless as her Hypergamous hindbrain suspected. His reaction to her confirms it.

[...] how can you just cut me out of your life so quickly? I want to make things better and work on our relationship because I know what it can be, why don't you want to work on it?

I'm trying to avoid most of the clingy emotional shit in this exchange. Blue Pill guys will pepper in their emotive state even in the best of times in a relationship, but when they're facing a break up, that's when all the stuff he's been taught about vulnerability being a strength turns into a huge liability for him. Not to mention it disgusts the woman leaving him.

Here we see the standard Blue Pill bewilderment over why this woman he's deeply invested in can so casually blow him off and move on. Isn't she playing by the same rulebook he's been playing by since he learned to dutifully put women as his mental point of origin? I linked my War Brides essay in his quote above because this is the nuts and bolts reason as to how women can, and often do, move on so quickly. It is literally part of women's preinstalled mental firmware to have the capacity to turn on a dime with their emotions.

Next he makes the Blue Pill appeals to Relational Equity and declares his willingness to 'work on the relationship' in order to fix it. In a breakup this 'work on the relationship' narrative works against women; particularly if the guy they're leaving is overly invested in equalism. He's been taught that "open communication is the key to any healthy relationship®" so he's confused as to why his coequal 'soul mate' wouldn't want to work on things and patch it up. When things are good the 'work on things' narrative is a benefit for women getting the things they want, but when she wants to leave a Blue Pill guy (usually because she wants to open herself to better Hypergamous options) it's a leash around her neck. Why doesn't she want to 'work on the relationship'?

49

UPVOTES

Situation is improving

witnessthenomorebp · 4 July 2018 · Archived copy · Reddit

I discovered the subreddit a few weeks ago. Since then I have been reading no more mr. Nice guy and everything I can devour on this subreddit as far as posts. First a little bit of background,

I displayed all the background and behaviors of the nice guy from the book no more mr. Nice guy growing up and through college. It's painfully apparent reading the book even though it's not obvious when you're living it. I've been a policeman for the past 20 years and I'm getting ready to retire and was very Alpha for the first 10 to 12 years of my career before an investigation took the wind out of my sails. I live in a very anti-union State and tried to start a union for our Police Department. The head of the department was directed to reopen some use of force reports that I've been cleared in and to find fault which resulted in my termination. that combined with a 16-year marriage on the downhill slide took the wind right out of my sails and I turned beta as fuck.

After my divorce Paxil put me back into Alpha mode because I just didn't give a fuck and could approach anyone and screw for hours because of the sexual side effects of the medication. Found a beautiful new wife and settled down into a new career where I make pretty good money, actually really good money for what I'm used to.

I had the working out and the hygiene covered already because of my divorce spurred me to go back into the dating scene and I've continued that. I'm excelling in my career and feel good about that part. About a year after I got married my wife started shit test and comfort test and I didn't recognize them for what they were and I was giving her everything she wanted without any questions at all. It really is amazing after reading on the subreddit I can identify ways she was just begging me to take over and be Alpha.

She grew up in a very structured family with rigid gender roles and her parents have both passed away so I really don't have a frame of reference other than what she has told me. But she has literally been begging me to be Alpha over the past year. She would never permit me to talk to her about the money except for to ask me whether she should spend what she wanted to spend. She always told me to go out with my friends sometimes. always wanting me to make decisions about where to go what to eat where to plan vacations without her input. looking back now it is incredible how much she was overly communicating to me to step up and take over and make her subjective to my will. The sex has been shit and the usual whiny arguments happened after being over in dead bedrooms reading.

Over the last week I have really been stepping up putting into practice the concepts in the book and on this Reddit. Several shit tests and Comfort tests later and cut to this morning. We're camping and I've anchored the boat down the beach, we wake up and I Started a groper and kiss her but the kids were in the trailer and we were just separated by a curtain. She got annoyed and started slapping my hands away and I just kept at it and told her to calm down. I told her I needed to go down and check on the boat and was going to take it out for a ride and she immediately told me not to leave without her. I went down and started prepping the boat at the beach and she came to the edge of the hill and looked down and then walked back to the trailer where I couldn't see her. After about 2 minutes I call her phone and ask her where she is and she says, I came back to get the boys and see if they wanted to go. Old me, " Oh ok, have them hurry.". New improving me says, " I asked if you wanted to come with me on the boat, if I wanted them to come I would have asked them then, are you coming?". She said fine and hung up.

A minute later she comes to the beach and I give her my best smile. I get her on board and the first thing she says is a shit test, "Why are you being so ornery?". Which I just shook my head at and started backing out. Frowning and scowling and sighs as I sped across the lake which I ignored and looked majestic as I stood and piloted my craft while talking to her about how much I love boating.

We pulled into a cove on the other side of the lake which winds back in for about 1/2 mile. Several people anchored camping on their boats and she says she doesn't like the cove. "What's not to like? It's calm and pretty back here.". Two minutes later she fixes me with a stare and says, "You brought me out here to have sex with me on the boat didn't you?"

"Absolutely I did." I reply. Her head starts shaking and I just start nodding. " You knew that from the moment I was messing with you at camp."

It was constant no and too many people here, they'll know etc until I beached it and opened the cuddy cabin. I motioned her inside and she acted all butt hurt but went. Once I got her out of her swimming suit I found she was already ready to go and I mean wetter than she's been in like a year. And I was expecting the Sahara. After about 10 things that would have caused a fight before when I was being beta she was more ready than ever. It's crazy how quickly things are coming together and I can't believe how stupid I have been not seeing her begging for her strong man back in her life.

After all that text, I should say that I still have to consciously make myself alpha because it freaks me out she will have beef. But I'm not going back that's for damn sure.

49

UPVOTES

Why Am I So Angry? OI, Goals, and the MRP Anger Cycle

resolutions316 · 5 February 2018 · Archived copy · Reddit

Two quick caveats before we move forward:

1. As always, I want to be clear when I post on here that I am NOT someone with everything figured out. When I write posts on MRP I am mostly writing to myself, laying out what I most need to work on. I usually find that I only really know what I think when I'm able to write it out. I welcome constructive criticism.
2. If you're just interested in the actionable bits, you can skip the "Personal Background" section, as it just gives personal context for what follows.

PERSONAL BACKGROUND

I got a ton of really useful feedback on [my most recent OYS]

(https://www.reddit.com/r/marriedredpill/comments/7tzmhp/own_your_shit_weekly_january_30_2018/dtgwf02/).

It's a really great thread - I highly recommend going through it.

An addendum to that original post: Things actually got much worse. About an hour after I first posted the OYS my wife and I had our first therapy session after a long break. I went in with the goal of setting some expectations for what we would be working on and making that our last session. (Keep in mind, this was before getting any of the feedback in the thread).

During the session I completely lost frame. I was trying to lay out my version of events and mentioned that I track sex frequency. Both my wife and the therapist know this, but my wife interjected that it made her uncomfortable, that it was weird, and the therapist made a relatively harmless joke about it.

The actual comments were very mild - but I completely lost it. I nearly screamed out loud in the office, emitting a kind of strangled shriek. I stormed out and went to the car to hyperventilate.

Not my proudest moment.

Eventually my wife came out to get me (sigh) and we went back inside. I had trouble pulling myself together; I basically went on a rant about she doesn't think tracking sex is important because sex isn't important to her, and I'm the only one working on the relationship, and I'm alone in this process, etc.

Basically, the real life equivalent of a first-month victim puke in /askMRP. Fucking awesome, bro.

I eventually calmed down and we finished the session. We ended on a relatively positive note, and I resolved to just put it behind me and focus on the present.

But a sense of depression settled over me. I got nothing done at work; I barely managed to make it to the gym all week. Not only did I not initiate sex, I found myself barely able to touch my wife or show her affection at all. My sex drive completely vanished, and when I thought about initiating I felt only anxiety.

These events - plus the thread in OYS - threw a lot of things into sharp relief for me:

Clearly I am carrying around a deep reservoir of anger and resentment that I am barely aware of day to day. It continuously resurfaces; I think I've moved past it, only to have it come back at times like these. Despite a lot of personal progress since finding MRP, my success - and even my general happiness - is limited by my inability (or unwillingness) to address these deeper emotional issues. I've been doing a lot of "mindset work" - visualization, affirmations and so on - focusing on my day to day attitudes, especially ones that will aid in attraction. But ultimately, this work is shallow, and isn't getting at the deeper rooted issues that are actually holding me back.

Clearly, getting at the root of this emotional turmoil is extremely important - not even within the MRP context (although that's certainly true as well), but for my development, maturity, and happiness as a human being. I have a

lot of deep emotional work to do.

But - how do you do deep emotional work? What does that even mean?

/u/man_in_the_world has called me “Mr. Carefully, Carefully Plan” before, and that hits extremely close to home (although it’s still pretty funny). I love a good plan - more than that, I often feel like I need a clearly laid out plan for how to proceed in order to curb my tendencies to overthink, get distracted, etc.

So I’ve done some research into different methods for “deep emotional work;” ways of working on deeply ingrained mental habits. In this post, I’m going to lay out the general theoretical framework that explains where these issues come from, and how to address them. Then, I’ll cover some specific exercises and techniques for “doing the work” to change them.

While I’m going to be writing within the MRP context specifically, it’s important to note that none of this is coming from “RP” sources, nor is it specific to the kind of stuff we talk about in here. These could be applied to pretty much anything, from general self-esteem issues to getting better at brazilian jiu jitsu.

WHERE DOES THE ANGER COME FROM?

The “Anger Stage” of MRP is one of the most common tropes we see on these boards. Beta Husband wakes up one day, realizes he’s fat, miserable, unloved, unappreciated, and (in his mind, anyway) not getting the sex her SO RIGHTLY DESERVES...and immediately gets bitter and angry.

This initial anger stage - the sense of not being told “the truth,” of being “taken advantage of,” etc, hopefully doesn’t last too long; the new man slowly starts improving himself and begins to enjoy the process. The anger drifts away, and the progress he makes becomes intrinsically rewarding.

Why, then, do many men - myself included - seem to return to the anger stage over and over again? (By my count, I’m on anger stage 3.)

The problem seems to lie with our *motivations*.

Note above that I said the process becomes intrinsically rewarding - eventually, we have to identify with and ENJOY the new self we are building. For almost all the guys who have been here a long time, were their wives to disappear tomorrow, much of their MRP routines/habits would stay exactly the same. It’s not ABOUT HER any more.

However, it’s possible to move past the initial anger stage without fully adopting this sense of intrinsic motivation. The rush of self improvement, the joy of seeing a better body in the mirror, increased sex frequency - all these can provide a sense of real accomplishment that soothes the anger we felt when first starting.

But if the GOAL remains “I want to have more sex with my wife,” or “I want my wife to treat me differently,” or “I want my life to love me more” - we remain, at our core, validated by the actions of by the other.

Ultimately, THEY are the judge of whether or not what we’re doing is “working” - and this is a surefire recipe for misery.

OUTCOME INDEPENDENCE

“Be outcome independent!” “Get rid of your covert contracts!” “Make yourself the prize!”

All of these are MRP truisms, and they contain a great deal of wisdom. At their core, they address a single truth: In the end, you need to do all of this for yourself, and only for yourself. So why is that so difficult for many men (like me) to internalize?

For one, we are all used to being externally validated. From grades at school, to whether you’re accepted by your peers, to how much money you make; our lives are filled with external scorecards that let us know how well we’re

doing.

If you're naturally goal-oriented (as I am), you are very used to setting a target using one of these external scorecards and then building a plan to get there. Not only are you used to it, you're regularly rewarded for it! How do you know if you're kicking ass? You hit your sales numbers, you get invited to the party, you tap that big dude at BJJ practice. Clean and objective.

If this has been your orientation all your life, MRP can seem straightforward.

"Got it - women are attracted to dominant, alpha types. My wife is a woman. Therefore, if I become more dominant, my wife will be attracted to me, and want to have sex with me. Oh, awesome - there's even a 12 step program. Lift, act cocky and funny, smack her ass on the way out the door, tease her, STFU....no problem. Let me put that in my calendar."

This mindset views MRP as a simple IF/THEN process: *IF* you perform the following actions, *IF* you look a certain way, *THEN* your wife will have sex with you. This view of MRP is often exacerbated by shallow understandings of hypergamy, which view women as automatons with vaginas that get switched on when a dude with big muscles walk by.

When goal-oriented guy asks, "How do I know MRP is working?", the answer they come up with isn't "MRP is working when my wife is having sex with me." Wife not having sex with you? You're not doing it right, dawg - lift more, shut up more, tease more, etc. MRP is the input, sex is the output.

But the more you hang around MRP, the more you get exposed to MRP's "Zen Side." You learn that you need to be "outcome independent" regarding sex. You learn that MRP "saves the man, not the relationship," and that "the more you want sex, the less likely you are to get it."

All of this flies directly in the face of the "IF/THEN" version of MRP.

"Be outcome independent?" But...isn't the whole reason I'm doing this to get more sex? "The more I want sex, the less I'll get it?"...but then, why the hell am I doing all this lifting? "MRP doesn't "save the relationship?"....but that's why I came here in the first place!"

The goal-oriented among us (namely, me) will be confronted with this conundrum and resolve it the only way we know how: by incorporating "outcome independence" as just another step to take in pursuit of our goal.

"Ohhh, got it - women aren't attracted to needy men. So, when I get rejected, I shouldn't act needy...and that will make her want to have sex with me."

This is essentially LARPing outcome independence. We're not REALLY independent of the outcome; we don't actually FEEL, on a deep level, that we will be OK, no matter what happens in bed that night.

Instead, we know we're SUPPOSED to feel that way in order to achieve our goal of more sex, and so we act in a way we assume someone with OI would act.

RECIPES FOR MISERY

What's the big deal about any of this? After all, "fake it till you make it," right?

In a way, that's correct; I don't think anyone on here would say that they simply read about outcome independence for the first time, had their light-bulb moment, and then waltzed away, never to be upset by rejection again. Clearly something like that takes work.

The problem with "faking it" for too long is that we haven't actually achieved outcome independence; we're simply using outcome independence to try and achieve a specific outcome. This will **always** produce sub optimal outcomes.

This is very important to understand, so let's dig into this a little bit.

Why does having a clear goal of getting more sex with our wives impede our progress?

It was David Schnarch, in his excellent book *The Passionate Marriage*, who really opened my eyes to this dynamic.

In every marriage, there is a lower sex drive partner. Think about this for a second; it's nigh-impossible for two people to have the *exact same* sex drive. Add to that the biological differences between men and women, and it becomes clear that in any relationship - but particularly in heterosexual ones - there will be a mismatch in sex drives.

Someone's always going to want sex when the other doesn't, even if that only happens very occasionally. Your wife could be the lower sex drive partner; it could be you. But there is *always a lower sex drive partner*.

Remember that our goal-oriented MRP man has made "sex with my wife" his goal, and the validating factor that tells him if he's successful or not. Assuming that his wife is the lower sex drive partner (as that's by far the most common situation here), this means that he will always run into situations where he feels like he "fails" because he wants sex and his wife doesn't.

Goal orientation in MRP is thus ALWAYS going to produce a "fail state", even if you successfully get sex the majority of the time.

What happens when we're confronted with this "fail state"?

Some men will employ increasingly high levels of dread, even if their wives are mostly on board with their vision. They'll constantly try to eliminate the chance of being turned down for sex...and since that's impossible, they'll use harsher and harsher "strong arm" tactics, creating an environment where their wife is afraid to turn them down for sex.

I don't have any hard data on this, but somehow I doubt that's going to make for a healthy long-term situation, and it's hardly the relationship I think most of us want. Even if it did, it's impossible to scale dread in this way forever. This is simply another form of negotiating attraction (*"If you don't fuck me, I'll fuck your sister in front of our kids!"*)

(To be clear, this is NOT how dread typically works in relationships; rather, this is how dread works when someone is using it as a tool to force external validation from someone.)

Even *if* your wife has sex with you 100% of the time under these conditions, she still isn't providing the validation we're seeking - she's not a willing participant. She doesn't "want" you - she's simply "afraid of losing you," and I think there's a pretty big difference between the two.

If some men resort to increasingly heavy-handed uses of dread, others will simply become frustrated and resentful. I count myself among this group.

In effect, goal orientation is simply a subtle covert contract. "If I improve, and become truly outcome independent, and drop all my covert contracts....THEN she'll want to have sex with me."

The closest equivalent to this would be constantly thinking "I'm going to think no thoughts!" during meditation....when, of course, "thinking no thoughts" is itself a thought. The act of trying to solve the problem simply exacerbates the problem.

How does this subtle covert contract play out? We improve, we lift, we become more attractive. We see some improvement in our sex lives - but because there will always be a sex-drive mismatch, we still feel stuck in our "fail state."

Even if the sex we receive meets our original criteria for "success" - say, having sex three times a week - that becomes the norm, and we want more. "Yes, we're having sex, but it's only starfish," for example, or "We're having sex, but she won't let me try anal."

Hedonic adaptation ensures we'll never be happy where we are, and thus we never feel like we're making any

progress.

To give a personal example (even typing this out, I can see how fucking stupid this shit is....and yet, I'll be honest, this thought has a lot of real anxiety for me):

My wife and I started from a completely dead bedroom, and have slowly built up to 4-5 times a month. Even before we had kids, our sex life had dwindled to about once a month - so in many ways, our sex life is the best it's ever been.

Yet, I read in one of Rollo's blogs that an "alpha tell" - a sign that your wife really respects you and looks up to you - is that she'll be comfortable with your ejaculate on her body...and that a "beta tell" is that she rushes to the bathroom after sex to wash out your inferior seed (I'm paraphrasing).

My wife hops up shortly after sex to go pee. She has always done this. Before MRP, I assumed this was because she could get a UTI if she didn't. Maybe she just doesn't like the feeling...or who knows? Maybe she just needs to pee! The truth is, I have no idea why she does it, nor does it really matter in the grand scheme of things.

But since reading that blog post, I feel a pang of insecurity, anger, and resentment when she does this...This completely normal, habitual action. The goalpost has shifted - now it's not enough that we have sex, but now she needs to *like the feeling of my ejaculate*.

Can we see how irrational this is? Hell, I don't even like the feeling of my ejaculate!

Goal orientation, combined with the absolute certainty that you will be faced with a partner with a differing sex drive, essentially guarantees that you will "fail" a great deal of the time.

Thus if you base your sense of success, or self esteem, on the external validation of sex with your wife, you will constantly be confronted with feelings of frustration.

The irony here is that improving with a clear goal of getting more sex will only sabotage that goal; whereas improving without the goal of getting more sex will actually result in more sex.

Frustration in and of itself is not a terrible thing; we've all been driven to improve by frustration with various parts of our lives, whether it's living situation, physical fitness, etc. Often, it's one of these "I've had enough!" moments that kicks off our journeys of personal improvement.

But frustration, combined with these deep covert contracts, can actually be deeply damaging over time.

JUDGEMENTS

What's so damaging about frustration?

I do think it's possible to go through all of this without experiencing real long term damage. After all, we've all been faced with periods of struggle, and most of the time we rise to meet those challenges.

Marriage, however - especially a marriage in which one partner is overly emotionally invested in the actions of the other (what Schnarch would call "enmeshment") - is especially prone to both *judgement* and *internalization*. These dynamics can be extremely damaging over time, and are often at the core of the anger phases so many of us go through.

Let's take a look at these in turn.

Judgement

Judgement is an essential faculty of all humankind. I would argue that it's at the very root of all creativity, industry, productivity....the ability to see the world as it is, judge that it could be better, and put a plan in place to improve.

Our judgemental minds are thus at the core of our self-improvement and play a large part in any MRP journey. After all, if you're completely content, why change, right?

But there are different types of judgements. There are *material judgements* - simply deciding that you'd prefer something to be different. If you have a small kitchen, you might make the judgement that your kitchen would be more comfortable with additional counter space, and plan to install island a kitchen island.

Then there are *value judgements* - the decision that something is either "good" or "bad." We might look at a parent slapping their child in the airport and think they are a "bad person;" it's not simply that we wish something was different, but that we're making a moral judgement about that person's nature.

In the kitchen island example, our kitchen is neither "good" nor "bad"; we feel no moral indignation about the fact that our kitchen is small. It's simply a situation that we can change a bit to better match our goals.

We can make the same kind of of judgement about our marriages - we may judge, for example, that we'd like to have sex more often, and put a plan in place to achieve that goal. Stripped of moral judgement, we can see the situation as it truly is, and simply act in accordance with our interests.

(This is the mindset I often notice in /u/weakandsensitive 's comments - when I complain about not having enough sex, he often asks why I don't just cheat, or hire a prostitute. Even though I CLAIM sex is my problem, I feel revulsion towards these suggestions...clearly illustrating that sex is not actually my problem, after all.)

But, if instead of making a *material judgement* about the sex we're having, we make a *value judgement*...things change. For one, we will start to feel resentment towards our partners - after all, if it is "bad" for them not to want to have sex with us, then they are "bad" for withholding that sex. This is why frustration over our sex lives can so easily turn to anger and resentment (whereas no one is feeling resentment towards their lack of a kitchen island).

The more emotionally invested in our partner we are, the more dramatic this dynamic becomes.

"I'm doing ALL THIS WORK to become more attractive and she's NOT DOING ANYTHING...she ALWAYS gets sex when she wants it, but I get rejected all the time, it's NOT FAIR...I'm becoming more and more attractive and I'm STILL getting rejected...there must be something wrong with me...I'll NEVER be attractive/alpha enough..." etc, etc, etc.

(These are all my real thoughts, by the way. They are not fun.)

Even this wouldn't be so bad, if we could simply observe that thought process and walk away from it. But these kind of value judgements often become internalized, leading to a downward spiral that intensifies the process.

Internalization

There's a clear process that occurs when we make value judgements about our own performance over time.

Let's look at a typical example: initiating sex and getting rejected.

Resolutions316 decides he wants to have sex. He initiates.

2. His wife isn't into it, and turns him down.
3. R316 knows he's supposed to be outcome independent, so he shrugs - "No big deal" - and rolls over.
4. Immediately, he starts to analyze what just happened. *Why didn't she respond? Am I not attractive enough? Was my initiation too weak? Damn it, I shouldn't have waited till bed time!*
5. These value judgements then shift from judging the actual event - the initiation - to making value judgements about my own character. *Why do I always do this? Ugh - this isn't working at all. We haven't had sex in over a week. I'm such a piece of shit...*
6. Then to making value judgements about my wife...*she's just playing me for my money. She isn't attracted to me and never will be...I should just get a divorce, why don't I do that? I have no self respect!...*

And on and on. Value judgement after value judgement.

We move from *event*, to making *value judgements about that event*, to *identifying* with those value judgements.

“I was rejected for sex” ---> “I suck at initiating” ----> “I’m unattractive”

Over time, these internalized value judgements become our identity. We repeat them over and over, essentially hypnotizing ourselves into believing they are true. We’re no longer simply someone that wanted sex and didn’t get it one time; we’re now someone who is *unattractive*.

If there’s anything we’ve learned from sports psychology, it’s that we tend to act in accordance with our image of ourselves. Our beliefs about ourselves inform the decisions we make, and those decisions drive behavior.

If we BELIEVE, for example, that we are successful with women - if we can easily call to mind many examples of success with women, and we’ve been rewarded consistently in the past for this belief - then we’re more likely to approach women and ask them out. That act makes us more likely to have future successes, and increases our capacity to dismiss failures as aberrations. The belief fuels a virtuous cycle that strengthens the belief.

Likewise, internalizing our negative value judgements creates a negative cycle that decreases the likelihood of our taking positive action, and thus strengthens our negative beliefs (“I’m unattractive - why bother initiating? I’ll just get rejected” → less initiations, less confident initiations → decreased success rate → “See? I always get rejected - I’m just unattractive, it’s hopeless”)

Understanding The Anger Cycle - Putting it All Together

This doesn’t happen all at once, of course. This is a gradual process that often goes undetected, as it’s mixed in with some success.

Let’s examine the entire cycle, using the concepts above.

- New guy joins MRP. He reads, realizes the mistakes he’s made, and gets angry (Anger Phase)
- Guy sets a goal of using MRP to improve his relationship and getting more sex (Goal Orientation)
- Over time, he starts to see some success. He feels validated by wife’s reaction. (External Validation)
- As process continues, however, the mismatch in sex drives becomes apparent, and new guy faces several “Fail states” despite his sense of progress (Lower sex drive partner)
- Guy makes value judgements about these “fail states” (Value Judgements)
- Over time, these value judgements become internalized (Internalization)
- Internalized value judgements create negative cycle, increasing likelihood of “Fail states”
- Progress towards goal stalls or stops, frustration builds as Hidden Covert Contract is not met, and we enter Anger Stage 2...often in explosive fashion.
- New guy resolves to “REALLY drop covert contracts this time”, because all he has to do is become really outcome independent to get more sex...and the cycle begins again.

By my own reckoning, I’ve been through this cycle three times now. Each time, I lose great amounts of progress...and resolve to redouble my efforts and “get it right this time”....only to end up repeating the cycle.

The trick here is that every time I resolve to drop the covert contracts in order to get more sex...I am simply reinforcing the covert contract. I’m sitting down to meditate and thinking “DON’T THINK!”

So - how can we escape the cycle? How can we make things actually better....and ensure that, regardless of whether our sex lives get better, that we don’t grow up to be bitter old men, unable to accept themselves or the world on its own terms?

Because that’s my biggest takeaway from the last few weeks. The problem is NOT that I’m not getting the sex that I want. The problem is that despite all I’ve done and all the wonderful things in my life, I’m MISERABLE. And that’s

a much bigger and far reaching problem.

This post is already super long so I'll break it up into two parts. In the next part, I'll address what I've found in terms of concrete ways that other people try and address these problems.

As always, thoughts, criticisms, etc, are appreciated.

49

UPVOTES

Self-esteem, sidebar, lifting, STFU, and YOU

SorcererKing · 4 October 2017 · Archived copy · Reddit

The first thing we tell new guys here is to STFU, start reading sidebar resources, and LIFT (not necessarily in that order). There is a good reason for all of those things separately, which have been covered repeatedly in posts here and askMRP. Today I'd like to talk to you maggots about the deeper reason those *particular* activities are all staples of the 'program', and what ties them all together: self-esteem.

Now, I'm not talking **Stuart Smalley daily self-affirmation** stuff here, and I'm certainly not giving out participation trophies. I'm talking about true, genuine positive self-concept, which has always, and can only be built on honest achievement. If you've washed up on our shores here, odds are you don't have much positive self-concept, and probably could use some basic empowering achievements.

We tell you to lift because you don't like how your body looks. You're fat, you're weak, you're unhealthy. You get winded moving furniture. You take elevators up one floor instead of the stairs. You know you should do better, and you don't. Cue bad feelings, poor self-concept.

We tell you to read because you lack the knowledge of how things are and how you should cope with that. You fail shit tests, you get taken advantage of, you are not in control of your time, of your life. Your philosophy is broken with predictably disastrous results. Cue bad feelings, poor self-concept.

We tell you to STFU because you play the victim, you overshare your fee-fees, you ruin any respect people might have had for you. As you learn, you want to get validated: Look, I'm figuring it out! Don't do that. If you do, you'll undo your progress. Cue bad feelings, poor self-concept.

I'm smiling imagining those of you who, as you read this, knee-jerk reject the whole notion. "I'm not low self-esteem! I like myself just fine, it's the World that isn't fair! It's the World that doesn't recognize my value!" Don't kid yourself. You don't have any value until you make some.

I know you have low self-esteem or you wouldn't be in the mess you're in. You wouldn't take the shit you do from your family, your boss, your friends, your WIFE. So follow the program. Get fit, get educated, and for the love of all that's unholy, STFU. Then you'll start to actually LOVE YOURSELF. The rest is just noise.

[edited for improved formatting]

49

UPVOTES

Newbies - don't be this guy

weakandsensitive · 17 August 2017 · Archived copy · Reddit

https://www.reddit.com/r/askMRP/comments/6u7dhp/why_ask/

I thought this was supposed to be a place for camaraderie and to learn more about being a man from other men who walked the path further than you have. I've tried to be active here and on MRP, reading sidebar material, lifting, etc. Had a main event with the wife three weeks into the journey, ask for help and perspective and get crucified, shamed, and treated worse than I have ever been treated in my life in any realm online or IRL. I will continue to study and improve on my own, but if this is your idea of "helping" guys get out of betadom by chastising the shit out of them for BEING FUCKING BETA and asking for HELP...no thanks. I asked for encouragement and help because I don't know what I'm doing and you supposedly do and your responses were so full of hatred and anger that it made me feel physically ill. Why "askMRP" if that's what you get? You all keep telling me to STFU and that it means keeping your mouth shut and weighing your words very carefully. Maybe you all should try practicing that a bit more before posting anymore "advice". And I don't care if this is a DEER post. I'm my own judge, right? Eat a dick.

Read that. Pretend you're a woman. And ask yourself - does this make you wet and horny? Is this the guy you want to fuck and please? How much worse do you think this victim is in real life?

The lesson here - recognize your own unattractiveness. Don't be blind to how unattractive you are. Then fix it. Or cry more - whatever.

To me - this is probably the most perfect example of unattractive behavior I have seen on these subs in a long time.

Rule 1 is covered by the things you do. Rule 2 is covered by the things you don't do. Both rules matter.

49

UPVOTES

Watch out for your wife's friends.

Broken-Dad · 3 August 2017 · Archived copy · Reddit

So, my wife's friend was going to come over Saturday to pick up my wife, head out to a mall, hang out and be girls.

No problem, have fun, give me a rough idea when you will be home, call me if plans change. See ya.

She showers and gets ready. Looks good. 3pm comes and goes, friend isn't here, apparently she fell asleep. 6pm, still no friend. Wife calls the store they were going to go to, they are out of the thing they wanted to get, so no point in driving out there.

Alright, so friend is scheduled for 8pm now.

I make sure the kids are good and tired, get them ready for bed and have them in bed by 8:30.

Wife's friend arrives at 9. I say hi, be pleasant, excuse myself to my office to "catch up on work" but really just to give them the time alone they wanted to hang out and catch up without having me hanging around.

Anyway, they get to drinking, invite me out, I have a couple of shots and a jello shot, and since they are getting rather tipsy and I am not, I offer to make their next round of drinks and some snacks for them.

While I am making their drinks and snacks the friend starts talking to my wife about chemical peels and microdermabrasion and some sort of needle therapy and all kinds of shit.

My wife says she is interested and here is where I fuck up, I ask her:

sweetheart, you are 35 years old, we have been together for almost 17 years, you have never once cared about moisturizing or anything of that nature in all the time I have known you, and you have near perfect skin, why would you start poking your face now?

She responded that she wasn't really sure, but it would be interesting to see the results, I said fair enough, brought them their drinks and snacks, played a round of Uno with them and excused myself again as they were getting giggly stupid.

I find out from my wife today that her friend refuses to come over here anymore, that I insulted her and that I was abusive to my wife.

She messages my wife on facebook (and my wife showed me the conversation), and says that I said some really hurtful shit and that I don't know what I am talking about.

My wife was confused and asked what's up, the friend repeated what I said but in a different way.

He said something like "Why wait until you're 35 to start taking care of yourself? You should've taken care of yourself all your life. What's the point now?"

Which completely changes the context of what I said. I was complimenting my wife on having great skin, not saying she was a lost cause.

My wife says "he was talking to me, not you".

To which the friend responds,

First of all I'm 34 and I have ALWAYS taken care of myself. Just because I gained a lot of weight over the years does not mean that I have stopped "taking care of myself." And if I want to make some changes to improve my health and appearance that's my choice. Fuck his observations I have a few of mine own but I know how to control my mouth and not say something hurtful to someone I don't even know.

Now, this chick did not win the genetic lottery, and so she tries to make up for it with a shit ton of products and makeup she doesn't know how to use and peels and shit that just leave her face looking red and irritated and shiny as a new phone screen. But I would never say shit to her about it, it isn't my place.

My wife reiterated I was talking to her, not the friend.

And if he was talking to you that's even worse. You're the mother of his children and what he said was so disrespectful. I'm gonna leave it alone though cause I know you guys are going through a lot. It's not my place to complain about your husband. I love you girl and will do whatever I can to help you and your children. I'm done with his ass though. And that's all I have to say about that.

I have hung out with them once, went to dinner with them once, and have maybe spoken 100 words to her. And this weekend was the most I have ever said in her presence. And her interpretation of it was wrong.

So I read this, don't really know what to say to my wife and she just says she didn't think it was mean and apparently this chick is just straight up fucking looney, she ghosted on my wife for like 2 months because she had a mental breakdown. So she isn't gonna say shit to her, which annoys me, defend your spouse ya know, but hey, her choice. I just know not to say shit in front of this woman now.

Let this be a lesson to you folks, your wife's friends hear what they want to hear, no matter what you say. And they will hamster like a motherfucker to make you look bad.

Have fun pointing out the hamstering.

49

UPVOTES

Dark Triad: Machiavellian

bogeyd6 · 16 June 2017 · Archived copy · Reddit

Warning: This series is going to trigger bleeps and reds alike. I figure it's best you know that right out before you read it.

I am going to start my series of the Dark Triad personality types. Machiavellian personality types get a bad rep for a couple of different reasons. The biggest issue is the morality of decisions or actions used to achieve your goals. The second problem is people get boiled down to what they have to offer, not who they are. The other part that people generally dislike is the lack of empathy. Many others have covered this in-depth so I am going to write it as examples vs theory.

Deceit in Relationships

When you think about it, why do you ever need to tell the truth outside of the legal system? TRP members use this every single day and is almost institutionalized manipulation. We make our judgement that it is not harmful to either person because both persons agree with the end result. There is nothing wrong with this and as we shall soon read, bleepers also engage in the behavior but to an end that is not agreeable. You can lie to another person or mislead information to gain a result.

Examples

Girl is Obese.

You could be honest and upfront with your girl and tell her that she is fat and unattractive. She deserves to be told by the person she loves most in the world that her health is at risk. She also should be told that you only find rolls desirable when they are on the dinner table. Fact is, only a few subsets of men find a busted can of biscuits attractive and you can find them at your local fair grounds. You already know how that conversation and possibly relationship is going to end. It should be noted that some men do get results with this tactic, so your mileage may vary.

The other way to actually get a result is never telling her she is obese. When she asks (oh, she will) when she looks fat in those pants you probably shouldn't answer back "it's not the pants". You could instead over time start going to the gym, changing your diet at home, and achieving results with your own body. You rub her hips, ass, and she will start notice all on her own that she is on the losing end of the attraction game. Casually mention events at the gym and new classes and see if there is any interest in going. Never pushing the issue. When and if she starts mirroring your diet and gym habits and becoming more attractive. You wouldn't have said you manipulated her would you? You did, and you hamstered that you are not a manipulator.

Why is it then that one way worked and was considered immoral, when the other way destroyed the relationship?

Sexy Times

You approach a woman in the bar who you find attractive. You project confidence, attractiveness, and begin a conversation with her. Imagine telling her all the good AND the bad things about you. You probably should mention up front that you have a three inch micropenis, one testicle, poor credit, and a debilitating health issue. Her panties are going to moisten right up and she will decide that your personality is so much more important than your health status.

Doubtful, you are probably not going to mention any of those things to her. In fact, you would probably lie about them if she asks directly. Instead you run your PUA game and manipulate her into getting sex. Women in fact use sex as a manipulative tool as well and more often than men. The post-wall woman is ready to settle down and provides sex to keep the BB around. The blowjob to convince you to buy that new washing machine with the steam option was not manipulation.

Getting a career

Most people in the work force have a pretty decent and truthful resume. They write down their qualities, job skills, past employment history. Then embellish a little bit, not outright lying, just gussying it up. They get the interview and answer the questions truthfully but don't offer up their bad qualities. Maybe or maybe not get the job. There are plenty more jobs out there.

Why not lie about your resume completely? Put down jobs you never worked at with skills you know how to do but no one would hire you for lack of experience. For each job have a friend pretend to be the HR person and provide the employer that phone number to check. Many people work for small companies who may not be in business anymore! You can't check a job that is closed down but you can still provide your old supervisor's phone number. Show up the interview prepared for the job duty questions and just tell them what they want to hear. As long as you show up to work and actually know how to do what the job requires. There will never be an issue if you are just a little out of practice or green as long as you can complete the work. You won't be able to do that with a college degree, people can check for free. You can fudge your GPA, as that is not provided through a FERPA request.

Cynicism

Cynicism simply put is they believe that people are motivated purely by self-interest. In other words, they look out for themselves. You can trust me when I say that people are inherently evil and by extension selfish. Therefore, you could be as well and use people's own selfishness to get what you want in life. People with a healthy dose of cynicism already look at social interactions and life events for what they are. Not as they want them to be. Did you really think marriage was a good thing to benefit you personally? Is that job actually hiring you because you fit the role? Does the 32 year old single mom sleep with your fat ass because you are great in bed? Nope. Marriage is to benefit the woman. Your job needs you only to make money. That woman needs a provider. However, to the non-cynic. Marriage makes strong families. Your job likes your work and personality. The single mom likes your sense of humor and Kleenex box color choices.

Morality

Morals are standards of behavior and belief by society. Who really gets to decide what is moral? You do. You get to decide if your actions are moral or not. The morals of your actions should be dictated by your results. As long as there is not a law against it, it's moral. There it is in black and white.

- Telling the truth, *only when it benefits you.*
- Don't Gossip, *just use it to spread discontent against an enemy.*
- Respect others, *who have something to offer you.*
- Integrity, *you will be the only person with integrity in the room.*
- Seek justice, *especially when it will get you that promotion over the guy who was caught breaking the rules.*
- Serve others, *but only when they are giving something back.*
- Be charitable, *because people need to see your "good side".*

Conclusion

Life can be what you make of it as long as you are willing to selfishly pursue your goals. Look out only for you and yours. Willing to do what is necessary to win.

49

UPVOTES

Being Beta is Being Afraid.

ReddJive · 26 May 2017 · Archived copy · Reddit

Ever feel like you're sailing through a storm on a tiny rowboat?

Being a beta is kind of like that. You work your tail off to get things moving in the right direction only to get thrown off course when your fortune changes.

Even worse?

When you aren't struggling through a storm, you're crippled by anxiety and fear. When will something go wrong next? Maybe I should just stop trying and turn this thing around? Maybe if I do this she will like me again.

Being Alpha is not difficult. Not at all. Being Alpha is simply facing obstacles head on. Alphas fight. Alphas continue. It's not about winning nor losing it's about standing up and being counted. A true warrior isn't the one wins but the one that stands and says...me. I'll go - despite the odds.

This is what men do.

Marcus Aurelius put it best. "Life is warfare and a journey far from home,"

We aren't victims. We may passively accept the things that are not in our control, but the rest? Fuck it.

We are coming up on the weekend. For most new alphas you are looking at another weekend with your shrew. Locked in mortal combat for 2 days. Maybe you won't get laid, maybe you will just completely lose every ounce of frame you've been jealously guarding this week. maybe you'll get the blowjob you've been hoping to get for months. You're planning scheming, prepping your AA, AM lines, making sure you've gleaned every bit of knowledge from MRP so you are prepared for war.

You know what that is? Fear. Being beta is simply being afraid. Afraid of all the things you've built in your mind. Like a 5 year old who thinks monsters live under the bed. Alphas love. They love life. Every aspect of it. A love for everything that happens and the courage to stand up to it.

Your challenge this weekend is to stand up to your life. Men have faced greater challenges, but yet some how there are many that cannot stand up to their women, their kids, their simple life. This weekend consider the fight you are facing. Are you dealing with it head on? Are you hiding? Take joy in the simple pleasures and look around and ask:

What am I really afraid of?

Stop being afraid. I was just discussing this with a close friend. Fear is insidious. It creeps in unbeknownst and masquerades as other things, other emotions, excuses...sound familiar? Think of our ego like the blanket that 5 year old wraps himself in. Hiding, shivering for fear of his simple imagination. On the other hand you can be a man and have your foot sticking out and think fuck it. Demons...come take me home.

Live and love fiercely. There is no other way.

49

UPVOTES

Don't Dare Her

Scurvemuch · 29 January 2017 · Archived copy · Reddit

Quick clarification on nukes and the nuance of

"What is she going to do, leave?" statements.

This is for mostly newbies.

When we use dread, or defend boundaries, then tell ourselves, mentally and in field reports :

"whats she gonna do, leave??"

we are not doing these things out of a need to prove we have power, or worse, as I can see some guys thinking..

"Well here is my chance to be shitty to her, so I am going to storm out of a restaurant like that Flaired Guy on MRP! That'll show Her"

And if she leaves... "oh well, I am not the bad guy, right.. I am just defending this boundary right here, being Alpha!"

Fuck that noise.

Do not do things just to see how far you can push your woman before she leaves. Don't make her do the dirty work.

If you want to leave your marriage just fucking do it. No need to set up a scenario where she is the "bad one".

End of rant.

49

UPVOTES

[FR] "Just spooning, no sex"

Chinchilla_the_Hun · 17 January 2017 · Archived copy · Reddit

Context: My 1yo was at the tail end of a teething episode and needed to be re-sleep-trained. Another kid was midway through a bout of some kind of infection and waking up multiple times during the night. Difficult kids coupled with overtime for me at work and home life, while bearable, was in survival mode for the past few days.

Two nights ago: I was actively gaming my wife throughout the day but received a preemptive "no" to sex in the evening before I even initiated. I backed off given everything going on and redirected my attention to a couple projects.

Last night: Everyone seemed to be mostly back to normal and it was looking like we were actually going to have a decent night's sleep. The Mrs. floated the idea about watching a movie but I was focused on making headway with my projects. I still had another hour or so of work by the time she was getting ready for bed, but paused to make myself some tea and help her apply some back pain ointment. Waiting for my tea to brew, the following exchange took place:

Me - Listen, I would like to spoon for a few minutes before getting back to work.

Her - That'd be nice.

Me - But I want to be clear that it's just spooning...no sex. Whatsoever.

Her - (laughing) No problem!

Me - I'm serious! Don't get ideas about any funny business.

Her - (smiling big) Oh I won't.

Me - I don't care if you flex your sexy butt cheeks or tear off your pants and mine and press your naked ass against my naked crotch...no. sex. Got it?

Her - (still amused) Ok then. We'll see.

Me - None of this "we'll see"...just spooning.

(spooning ensues, we both keep it PG)

Me - (after 5-10mins) Alright, my tea should be ready and I better get back to work. (start to leave)

Her - (relaxed and slightly fading) Wait, don't you want to have sex?

Me - Hey, I told you, just spooning. Besides, you're clearly tired.

Her - Well, I...

Me - Oh if you insist!

It didn't take much foreplay as she was already wet and things progressed quickly to full-on caveman. Towards the end of it, I was concerned she was going to wake the kids (rare for her).

Take-aways:

- Game often, but know when to rein it in.
- Own your shit. I could've easily ditched my work for the movie, but then I'd be getting fucked twice, and not in any tangible way (once for procrastination and again for emotional sex).
- Outcome Independence. I was fully prepared to let her drift off to sleep after spooning. In fact, the spooning wasn't a ploy to soften her defenses, I just decided to have some fun with the game and her hamster did the rest for me.

49

UPVOTES

Mr. and Mrs. Smith Syndrome

RP_SuitScholar · 14 November 2016 · Archived copy · Reddit

This post is about a phenomenon that I have seen play out here and in /askmrp multiple times. I have also witnessed it with the men that I have helped in my personal life that are taking some Red Pill coaching from me. Since I am creative as fuck, I am going to call it Mr. and Mrs. Smith Syndrome, based from the movie Brad Pitt and Angelina Jolie starred in years ago. For those of you that don't know about the movie, the reader's digest version is they are a bored married couple who are each secretly spies from rival organizations. They do not know that each other are spies until at some point in the movie they both independently find out about the other.

The concept I am writing about is based on a mildly entertaining scene that plays out when they are having dinner with each other at the house, trying to go through the standard motions of what their marriage has been every other day, but each is cautiously watching the behavior of the other, waiting for an attack. Watch the movie if you want to see what happens because the rest of the scene is an analogy for what will happen in your marriage and family if you mishandle the Red Pill.

So here are the stages of Mr. and Mrs. Smith Syndrome:

1. Blue Pill Beta Bitch finds the Red Pill (Confusion Stage)
2. BPBB starts lifting and internalizing sidebar (Monk Stage)
3. BPBB gets pissed as he realizes his whole life has been a lie (Anger Stage)
4. BPBB starts to view his wife as an agent of the system (Paranoia Stage)
5. BPBB starts treating his wife like his enemy (Attack Stage)
6. BPBB wrecks his marriage (Fucked Stage)

Let's take a closer look at each stage...

Confusion Stage

We've all been here. This is Neo realizing there is a Matrix. You start to see the strings controlling you but you don't understand what it all means and how deep it goes. The problem is, it all makes sense and you keep going down the rabbit hole.

Monk Stage

Unless you are a complete moron you do not share the Red Pill with your wife, especially at this stage. You STFU and read and start lifting. You will start getting questions from her at this stage about the change in routine you have started to implement. Again, unless you're an idiot you just keep going without saying much here.

Anger Stage

These first two stages are pretty basic and are the standard reaction most men have to the Red Pill. As such, they don't need to be corrected, and in fact I don't think you can correct them as they are more reactions then conscious actions. The Anger Stage is different. Most of us do hit an Anger Stage, but what separates the real men from the faggots is how they react to the anger. Yes, you were lied to your whole life, but no it is not your wife's fault, even if she is the one that has actively been abusing you as her Beta Bitch. That is her programming but it was your fault for allowing it. Be angry at the system and yourself. If you cannot do that, now you are going down the Mr. and Mrs. Smith path which takes us to the next stage...

Paranoia Stage

Okay. You're pissed. You've been lied to, used, and abused. And that BITCH you married is the cause. She's not the soulmate you thought she was, she is an agent of the system. Now you put everything she does under a microscope. She hugged you on your way to work...was that a comfort test? She asked you what your plans are tonight...was

that a shit test? She said her N count was 4, but is she lying because she rode the cock carousel and the real number is 40? Oh Jesus you told her you loved her, are you losing frame?

Jesus, what a faggot. Relax.

Attack Stage

This is what I see too much of and it's a sad thing to behold. Bluepillprofessor said it best, we give men dynamite here so they can remove obstacles in their lives but many of them use it to blow their families up instead. Just like Brad and Angelina you and your wife go into attack mode. The tools you were given in Red Pill to make you a better man, like DNGAF and Abundance Mentality, now make you a heartless cunt to the woman you chose to raise a family with. You're on Dread Level 4 and decide you're going to kick her out or start an affair. No judgement. Fuck who you want to fuck, but don't fool yourself into thinking you're doing it from a place of Alpha mindset. You are still a Beta Bitch who has little to no self-control and must fill your empty sense of self-worth with something besides personal development. Oh, and if your wife is destroyed in the process you don't care because she's your adversary. Right?

Faggot.

Fucked Stage

Nothing's left but a handful of destroyed lives. Good job, Captain. You really did great, didn't you? What a strong Alpha Male you are...

Conclusion

Stop living in paranoia. Relax. Lift. Digest the sidebar slowly and with repetition. Go through the levels of dread slowly, and if you get to the end and she hasn't come along for the journey you can calmly next her with a sense of Amused Mastery. Don't create a marriage infected with this Mr. and Mrs. Smith Syndrome. Stop fighting and looking at her every action as a potential attack.

TLDR:; LIFT

49

UPVOTES

Mr. Slippery's Dummy Guide to Married Alpha Status

mrs slippery73 · 22 September 2016 · Archived copy · Reddit

Preface:

Think it's important to give a bit of a bio so you can make up your own mind whether the source is credible. Mid 40's white male – divorced, was married 17 years I called quits, and we remain close/amicable/friendly. High School Athletic, but didn't have the skills ability to make it at a higher level. USMC Infantry, LEO (Homicide Detective), Government Contractor Overseas, and now upper level management type.

5'10" 230lbs, visible abs first thing in the morning, but first cup of coffee washes them away. Ideal weight is around 212-214lbs. *Bench:* 335 *Squat:* 405 *DL:* 675 *OHP:* 205 *more on bench below.....

How to develop or reinforce Alpha Traits as an older guy

This is for guys that are either naturally beta or how let themselves side into beta mode. The main difference between alpha and beta comes to two interrelated things:

1) Excellence 2) Confidence

Excellence first guys! If you have confidence but no excellence it's only a matter a time before someone pulls your chain.

Step 1 – Find something or develop something you excel at, and make it be something that's life defining (Career, Education, Athletics, Hobby). No one is Alpha in all situations or circumstance. You could be a MLB All-Star pussy snatcher MVP, but your first day in BJJ you are not the Alpha in the room. Know your excellence and carry it with you, but be self-aware enough to recognize a situation and always seek improvement. Once you find your excellence work on your weaknesses – AKA conquer your fears.

The good think about being 40 or over is you're probably already an expert at something. Hopefully it's work so that you have secure financial stability. There are three statuses in life advancing, stagnant, regression. Find what matters to you and always strive to be advancing. Start out in the mail room to one day running the company. Once you except "eh this is good enough" you're no longer alpha – that's just not what alphas do. If you're a mid-level manager you need to be working towards upper management and then executive. If you're cutting lawns with one lawn mower out of the back of a pick-up you're working towards owner a fleet of trucks/crews, etc.

Step 2 – Development confidence. A lot of confidence will just be derived from recognizing you excel at X, Y, or Z. The other way to do it is to test yourself. Every day you should test yourself in some way.

Personal anecdotal evidence: Up till 40 I was in career fields where "being tested" was organic to the environment. In the infantry everything is a fucking test – against yourself or against others. Alphas do alpha shit....wanna be squad leader? It's all through a trial by fire. As a cop you get tested as soon as you say "you're under arrest" and dude replies "I not going to jail". As a detective it's about who's solving the most or toughest cases. And overseas it was who's going to run what mission. My current job I'm not tested. My title alone makes me the defacto alpha. I come to work – do my shit and go home. My first year I wanted to shoot myself until I realized I'm not being tested – I'm not validating my alpha status, and complacency kills everything; Including Alpha status.

Develop/Improve/Maintain Status

Education Always be improving your education – hopefully your career is set and this can be more of an "at leisure" endeavor. Pick something and go for it. Pick up a degree, or another degree, or advanced degree, or technical certificate. Point is always be educating yourself in some manner. Challenge yourself – suck at Math? Start taking some higher level math courses. Treat it as a challenge and succeed. Take some classes at the local JCC or College/University. Also great for socializing and meeting people outside your work/neighborhood.

Exercise This here is the simplest and easiest way to change your patterns of behavior. Forget all the bullshit

programs.....just pick one and BE CONSISTENT. This is again an avenue to find something you excel at – fitness in general (that alone birthed the Crossfit community), or sport, but find something. This is personally what works for me:

1. Cardio – if you're fat, as in you don't have abs, you have to do cardio. Me personally, the easiest and best cardio I've found is running and here's why. It's actually functional – better than that it's an actual lifesaving skill. It behooves you to do two things really well – quickly get away from a threat and put distance between you and a threat. So that's what I concentrate on. 30 minutes every day, alternating between HIIT and LISS. For HIIT I vary my sprints; suicide drills, cone drills, stair/hill sprints, 100m, 200m, 400m, up to a 1 mile all out sprint. LISS is as basic as it gets; a 30 minute jog which for me is about 3.5 miles.
2. Lifting – I put my PR up top. Bench is just for reference as I very really bench now. My pressing is comprised of Strict Overhead Press only. Why? Because it's manly as shit to push big weight overhead. I lift 6 days a week. I train "movements" not body parts.

Monday – Squat Tuesday – Standing Overhead Press Wednesday – Deadlift Thursday – Squat Friday – Standing Overhead Press Saturday – Deadlift

I use the "wave method" for all movements. Look it up on T-Nation. Works great for me. I lift at home in a power rack from rogue fitness. Track my lifts weekly and fractional weights are priceless. Always aiming to go up 11lbs per week. Again – lifting is a basic lifesaving skill. Stronger you are the harder you are to kill.

3. Kickboxing – Buy yourself a heavy bag and some gloves. I probably should have put this as number 1, because this probably has the biggest payoff to confidence building and lifesaving in general. Guys it's impossible to be Alpha if you don't have clue one as to how to throw a fucking punch or kick. Cardio and Strength definitely help in fighting/self-defense, but if you're a 200lbs guy with a 400lbs bench and are an "arm puncher" there is a great chance you're gonna get laid the fuck out by someone with a year's worth of legit martial arts or training. I do this anywhere from 1 – 6 days a week depending on how I feel. Intensity varies. Sometimes I just to skill/drill work and sometimes up the intensity to where it's a secondary HIIT/Conditioning workout.

Diet This whole post is the KISS approach to ALPHA and this is no different. Look, you can't be alpha if you're a fat fuck. Watch your diet – this isn't rocket science – calories in/calories out and make wise food selections to fuel your education/work/exercise pursuits. Now I will say what works for me is a Keto diet, but honestly there are too many great tasting foods you can't eat on Keto, so I stick with intermittent fasting – google it if you don't know, but the Mr. Slippery Cliff notes are:

8 hour eating window for bulking (this is only for truly skinny fucks) 6 hour eating window for maintenance 4 hour eating window for reasonable weight loss 2 hour eating window for I need to lose a metric fuck ton of weight. My sample day might go like this: 6:00 Cardio – either HIIT or LISS 7:30 Coffee – black if you can, but a tablespoon or two of sugar/cream isn't gonna wreck your fast 2:00 Break fast with lunch. Usually a small meal – equivalent to a kids meal in terms of sizing/calories because I don't want to be feel bloated for my workout. 5:00 Lifting followed by Kickboxing 7:00 Dinner and for me this is huge meal. If out I might do appetizer, salad/soup, dinner with sides, etc. If it's pizza night with the kids I order my own meat lovers and go to fucking town. Big think I avoid is sugar.....yeah, no cakes or treats, and no calories from liquid. I stick with quality protein sources (beef, bison, chicken, fish, eggs, pork) and quality sides (fruits and veg). My one weakness is breakfast for dinner when I kill some pancakes (usually after squats on Monday). Drink lots of water

Hobbies Another avenue to work on excellence; sure it can be poker, or chess, tennis, softball, kickball, or flag football, but to get the most bang out of your buck and transfer to confidence make it something MANLY, functional and a life skill. Things like: Shooting, Archery, which both lead to hunting, and camping, or potentially fishing.....boxing, kickboxing, BJJ, coding, construction, etc.

BONUS - Supplements I think all the above is pretty straight forward, but I want to throw out a bonus kicker that

might be taboo or frowned on, but if you're over 40 for the love of all that's Masculine and Alpha look into getting on TRT or if you're so inclined steroids. I read a lot of guys say "back to when I was 20" well Testosterone replacement therapy will definitely bring about alpha tendencies. Sex drive/libido back to early 20's, workouts are more productive, nutrient absorption is better, literally everything is better. Then there is the darkside of supplements – depending on where you live obviously, but other compounds can literally turn a 120lbs beta into a 190lbs alpha REAL FUCKING QUICK.

TL;DR: Quicksteps to confidence: take 1 college level class a semester to increase knowledge, prestige, standing, and for social networking. Workout hard and keep it basic – think preparing for combat, not the beach. Diet and eat healthy. Pick a hobby that's transferable to a real skill and interesting – no one gives a shit about a stamp collection. If over 40 look into TRT to supercharge you results.

49

UPVOTES

Even if you're Brad Pitt...

sexyshoulderdevil · 20 September 2016 · Archived copy · Reddit

Sometimes we throw around the trite little saying that your wife would be happy doing xyz in bed for Hollywood hunk Brad Pitt...

But as it turns out, Brad Pitt can't quite compare to *Brad Pitt*.

[Angelina Jolie files for divorce from Brad Pitt](#)

Not even Brad Pitt can escape the rules of **maintaining** attraction. Once you get comfortable and hit your stride being masculine, fun and a ball of sexual energy, don't let that work slip from your fingers.

Don't become Brad Pitt...

49

UPVOTES

[MRP 99] Remedial MRP: The Basics of DEER

UEMcGill · 20 September 2016 · Archived copy · Reddit

DEER

Defend

Explain

Excuse

Rationalize

Trouble at the DMV

For a few years now on this forum I've left this *unexplained* and relied on the Socratic method. Unfortunately there's been an influx of noobs and I'm tired of pointing people to search the forum. Sooner or later Nooby, most likely sooner, you're going to get told that you are DEER'ing or you DEER'ed your answer.

I grew up as a car guy, in a car guy house. I remember at 5 years old changing the jets on a carburetor with my dad. Growing up wrenching on cars taught me the first fundamentals in the scientific method. My dad told me on old cars, "If it aint running it's either not getting gas, or not getting spark. That's it. Nothing more complicated so start from there." To this day, I'm a problem solver. My first metaphorical question is, "Is it getting gas or spark?" I need to know the ins and outs on something to understand it. In my own personal solipsism I've been known to project this on others.

That's its curse unfortunately. Add to the fact the being a man, my primary focus in communication is *information* and it's a natural instinct to want to DEER. I get it, everyone here has made the mistake of wanting to just tell someone one more bit of info, so then they'd understand, or get it.

The problem with DEER as it relates to women is they see it as confirmation that their feelings are in fact, true. A woman is a social creature, who communicates through feeling, and inference, and as such you blathering on about why you didn't take the garbage out reinforces her social position with you. Remember, in her brain words are what she uses to wear away the problem. So she hears you "wearing away the problem."

DEER with men can be just as detrimental also. In the hands of a beta it just another weasel tool he uses to try and manipulate those he is inferior to. How many of you have been sitting on the other side of a cashier, desk clerk, or worse, a government agent only to be told, "Well that's not my job?". It's an answer for sure, but not the answer you want. Your brain goes into a seizure thinking, "Well get me the fucking asshole whose job it is instead of wasting my time!" The more they go on about how it's not their fault because they weren't trained properly or some such excuse, you just want to reach across and choke them out of existence. From the beginning if they just said, "I don't know." or "I'm sorry I don't know how to help you." you would have been in a completely different frame of mind.

I'm gonna lay down the law!

Early in my marriage I was pretty ruthless with the finances, (sprinkle a little alpha on bro.) and right after we got married I sat my wife down and gave her the budget. I was proud of my work and had every detail laid out; So much for groceries, so much for utilities, a house down payment plan, even a fun budget. I sat back ready to bask in the glory of her gratitude. Instead, the look on my wife's face was priceless; it started with contempt then moved in anger. At that point I did the worst thing possible, I DEER'd.

I yammered on about how it was good for the future, she could stay home for a while if we had kids, we could get a house soon, etc. She exploded. She started mumbling about how she didn't work this hard her whole life to get to a

point where she had an allowance like some 13 year old, how she was a grown ass woman with her own job and her own money. Now the reality of the situation was she made roughly one third of what I did. Fully 2/3 of the budget was supported by my salary, and she couldn't live on her own in our expensive cost of living state. So in the interest of insanity I doubled down and tried to show her the numbers i came up with. The more I tried to explain the deeper the hole I dug. In fact all I was doing was solidifying her feelings on all of it. I even told her to "just calm down, she's over reacting." You know, cause I needed to manage her feelz too. That ought to fix everything. I think there was a week of silent treatment after that one, and the budget was never spoken of again until I swallowed the pill.

Fast forward to a couple of years ago, and we hit a major financial crisis. She was a stay at home mom, and now earning nothing; luckily my income had more than increased to offset the loss of hers. But this was a catastrophe that my planning didn't account for. So I did the right thing and cashed in some securities and we took a short term financial hit. I did it all on my own other than consulting some experts. We had a budget meeting and I sat her down and told her, "This was the decision I made." That was it. She was floored at first, asked why I would make such a huge decision without *consulting* her. I kept it simple, and repeated "It was a hard decision, and it needed to be made. It was my decision." I owned it. I didn't try to feed her facts or data, I owned the decision. She said one last thing, "Ok, I wish you had talked to me, but I trust you." That was it.

Respect is earned

Whether you are a man or a woman, when you are the person standing in front of the DMV clerk what you don't want to hear is, "Not my job buddy. You are an asshole for getting in the wrong line. What's wrong with you?" And that's exactly what you are saying when you DEER. It wasn't me, it was something else, *not my job buddy*. In the early example with my wife, all she heard was "You need to not spend, you're contributions are for naught." What she needed was, "Hey this is going to be hard, it's going to be a sacrifice, but can you trust me?" At the point she asks for more information, then it's appropriate to give details and plans. Once she had internalized that I fully owned it then she would be ready to discuss *information*.

Whether it's your boss, your wife or your customer in front of you, you need to own it.

"Hey Peter did you file your TPS reports?"

"No I did not Bob."

"Honey did you take out the garbage?"

"No I did not."

"Why do I have to be on a budget?"

"It's the right thing to do."

I think fundamentally DEER comes from a place of a lack of confidence and a fear of judgement. People who do it are afraid of the consequences of their actions or inaction. They are afraid of people judging them or their decisions. In my case I was afraid of my wife's emotions when I asked her to do a very hard thing for the future of our family. Get called out by your boss for not doing a required task? Maybe your afraid of owning the consequences like a man, or maybe your afraid to rock the boat and make changes. Why the fuck do we do TPS reports? In the end it comes down to judgement. If you are the only one who can judge your actions, why would you need to explain them to anyone else?

49

UPVOTES

Why You Can't Negotiate Desire

redearththeory · 15 July 2016 · Archived copy · Reddit

This article [The Enduring Enigma of Female Sexual Desire](#) is largely vague, bluepill nonsense with one important point.

“Often for women, genital, physical arousal precedes the psychological experience of desire,” Diamond says. “Whereas in men, desire precedes arousal.”

~ Lisa Diamond, a professor of psychology and gender studies at the University of Utah.

When she says "the psychological experience of desire" this means that the woman realizes in her conscious mind (or admits to herself) that she is attracted. So what this is saying is that women are turned on (aroused) without the recognition of their conscious mind, which follows only after, if at all. This has a couple important implications.

1. Whatever is going on in her conscious mind (LMR, being angry at your IDGAF attitude, talking about the weather) is likely to be completely different and unrelated to the fact that she is being turned on. Watch what she does, not what she says.
2. This explains why you can't negotiate or obligate desire, for instance with a marriage contract. Negotiation and obligation work on the conscious mind and that's not the causal factor for arousal in women.
3. Understand that successfully attracting a woman involves her reacting to you as a stimulus with an unconscious part of her mind. You don't need to talk to her and convince her conscious mind of facts with your words, you need to act and get a reaction out of the lower levels of her mind. In practice you'll need to talk for the sake of social protocol, but its not the thing that does the actual attraction. Acta non verba.

TL;DR - Female attraction is not driven by conscious decisions.

49

UPVOTES

Response to AskMRP: 17-year Oneitis Marriage; You Can't Fix your Marriage... You Can Only Fix You

RPAlternate42 · 5 February 2016 · Archived copy · Reddit

There was a post, very recently, in AskMRP wherein user /u/throw_away_acct4 seeks help in his 17-year marriage.

My Take on His Marriage

I believe he got married young. He clearly did it too quickly (3 weeks after meeting her) and this indicates a strong sense of *oneitis* for this woman. My guess is that she wasn't quite at the wall, but saw it on the horizon and thought she might be able to secure her place in the feminine social structure, and avoid the wall altogether, by marrying a guy who was *nice enough, I guess... and kind of cute* but wasn't her ideal exit ride on the CC.

^^I ^^don't ^^know ^^his ^^chronology ^^or ^^her ^^sexual ^^history, ^^but ^^I'm ^^applying ^^broad ^^strokes ^^to ^^his ^^picture.

Summary of his post

Married 17 years, not well-off, but better than financial survival. He's in a DB and she is emotionally withholding from him, meanwhile, she babies their 14 year old son as if he was half his age.

He is aware of Red Pill but seems to be wielding it bluntly, clumsily, and only with purpose towards her. He thought losing 22 lbs would be a magic bullet and I'm guessing he constantly talked about his progress looking for validation and a gold star sticker for his reward poster hanging on the fridge.

I don't believe he has read the sidebar otherwise NMMNG would have nipped this in the bud a while ago, WISNIFG would have informed his actions towards his (lack of) child-rearing ability, and MMSLP would have assisted him in creating a comprehensive MAP for himself.

Prologue

There have been some great Comments in response to this from the likes of /r/Archwinger and /r/JackTenofHearts, and /r/UEMcGill (you know... the usual suspects.) One of the great things about this subreddit is that it gives everyone almost instant access to respond and that everyone offers a different point of view. Some will offer *almost exact* information and advice and some will offer slightly different POVs.

Absorb everything you read in here; someone's responses and posts will resonate deeper than others. We are all different and the women we are with are all different: RedPill is not as cookie cutter as the main sub would like you think.

I had started to write this as a simple comment response, but as I am oft to do, it ballooned from a simple set of observations to a need to a whole *thing*.

Without more ado:

From Your Post: Your Problems

I've applied some of principles of theRedPill to my marriage and it's done more harm than good

You don't apply RedPill to your marriage; you apply it to yourself.

We have very little sex. She does not enjoy sex at all (she has no desire and cannot orgasm). I knew this going in to the relationship but I thought that would change.

She does not enjoy sex at all with you.

She is not emotional, cuddly, touchy-feely. She could go day after day with no touching, hugging, etc. (I'm the opposite though I wish I wasn't)

I'm willing to bet you are more touchy-feely-cuddly because you see it as a stepping stone to higher intimacy and you are looking for a crutch for the missing intimacy; *If she would just hold me, then I would know that everything is alright.*

She is emotional, cuddly, and touchy-feely. She just isn't those things *with you.*

I can't say anything to my son in a negative, fatherly way without it being an argument with her. She still clips his toenails, cuts up his meat at dinner, and things like that. If I bring it up she goes off on me.

You won't be able to stop her from doing anything... *right now.* However, there is hope.

The Red Pill, and You

Married Red Pill isn't for your marriage. Married Red Pill is simply Red Pill praxeology applied while in the confines context of a marital relationship. Married Red Pill isn't about your marriage any more than The Red Pill is. I would even go so far as to say that The Red Pill is more about marriage than Married Red Pill is. Of course, I don't mean *literally*, but I will explain this paradox.

Go on the **main sub** and especially /r/AskTRP and witness how almost every post and question involves *how can I... girls or what si the best way... women*, and the every-increasingly popular and quasi-MRA posts about *feminist this* and *feminism-that*. Everything they do, whether they choose to admit it or not, is centered around women. Of course, this stands to reason as The Red Pill is about *Sexual Strategy* but they always smack, at least to me, of validating through women in this small way. Still, when stripped bare, they will hold the line of "male improvement."

Married Red Pill on the other hand knows that we are (for the most part) without the availability of other women with which to apply the RP sexual strategy. Since we are "stuck" with the one woman, we don't worry so much about doing things about her or towards her... we are more (in my opinion) specifically centered on *True Self-Improvement*.

You claimed that Red Pill may have done more harm than good. This is impossible since Red Pill is *about you* and not her (or even your marriage.)

The first thing you need to internalize, from this point forward, is **I am a married man who is now practicing to be single.**

As this path continues forward, as you improve, as you become more physically, emotionally, and psychologically attractive, you may find that she likes this improved version of you and wishes to hang around you more often.

Or you may find that she is still a sexually-withholding shrew or that she still *doesn't find you attractive in any way* and divorce is the only way.

Stop trying to fix your marriage and start fixing *you*. You can't fix her and if you are fixed and she is broken *then the marriage is broken*. Once you start focusing on you, then, and only then, will a truly assertive and attractive man be revealed not just to her, but you as well.

The Sexual Desert

You didn't state how often you have sex. You only stated that *she* doesn't like sex, and din't before the marriage.

Well, I hate to break it to you, but the only way she will enjoy sex (if the above is true) is that you become *better than you were when you first met*. I won't even delve into how thinking you could change her opinion of sex *with you* is even possible.

Yeah, You read it correctly: *with you*. the fact is that your wife loves sex. And given the right guy, she would spread her legs with intent to multiply your brood faster than a catholic rabbit. You, however, do not inspire such feelings. Hey, I get it because I was in the same boat: she loved having me around for the social and financial security and the reminder that she is worthy enough to be married... but I didn't inspire *the tingles*.

The good news is you can only go up from here. You need to stop being so thirsty about and stop allowing it to dictate your life. This is where we employ OI and the IDGAF attitude ^{^(see ^the ^end ^for ^what ^this ^truly ^means)}. when she rejects you, "okay," and then go do something else. You're new enough at this where starfish sex is basically the same as a rejection for sex. If she is going to be indifferent about sex, then you can be indifferent as well: zip up and go do something else without her, or fuck her like a despondent hooker and then zip up and go do something else. I've employed both tactics to positive results.

On top of all of this, you need to live like a man with options. She knows she is the only oasis in this sexual desert. When she sees that you are being offered bottles of water without her, she will respond. *Dread Levels 1-6*.

Emotional Availability

This one will change when the sex frequency changes. Remember the guy that would make her fuck like a pornstar? Well he's also the guy she would hang on and hug, and touch, and kiss, and do stuff for. The guy who inspires the most tingles is the guy who gets the most attention from her. With a lack of available options she will turn that energy into something else.

Once you have passive dread working for you, are using OI successfully, are improving physically and in the way you dress, then sex will improve, rejections will cease, and starfish will turn into better sex. As this happens, you will notice changes in her emotional availability.

However, it's important to note that you shouldn't be looking for emotional support or validation from her; expect none of it. As far as she's concerned, right now, you aren't worthy. And you aren't.

Self-Improvement

You need to start reading the sidebar *yesterday*. MMSLP is the book that literally opened my eyes to Red Pill. If I had to put one book out there that I would recommend only, MMSLP is that book. It very cleanly wraps up RP in a very easy-to-digest manner.

You, however, NEED NMMNG. You seem to require validation from her and you probably throw little temper tantrums in your head and have fake conversations with her when she isn't around. I didn't need NMMNG so much. I already had the *selfish-like attitude* nailed down.

WISNIFG is another you NEED. You seem to have a problem with setting boundaries and expectations (which NMMNG will also help with) but WISNIFG will help you enforce those boundaries. Boundaries, specifically, pertaining to your kid.

Epilogue: What is IDGAF?

It literally means **I Don't Give a Fuck**. But this is misleading, especially for a novice. IDGAF becomes *I'm angry and I don't care about anything you do or say*.

IDGAF, when deployed properly is actually *selective indifference*. When something is going your way and she is good, you are happy, chipper, and altogether pleasant about it. When she is "mean" or "bad" you are *indifferent towards her* but happy about everything else. The key to proper IDGAF is *never being angry*.

49

UPVOTES

She doesn't love you like that.

TrainingTheBrain · 30 December 2015 · Archived copy · Reddit

How long before you accept that your wife does not love you the same way you love her? She loves you opportunistically, we've all read (or should have) the articles on RM, IM, & TRPR on this exact topic. Stop trying to use your masculine reasoning and logic to hamster a conclusion that creates your own little fantasy where **your** woman is somehow *different*.

She is a woman and loves you the way a woman loves anything, based on what it does for her & how it makes her feel. As a man it is your job to find your own sense of joy and happiness with this reality. She doesn't love you the way Disney said she would, *so fucking what* you're **still** a fucking man and the way she loves you makes no difference to the manner in which you are seizing each and every day. So long as you are her king and are filling the role of her masculine **Family Alpha** then you will be getting the 'love' you want from her. She can't help herself, she is attracted to masculinity and will do *whatever* is necessary to keep that high value male (you) in her life.

As a married man you need to understand that your wife is going to constantly be testing you to see if you're worthy of her love, sex, and commitment. If you are acting like a fucking man child, then she is just going to find a man who doesn't. A lot of the issues that men are facing and recently posting about are entirely preventable if unspoken actions were taken and the masculine path was chosen.

The realization that your wife is like *every other wife* often leads to guys resenting their woman. They get mad at her for being attracted to fit men, they loathe her solipsistic nature, and the rage of her hypergamous nature bleeds through many a post that have been put up on this forum.

Women are the way they are, fucking deal with it in a masculine manner. Resenting your woman turns down the frequency of sex and interaction between you two, which leads to a shift in roles. You guys stop fucking, start arguing, and then launch attacks at one another. This leads to walking on eggshells and you become more like roommates than a married couple. Another side effect is that the husband is taking action to prove to his woman that he **is** her Alpha and that he is a 'real' Man, so he runs to her for her approval of all the actions he is taking. This puts her into the motherly role as she now has to say, *Good job little buddy, I'm so glad you went to the gym/did something*.

Below are a few ways to keep her from falling into the role of being your mother/roommate.

- [here are 10 ways to keep her FEELING](#)
- [here is your reminder to chill the fuck out](#)
- [a post on getting out of the routine \(predictable\) loop](#)
- [Don't forget to enjoy the ride](#)

You need to realize that being a masculine man comes with little thanks and recognition. You won't get praised and you shouldn't want it. What you will get is a family that is functioning on a healthy level where everyone is filling the roles they were biologically programmed to fill. Everything will improve, from your personal joy with your wife and kids, your sex life, the personal growth of each family member, etc. When you do your job right nobody will know it yet everyone will be happy.

It's ok that she doesn't love you the way you love her. If she did, it means '**she**' has a penis.

49

UPVOTES

The Cheating Game

over60_stupid_loner · 19 November 2015 · Archived copy · Reddit

Note: The following is basically a re-post of my piecemeal posts on MRP about my cheating. Though not a frequent poster, I was encouraged by theultimatecad to tell my story.

I am closer to 70 than 60 now; 2 marriages; financially successful businesses beyond my wildest dreams. Consider myself to be the luckiest guy I ever met.

My first marriage was to a woman with issues that she would not address. After 3 years of marriage, I lost all desire for her and decided to take care of myself. My goal was to get the kids to college age then split, which I almost did. I ran out of gas a few months before the second and last one graduated.

I was amazingly free of guilt, as my goal of raising children that I dearly loved was working for them, and in an unconventional way, it worked for me at that time.

I did as I pleased with my girlfriends with 2 rules. 1) Don't ever embarrass my family and 2) don't get too attached so as to nuke the marriage before I was ready. I was always home on the weekends for the kids and managed to keep up with their activities during the week. But the nights were mine. Often I stayed out all night and returned at 5-6 AM before everyone got up. Occasional business trips and camping trips provided extended time to play. If the SO ever asked, and she seldom did, I told her I was working at my business.

Many here say that you can raise great kids and be divorced. In my situation, I did not, and still don't, believe that.

Their mother (ex-SO) was just too weak a person to produce viable adult outcomes for my children without my daily help and direction. The sacrifice of me having a great marriage, I mitigated with many extramarital affairs. Because of my rule of not getting too attached, the body count was high. I lost count at 100.

I still don't know if I was Alpha or Beta mindset or just a space cadet. It's just what I did and it worked for me, then. Bottom line is, don't judge; but for the luck of your circumstances this could be your story too.

If I could do it over again, I would have never married her, but the child was created and I was pregnancy trapped. At that time in my life, my personal code would not allow me any other alternative to marrying her to begin with.

Based on my experience, I had some good times, maybe the word is bitter-sweet, BUT, I wouldn't recommend it to anyone unless there was no better choice.

By the way the total cost of the divorce was just north of \$750k. It might have been less if I had not waited until the kids were grown.

Once a Cheater Always a Cheater Is a Lie: After the first marriage, I was intentionally celibate for 6 months. Then I met my current SO. This LTR, for most of 25 years, were my happiest years. I never cheated, never even thought about it again, until things cooled off the last few years. Now I am working on me and slowly getting the results I need for me. If I do start cheating again, it will be my last act of desperation; top level dread, the dead cat bounce of this LTR.

Conclusion: Don't forget that you really are the prize. There is more pussy out there than you can ever do. I loved the chase, but a good LTR were the best years of my life.

Cheating is about you and no one else. It will not fix your LTR, and will probably nuke it sooner or later.

Be happy, be wise, be careful; and get a reversible vasectomy. (and if all you can do is judge me – get smiley face fucked.)

49

UPVOTES

Theory: Starfish Sex Is Different Than Sexual Withdrawal and Requires a Different Strategy

BluepillProfessor · 10 October 2015 · Archived copy · Reddit

I am building a theory of Dread for my in-review Book and soon to be Best-Seller when it comes out in December:

Saving a Low Sex Marriage: A Man's Guide to Dread, Seduction, and the Long Game

In the book and my posts, in particular the post on [Dread Game](#) on which much of the book is based, I suggest a strategy of slow withdrawal for sexual denial. The COVERT message must be "Fuck Me or Fuck You." When your wife denies sex you withdraw your attention and ultimately your commitment. Sexual denial is the linchpin of female power and extreme measures must be taken to counteract this nuclear weapon. Punishment of behavior is an effective deterrent and a stimulus to change that behavior.

Fortunately, building "Dread" that the woman is going to lose you magically fires up the pussy throbbing reaction. Dread inspired sex is NOT Starfish and it is not just the woman throwing out a bone. Dread inspired sex is genuinely passionate. Rollo identified this back in 2012 as [The Gift of Anxiety](#).

However, if your wife is NOT withdrawing by refusing your sexual advances and if she is NOT being a bitch about it but genuinely trying to please you, albeit with Starfish Sex, then I strongly believe that a different strategy than punishment should be used. The problem in Starfish sex is NOT a disobedient, unpleasant, or rebellious wife. So in this case, you should not worry about punishing a wife for her lack of desire. The problem is that YOU are not attractive enough to her to sustain passionate sex every time.

TLDR: My theory is that in the case of Starfish Sex from a "never say no" wife, increasing SMV and flipping those [attraction triggers](#) should be the exclusive strategy.

Indeed, some notables such as [Dalrock](#) argues from a Christian perspective that Dread is not necessary at all and increasing SMV should be the exclusive strategy in all cases.

Desire cannot be negotiated BUT it can be created and commanded. Desire is not a choice and lack of desire is not going to be turned around by punishment. It is only turned around by subtle Dread and becoming more attractive-starting with OI and getting rid of covert contracts.

49

UPVOTES

Start thinking and acting like the Man you want to be, right now.

TrainingTheBrain · 26 June 2015 · Archived copy · Reddit

When I was in the Navy I had a friend who played the role of *Funny Fat Guy* in our group. He was the guy who emulated Peter Griffin & Homer Simpson, the guy who did the **Truffle shuffle** you know the type; and guess what, his Marriage was shit, his bedroom was dead, and his 4 kids looked at him as their pathetic friend.

Before one of our deployments we had a party to bring the families together before we disappeared for 8 months. During this party we were drinking and he decided to do the truffle shuffle to get a few laughs. I noticed his wife's embarrassment as well as the sadness behind his laugh.

Fast forward to deployment; I'm coming back from an intense Kettlebell session and see this dude crying. I approach and ask what's up. To save your eyes I'm not going to share the whole conversation..

In a nutshell, he hated his fucking life, his family, being deployed, everything.

I did what every Man should do in a situation like that. I listened to it all, processed the information, and then told him to suck it the fuck up. I then took him on as a client (little did I know this would start my passion for personal training) and began to train his body and mind.

He always said shit like *I want to act like you do, I want people to respect and fear me, I want to have sex that doesn't feel like I'm fucking a dead fish.*

I told him that you don't wait until you lose the weight to start acting like the Man you want to become. I was able to get him down 30lbs, from 0 to 13 strict pullups, and confident and assertive. He's out now and his marriage is functioning like a well oiled machine. a Machine that is driven by a Man who knows where he is going and is leading his clan to that promised land.

This brings us to the point of this post.

Gentlemen Unplugging on MRP - **You** do not start acting like the Family Alpha once you read all of the books, drop to *at least* 15% body fat, or once you reach this or that goal.

You start right now

You do this by

- Talking less to your wife about your *feelings*. Treat words as currency. you earn more words through having solid thoughts; and don't spend them all in one place.
- Not thinking of the *time you've lost* and how you *wish you had MRP/TRP 3 years ago* Everybody used to be somebody, who gives a shit, be somebody **now**.
- Taking action. Fix the yard, fix your wardrobe, fix your fucking self without telling her that you're doing it. Just do it (Dread will increase, don't acknowledge it, but recognize it)
- Spontaneously lift her up, order for her, take her hard in or out of the bedroom. Be an interesting dude who isn't in a pattern of wake up, go to work, come home, veg, eat, veg, sleep. Marriages are not meant to be a routine set of patterns. Start a business, schedule a random trip, take off to the national park, go to a VFW and volunteer, do something every week that she doesn't see coming.
- Don't demand shit; a wife who is forced to take actions is not genuinely respecting you. She'll do whatever you want if you're worthy, because she'll know you can and will get it elsewhere if she doesn't provide. If you say *Wife you will blow me daily* you didn't *earn* that blowjob. Sure you got one, but is that the goal or is full improvement of self the goal? Being the guy who is pushed into the bedroom and sucked off while your wife

says my vagina wants you feels fucking good.

Have you seen the fat bodied dads walking around? They all share the same disgusting personality: Funny Fat Guys, Weakness, misplaced priorities, sadness, and shit marriages.

Be the fat guy who operates like the fit guy, then you'll become the fit guy who, through habit, is operating like a masculine Man should. **We are what we repeatedly do. Excellence then, is not an act, but a Habit - Aristotle**

TL;DR Don't wait until you look like **Brad Pitt from Fight Club** to act like Brad Pitt from Fight Club

49

UPVOTES

Choose Wisely

Rollo-Tomassi · 22 May 2019 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2019/05/21/choose-wisely/>

Excerpt:

Making Choices

All of this presumes that a woman is in some way testing for a man's potential. Even women's autonomous shit testing is a confirmation of this. So yes, women do look for *potential* in men. Some better than others. The *Hypergamous Filter* is an imperfect tool which is exactly why women needed to mystify their feminine intuition in popular understanding. Men had to be kept in the dark as to a woman's motives because their filters have always been intuitive guesswork. This is a vulnerability that men might exploit – with good Game for instance – if women were ever honest about it.

Not all women can fuck the winners so they have to make calculated bets on men. This is also a reason women rely on social proof and the preselection cues of other women. If other women find a guy to be a 'good bet' it provides her a short cut to getting to intimacy. Again, Hypergamy cannot afford to miss out on a socially confirmed 'good bet'. And yes, this is also a vulnerability in women's vetting process that men with good Game regularly exploit.

So, the tradeoff is this: when a woman is at her peak sexual market value (SMV) she has the leisure to fuck the winners at the finish line. The more her SMV decays the fewer her options become, and the more likely it is that her necessity requires her to make a 'bet' on a man's future potential. This is the primary reason women opt for the *Beta in Waiting* around her *Epiphany Phase*. Necessity forces her to go with good potential.

One of the ways feminism and female-primacy sabotages women's ability to vet for good potential is in the mythology surrounding their sexual viability as they get older. Social conventions constantly reinforce the false idea that a woman's SMV is indefinite – and by extension her agency over men should also be indefinite. This is why Blank Slate idealism and Social Constructionism are a preferred mythology for women. Without the Blank Slate a woman would be forced to accept the evolved realities of her sex. The Blank Slate is a prime source of women's solipsistic denial of her own nature.

49

UPVOTES

Don't Be Autistic

Red-Curious · 21 September 2020 · Archived copy · Reddit

Some people just can't figure out common sense. There's literally a group of people who lack this cognitive capacity ... then there are guys new to the red pill who forget they have this ability for a time. I'm skeptical that anyone will want to admit to identifying with this post, but there's a good chance others are seeing it in you - and in hind-sight, I wish I'd been self-aware enough a few years ago to know when I needed something like this, so let's see where it goes.

Google describes autism symptoms as "difficulty with communication, difficulty with social interactions, obsessive interests, and repetitive behaviors." Psychologists I have spoken with and examined as part of my career have noted that one expression of autism is when someone compartmentalizes a particular thought process away from all the others, or fails to recognize appropriate contexts or limits/boundaries for expressing that thought process through behavior. Another noted that what we perceive as common sense, they don't comprehend intuitively - they have to learn many such concepts the same way you would have to learn carpentry: study, observation, and practice.

Let's clean that up: *autists have difficulty figuring out when to apply good advice and when not to.*

EXAMPLES

Consider Sepean's [10 ways to fail at MRP post](#).

- **You don't lift hard enough.** Some guy reads this, doesn't actually research lifting or follow a program, but just puts more weights on the bar, then gets himself injured.
- **You mistake your idea of a real man for being alpha.** Guy has his own idea of "alpha" having a dominant frame, forgetting the importance of the *quality* of his frame, so he tries to dominate his wife in every conversation and it blows up in his face.
- **You listen to your wife.** Sepean already foresaw this one and addressed the guy who idiotically ignores everything his wife says, even in casual conversation.
- **You're upset your wife is angry.** Someone reads this and idiotically stops paying attention to legitimate emotional cues of other problems that don't involve you.
- **You think your wife is a puzzle you have to solve.** After reading this, you trivialize every differing thought and emotional issue she expresses, making you incapable of distinguishing fitness tests from comfort tests.
- **You're angry at how women are.** Guy reads this and decides that instead of being *angry* he'd *embrace* the nature of women, which idiotically came with an absence of caution when interacting with them, so he gets slapped with a DV charge, divorce, unexpected child support, etc.
- **You go Rambo.** Guy decides not to go Rambo, taking things slow, and 5 years later is wondering why he's still not seeing results.
- **You won't play dread.** Guy decides to "dread" his wife by making her jealous as often as possible.
- **You half-a it.** Someone decides he's going to be "all-in" and starts going Rambo instead, or so drastically changes his routine all at once that nobody else in his house has the ability to adjust or follow his lead.
- **You don't switch into dominance and boundary enforcement.** The guy reads this, ignores the "eventually" context and starts the process too early, resulting in massive Rambo-like explosions.

Let's add a few more common ones:

- Guy is told to STFU. He literally stops talking to his wife and won't speak during conflict.
- Guy is told to develop a strong frame. He becomes emotionally dead, extremely cold, and completely unlovable.
- Guy is told to AA through fitness tests. Starts cracking AA jokes during comfort tests.

You get the idea.

OBJECTION 1

But Red, most of these posts explain what they mean so people wouldn't make stupid mistakes like this.

You'd think, right? Turns out: lots of guys ...

1. Skim rather than read
2. Read, but read so much at once that they can't remember half of what they read
3. Remember what they read, but don't process it
4. Process, but don't apply
5. Apply, but only the things they *think* are relevant

This entire sub is filled with gold. Yeah, there's some crap too. I've written some of the crap myself - stuff I'd go back and change, if I cared enough. I get it. But that's kind of the point. Don't be autistic and do something just because some rando on the internet wrote a post. Look for the guys who have a track record for reliable content. Read through the comments and figure out which suggestions work and which don't. It's often said reddit-wide that the best of reddit isn't the posts, but the comments. That principle certainly holds true here too.

Actually read and process what you read, then test it against your own common sense and instincts.

OBJECTION 2

But, Red - if I've been blue pill for so long, should I really trust my own 'common sense' and instincts?

No, but I'm telling you to anyway. Know why? Because that's what's going to pace you. Yes, your "common sense" is going to push against all of this stuff. But if you didn't have that, you'd apply it all way too fast in all the wrong ways, as many do, and end up blowing up your life rather than fixing it.

Instead, you read a red pill nugget and your common sense says not to do it. Rather than picking one or the other, this tension causes you to test/practice applying the concepts at safe contexts at a gradual pace. As you see it working and you become competent, your common sense adjusts to recognize that you can keep applying the concept in other contexts as well. In time, your blue pill instincts that were buffering you from going Rambo are now encouraging you to expand.

In this, you'll figure out quickly what works for you and what doesn't. And when you see that you're improving, but plateauing in the results you wanted, *common sense* would send you back to some of those principles you previously discarded. Maybe you weren't ready for them then, but you are now. Pick them up again and get back at it.

OBJECTION 3

But if she's disgusted by me right now, wouldn't a sudden, drastic change be better to show her I'm not the

same?

No. I've heard guys say this. You don't change overnight just because you read an internet post. YOU have not changed. At best, *your perspective* has changed. Besides, questions like this still focus too much on her. Stop worrying about how she perceives things and you be better because YOU want to be better. All I'm saying is that if you want to do that in a way that *doesn't* blow up your life/marriage, apply some common sense.

The levels of dread are a great reference point here. Notice how you don't even *start studying* PUA until level 6, and you don't actually practice it until level 7? So what are you doing hitting on your waitress in front of your wife when you haven't even passed your first fitness test yet? It's **right there in bold letter**: **"Move up these levels one at a time, slowly, and carefully, taking approximately 1 month for each level."** Slow down. Master the basics before going on.

I still find that revisiting the basics has more value to me than trying to practice "advanced" concepts. Do I learn anything new when I do? Nope. But I certainly remember some things I forgot. And it reminds me that being a high value man, while requiring lots of effort, is ultimately nowhere near as complicated as some men try to make it. Common sense. Don't be autistic.

49

UPVOTES

Grandpa Easy's Guide to Giving Thanks

EasyDaysHardNights · 21 November 2019 · Archived copy · Reddit

Background:

Thanksgiving and other Holiday celebrations are coming. I'm sure we're all doing the right thing. Taking the lead and making sure shit gets done in preparation.

[/u/reddreng](#) posted something related to this in his OYS this week.

Took the lead on getting the house and backyard ready, and neither of us have ever done a turkey before, so will figure that one out too. Coordinating with my friends on what to bring.

It reminded me of my own role coming up next week and led me to thinking about sharing a time honored tradition from my family that you gents can use at your own gatherings.

As far back as anyone can remember in my family, the patriarch at the time led us in sharing what we were grateful for at Thanksgiving. That in itself is not overly special.

Looking back now with RP eyes however, I can see **HOW** my grandfather and great-grandfather really leveraged the hilt out of being the AMOG in those situations and anyone following their process could do the same thing.

Rather than just post this as a reply in [/u/reddreng's](#) OYS ... I'm going to use his gathering as the example here and give the rest of you guys the chance to leverage at as well.

Using this approach you will:

- Be setting expectations in advance on something to be done.
- Go first, leading in front of a group of people.
- Be setting an example. People will see demonstrated in front of them, how they should behave.
- Cast a positive Frame on the gathering and be inviting other people to join you in it.
- Demonstrate a character of generosity and magnanimity with those who are present.
- Invite your wife to assist you in a way that elevates her among her peer group.
- Generate Big Tingles ...

Execution:

Tell the people who are coming that each person will be expected to share one thing (just one) that they are grateful for that's happened over the previous year. They should be thinking about it ahead of time and keep it short. Let them know you will start that time by sharing what you are grateful for. It's generally best to start after eating is done so that everyone is fed and there's no distractions.

Once the moment is right, here's how it will go ...

You will start by sharing something like, "I'm grateful for our new baby. I was concerned about her being born several weeks early but she's fine now and is the light of our lives." If you take less than a minute, everyone else will generally take less than a minute. Keep your moment **SHORT** but even more important... make sure it's absolutely **authentic**. A moment like that among friends and family is bonding.

Next, ask your wife to share. She should join you in keeping it short and authentic. At that point most people will get the hint on how they should act.

When your wife is done, you invite someone else to share. You are controlling the decision making on who gets to speak.

Important - Ahead of time - share with your wife your concern that some folks may talk a long time or get off track. Ask her to help you by being sensitive to when those moments are happening and stepping in to politely wrap those moments up. You can give her a look when it feels like things are dragging. Women are generally better at this type of thing than guys and you're giving her a role to play in the process. When she does well (she will), be sure to smile and nod. Reward her for helping. Be sure to thank each person after they share. Your approval and generosity sets you up as even more of a leader.

Regarding kids. Do NOT underestimate how important it is for children of all ages to participate. If you are setting the right tone, they will want to share their thoughts as well. Do not force them to do it. If they decline, that's fine. If they do, however ... it can be some of the most powerful moments you will experience. Kids are nothing BUT authentic. They will absolutely set the bar on being real. If they are seeing true gratitude being expressed ... they will follow that lead.

A few years ago during our sharing time my son shared how grateful he was for how hard his mother and I were working to take care of our family. It was during a moment of extreme financial pressure for us and both my wife and I were concerned that the kids were upset. It was impossible for our kids to not know what was going on ... so we did our best to manage what happened and keep things moving in a positive direction.

Hearing my son express his thankfulness made all the sleepless nights, and ass dragging days worth it. It also bonded our whole extended family together. Everyone knew the situation we were in and of course all the aunts, uncles and grandparents were concerned for the kids as well. Hearing the words my boy shared ... brought relief to everyone in the room and gave him a relief valve for some of the emotions he was feeling himself. Years later, our whole family still refers back to that moment.

Allow the process to take time. With 20 people each taking 2 to 3 minutes, it may take an hour to do this. THAT'S OK. You are creating a special moment for everyone there at the dinner. As everyone sees the moment unfolding, if you do your job in setting and managing the tone well (Holding Frame), you will literally watch everyone sink into that moment you created. More than food, you are gathering as friends and family. Creating a moment like this is what the whole dinner is about. It's what life is about. I guarantee the rest of their lives won't be full of moments like this. GIFT them that moment.

Final Notes:

This approach doesn't have to just be limited to Thanksgiving. Any gathering will do.

- When someone is retiring at work (and everyone will truly miss them).
- Graduation day
- A rehearsal dinner
- Use your imagination. Feel free to add suggestions in the comments below.

Don't eat so much that you're tired. You want to be ready to go after everyone heads home and you get alone time with the wife. Done well, you will have delivered a big bag of AMOG FEELZ. Nuff said.

Good luck, fellas.

49

UPVOTES

PSA: Lockdown and You... Details...

johnneyapocalypse · 11 April 2020 · Archived copy · Reddit

You are not allowed to stop working out: You could be and should be working out much harder and in a more innovative manner than ever before. I have more than 20-years of lifting under my belt, but what I'm learning by partnering with my son and seeing all the crazy shit on youtube is insane. We have not missed a single workout (he's a beast), which is cool in and of itself; but we have not repeated a single workout either. Parkour + MMA exists? Fuck yah it does. I haven't looked forward to working out this much in a long-ass time. Blue sky, sun, no clouds, light breeze, coconut palms, and 85-degrees certainly helps.

You are not allowed to stop tracking your food, fattie: Have you been getting fat? If so, learn from it. There are really only two kinds of people, those who exercise self-discipline and those who don't. If you've been getting fat it's largely because your "schedule" - the majority of which is likely imposed upon you by others - is itself contributing to your ability to remain - or try to become - fit. Maybe you even suffer from full-on *external locus-of-control* syndrome, which is itself a bitch. Learn from it. Your job provided a schedule? Make your own. Your boss compelled you to rely on the company calendar for meetings? Use your own. Learn to be your own man - if nothing else - guiding your own decisions. Start with a simple nightly plan for the day after. But don't fucking get fat, fatty. You know that fat is like a magnet for this shit, right? And fat looks awful to your wife? And fat is disgusting? And it's utterly useless though uses energy so is actually running net-negative in terms of usefulness? Leave the fucking fat for that fucking 600-lb surgeon who's making a boatload of money 'cuz so many fat fucks are now morbidly obese fat fucks.

You are not allowed to stop showering: I once read that gamers don't shower. I recently read that professional gaming is pandemic-proof. So if you're a professional gamer, then to hell with showering. For the other 32,345 of you, however, take a fucking shower. Christ. My children wanted - **wanted** - to take showers by the time they were about seven. If steele needs to remind you to shower then you're just a god-awful creature who should be living in a cave and if you ever want your wife to shave her sasquatch vagina again you better fucking remember that. Steele is way too kind to fat fuckers who don't shower.

You are not allowed to stop dressing appropriately, you lazy fucker: Sadly, I've been reading the last many years' worth of *style guides* and am convinced that no one here knows how to dress appropriately anyway. Unless they live in NYC, San Francisco, LA, Miami, definitely Miami Beach, Paris, Barcelona, Sicily, particularly Ibiza, maybe Houston, definitely not Monaco, South Korea if you're a lesbian and into cartoons, and 50/50 Buenos Aires. 'Merica is largely fucked except for those within 30 minutes of a coastline, in about six states.

You are not allowed to stop brushing your teeth: Jesus steele, ye of little faith, that's just disgusting. Any dude here reading this who needs to be reminded to brush his teeth is not now, nor ever will likely be a man or even a functioning human being. I get it, depression and all, but shit. Enough. I dealt with hardcore anhedonia and **worked** my way through it. Besides, fucking Joe Tiger King ruled over dumb-asses, monkeys, and lions, along with toothless, showerless, smelly assholes, so clearly, if you're not brushing your teeth, you're either a gay douchebag or a monkey.

You are not allowed to stop trimming your fingernails and toenails, and your nose hairs: [Oh, steele, the masses cried, clippers are not essential items. Whhhaaaaa.] For fuck sake, just bite your nails off like I do - after washing your hands for 20 seconds while singing happy-birthday twice - then follow-up with a pristine shiner nail buffer. What the fuck else are these teeth for? Regarding the nose hairs, be sure to double-check your ears, between the eyebrows (fucking mongoloid), back, and - puke - ass-crack. Conversely, if you have light, blonde hair and play tennis you can skip these strategic maneuvers.

You are not allowed to stop shaving your balls: Fuck shaving your balls you bunch of metrosexuals. I mean sure, if your balls are covered in moss then go for the trim, but shave? Jesus. **The Surgeon General today said** - while bemoaning having been born a gay, black man - "wash your hands more often than you ever dreamed possible..."

and speaking of testicles... stay at home if possible... we need you to do this for your mother... we need you to do this for your abuela... do it for your granddaddy, like I do... do it for your big mamma... do it for your pop-pop." He's talking about your balls, dick, those veritable underwater volcanoes of covid activity, key to flattening the curve and saving humanity, so get your act together. These are challenging times. And stay away from your granddaddy.

You are not allowed to stop being the oak: Part two, so poignant during this time of strife, this time of fear, this time of panic, this time of no fucking postings on MRP... well, I will *thrust* it upon your wife's ample bosom, and upon your own waiting eyes, wanting hands, and less-than-muscular bodies, this weekend. H-O-M-O-S.

You are not allowed to lose all of the discipline you've gained: Presuming of course that you've gained discipline. Some of you have, most of you haven't. Why? Well, most likely because you're lazy. We all know reddit skews 'merican, we all know 'merica skews fat, we all know 'merica also skews lazy and entitled. "Why should I be disciplined," you wonder. "Why should I be fit," you ask. "Why can't I have my cake and eat it too," you shout to the gods. But most of all, "why (1) won't my wife let me fuck her ass, or (2) lick my balls, or (3) fondle my anus, or (4) rub her hands lovingly along my ripped physique, pausing slowly along each of the three heads of my deltoid, running idealistically along my intercostals, pausing briefly at my obliques, and then stopping - and gazing - in wonder - at the "fuck wings" - is that what you call them perseus (?) - did I get that right (?) - shit I still don't have those things. (*Fuck I lost track of my closing quotes need some help.*) Well, you know those vertical muscles that point to your cock - sheeit - so my point is that you're a homo and you're fat and you don't shower or shave and all sorts of other crap, that's why. Oh, and you probably still don't have discipline you faggot because you're here under false pretenses. Douche, you're here not for you, you're here for your fucking wife. Let me spell that out: f-o-r---y-o-u-r---f-u-c-k-i-n-g---w-i-f-e (wtf formatting). Dumbass, you're not fooling anyone, so until you develop some discipline for you - just for you - rather than for your wife's vagina - then you haven't even developed discipline - instead you've just developed *quasi-you-vagina-discipline-syndrome*. Hydroxychloroquine will not cure you of this. Only authenticity will, and you know nothing about authenticity anyway until you de-fag yourself. Besides, it only takes 40-days to develop a habit that sticks. 40 days. That's just .00137 of your entire life, lazy-ass.

You are not allowed to not have a damn plan for the pandemic, even now: I had a plan for this in fucking December. So did MCT. I prepared all of my employees in January - largely because the world was descending upon us for the goddamn super bowl. My fucking son has a plan. My daughter has a plan. My wife, oh what a surprise, does not have plan. I am her plan. Yet you don't have a plan? For fuck sake. If you're gonna "bathe in the blood of jesus" and that's your plan - yup, real, live quote on the news here - or you're just not into planning much - then you're about one hundred million steps behind the dumbest of the dumb. If you're really this dumb, like a character in a Doctor Seuss book, then perhaps you're just fucked and, well, the apocalypse is coming, it's a dog-eat-dog world, and in that world, some dogs are simply dinner.

You are not allowed to stop preparing for the future: Preparing equals plan. I wrote three paragraphs and deleted them because it really is that simple. Well, now, in thinking it through, there is another important message. Many of you are fucked. Many of you likely cannot get over how fucked you are. Many of you have lost your jobs. Many are losing your businesses. Many will be losing marriages. Many will suffer hardships not seen since the Great Depression. So what's a good man to do? I've thought about this often, and it segues into the next bullet point below: how can you really be an oak, really be stoic, and really weather any storm, with a laissez-faire that Adam Smith would admire... without staring death in the eye, without looking at the end, without expecting it, and without becoming at peace with it. My answer, sadly, is that I don't know. I really wish I did. I could offer up so, so much to the thirty-thousand dudes here, but the reality is that mine has been such a fucked-up, crazy, unique set of circumstances, that it's just not really practical. Know this: I'm in my 40's now. My health only went to hell in my 30's. I had plenty of years before when I failed, and succumbed, and blew it up, and deteriorated, and fucked myself, and fucked others, and generally fucked-up everything. The earliest ones seemed to be the hardest. So much invested: My ego. My identity. My sense of self-worth. Exactly like this: (too many colons) walking along a desert and encountering a hill: (see, I told you, that's three) strength gone, passion gone, confidence gone. Yet I

stumble up and across that hill. And I keep going. Only to find a bigger hill: Thirsty now, starving too, perspiring, and fearful. Yet I climb and cross that next hill. Only to find that the hills keep coming. A simple parable, sure, but really it's the easiest way to communicate what it has taken for me to reach this point. Long before death forced me to embrace stoicism, I was already doing the work. I was trying and failing. I was experiencing life. I was picking myself back up and trying again. And as each year passed, I recognized that **this, too, shall pass** and it rarely is as bad as we think, and even when it is actually as bad as we think, well you know what, it's still not so bad, it's just life.

You are not allowed to let the things you can't control you: Look back in my post history if you like, you'll find my come-to-jesus realization that I can only control so much. That I can, and will - because I choose to - excel with those things that I can control. But at the same time, perhaps paradoxically, I, a control freak, will extinguish control over those things I cannot. Focus on differentiating between the two. I spoke to a client today. He's worth 8 figures. He's bemoaning the problems in our particularly-hard-hit industry, and while his wife is a legitimate cunt, he had driven to his house in the keys, sat on his pier, and gazed at the sunset - while finally recognizing that this - this - he cannot control. Why, I asked? Because, he said, for those things I control I think and plan and stress and stay up and own. But today, he added, for this thing I cannot control, I will be at peace. That dude is older and in his 50's, but his is a valuable lesson, one you would do well to focus upon.

You are not allowed to stop having fun and stop gaming your wife: Jury's out on this. I'm convinced that a man and a woman should only spend so much time together. So for those dudes spending entirely too much time with their wives, I'd say: get the fuck out of the house, if you can, or mark off some part of your domain. Personally, I can only stomach so much of my wife, and if the duration goes above a certain point, I'd rather game her fucking shitszu. Then again, I never did all this: -- | MRP = good | blue pill = bad | TRP = acne | -- for anyone else. P.S. I misinterpreted - or just misread this. Steel's right. My point was meant to be: don't spend too goddamn much time with your wife if you'd like to retain your sanity. Unless you dig spending all your time with your wife. Which is just fucking weird. And unnatural. *"Come on baby, hold my hand, we'll get our nails done and then shop for dresses, yay, didn't you say you needed more cosmetics, let's grab some sprouted chia seeds as a snack" said no [m-a-n] ever.*

You are not allowed to stop fucking your wife because you're stressed: Okay **steele**, explain how to do this. I'm sure our readers would like to know. I'd certainly like to know. I don't fuck my wife for validation. But these days, there are times when I'd rather fuck one of my beautiful coconut trees. Certainly the Japanese Maple that's blooming. How the fuck do you pull this off? Vet asking though vet doesn't particularly care, lol.

p.s. Thanks, steele... for your **post** and great insight. If I believed in that whole Morpheus-gay-crap that HOA is always talking about you'd be 1/2 of mine.

49

UPVOTES

60 DoD 2020: Week 4 Style; Got Chucks on with Saint Laurent, Gotta kiss myself I'm so pretty

SBIII · 24 April 2020 · Archived copy · Reddit

A Sheep in Sheep's Clothing

If you're like 95% of dudes, you either don't know or don't give a fuck about style. You go to work and you dress the same as everyone else. As long as your shirt is ironed and your shoes are clean, you're good to go.

You wear the standard weekend casual wear - a pair of **ugly trainers**, some Dad jeans a t-shirt and plaid shirt or a hoody. Same as everyone else.

For a night out, you'll switch the trainers for a **pair of shoes** and switch the t-shirt for a shirt. Same as everyone else.

And if it's a big night out, you'll pull out your **'going out' shirt**. The one you bought 6 years ago and still wear because someone once told you that it looked good on you.

You wear a **fleece** in winter because it's 'cozy'. You wear cargo shorts in summer because they have handy pockets. And you wear **wrap around silver tinted sunglasses** in summer because.... well, I have no idea why the fuck you wear them.

You never put any effort in, you don't do any research and you never go outside your comfort zone. And if you're an especially lazy cunt, you let your wife buy your clothes for you.

That's OK if you're happy being a badly dressed sheep. That's fine if you're content being an average looking Joe. That's great if you're happy putting in zero fucking effort. But if you want to look like a man who has his shit together and looks like he actually gives a fuck, then you need to develop your own style.

What da Fuck is Style?

It's not about matching your belt with your shoes.

"Style is knowing who you are, what you want to say, and not giving a damn."

– Orson Welles

A High Value Man has frame and lives his life according to his own values and his own standards. An integral part of these standards is his style. Style is important to him. Looking good is important to him. Smelling good is important to him. Being groomed is important to him. And not looking like his wife bought his clothes for him in Walmart is *really fucking* important to him.

Why?

Because his style is a visual representation of who he is.

It is the outward projection of his frame - a visual expression of his own identity.

"Remind yourself. Nobody built like you, you design yourself."

- Jay Z

I'm too hot - hot damn - Called a police and a fireman

Your style is for you to decide and when you define it, when you own it, it becomes part of who you are. You do it for yourself. But make no mistake - looking good makes your life a shit load easier – easier to get a job, easier to advance in your career, easier to win over clients, easier to develop relationships and yeah.. easier to get your dick wet.

It's a value add on on every level.

People will always make a judgement on you based your appearance. By dressing well, you are conveying a message and projecting your frame without speaking a word. Style is an instant language. You'd be a fool not to learn it.

"It is both delusional and stupid to think that clothes don't really matter and we should all wear whatever we want. Most people don't take clothing seriously enough, but whether we should or not, clothes do talk to us and we make decisions based on people's appearances."

-- G. Bruce

Developing Your Style

"Know first who you are, and then adorn yourself accordingly."

– Epictetus

Developing your own style has parallels to developing your body through lifting and proper nutrition – it doesn't happen overnight. If you've spent the first few decades of your adult life turning yourself into a waddling blob of fat, you're not going to look like a Greek God after 2 weeks. It takes time and effort.

The same applies to developing your style. You'll get noobie gains. The first time you start dressing well, people will notice, you'll get compliments, you'll feel great. But don't make the mistake of thinking that you've nailed it. You haven't. You just bought the first half decent outfit you've worn in your adult life.

And yes, I did say 'outfit'. *Suck it up, Princess.*

That's the learning curve. Just like lifting, the longer you spend at it, the harder you work at it, the better you get at it... until one day, you'll walk by the mirror and think – 'fuck that dude looks good'.

I can't tell you what to wear no more than I can tell you how to live your life or develop your own frame. No one can. You need to decide this for yourself. If your style is the visual representation of your frame, then it's *your* frame that will decide *your* style.

But there are some easy ways in which you can begin the process;

Fit is King

It doesn't matter what you are wearing or what the occasion is – be it a **business suit**, a casual weekend fit or even your sweaty gym gear – fit is absolute king. It reigns supreme over everything else. Too baggy, too tight, too short, too long - *if it doesn't fit, it will look like shit*.

You see it all the time – fat dudes **wearing baggy clothes** in a pathetic attempt to hide the belly, muscular guys wearing **far too tight clothing** to show their gains, **skinny twats** wearing skinny jeans to show how fragile their legs are, or just your middle-of-the-road average Joe wearing stuff that's cut badly, made from cheap materials, doesn't sit right and does nothing to enhance their visual appearance.

None of this shit works.

So learn how to **nailed the fit** and you're halfway there already. No exaggeration – that's half the work done.

Stick to the Classics

"I live for myself and I answer to nobody."

– **Steve McQueen**

You don't need to reinvent the wheel when developing your style. It's already been invented – all you need to do is find the pieces that you like and put them together in a cohesive way that looks good on you. *The easiest way to do this is to stick to the classics.*

Steve McQueen was a master at this. He's often lauded as one of the greatest ever style icons and features repeatedly year after year in article after article in men's style magazines and blogs. And his style still looks good today. Not bad for a dude who's been dead for 40 years.

If you look at how he dressed, there's nothing complicated about it – he just stuck to classic items like polo shirts, bomber and Harrington jackets, slim fit jeans, well fitting t-shirts and perfectly fitted suits.

There's nothing try-hard about his style, nothing fancy and nothing 'fashion', yet he looks cool, elegant and stylish – all the while combining classic items with perfect fit. He looks equally good in a suit, in motorcycle gear or even dressed head to toe in denim. That man knew how to dress. If you're looking for a style icon to **follow**, you can't go far wrong with McQueen.

Keep it Simple

It's not complicated, so don't over complicate it.

Classic items will help you keep it simple but there are other areas where you need to stick to the basics:

Colour.

Your colour friends are – **neutrals and earthy colours** – black, white, navy, grey, khaki, olive, beige and brown.

That's it. Stick to a basic palette. Not only is it easy, it's masculine, refined and makes it really simple to mix and match.

Less is more

“All it takes are a few simple outfits. And there’s one secret – the simpler the better.”

– Cary Grant

The 80/20 rule applies here. If you look in your wardrobe, I guarantee that you wear 20% of your clothes 80% of the time. That is why you don’t need a massive amount of clothes. You need a **small amount of clothes** that you will get a lot of wear out of.

You don’t need lots of choices; you just need the right choices.

So learn to choose carefully – or time after time, you’ll be left standing in front of a wardrobe full of clothes, frustrated that you have nothing to wear. Like a bitch.

Steal from Your Icons

“One pretends to do something, or copy someone or some teacher, until it can be done confidently and easily in what becomes one’s own style”.

– Cary Grant

If you look at any famous creative people – musicians, artists, designers, film makers – none of them are original. They have all stolen from other artists, then learned how to tweak what they liked, combined it with other bits and ‘made it their own’. A great artist is basically a magpie.

Developing your own style is no different. So find your style icons and rip them off. Yep.. just copy them. Then tweak it & develop it until it becomes your own. It’s that simple.

One of the easiest places to start is the annual Best Dressed Man of the Year Awards – the likes of **GQ & Fashionbeans** run these every year. Here you’ll find the likes of **Vincent Cassel, Ryan Gosling, David Beckham, Idris Elba, Simon Porte Jacquemus, Daniel Craig, David Gandhi, Shawn Mendes, Jeff Goldblum, Donald Glover**, etc. All men with great personal style, all worthy of emulating and stealing tips from in your journey as you develop your own style.

Show Me the Money

“It is totally impossible to be well-dressed in cheap shoes.”

– Hardy Amies

Why spend 100 bucks on a **polo shirt** when you can get 8 for that price? Well, the answer is easy – for 100 bucks, you get quality in terms of design, materials and fit that will last. For 12 bucks, you get a **poorly fitting polo** made from low grade materials that looks like it cost 12 bucks and - after a few washes - is worthless. One well selected costly item has much more value than ten cheap ones. Not only in how it looks but in how much bang per buck it gives you.

The difference is even greater when you’re buying **outerwear** and **footwear**. These are two areas where you simply cannot skimp on. **Cheap shoes** kill any outfit stone dead. **Cheap jackets** are just as bad. There’s a reason why you pay more for leather, wool and cotton - it’s practically impossible to look good in man made synthetic materials like polyester, pleather and acrylic.

If you can’t afford high quality clothes, there are numerous places and ways to get discounted quality clothing and

footwear.

Shop online

A retailers job is to sell you shit you don't need – good retailers do this by maximising lighting and mirrors to make you look as good as possible when you're in the changing room. Ever tried on something in a shop, thought it looked good and when you got home realised that it looked better on in the shop? That's why.

You're also a lot more likely to impulse buy. 3 shirts for 20 bucks on the sale rack? What a bargain. That's 20 bucks for three shitty shirts that'll end up gathering dust in your wardrobe before you fuck them into the thrash. Yeah, real bargain.

So shop online –use retailers that offer free deliveries and returns, then try on that shit in the comfort of your own home. This also allows you to try stuff on with things you already own. There's no point in buying something that just doesn't fit into your wardrobe – you'll never wear it.

Never Go Full Retail

All designers and high street shops are over-priced. Their pricing structures allow for their clothing to be sold at discount prices during sales periods and *still make a profit*, so don't pay full whack – wait for the sales, use discount codes, install the Honey add-on to your browser, sign up to newsletters for discounts, use cash back sites.

Other places such as **Yoox** offer designer clothes at discount prices. You'd be a fool to go full retail.

“Looking good isn't self-importance; it's self-respect.”

– **Charles Hix**

49

UPVOTES

No-one here owes you shit

threekindsoflucky · 21 November 2022 · Archived copy · Reddit

MRP is not a center of masculinity, nor brotherhood of courage. We are not your friends. No, we do not want to hang out with you in real life. No, we don't owe you advice.

This is not a place of learning where you get a tailor made experience just for you. This isn't a forum for self improvement. We aren't your fellow 'brothers' who are there for you in your time of need. We aren't your fucking mentors.

MRP is, and has always been about swapping notes. That's it.

There's been an increase in threads from random people who come in with a dose of self entitlement. They've defined what MRP is, and if you don't agree with them, you're the asshole.

The reminder here is that we don't owe you anything. This place is what you get. What you do with it is up to you. The exception is moderation - I care just enough about this place to ban people that seek to ruin it. I will ban with impunity anybody who thinks they deserve something from this place. And I will ban anybody who tries to provide advice or help people who are not adding value.

If you want to be involved, post on OYS. Use the tools. See what happens. Write a field report where you implement one of the tools and reflect on its success or lack thereof.

Everything else is pretty much a waste of time.

49

UPVOTES

How to Define Your Mission: A Guide to Writing an Effective Mission Statement

YDDMS · 31 May 2023 · Archived copy · Reddit

Saw a post by [u/Aggravating_Tie4586](#) on the lack of content going around in this sub: [Here](#)

So here is my attempt at what I view as a contribution. I am 8 weeks in and as new as it gets. Let the spears fly.

Mission

This should be your starting point when entering this sub after reading the sidebar and getting a gym membership. So you found out your wife's having an affair. Or maybe you realized after looking in the mirror you have no idea what the hell happened to your marriage or you. You're driving on cruise control in constant mediocrity. You need to start Owning Your Shit. You go to write your first weekly OYS post and your Mission Statement is as weak as your lifts or lack thereof.

I am in the military, but designing a Mission Statement happens at every level and can apply to every aspect of life. Whether you use this to information to OYS, write a business plan or vision, or figure out why your wife doesn't want to fuck you is up to you.

Operational Art

"The cognitive approach by commanders and staffs—supported by their skill, knowledge, experience, creativity, and judgment—to develop strategies, campaigns, and operations to organize and employ military forces by integrating ends, ways, and means."

What the hell does this have to do with generating a Mission Statement in the weekly OYS? Operational Art is a fancy graduate-level term for accomplishing the *Objective*.

Objective - The most fundamental consideration in operational art—all actions should be directed towards accomplishing the objective.

We have to parse out the difference between *Objective* and *Mission*. In short, the *Objective* is the *Ends* and the *Mission* is the *Ways* and *Means*. Before generating your Mission Statement you must be able to visualize and internalize what you want. What are the terms to victory? What defines success? Is your mission short-term or long-term?

The most important part of this post is that a Mission, by nature, is temporary. You must constantly update, change, or design a new Mission when Objectives are met or you FAIL.

The 4 Questions of Operational Art:

1. What are your objectives? - **Ends** (e.g. lose 30 lbs)
2. What sequence of actions is most likely to achieve those objectives? - **Ways** (e.g. diet and lifting)
3. What resources are required to accomplish that sequence of actions? - **Means** (e.g. money, quality food, and gym membership.)
4. What is the likely chance of failure or unacceptable results in performing that sequence of actions? - **Risk** (e.g. Lifting Injury)

Center of Gravity (CoG), Critical Vulnerability (CV)

You will use your CoG to achieve your objectives and you will protect or minimize your CV to prevent failure. Let's dive into an example using my own case:

- My Centers of Gravity are my lifting experience and military gym access.
- My Critical Vulnerabilities are my short temper, Nice Guy Behaviors, inability to STFU under duress.

What if I don't have a CoG? I'm just a piece of shit that smokes weed all day. If you're in that place, your Objectives are much smaller and thus your CoG will change based on smaller Missions. Get off the couch and go lift.

The key here is to maximize your CoG and minimize your CV. For me this is Lift and STFU. I lift to progress my CoG and I STFU to protect my CV.

Building the Mission Statement

A Mission is designed to be a statement with several parts. It must be clear, concise, and easily understood. The typical way to achieve this is defining a *Purpose, Method and End-state*. **The key here is the mission is about YOU, not your marriage, not your wife. Focus on YOU.**

Let's start with a simple short-term example sentence that defines your objective:

- *"I will become more assertive in my everyday interactions"*
- Purpose: To eliminate Nice Guy behaviors.
- Method: By reading WISNIFG and NMMNG.
- End-state: Be able to handle shit-tests.

Mission Statements with measurable and quantifiable metrics will be easier to manage and create more realistic expectations.

Long-term example with multiple Objectives in a different format: *"I will end covert contracts in my life, end validation seeking behaviors, and maintain a physique below 15%BF. My purpose is to gain confidence in my abilities in social situations and appearance. My method will be a disciplined lifting schedule of at least 4 days per week and spending 1 hour per day reading the sidebar materials. My End-State will be to become a more outgoing man with an abundance mentality."*

Parting shots:

- Revise your statement regularly. It is a living breathing sentence that should change when you make progress or have missteps.
- Sit down and think what you want. I had trouble doing this, and my first OYS missions were rife with shitty mission statements and I got a graduate degree in writing them.

48

UPVOTES

FR: Threesome Fantasies & Competition

DownVoteForDickPic · 29 December 2018 · Archived copy · Reddit

This was what my wife said to me on Wednesday.

"I don't know what it is... I just want to serve you."

She felt odd saying it but I could tell she had felt it for some time. It was a relief for her to finally admit something that most of people in our East Coast city ("progressive" but totally repressed & bloomed) would crucify her for saying. We were sitting down at our favorite pub, and we had just come from a couples session. I don't think I'd recommend couples counseling but I'd *invited her to come with me to my counselor* a few times because she's been broken up about the 7 ONS's I had last year.

I broke that news to her 6 weeks ago. At that time it was exactly 1 year since the first ONS, and exactly 2 years since I found MRP. **The first year** was a frameless grind: improving money, looks, social status. The 2nd year was all about building frame based upon those routine improvements.

When they ask you here "What's your mission?", it shouldn't be about your wife at all. It should be a life mission that she can be a ridelong if she chooses. This isn't RP - it's **MRP** - and so you should have a purpose to your significant relationships, especially your wife. *My wife is my ride-or-die*, my social advocate, my private counsel, my financial partner, and I've made it clear to her that she is my primary lover. Not my only option, but my go-to. I've lived the last year in tune with what **one commentor said on my one year post**:

she'll want to be head slut in your harem.

But first, a YMMV caveat. My wife had absolutely no response to DL 1-10. The milelong chain was all slack until I told her, "Things were getting tired between us, so I went on a date with Natalie." or when I got multiple girl's numbers in front of her, or when her co-worker felt me up. I usually engage in DL 11, 12 or 13 on a quarterly basis. Call it 3D chess, YMMV. *She actually thanked me* for having ONS's out of town.

So on to the point of this post. About 16 months ago she confided that she has a FFM threesome fantasy. Which a lot of men here said is a trick to push an eventual MFM or a universal get out of jail free card for whatever she wants "I gave you a threesome with Shelly so I don't have to _____". And I too thought this can't be real so I'm here to reveal a RP truth in FFM clothing.

Let me catch you up on the last 16 months: lots of FFM roleplaying, tons of FFM porn, talking about girls we meet, but we've yet to have a threesome. This is my fault/choice. I sense the dynamite here and it sounds fun but I had no idea how to play with it. And frankly, it's logistically easier to just have ONS's on the road while exploring a FFM at home. I understand now that my wife is not sexually expressive (your typical good girl in Practical Female Psychology) but "women can't be prudes, only men." If you know anything about RP, you know that it's 100% up to the man to provide a safe place for her to explore a FFM fantasy.

So here's the RP lesson when it comes to a threesome fantasy. For the last week, all of our sex has been initiated by her and she wants FFM roleplay each time using a ONS as the "other girl". She asks me to look the other girl up online (op-sec be damned), stares at their face and body, and slides her pussy on my cock, imagining she's face sitting on the other girl's tongue til she cums.

How is this fantasy logical? Welcome to the dark, hidden side of sex. Dudes are out front with their cocks in their hands, *thinking logically* about how to get a FFM. Women's sex organs are on the inside and they are *feeling* their way thru sex, exploring like it's a dream state, seemingly random desires pop up and make them feel good or bad. Our minds are the most powerful sex organ (read SGM). So the question isn't about what her pussy wants - pussy is a tool - what does her brain stem want? The answer is that she wants to win the competition, something I've felt thru her response to dread and now she has explicitly said to me.

6 weeks ago, when I revealed that I'd been "having a cross country fuck tour" (her hilarious choice of words not mine) she then fucked for me 72 hours straight saying, "I can't explain why I'm so horny" but today she can and here's why. When I got a big titty THOT's number in front of her co-workers, or told her I went on a date with a Russian blonde, she got wet as fuck because *she gets competitive*. Men compete differently, we don't get a boner if our wife flirts with another dude - at least not MRP men - we'd dump her on the spot without so much as a wiggle in our pants.

My wife's pussy is a gladiator. When it sees a beautiful woman saddling up next to me, it greases itself in war paint and challenges her to a duel. That's what a FFM fantasy is for her, it's about the other woman far more than me. I mean yes she's wet because my cock needs to slide into her eventually (read: I am the prize she fights for) but the function of the FFM fantasy for her is that she wants to defeat the other set of tits and be powerful. Case in point, her fantasies always follow this storyline:

1. Facesitting on other woman (her dominating)
2. Me fucking the other woman (me dominating)
3. Me cuming in my wife (wife wins)

I'm a total noob in threesomes (obviously) so I should throw out there that threesomes and sex in general is about many different things to different people, but they follow basic power dynamics. For example the Unicorn in this situation is not going to "win" in the same way as the wife, but she definitely needs some pay-out and it's probably about power: power to tempt, being dominated, etc.

Okay that's all for today. The real FR will be when I have a threesome. Who the fuck wants to read a FR about *thinking about lighting* the dynamite? Yesterday after counseling wife showed me an online profile she's made to find another girl, and tonight we're going on vacay for 4 days and her fantasies always explode on the road. Onward.

48

UPVOTES

Widows & War Brides

Rollo-Tomassi · 31 October 2018 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2018/10/30/widows-warbrides/>

The TL;DR version is this: Women only 'widow' for men that made an Alpha impression on them. If their previous Alpha was somehow 'killed' and replaced by a lesser man, their hindbrains resist that man's authority over her while using her previous Alpha as the lesser man's SMV (sexual market value) benchmark. In the most extreme examples, a woman who's been forced to accept the authority of a lesser man who defeated her former Alpha will resist him and/or plot revenge for the idealized lover.

Historical accounts and various cultural fiction are rife with this archetypal story. The woman who is married off to a lesser man or becomes the War Bride of an undeserving rival (usually by subterfuge or sinister means) is an archetype because it reflects women's deepest evolutionary, existential, fear – to have her Hypergamous sexual selection strategy forcibly chosen for her by a man (or men) who are undeserving or are suboptimal breeding prospects. As I mentioned, this is an existential fear for women; anything less than unilateral control over her own Hypergamous destiny is tantamount to rape. The fear is that she will spend her life raising the child(ren) of a suboptimal man.

War Brides

The premise of the War Brides dynamic is thus: Evolution selected for women who could more easily transition psychologically from one dominant male to another. In our chaotic ancestral past women and girls were a commodity to be preserved for a conquering tribe. While men or boys were either killed or enslaved, fertile age women would be preserved as spoils of conquest for superior, invading, men. Simply put, women have reproductive value – men (and often their sons) were mostly obstacles in the way of resource acquisition and those reproductive opportunities.

That may seem like a bleak proposition to a Blue Pill conditioned mind today. We want to believe in some egalitarian dream of humanism and cooperation, but our evolved, ancestral past is responsible for what we are today in terms of base biological and psychological imperatives.

48

UPVOTES

47/M two-year transformation story

Rian_Stone · 16 April 2018 · Archived copy · Reddit

48

UPVOTES

Life at 50

Rollo-Tomassi · 3 April 2018 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2018/04/02/life-at-50/>

Excerpt:

I've done really well for myself. That's a statement of fact, though it sounds like I'm glossing myself. I still see a lot of guys I used to know who, back in the day, I was almost certain we're going to go places and do big things. With the exception of maybe two, every one of them has fallen short of what I used to think they'd accomplish. A lot of them were the inspirations for posts about changing the direction of your life to better facilitate a woman's plans for her own life. People hate it when other people compare lives. The standard line is "well if they're happy who are you to judge?" or else it's "we all find happiness in our own ways" or something suitably ambiguous. It's one of those things we say so as not to appear judgmental. But everyone of us makes comparisons about a great many thing. There's not a woman on planet earth who doesn't compare herself, her quality of life and the man she's married with her sister's.

I could give a shit about what these guys have done with their lives up to age fifty, but I do think we need to take assessments of how our lives have turned out. It's natural for us to want to measure our achievements, but at my age all that does now is make me realize how stupid I was when I thought so much more of other people and not enough of myself then. We shouldn't compare ourselves with anyone else, I got that, but we should compare ourselves with what we believe is our personal potential. I've still got a lot to do before they put me in the ground, but I think I've done okay up to now with respect to my potential. If anything I don't think I gave my potential enough credit when I was younger. Maybe we all do that?

I'm kind of scared of the future in a way. My Dad died from Alzheimers/Dementia just shy of his 73rd birthday in 2010. He had early onset too, so he started forgetting things at about 64. At least thats when it became apparent to everyone. That's my worst fear today, but it's also whats driving me now. In the autobiography of Steve Jobs it was obvious to everyone that once he acknowledged he was going to die early he started pushing the limits of what he wanted to get done before he went out. Consequently we got all of these great innovations in a relatively short time. Look at Apple's "innovations" today. *I've only ever used Macs, even when they weren't cool.

I've done far better for myself than my father ever did. Again, that's not a 'slay-the-father' sentiment it's just fact. My dad didn't have the same potential though. And I still have more potential to fulfill. This has become more pressing for me recently and not just because of the fear of dying early – and yes, I do fear death, but mostly because I see it as a cessation of potential to do more. I genuinely have a mental list of things I need to do that I've only really become aware of since I started this blog and became an author and matured into the 40-50 year old Rollo Tomassi. Don't think of that as a bucket list of some experiences to be had before death, rather, think of it as a 'to do' list that I need to accomplish before I go out. And that 'to do' list only became apparent to me in the last 7 years.

I know what I need to do now. It kind of sucks that a purpose to life might be something you only realize later in life. I'm sure it happens sooner for some guys, but for me it was necessary to live through the experiences that made me before I could know it. I'm still an artist in my essence, and I get edgy if I'm unable to create something new every day. Seriously, I've been like this since I was a child. I have a need to create, even if it's just something simple, every day. That need has carried over into every aspect of my life and career. And really, the books are products of that need, but there's a lot more, a purpose to the works themselves and that's what my life has been about since I began the blog and the books and my persona.

I am Rollo Tomassi now. Don't worry, I'm not legally changing my name. At first it was a clever online handle for me, and my real name is so white-bread generic it almost serves as a form of anonymity. Now it is me, and I'm

okay with that.

Having said all of that, I'm considering a kind of semi-retirement from my primary career in the liquor and gaming promo business and applying myself more to writing and speaking. I'm already kind of doing this now since reaching a state of being financially anti-fragile. I'll never fully retire from my brands so long as I have ownership percentages and creative decisions will need to be made. I'm not sure how this is going to look, but I find myself wanting to apply more of myself to writing, speaking, maybe doing some kind of podcast or terrestrial radio show. I feel like I need to do this now with my 50s ahead of me and more potential to do good in the world with what I have and the time I hope I have left.

In the comments today I was hoping to see what my peers thought of all this. I hope it's not to navel gazy.

48

UPVOTES

[FR] Shit tests are for fun

Chinchilla_the_Hun · 11 October 2017 · Archived copy · Reddit

(I've seen lots of posts here and on r/askMRP from relative newbies lately; thought this would offer some encouragement)

Quick background: been RP aware about 3.5yrs, on the journey about 2yrs now. I'm still a work in progress but have been experiencing some confirmation recently that not taking your foot off the gas and sticking to the plan is mandatory. After all, this is a marathon, not a sprint.

The FR: I recently bought a weight set, rack, and bench so I could lift in my garage and typically get my workout in before the rest of my family is awake. A late night last night lead to sleeping in a bit this morning so I was lifting during the morning breakfast routine. Somewhere towards the end of my session, Mrs. the_Hun pokes her head into the garage and sarcastically asks, "Are you having fun playing out here? Is this your play-time?"

Having just finished a set and catching my breath, I simply smile and beckon her over. She walks over and continues her line of questioning..."Are you having fun, leaving me to do all the work and slave away in the kitchen with the kids?" She can't keep up the facade as a smile grows on her stern face. "Well, are you?" I grab her hips and pull her close, "Yes...yes I am. You should join me."

She looks at the bench I'm sitting on and says, "You know, we haven't [had sex] on this yet." I wasn't expecting this response at all, so my raised eyebrows prompt laughter from her. On that note, I invite her to help me "finish my workout" but she declines to go clean up the kids and eat her own breakfast. I give her a long kiss before sending her on her way.

Lessons Learned:

- *Owning my shit* and *recognizing and passing shit tests* meant this was a fun exchange for her rather than an inquisition of whether or not I was using my time wisely.
- *Gaming my wife* and *treating her like a sexual being* means that she now voluntarily speaks the that language.

This experience and about a dozen other reference points from the past month have served as validation points that the overall RP body of knowledge WORKS. Fixing yourself fixes your life - and often the lives of those closest to you - as long as you *put in the work consistently*. And once you've established that virtue, you don't stop, as resting on your laurels will ensure failure. The masculine life is a constant struggle and only dead fish go with the flow.

48

UPVOTES

Extreme OYS and paying it forward - Go coach kids ball

red-sfpplus · 29 August 2017 · Archived copy · Reddit

My kids are 9 and 7 – boy and girl. Both have played Ball since the age of 6. My son is an average player and athlete, however by daughter is a gifted athlete and exceptional player for her age. She plays 10U and is the starting pitcher.

Since the beginning I have helped on both teams as an official assistant coach. It was the best I could do with my job commitment and level of travel. Recently and strategically I moved into a new role to get off the road as I have been traveling extensively for the past 15 years, and it was getting a little old.

This has gifted me the opportunity for several things, and allowed me the opportunity to move into the head coach role for both my son's baseball team, and my daughter's softball team.

Coaching a kid's team IMHO is an extreme example of OYS. You have to be on point with team communications, schedules, practice agendas, league communications. On top of that you have to manage 10-12 kids, their parents, the expectations of the parents (who sit and look at their phones all practice and game) who think their special snowflake kid that can't catch a ball should play 1st base. All of this requires a frame of steel. If the parents (or worse) the kids detect any cracks in your coaching abilities, or if you come across as weak or non-confident then they will shit test you into an early grave.

Coaching a kid's team gives you the stage to really shine if you have the right mindset and capabilities. You get to show off your athletic and leadership abilities to a group of kids and parents. It allows you to hone some of our most talked about topics here (Shit Tests, AA, AM, etc.)

Our kids need strong role models in their lives and I have found coaching is a great way to do that.

/u/TheFamilyAlpha talks about it in some of his posts, but I wanted to expand on the topic a little and share my observations after a season of head coaching.

Some interesting statistics:

On my softball team, I have 12 girls. The primary contact for 10 of the girls is the mom, leaving 2 girls with dads as the primary contact including me for my daughter. For 6 of the girls I have no contact information at all for the Father.

On my baseball team, I have 13 boys. The primary contact for 9 of them is the mom, leaving 4 boys with dads as the primary contact including me for my son. For 7 of the boys I have no contact information at all for the Father.

My practice nights are Monday field, and Wednesday batting. Nearly every Wednesday at batting I have witnessed a low-key argument between mom/dad where one appears to be dropping the kid off, the other parent picking them up – I assume this is due to some sort of visitation schedule. Not sure, I am not divorced.

For my Softball team, myself and my wife do the main coaching with one other mom who played college ball. No Dads help with softball. My sons team, is a little different as I do have two dads who help, and do a good job for which I am thankful for. My wife is the team mom for baseball so she still helps out.

Moving away from the parents, I want to talk about my observations with the kids as this is what my main focus really is. I will start with the boys.

The boys on my team are 8+9 year olds. Most have played for a few seasons and have decent abilities. I have two gifted boys on my team, and a few that still struggle with some of the basic concepts. The boys excel at running, throwing and catching. There is a clear top 20% of boys that have the mental capacity to understand the dynamics of the game. They are in better control of their emotions, attention span and verbal comprehension. These are the boys who have a father that either coaches or is an assistant coach (my team or another), or a father in the stands. I can see a marked improvement in the attitude of my boys when a father is present, even if he is sitting in the stands

just observing. For the remainder of the boys, it is not that they are bad or acting out, but I have to manage them in a far different capacity than the boys with a father present, or my girls on the softball team regardless of the parent present.

I do not have an explanation for this phenomenon other than maybe these boys lacking a father figure in the daily lives makes them less likely to listen to, and bond with another father figure who is in their presence acting as a leader. Maybe they are used to making mom happy and are not as worried about making a father figure happy, perhaps the parent is putting them in front of a screen so they have attention issues...who knows. All I know is I can see a clear difference even in 8/9 year olds, which only leads into development issues later in life.

The girls on my team are between 7-9 year olds. The contrast between girls and boys at this age, and with my sample size is astounding. The girls have a far higher mental capacity for the foundations of the game (if/then statements) than the boys. I can put the girls in their positions, hit a ball to 3rd base and my girls in all positions know where to go and what to do. With the boys, they just stand and watch the 3rd baseman field the ball. The right fielder is not running in to back up 1st, etc. like my girls do. I run these drills all the time, and I see the same behavior in other boy's teams, so it is not me and my coaching.

My girls are shit testing machines at this age. If you want to practice AA/AM then you need to coach a girls' softball team, you will be an expert in no time. They shit test me, they shit test each other, there is a constant battle for coach's attention. When we all go into a huddle and put our hands in for our team cheer there is always at least 2-3 girls who fight for their hand to be on the top, where there is no such behavior from the boys.

My girls are excellent listeners, and they follow my lead extremely well. I can see that they want to "impress coach" or do a good job and they take far more pride in when I give them praise than when other team mates, or even parents do when they do a good job. My boys enjoy the roar of the crowd far more than any specific praise from any one individual.

When my girls get flustered it goes from 0 -> 100 and back down to 0 is a matter of minutes if not seconds. When one of my girls has a breakdown, it is very easy to get her to spin back into the positive with some AA, AM or other technique. I never try to fix their problem in that moment, and my only focus is fixing the girls feelz and getting her back on the field. With my boys, when they melt down it can take 10+ minutes sometimes to get them to re-focus and get their head back in the game. I can see them analyzing and breaking down their mistakes in their head, and they get hung up on it.

Rounding out, I wanted to come back to the parent's really quick. The vast majority of the time it is the mom in the stands, or with the kid at practice. For my girls, I very rarely hear any chants from the parents when we are at practice as their noses are buried in the phones. However, the boys are quite a bit different as I will get moms and dads who will yell at the boys to "hustle, or man up, or keep your eye on the ball" during practice. I have a couple moms who I have had to pull aside and give a pep talk to as their banter from the bleachers would actually cause their son to have a small meltdown on the field derailing his practice. I have had to institute with my baseball team a "only coaches talk" policy during practice. I even had one of these moms walk out onto my field and try to coach her son over me. Let's just say that didn't go well for her.

The baseball moms in particular have a far different attitude than my softball moms, or perhaps it is that is just shows more since it is boys on the field vs. girls. I can detect the frustration in my baseball mom's voices and attitudes with their boys, and it is clear to me who is divorced, or has a beta dad at home. The moms are always nice and respectful to me, and quite frankly are happy as all get out to see me (baseball and softball) but the view they push down onto their young men is quite sad.

My suspicion is that both sets of moms have this issue to some degree, but it only manifests itself with the baseball team since they are venting their personal frustrations on their son's due to themselves having a lack of a male authority/leader in their own lives so they try to make their sons be a man. The softball moms have no need to do that to their daughters, so there is far less of that in that crowd.

In summary, all this post offers up is observations and points of reference for the things we talk about here. OYS, lift, lead, and be a role model for the next generation of kids. Men/Boys and Women/Girls are vastly different regardless of what SJW's would want us to believe. They need to be managed differently, spoken to differently and when you can manage 12 girls on a ball field, driving your ship at home and getting laid by your wife 4+ times a week should be a natural thing.

Thanks for reading.

48

UPVOTES

I'm ready to create MY slut

mrplogic · 6 May 2017 · Archived copy · Reddit

I had trouble writing that title...

I posted just a few times under a different username awhile back. I realized if I was going to try this, I couldn't be doing it under a name my kids might eventually search for. This will serve as a reintroduction.

ME 47 yrs old.

Grew up as a military brat mostly overseas. Moved about 26 times in the first 21 years. Typical skinny nerd and Beta to the core. Girls were an alien species. Classic 'good guy.' I had an Apple 2 computer, fantasized about Dungeons and Dragons, and read my mother's marriage and relationship books that she constantly bought for my father to read. In college I once asked a girl out by giving her a business presentation on a flipboard while dressed in a suit. (I got a pity date out of it, when I picked her up, her football player Alpha boyfriend openly mocked me at the door.)

My mother is narcissistic personality disorder and our household was a constant drama of arguing, shitstorms, and conflict. My father was a passive, beaten man, but I give him some credit for sticking around for the kids. I would have been screwed royally if I had to live with my mother alone. The point is, I despised conflict and going into my own marriage I avoided it at all costs.

Have I established my Beta credentials?

I did bring a tiny bit of Alpha to the table in the fact I guard my 'me' time jealously and she gives it to me without question now. Also, I really DGAF about most of her petty BS and nagging and she hasn't been a nag for 18 years or so.

The Wife Good girl from a small town. Met her in a wedding where I was best man and she was maid of honor. She was smart, had just finished her degree in a medical field and was about to start work in a town about 45 min from where I lived. Our SMV's were fairly matched. I'm going to say 5's if you think of 5 as perfectly average. I'd might have been 'handsome' but 5'10 150 is pretty skinny... She had great body, face is average, no makeup skills whatsoever (usually looks like a clown). She dated one guy in HS, had a bunch of two date encounters in college (where the guys dropped her after it became apparent she was not DTF and this was in the 80's...) Super inexperienced virgin, as was I.

US Married at 23. First kid at 25. Second at 27. We loved life. Hiked all the time, had friends over for games, muddled through our sex life. She made more money than me by FAR. That stressed our relationship early, but I eventually caught up 12 years later.

So we had a good marriage. There were early problems after our second child and the sex slowed down. I had an emotional affair going online with some chick on an online text fantasy game (no graphics back then). But we were committed and have decent communication and pushed through our problems to the point where we are a solid unit. Work and family and finances were all done as a perfectly equal team. Life was about as good as a Beta male like me could imagine. Obviously, there were many issues stemming from no one being the captain...

Wife has gained 50 lbs and if she started as a 5 has probably sunk to a 3. I have probably risen to a 6 and can reach a 7 by the end of this year because of lifting and decent status of career.

Sex has always been available. I have never received a hard no. She is always willing, even if it's starfish 85% of the time. However, it's as plain as it could be. Blowjob: never. Going down on her: never. We've tried doggy style three times but she is so tense I can't get in correctly. PIV with me or her on top? Always on the table. So really, it was hard to complain. If I am butthurt for whatever reason and withhold affection for 2 weeks or so, she will attack me and I get the best sex of my life.

In DEVI terms we were D 1/10 E 10/10 V 1/10 I 5/10. Not too bad for Mr. Beta. Laughable probably, in the

scheme of things.

I believe one key to our marriage being as good as it was is the fact that we were each other's first. (and it's not like we didn't really want to when we were dating) There is a trust there that has grown over 25 years that is simply awesome. Again, that does not come without it's problems.

Finding MRP I stumbled into deadbedrooms by hitting the 'random' button on reddit. Those were some fascinating stories and some post or other led me to MRP. I immediately realized I had stumbled onto some ideas that answered so many of my questions about life. I'm an academic person, so when I saw COURSE PREREQUISITES I got to work...

As many people testify, those three books changed my life.

Post MRP Everything about my life has improved. NMMNG compelled me to take a new job that nobody else wanted me to take. 1 1/2 year later I am loving my job and far more happy.

Lifting is the first key. I bought myself a power rack and a bar and about 200 lbs of weights and started strong lifts 5x5. Have been on that for 7 months now and I feel GREAT! My posture has improved with my squats, I'm gaining good weight (175 now), and I simply carry myself with more pride. The weights scared me to death at first, but now I look forward to the challenge each time. (failing that first squat at 190 was a huge milestone for getting past my fear)

Initiating strongly and not denying my sexual thirst has been the second key. Sex is improving with my dispensing of the beta games, especially in terms of immersion. Emotion has been what's kept me in the ballgame. I am on a quest to add the D and V.

Lastly, because it took me awhile to 'get it,' I realized the important lesson: that it's about improving me. I was not taught how to be a man, but I am learning now at 47. It is coming just in time for me to learn enough to hand down some of this to my son. I am slowly, slowly taking control of the ship and becoming the leader. My wife continues to respond positively to my new found decisiveness.

Creating the Slut

So this is going to be a challenge. I have read a few posts lately where a few men have the same problem as I do. If I used dirty talk right now, my wife would seize-up and lose all immersion. As of 2 years ago she didn't know what the word 'cunt' was when my daughter asked her. I've never heard her swear more than "bitch." She describes anything out of our normal routine as awkward. Awkward after 25 years!

My SMV has to be at least 2 above her if not 3 with the lifting proceeding well. I think I am in a good position to try to get this project going.

I realize this is about me. My wife is like she is because of me and my sorry sexual skills. So, I am going to change in this area and see if she is going to come along for the ride. I think she will, but I am overcoming 25 years (and more) of habit and programming. My intention is to go slow. I have a couple options on how I could proceed, but I think that will be my next post.

Is this something worthwhile to try and post? I would update at least once a month and more if anything of interest happened. Is this more suitable for OYS rather than the general forum?

Thanks to MRP and all the men who have contributed. It's appreciated greatly.

48

UPVOTES

Men of March: Day #3

TheFamilyAlpha · 3 March 2017 · Archived copy · Reddit

Day #1

Day #2

Yesterday's Recap: Each day I'll do a brief recap from the day before. Day #2 started with me opening my twitter to 263 notifications. My initial fear was to lose the motivation men felt in the beginning, this clearly proved that fear invalid.

Yesterday our brethren faced their inner demons while we did the same. The pain you felt is the pain they felt, we all fought together and we have all made it to another morning.

We faced our deepest enemy, *our 'self'* and we survived. What we once viewed as something we should hide and be ashamed of, we have now claimed and taken ownership over.

Congratulations brothers, you're one step closer to becoming your masculine self.

Men needed this campaign.

I can't tell you how many said that they were on the cusp of taking action and this series was that little shove they needed.

Now, they're killing it.

My challenges are the minimum and *everyone* is adding their own personal challenge to this mix, *which is perfect*.

Keep moving forward, one day at a time, one hour, one decision.

Create the habit of defaulting to masculine action & decisions.

Daily Reminder

Reminder: The rules of **Men of March:**

1. You will **not** masturbate, edge, or touch your dick for pleasure during the entire month. You can have sex, but not with yourself.
2. You will not watch porn, sexy gifs, look at provocative photos or anything of the sort as this will lead to you breaking rule one.
3. You will do 100 pushups **every day**. Don't give the 'time' excuse, or any excuse as I don't give a fuck, just do them. Break it up however you have to, but before you sleep at night, 100 must be done; chest day or not.
4. You must start reading a book. Even if it's just a few pages a day at first you *must* be reading a book. I will be reading *New World Ronin* by Victor Pride this month. You don't have to finish the book in the month, just actively read a few pages every day to build the habit. With that said, my goal is to finish the book this month.
5. You have to start giving genuine answers to people. If someone asks if you're busy, don't say "No" when you *are*. You have to stop avoiding conflict at the expense of your true self. If your wife asks a question, give an answer, "*I don't know/care*" **Is not** an answer a leader gives to his crew. Start knowing, start caring, and start telling the world your true opinion.
6. If you have a vice, remove it. You have to be honest with yourself; if you're overweight and drinking to numb or are smoking pot and being unproductive, **that shit has to go**. This isn't a 'dry' challenge, if alcohol or pot isn't a problem good to go. If it's more than that, leave it be for the month.

7. Every day there will be a challenge, you *must* complete it.

Life isn't about hiding from storms, it's about learning to dance in the rain.

Day #3: Fresh Start Friday

Men fall into routine, we're creatures of habit and there's nothing that will change that. It's the reason men can eat the same meal time & again without complaint, it serves its purpose, we move on.

In development of the masculine self this is detrimental as we're in an age where everything is comfortable & controlled.

There's little fear of violence, we go from climate controlled home, to climate controlled car, to climate controlled building never *really* worrying about the elements except for a few brief moments between climate controlled environments.

This comfort has created routines which breed weakness and a total loss of **experience**.

Today, Friday, we fuck that routine up.

This is **Men of March**, if you haven't noticed we're leading real change and reclaiming our genuine selves, that means fighting our instinct to resist change.

Trust me brothers, this Friday you'll make a memory that will last months as opposed to doing the same old thing which you'll forget or repeat by next Friday.

Breaking the routine will not only improve our own standard and how we approach life, it will also improve our relationship.

Being a predictable man means you're a stale and boring man. The last word you want to be associated with is *boring*.

Lose the stigma by breaking another boundary. Lead the charge and shift your entire perspective on what it means to be alive.

Fuck routine; go out and experience the world. Accumulate memories and experiences over more 'stuff' and mundane mediocrity.

Challenge #3

1. 100 Push-Ups
2. Choose your situation & Apply:

Married/LTR with kids:

It's important to ensure that you, as the leader of this clan, are making the time to develop and enjoy those whom you lead.

When is the last time you, your wife, and your kids all had a genuine laugh together?

For most, the answer is *too long*.

This Friday, instead of ordering pizza and watching a movie, why not have a family cooking night where you all make your own dish; whether that's individual pizzas, sandwiches, *whatever* make the act of working together and having fun a *thing*.

If you want to watch a movie – great!

Set some blankets up, build a 'floor fort', or your own fancy home theater and make the movie an experience and not just you sitting on the couch.

Pop some popcorn, turn the lights low, grab flashlight and guide everyone to their seats, etc.

Something I do is read to the kids and let them both climb into the same bed and listen to the story.

I'll do different voices for each character, sing any songs in the book, and do all sorts of fucked up sound effects to make it as real as possible. (*The Hobbit was great*)

You'll have to cater your 'Friday night Shenanigans' to your specific family, but make it fun.

Routine = Death

When the kids go to bed, read below as you've got to view your wife as your lover and not just 'mom' or 'wife'.

Married/LTR without kids:

Your girl is your lover first and girlfriend/babymomma/wife next. This Friday, let her know you've got plans for the two of you.

*If you **have** money:*

Start looking on Yelp!, Google maps, *whatever* to find a place that the two of you have never been.

It might suck, if it does **even better** you can make it a running joke which gets the two of you laughing together at how terrible the food or service is, making fun of people, playing the "Are they Fucking?" game, etc.

Make it fun and through your boyish humor and 'can do' attitude, you'll keep her from going bitch mode.

*If you **don't** have money:*

Then we're going full 'DIY' mode. Create your own picnic by grabbing stuff around the house like a blanket and maybe a candle (be safe).

For most it's too cold or the weather sucks. If this is the case for you, then sneak to the basement, backyard, deck, or fucking spare room and set it up however you'd like.

Build a picnic for her like you never have before and act like it's totally normal for people to do shit like this on a Friday night. Again have a blast, make it fun, wear a Bow-Tie with no shirt, *you get the idea*.

If your weather is awesome, then create the same scenario outdoors on your lawn, nearby park, or just set up a nice little getaway to look at the moon from the top of your local 'high elevation' point.

Another option is to grab some paper, markers, pens, or crayons and get something to lean the paper against (canvas if you have the funds).

Next, put Bob Ross on the TV via YouTube/Hulu and have your very own Paint Night.

Again, act like you're dead serious and your goal is to *out paint* fucking Bob Ross (*The last time we did this I tried painting the Balrog from LOTR and it turned out looking like a cat that was high*)

The point is, get creative and do something you've never done, create a memory in her mind and give yourself the gift of genuine joy as I know all men love seeing their girl smile her beautiful & genuine smile.

Single:

You can bring friends, but *only* if they're able to leave right when you are and if they're willing to follow your lead.

Go somewhere in another town without any particular destination. Decide on a town nearby you want to go to and just drive to it, don't even go home from work.

If you *have* to go home to change out of a work uniform or you stink, then get home, shower, get some good clothes on, and get out.

Look for a place you've never experienced.

Bar, restaurant, or club *it doesn't matter* just get out and experience something new, get out of routine and stale living, go have an adventure.

Drink a new drink, eat some new food, try to enjoy each bite and start a conversation with whomever.

This is living.

Go out and live your life by experiencing all the great venues which are practically in your backyard yet you've never taken the time of day to check out.

Wrapping up Day #3

Nowhere in this did I say *anything* about sex.

That doesn't mean it won't be on your mind, it probably will, but hear me out.

Men of March isn't about getting fit and it isn't about getting your dick wet, it's about cultivating masculinity.

Too many nights have been ruined by the covert contract of 'sex' being written all over every action.

Instead of taking her out thinking, "*I'm going to get laid*" or pouring her wine thinking, "*We're going to have drunk sex*" or the infamous, "*I took her out now she'll want to fuck me.*"

How about you just enjoy the night?

If you have game, are attractive, and don't approach this with the mindset of a horny inexperienced teenage boy then you're going to have a great ending to your night. But that doesn't matter because your mind isn't on the *end* of the night, it's on the present moment.

Immerse yourself in the new experience and have fun with your **Fresh Start Friday**.

From the Blog: <https://thefamilyalpha.com/2017/03/03/day-3-fresh-start-friday/>

Twitter (I'm much more active on there as my work blocks Reddit): <https://twitter.com/TheFamilyAlpha>

48

UPVOTES

A kinder gentler oligarchy... Said no one ever.

UEMcGill · 23 December 2016 · Archived copy · Reddit

Put's on mod hat....

So there was a great debate on the MMSLP forums being closed down the other day. In particular u/ImSteveMcQueen felt vindicated about some statements he made in the thread and some opinions on how the *tone* of the boards should go.

Every now and then as the cultural memory starts to erode we have to remind ourselves what the mission is here. I personally am here for very basic reasons, rule zero. I come here every day as a way of hitting the mental gym. I watch people fuck up and remind myself, "Don't do that!" or "Hmm that's a good approach I would have never thought of"

This sub, and the r/askMRP sub are *laboratories*. They are not group hug, circle jerk centers designed to make guys feel good for fucking up their marriages to the point of failure. We are not relationships, askwomenz or any of those kinds of places. This is not a safe space. In fact, we will ban you for tone policing. We call people faggots for a reason. It's harsh, shocking and gets them to think.

"Lift and read" might be the answer to most of the questions that newbies ask, but there is also the application of lift and read that they can be confused about. I don't think that half the posts that get removed should get removed. Ever heard of "there is no such thing as a dumb question" ? I teach from time to time and I can guarantee you that if someone asks a "dumb question" there are 10 more people out there that have the same question that didn't ask it. Are these forums for learning or for moderators to express their dominance ?

So when things like this get posted, I want to reach for the ban hammer. Not because he was questioning the method, but because it's tantamount to *tone policing and concern trolling*. In fact in prepping for this essay I've read the quoted material several times, and more and more it comes off as concern trolling.

Here he opens with, Hey I think such and such is great. Then he presents his concern. "I don't think that half the posts..." Followed by his "Well I teach and I can guarantee.." It was in fact classic concern trolling. Every graduate student worth his salt has had a professor tell him point blank, "Yeah I don't have time for this, this is the basics, go to the *reserve library*" In undergraduate I remember having grad students sit in a class because the prof in question told them, "I'm teaching it today if you really don't understand". In graduate classes I remember sitting in the library with 5 other grad students reading reserve literature, for hours just so we could complete the *homework*.

So if a new guy comes in and threatens to blow up himself, or more importantly *the laboratory* we get heavy handed. "Hey stupid! Don't smoke in front of 2000 gallons of methanol!". I personally employ the 2x4 of love. Men are dense, and ego driven. You have to call out and tear them down to a base level to get them to understand, you are fucking up.

I don't care if you storm off because we weren't nice. I don't care if you don't like our methods. This is a man's laboratory for practical advice on how to get laid. That's it. Just like MMSLP, if we the mods start letting women in, or being kinder and gentler it's tantamount to blowing up the fucking lab. MMSLP has proven that already. Some of us were handpicked from the founding mod, some were elevated because of their fast mastery of the concepts. We rule as an oligarchy, with iron fists for a reason. Is it the right way? Don't know, but MMSLP sure shows what the wrong way is.

So I say this as a personal challenge, for anyone who wants to take it up with me. Instead of bitching and moaning about the atmosphere, go make yourself better. Go be the best person you can be, and become a fully integrated man. When you've accomplished all that, when you get sex on demand or wake up with her mouth on your cock (rule zero), when your SO will follow you into the gates of hell and only ask, "do I need boots?" you will be accomplished and can have a say in the tone of this board. Until then, quit being a faggot, go read the sidebar and

lift.

48

UPVOTES

Swallowing the Red Pill (X-post /r/theredpill)

Dazza477 · 19 October 2016 · Archived copy · Reddit

I've been with my wife for a little over 5 and a half years and all has usually been well.

However, after stumbling upon this sub and reading through the materials, I knew that life had to change because fuck me, I was beta as fuck and I wasn't getting anywhere. Sex happened rarely and the only time it would happen is when it was initiated by me, and you guys know how it is, you can tell they didn't really want it. It was like masturbating with a pussy.

I was fat, constantly on my computer, whilst she ran the house and essentially made myself her 'child'. Fucking hell, it's pitiful to look back upon.

So I made a change a few months ago on my path to self improvement, and to stop being such a beta in life.

I joined the gym and didn't give a flying fuck what anyone else thought. All of my anger at myself I tunneled into lifting as much as I could and I felt like a man again.

I went out more, pursued a social life, and began speaking to people again. I naturally began to open up at work and now I speak to everyone that passes me, engaging in conversation and now people look up to me more.

I changed my diet and began to make more of my own food, and found myself a new passion for cooking. This alongside the gym made the weight just melt off.

It was a sudden change for my wife to see me doing more for myself, going out more and developing a sense of masculinity. I transitioned that life into my relationship and became a man.

As I was going through life on a journey of self improvement, the pedestal I placed her upon began to lower and I took control of everything. Finances, trips out, where we would eat etc. I never asked for permission to do anything, I just did it. It all came naturally to me.

It changed every dynamic of my life and my relationship. She just can't get enough of me and sex has gone through the roof. 8 times in just the last 5 days.

Swallowing the Red Pill requires a complete lifestyle change, but fuck me, it works like a charm.

Thank you to the Red Pill community for helping people like me get to where we want to be in life. You're all doing God's work for men.

48

UPVOTES

Waste No More Time

ReddJive · 8 September 2016 · Archived copy · Reddit

So I've come out of my hole for a day or two. I'll go back soon. In the spirit of MRP I am obligated to pass on what I've learned so far. Then offline I go to make more shit happen.

Waste no more time arguing about what a good man should be. Be one.

Marcus Aurelius wrote this. I believe this to be the essence of Red Pill and MRP specifically. The argument can be made until the sun goes down about women, sexual strategy, and how they should be treated and how we should expect to be treated. Yep. Sure it's all that. But at the end of the day none of the shit matters.

What matters is how you view yourself, your world, and how you interact with it. Are you in charge of your life? Are your needs being met? Are you a quality man? You came here because of your lack of sex. Your desire to be respected, recognize now that you have hit your low point. Because these most basic needs and desires are no longer being met you have hit rock bottom. For some that rock bottom may be more horrific than others, but it is rock bottom. What's more interesting is that I am not the first to say this, nor will I be the last. In fact you have probably read this before. Though I have another angle to it.

Ever hear the parable of the elephant? 15 blind men are feeling an elephant. One touches it and describes the tail he feels. Another the ear, and yet still another the foot. This goes on until each one describes what he is touching. Each one believing that they know what the elephant is. The Red Pill is very much like this. Not one person can truly understand the entirety of the concept. It takes several to put it together. To examine it and understand it. From each we learn what this elephant looks like.

You will spend time here on MRP examining everyone's stories, glean any insight you can and in fact you will be creating a playbook. A step by step manual if you will. All fine. Again recognize that this won't work. Yet it is the first step. I did it. Others did it.

You will hear do this do that, talk less talk more...blah blah blah. All good advice. Yes do that. Do all of that. Most important of all....do what you want. Find your way. Following the advice is good, better is to just do it, take your lumps as men should and learn from it. Waste no more time on that matter, put it into practice. Fail and just sit back and say

well fuck. That didn't work.

Smirk at yourself, laugh at her, because it's all bullshit any ways.

Today was just another day.

When I was an Army Cadet the cadre (active duty officer and NCOs) would tell us in order to be a leader you have to study and observe good leaders. You then have to model yourself after the ones you think best exemplify your style, your personality. I'll be damned but that advice is accurate here. Pick the flared guys that best represent your view. The way you think you want your life to be...then go do that. YET be very aware that as you are faking this new found persona you will in fact begin to craft your own.

Each of our circumstances are different but the advice, the situations, the behavior....very much the same. You only have to read a few newbies post to see that. MRP can prepare you. Show you the tools, the stories, put you through the crucible that it is, but at the end each man has to find themselves. Find their way. How is that done? I have no idea. That's your job.

You just do it. Waste no more time. Study no longer. Be afraid no more and get into the world. More work and less talk. I'd respect a man who dove in and started kicking over the hornets nest then a man who sits reading and puts nothing into practice. At least the first is learning. Doing. Making his way.

Some days nothing will go on. This isn't a war. There isn't a constant battle. Sometimes starting at the wall is all that's needed. After while your family will see you doing nothing maybe inside you are all turmoil, thinking, wondering, working shit out. To them? You are going to be collected, calm, and they will think you are planning the next big thing. Yet only because you have demonstrated this in the past. I cannot tell you how many times that has happened to me.

Waste no more time. Sure, MRP is all about having a plan. Yes do that. Yet I will also let you in on a secret. Those that are flexible, that seem to be spontaneous and it all works out are those that plan previously. Once you have mastered planning and the ability to organize then the magic starts. You can turn in an instant and create something from nothing. Be a master of time. This is why you must waste no more time in making this happen. Learn the value of each minute and what it means. You will be amazed how long it actually takes to do something once you do it.

I spent too much time here reading, commenting on the things I had already understood, and yet there was so much more. you cannot learn them until you act. Until you do. Then one day. You no longer have to. It just becomes the way it is.

Men are not troubled by things themselves but by their thoughts about them.

Epictetus was so correct here. Men stew, they brood. Stop. That's the path of weakness.

Get out of your head, out of your thoughts. Put aside the negative emotions and embrace the good ones. Don't hide your emotions. That is not healthy and others will see that you are battling something. Embrace everything there is about the world and yourself, but move on quickly. Let the fear, the anger, the sadness happen but not happen to you.

Put into action. A bad plan, violently executed, is still the right one.

Stop wasting time.

Be a man.

48

UPVOTES

No substitute for doing it right

Sepean · 16 February 2016 · Archived copy · Reddit

Lots of new guys seem to think they can substitute something half assed for the solid MRP advice given. The simple truth is that if other stuff worked, we'd list it as an option.

Here are three common mistakes:

I work out a lot.

The advice is not to work out. It is to *lift*. Other than lifting, working out is merely a hobby. It's a good hobby and easily beats most of the omega recreational activities people otherwise engage in, but it is not lifting.

Nobody cares how fit you are, how healthy you are, how fast you can run or how much skill you have. It's about being ripped. You need to look like one of these guys

<http://foxhoundstudio.com/wp-content/uploads/2011/05/the-most-ideal-male-bodies-winners.jpg>

The reason for lifting is that a) it lets you build muscle and b) it lets you lose fat without also losing lots of muscle. Since you want plenty of muscle and little fat, and no other sport gets you those effects, the advice is to lift. The only alternative is steroids.

And lifting is something very specific: heavy compound lifts combined with a cutting or bulking diet. You can't do this properly with body weight exercises or without counting calories. Otherwise you are at best doing a half assed approach, and very likely you will get zero progress.

There are a few exemptions to this, like the rare man who doesn't lift but is already ripped from some combination of genetics, years of hard work and good eating habits. If you're that guy and already look like one of the guys on the above picture, congrats; you don't need to lift. But for most of us it isn't an option to take a job as an axe-swinging lumberjack and then wait 5 years to look good.

So go lift.

I try to find an argument that will make my wife accept my behavior without a fight

We don't do arguments. Don't DEER, it doesn't work.

We don't have some neat little verbal judo trick that will make your wife calm down instantly and become the sweet submissive sex kitten you've always wanted.

The program is laid out for you:

- raise your SMV
- enforce your boundaries
- learn to pass shit tests
- build your frame to be strong enough to weather her attacks

That's it. It takes time, it takes effort, and it isn't easy or something you can do without her bitching and crying over your "assholish behavior" (it is in quotes because that's how she frames your behavior - you're not supposed to actually be an asshole). There's no magic word that will make this a quick fix. You're up against an evaluation engine hardwired into her brain, refined by evolution over eons to weed out anything but real deal alphas. There are no shortcuts and no free passes. She will test your frame and you will have to endure that without flinching.

I work hard and make a lot of money and that should get me sex

Your job, your income, those are beta qualities. Good beta qualities (and we advice you to get plenty of good beta to go along with your alpha), but beta qualities none the less.

And beta qualities only make her want to stay with you. They don't make her want to fuck you brains out.

You will only bring out the sex kitten in her with alpha qualities, and those are:

- mostly behaviour (frame, passing shit tests, OI, game)
- some looks
- some preselection

That's it. Anything else is irrelevant bullshit that won't make her horny. Stop feeling entitled because of your job or your past accomplishments or your sacrifices. It doesn't matter.

Conclusion

The bottom line is, you can't just come on MRP, read the sidebar, and then think you can get the results without actually implementing what you've read. That's like expecting to get ripped from having a gym membership without ever going, or going there and doing Zumba classes. The advice that is on here is there for a reason. It's because it is what works. Everything you skip or substitute for something else will hurt your chances.

Lift and lead.

48

UPVOTES

Aren't they gonna show his wife?

En_sigma · 8 February 2016 · Archived copy · Reddit

Did my patriotic duty and watched the Underwhelming Bowl. Had the boy there so that, once again, I could show him why I am forcing him to learn how to throw a 40-yard spiral, and the wife was in and out as her Hallmark movies cycled (shiver). At one point she is sitting next to me on the couch (staring blankly up at the screen) and I ask her if she knows who is playing. The names had been up on the screen several times, as well as the team logos.

"Isn't it the....um...somebodys and the somebodys...?" And then she sort of half laughs. Yes, dear wife, at some point, a few weeks before the Super Bowl, the league makes sure that somebody is playing somebody else. Way to sum it up.

Fast forward to the presenting of the trophy and Peyton is dodging the retirement question (she had already asked if that was Eli?), and she says, "Aren't they going to show his wife?"

Now there are two reasons a woman might ask that question.

First, she believes that, being his wife, she deserves to be able to be on national TV. Even though Peyton just spent the last couple of hours getting his nuts pounded and after this he gets to soak in a tub of ice water, even though he went through years of painful injuries and surgeries and torturous physical therapy, Mrs. Manning deserves to be in the winners circle too because she, magnanimously, agreed to marry him. Essentially co-opting all of his accomplishments.

Second, and this is the reason my particular spousal unit asked, is so they can judge how pretty the athlete's wife is - which is never prettier than themselves, proving to herself that she could be the one in the limelight if she had not settled for the schmuck sitting next to her on the couch.

I tend to believe that more women would ask for the second reason, because they really don't care about your accomplishments. As long as they get whichever perk that makes other women look at them, the cause has no significance.

In the end I told her that she just missed them showing his wife. Really? Yes. There wasn't a mic on him at that point, but he leaned over and said something in her ear. What did he say? (woman I just said there was no mic on him! briefly rang in my head)

Well, from what I could see of his lips moving, and the way she ran off, I think he said, "Go get me a beer." (way to help me by talking about drinking a lot of beer tonight, Boss)

MRP is a life hack. It is not a noble pursuit, it is not fixing the problem. MRP teaches you how to be happy even though Shats Creek has passed flood stage and the crest is no where in sight.

EDIT: In my younger days, I would have asked why she asked that question. And to be honest, part of the reason I would have asked is that I did not already know the answer. Asking would have resulted in her having to explain, which she would not do, and would result in no uppy-downy. Now, after TRP and MRP, not only do I know the reason, I don't care about the reason, and I can make her laugh and go get me something to drink and STILL get the uppy-downy.

EDIT 2: Fo da PEYTONS

48

UPVOTES

Fake Until You Make

bismarck8888 · 11 September 2015 · Archived copy · Reddit

I am a few months in now. I have lifted at least every other day since March, joined two soccer teams, revitalized my business, stopped drinking completely, and reestablished boundaries in my marriage. During this time, I have been trying to work on understanding Frame, faking it until I make it.

Well, I think I am starting to make it.

Today, the shit tests came as if they were in slow motion. My emotions were in check the entire time, I am starting to live in my frame.

I left work a little later than usual and was talking to an old friend on the phone the whole way home. My wife calls twice. Old me would have hung up on my friend and picked up her call. Not anymore.

I get home to a hungry, pissed off wife. She wants to know why I didn't answer her calls. "I was on another call." She does not like this answer and storms out of the house to get dinner. Old me would have been pissed the way she left or tried to reason or argue with her. New me was not even tempted to be sucked into her emotions.

She leaves to pick up junk food. I decide to make a steak dinner with rice, bread, watermelon and ice cream.

She comes home still pissed right as I am plating my dinner. I am goofing around in the kitchen and having a great time with the kids. I even joke with her. Her emotions are hers and I am in my own happy world.

The kids ask for my dinner instead of hers proving my point that cooking is just as quick as heading out to pick up food. It also tastes a lot better. However, I didn't mention it or rub it in. Old me would have and likely been drawn into her emotions.

I bring out the watermelon cut up in a big bowl. She tells me to bring it in a smaller bowl with spoons for the kids. Old me would have jumped at the command. New me tells her if she thinks that is necessary, she can do it herself. She tries to draw me in here again. Water off my back, no comment at all from me. I just enjoyed my delicious meal with the kids hovering over me for bites of daddy's steak.

After putting the kids down and going to the gym I return home. Old me would have assumed my wife was still a bitch and been drawn into her negativity or tiptoeing around her. But I came home happy and fulfilled. And you know what, she was drawn into my frame! Happy husband, happy wife.

I know these are just small, stupid shit tests and really don't mean a great deal. The point is, she was not mad that I didn't pick up the phone or jump to her demands. Old me would have assumed as much. She actually felt more secure because I didn't give into her or enter her frame. The best part is it all happened in slow motion and it was no longer fake. It has been a long, ongoing process, but I am starting to make it.

48

UPVOTES

[Theory] How to build your road to safety

bogeyd6 · 31 July 2015 · Archived copy · Reddit

TL;DR is at the bottom.

- When you surround an army, leave an outlet free.
- Do not press a desperate foe too hard.
- Do not interfere with an army that is returning home.

-Sun Tzu

My friend and I were talking about the last 5 months of my marriage. We came to the conclusion that in 5 months I have largely turned this ship around. 15 years of marriage and in 5 months the tables are turned. This led us into a brief discussion of why my MRP worked more or less better than I would have thought. We came to no conclusions but I had thought on it.

When I started red pill in my house I decided on an equalizer. The fighting was constant and I could never do anything right. I chased after her happiness and did everything in my power to make her happy. You know how that ends. My life story was literally all about 90% lean beef and had been for several years. I handed over all leadership and control because she was a stay at home mom. This was different in the years leading up to her decision to stay home. Which, I might add, was completely hers and I had no input, just a phone call.

My relationship dynamic is no different than many of yours. Married, with children, and me being the sole beta bux in the home. She retained power, through her maneuvering, even though in reality I had all the power. I chose not to use it so she would feel relevant and happy and confident in our marriage. I was afraid to lose her, afraid of what my son would think, and in many ways chose to cling on to her the only way I had. Beta Bux. When the divorce papers were served to me, out of the blue, it broadsided me. How could she do this after all I had done for her?

Admittedly, I had more drive and motivation than the rest of you. I was a fat beta bux having slob that wore the same work suits for three years in a row. All of that sadness, and now facing the singles dating scene. Hitting the gym and fixing the diet were just things that HAD TO HAPPEN. Lifting and wardrobe weren't options, they were live or die necessities. That or no pussy for me. Which, Ironically, I wasn't having anyways. Turns out AWALT indeed. The very thing I became obsessed with was the very steps to starting red pill again. It never left, but I forced it to be quiet for her and her happiness.

With making all of these changes I knew that I could not just straight up next her because I do in fact love her. She stayed at my home during divorce proceedings in a separate room. I wanted to keep her but I wouldn't grovel at her feet anymore like I did on serving day. So I adopted the principles, read, lifted like my life depended on it.

When you surround an army, leave an outlet free.

When I begin this regulated journey down the road of MRP I chose an equalizer. Many people I read about in the beginning were playing the short game when they should have been playing the long game. Long term success relies on short term goals. She needed a way out. No matter how difficult things became for her, no matter how fast her hamster flew around that wheel, she had to have a way to come back. The answer for me was sex. The problem was solved two fold. Sex could bring me back around. Her being caveman'ed and straight up pounded would bond her to me. The kind of sex would be on my terms, but she had a road of retreat. Her sexual energy would be drained and leave her less chance to ponder what single life for her might be like.

Do not press a desperate foe too hard.

In the beginning of all this change she was desperate. I will never know what she was thinking and why she wanted a divorce, she wont tell me, and I will not ever ask. She needed something in life and she was striking out every

possible way to find it. Think of a cat being thrown into a pool. So the red pill had to be Acta, non verba. I could not discuss anything with her, I just had to deal with her shit tests, improve my SMV, and be the kind of man my son could look up to. Never engaging in fights or insults. The first days were a war zone of nasty comments and snippets such as "Who are you getting all dressed up for?" and "Why do I get stuck with our son and you get to go out?". She would constantly engage me out of desperation so I didn't press anything. There was push back with A&A and AM. I did follow NMMNG and set my boundaries by not engaging and walking away. In a way all I did was pull as a means of pushing. She learned all my boundaries without ever being told what they were.

The problem was there was no sex to begin with. Instantly I had to withdraw and act like divorce was the only solution. Of course we had to interact on day to day business. She came to the conclusion that I had even stopped doing that. One night she had gotten a bit tipsy and in a momentary lapse of judgement she had sex with me. Only it wasn't the usual foreplay for 3 straight hours with 2 minutes of intercourse. This was passionate kissing her up against a wall, throwing her on the bed, and taking her from behind harder than I ever had in my life. She only had time to say to me "Wow, I wanted fucked but damn if I had known that..." and I was in the shower.

The next day she woke up and came downstairs. I was cheerful and she made me a cup of coffee while I cooked breakfast. We caught up some bills and paperwork and spent about an hour acting like real adults. Time goes on, wash, rinse, repeat, she is beginning to learn. At first she uses alcohol because then after two drinks she is magically not responsible for her behavior. Don't care. Then in the coming weeks she is actively seeking out sex with me without a drink or two. Attention and time is poured on correspondingly.

Do not interfere with an army that is returning home.

Now that you have been acting the part and playing the part. She is getting the hints, the clues, hamstering on things. You are being super sexy, super strong, and looking better than you have in a long time. She is going to be drawn to you. This is her returning home. If your golden bridge of escape is open, she will cross it. However, it has to be the golden bridge. You can't go beta up once she uses it and it was really just a trap. She crosses the bridge, she gives you the sex you dreamed of, then you need to start returning some attention and time.

She harped and nagged for hours last night. You withdrew as you know to do and have gone radio silent. You ignored her shit tests, got some bonus points because you used some AM, and finally left to go do something else in the middle of her harping at you. She hammers on this all night long. Use it to your advantage.

When you come home, and she tries to make up by giving you mind blowing sex. The time is now "caveman her ass like it was never done before, hate fuck like you mean business". This is not the time to ask questions, get to the root of the problem, and validate her feelz^tm. Never the incident to be spoken of again. Get up and go shower while she lays there wondering if she will ever walk again. Remember, you don't give a fuck.

At the very start this was the only path that was open to her from me. Sex was the equalizer and problem solver, all in one solution. There were no other options. I was unwilling to discuss or even apologize, especially when I was dead in the wrong. There was zero contact often for days. She learned that if we had sex, I would give her time and attention again without a word even being spoken.

TL;DR

Offer your wife a real path of escape to your attention and time, she will use it. This doesn't need to be sex, but sex will solve alot of problems for you and her.

48

UPVOTES

The Paradoxical Marriage: A Welcome Message for Newcomers

RPAlternate42 · 25 June 2015 · Archived copy · Reddit

Welcome

If you are here, there is a good chance that you are in a Paradoxical Marriage.

The paradox here is that you are in a relationship where you believed you would be respected and sexually desired by your partner. You expected these things and they aren't happening.

You may simply be curious and wish to improve something that seems to be slipping away from you.

You may be frustrated, you may be angry, you may resent your wife, You may be numb and you feel the only way out is to leave her because *it's gotta be easier not being married*.

And maybe you're right. But Marriage 2.0 can be a treacherous path for some people and, honestly, you do want to be married to your wife but she seems to be far-and-away a different person than you married.

But what if I told you she wasn't different than back then and isn't even different now; what if I told you that *you are different* and she is only changing to fit that container you've created.

And what if she could be the feminine and submissive woman you married who respects you and sexually desires you?

MRP vs. TRP

TRP, AKA, the "main sub" Is what we (MRP) were born of. Because of this, TRP is *required* lurking (at the very least) in order to fully round out MRP. However, even though we are *of TRP* we aren't fully TRP. There is a small schism between us.

The biggest difference between MRP and TRP is that MRP is trying to preserve marriages whereas TRP is trying to eschew them completely. TRP understands our positions and realizes that the small percentage of the TRP community has made a bad choice (marriage) in the past, but recognizes that they see RP as a usable solution to *getting the most* out of that situation. They know the dangers of Marriage 2.0 and that is why TRP eschews marriage as an option, completely.

MRP, however, largely knows that getting married was a dumb idea, generally, most of us would say, *if I could get in my DeLorean and go back in time, I'd intercept and kidnap my younger self, pose as him on the altar, ignore the queries about why I look older but am in such great shape, and tell my future wife, "I don't want to get married."*

But we do not long for ideal situations and we accept what cannot be changed.

The Possibly Inevitable

Divorce is coming, are you prepared?

In MRP we accept that divorce is a possibility and by internalizing RP semantics, practices, and mentality, we also internalize our new divorce-as-an-option marriage. This line of thinking keeps us from getting complacent and reminds us that we are beholden to no one but ourselves.

Your wife nags you, she insults you, she treats you like garbage. She certainly isn't willing to have sex with you, and when she trickles it, you realize that if this is how marriage is supposed to be, it would be better to simply have a Real Doll... because at least *she has sex anyway you want* and a Real Doll never complains.

A Real Doll isn't a realistic option and besides, they cost \$6000.00. Your only option seems to be to go nuclear -to divorce. You do some math and see a lawyer. You prepare for divorce. You realize that while you may take a

financial hit it will never be as bad as how unhappy you are right now.

After the logistics make sense and you feel you have a handle on the act of actually getting divorced, you start to wonder about yourself post-divorce:

- I haven't dated anyone in a long time...
- I haven't had sex with another woman (and my wife) in a long time...
- I don't know the first thing about living on my own...
- How can someone my age be single again...
- I don't think I could afford a place to live AND the funds necessary to carry on with women...

You will begin to realize that the single life may not be the lush, dewey meadow you envisioned from your sandy desert hell-scape.

You may even come to the conclusion: *If I can't be good enough to be married... how the fuck am I going to be good enough to get sex from younger, hotter women?*

Time for Improvement

The fact is that *you aren't good enough*.

If you divorced right now you would find that by this weekend it would be easier to attract a woman that isn't your wife. She doesn't know you so your confidence with her may be higher and to her you are new and *unknown*. She sees this as a mystery that needs to be unraveled.

The problem is that the other woman *doesn't know you* but will eventually and then you will be left the same situation you have now: The woman you are having sex with realizes you're nothing special and she will stop having sex with you. You could continue this over and over and if you are content having promiscuous sex with many women then this is an ideal situation.

However, if you are content having promiscuous sex with many women while realizing every time that you are a man that no one actually wants to be around, then you need improvement and this is fine.

Improvement means you haven't settled and you haven't gotten complacent. Anyone that says they are perfect is lying to themselves and anyone who tells you *you are perfect just the way you are* is doing a disservice and may be trying to sabotage you from improving because *it threatens them*.

Has your wife told you this before? We'd bet it happened near the beginning... so you didn't change or try to improve yourself, and now she rewards you with no sex and a shitty attitude for not improving yourself.

Live Like You Are Single... Live For You

Up to this point you have been living your life, in your marriage at *her* whim and at *her* leisure. Your time is secondary to "family" (read *her*) time and having hobbies and doing things alone is "selfish." She may have told you that you don't need to go to the gym because she likes the "dad bod." You may accept that but always wonder, *then why don't you fuck me?*

This is all because you have been living *through her* and validating *through her* and that is garbage. She isn't putting forth any effort for *your happiness* so your job now is to do for you and *only* you.

MRP will tell you that you need to start improving yourself first and foremost. We will tell you to "Read the Side Bar," specifically the "Course Prerequisites."

- **No More Mr. Nice Guy:** This book will describe you; you'll think Glover followed you around for a year. This book will show you how to set your own boundaries for what you want and what to expect and that doing these things isn't "mean" but is instead the mark of a man with self-agency.

- **When I Say No, I Feel Guilty:** This book will describe and help you understand the different psychological methods of control people will use in relationships.
- **Married Man Sex-Life Primer:** This is usually the book that actually brings guys in because Kay makes two or three references to "Red Pill." in the book... but nothing in detail. This book will lay out the basics of RP in a soft way and it's actually a MarriedRedPill Primer, more than anything else. this book will explain why you don't need to hang around a wife who is sexually unavailable to you and who treats you like shit. You are your own man and you are allowed to have *your own life*.
- **12 Levels of Dread:** this is a popular post stickied in the **wiki**: All new guys should be at least dread level 3. Your availability to her is the limitation on how she treats you right now. She won't stop until she respects you and fears your absence. You need to be absent to start that, and dread level 1: building your frame, is the first step to being someone she respects. Don't go past 4 until you have a body capable of getting extramarital female attention AND her attention.

MRP promotes the following tenets to improve one's self:

- **Improve our outlook on life:** Find happiness in yourself. Hobbies, friends, activities away from home and family that are interesting to you. Join a club or volunteer somewhere. Find like-minded individuals and play. Discover that *you* are happy when you are alone doing your own thing.
- **Improve your body and mind:** Read the side bar (beyond the prerequisites) and go to the gym and lift. Building strength is one thing, but MRP advocates for physique that approaches something similar to **Hugh Jackman in any X-Men Movie..** Lift for strength to be powerful... but *look* powerful too. Look like a man who would fit the sexual fantasies of women.
- **Improve your appearance:** Dress better, smell better, get better hair. Do body grooming if that appeals to you. Look like a man that women will want to get to know.
- **Learn to be independent of your wife:** Do your own laundry, fold your own clothes, iron your own pants, etc. Do those things your wife slacks on... but do them for yourself. A SAHW should be taking care of the *entire* house. A working wife should be sharing tasks with you. If she isn't doing her part... do *your part*.
- **Make smart financial decisions:** If she controls the household money, it's time to take those reins, especially if you are the sole bread-winner. Start paying the household bills, control spending, and create a saving plan... especially considering that you will need every drop of liquid assets to get through your impending divorce.

The result of this is a man who is physically attractive, powerful, has confidence and is in control of his own happiness and life. These are things women will find attractive in you post-divorce. Women notice you and talk to you and because you haven't felt this way in so long, you talk back and find *it's easy to approach and talk to women!*

Maybe living single isn't as hard as you thought.

Welcome to the Paradox

Now that you are an independent, attractive, and confident man, women are noticing you in public and sometimes flirting with you. You flirt back and are a generally well-liked playful man. You find that knowing you always have sexual options at your disposal makes your wife seem like every other woman... she is nothing special.

Your wife notices these things too, and while she says passive-aggressive things to deter your actions, she seems to actually pay more attention to you. Those Indicators of Interest you get from other women you are starting to notice from your wife.

She nags you less and smiles more. She talks with you instead of at you. You are starting to notice that she has taken an interest in improving the way *she looks*. She occasionally throws compliance tests at you to see if you'll back down like you used to, but your new self-validation and confidence allows you to dismiss these and disregard her new nonsense as a waste of your valuable time.

Then you discover something incredible... *she wants to have sex with you* and not just the usual starfish sex... but true desire to be fucked by her husband. You didn't expect this; you had been preparing to divorce your harpy wife this whole time and discovered that she is pleasant, feminine, submissive, and actually *has a sex drive*.

You have figured something out: when I live and act like I am single and not locked in a relationship, my relationship improves.

Welcome to The Red Pill.

You have only scratched the surface, but you have confirmed what you know... what you knew all along: something was very wrong in the world -in your marriage- but you didn't know what... only that it should have been different.

For you. now it is.

The Aftermath

You now realize that your wife responded to you when she felt her control of you slip away. The ultimate loss of control for her is a divorce. You shouldn't live as if you are constantly going to divorce you at any slip. However, you do need to live everyday knowing that divorce is *always* an option. If you live in your marriage under the auspices that you can't ever leave, then she will always have all the power and control over you. If she were to stop having sex, started treating you like shit again and you saw no way out, what is she losing? She can live at any comfort level *she* sets and you are at the whim of her decisions.

Of course, the truth is, divorce is an option for her too. She can leave at any time if she feels that you living for yourself and being happy without her is intolerable. The fact of the matter is that any person in a relationship who is least invested holds the greatest amount of power. By living with an abundance mentality (remember those women paying attention to you) and having outcome independence for the decisions you make you can secure a position of passive control and by extension, authority and power.

Now What?

So you've discovered that divorce is always on the horizon but that doesn't matter because your ship runs straight and true now -you are a strong Captain again... and the horizon is always moving.

Continue to lurk here, ask questions, and read posts. Study the theory posted in TheRedPill subreddit and see how this applies to your life. You can't just *do* the things you've read about, you need to *internalize* these things and know, deep down, that **you are the prize that she must deserve to win.**

Remember, be happy *with your wife* not *because of of your wife*.

In the meantime, get a hobby, build something, and lift!

48

UPVOTES

My married red pill success

rpthay · 5 March 2015 · Archived copy · Reddit

I thought this sub could use a good success story. I could probably write a ton about my experiences but I thought I'd put down some key things I think are important. I won't get into specifics in my post because that would just be repeated info of what's out there (feel free to ask questions though). I just want to relay that yes, it works, and yes, the better relationship you're striving for is there to achieve. Apologies for the length!

Background

My wife and I have been together as a couple for almost 9 years now and we've been married for more than 4 years. We're in our early 30s and have two kids: an almost 3 year old and a 8 month old. Our relationship was never all that bad but I felt unsatisfied and less appreciated than I felt I deserved (but that didn't change my actions of course). Around kids arriving we had dry spells for up to 6 months. Before then sex was down to once every two weeks at times and felt like duty sex more than anything. I had mostly stopped trying to initiate to avoid the pain of rejection. Since changing myself in the manner described on this sub and elsewhere I'm happier, my wife is happier, and our sex life is better than it has ever been. So I went from feeling hen pecked and thirsty to having sex about every other day (which works for both of us), blow jobs often, etc. As an example, I came back from a out of town boys weekend that I had organized recently and after putting the kids to bed she started blowing me in the kitchen which lead to wild sex in the bedroom.

It's been about a year since I discovered the red pill (I've lurked for a long time but never posted until now). Leading up to discovering it, I had read an article posted on reddit about how couples who break down chores along traditional gender lines have more sex. This and a few other things had primed me for the idea that men and women aren't interchangeable and that perhaps we've lost something with the equivalency that we've been sold on. Although I didn't consider myself to have a dead bedroom, I clearly wasn't happy with our sex life and used to browse /r/deadbedrooms out of curiosity. Someone there posted a link to Married Man Sex Life and from there I just devoured everything I could find on the topic.

Reading

I want to take time here to reiterate the importance of *reading the sidebar material*. My impression is that, while support is valuable and questions provide content for others, many people would benefit from simply seeking out the answers to their questions. It's all there. Here is a list of some of what I've read and found useful:

- **The Rational Male:** Rollo is probably the most comprehensive and deep thinker on these topics. Take the time to read and absorb what's in this book (and his blog) and 99% of your questions will be answered.
- **Married Man Sex Life Primer:** Incredibly useful resource for anyone that's married. Don't bother with the blog or forum, it really has unfortunately become a feminized space.
- **When I Say No I Feel Guilty**
- **The Sex God Method:** For when your efforts have begun to pay off
- **The Way of Men** by Jack Donovan (and I enjoyed his collection of essays, A Sky Without Eagles): *Read this book!* This book is the best description of masculinity that I've ever come across. Your wife wants to be married to a *man*, and as Jack writes, manhood is determined by your peers in groups of men. It's important to find a group of men that you can spend time with and get out of the house with. During my journey of change, I also befriended a coworker who became my lifting partner (he also had coincidentally swallowed the red pill around the same time as me). I now consider him to be my best friend and I gain an incredible amount from interacting him. We make each other better.

Lifting

It's been repeated before but it can't be said enough. Since swallowing the red pill, I've gone from someone that

looks like this:

Before

to this:

After

Which physique do you think my wife gets wet for? I saw a noticeable difference in my wife's behavior once I reached a certain level of leanness. Not only that, she's taken it upon herself to begin to get in shape herself and lose what she's accumulated throughout our relationship. This is something I know she's wanted for a long time but never had the strength to do. She looks better than she has in years and is still going. On top of my wife clearly being more physically attracted to me, I get more attention from random women and noticeably more respect and regard from people in general. If you're going to be a man, you have to look like one. It takes a time and hard work but you can do it. Educate yourself and act.

Random lessons I've learned

- *It's going to be a bumpy road.* You'll make mistakes. She'll cry sometimes due to your successes and your failures. But it gets better bit by bit because you get better.
- *You're giving her what she wants.* This was something I told myself at the beginning. Ultimately, the hope was being more assertive, practicing and internalizing the things written about in this sub and elsewhere, etc. would lead to a better relationship for both of us. And it has! She smiles more, seems more relaxed, and I feel much more in control of my life.
- *Embrace the contradiction of improving your relationship by being less committed to it.* I'm at the point now where I could get divorced tomorrow and truly be very happy. I think my wife is aware of this. At the same time, I've never been more content and engaged in our relationship. I used to joke about how if my wife ever left me I'd be screwed because I was hopeless with women. How repulsive! And what an insult to her! At some point along the way she threw me a comfort test about how it seemed like I believed women were always replaceable. I told her "You should be happy with that! It means I choose to be with you rather simply being with you because I see no other choice." We were banging 20 minutes later.
- *She's driven endlessly to seek security, but it's not your job to give it to her.* I'm sure my wife is less secure in our relationship than she used to be. But that's because I used to give the impression that nothing could ever make me consider leaving. Unconditional security does not lead to happiness.
- *Kids/babies are cockblocks.* Oxytocin floods women when dealing with babies and breastfeeding. It's a very lovey-dovey feeling and not arousing in the least (my wife and I have spoken about this). If you have young kids, understand that things will be harder. That just means you have to be mindful of being clear that you are a sexual being and you expect a sexual relationship (with your actions!). Also, be aware that newborns can easily create a situation where she needs help, you want to help, she's stressed, and you fall into a routine of being a servant. By all means, help, but don't let any disrespect go by unchallenged. Ultimately my wife became calmer and less stressed when I adopted this mentality (big difference from the first kid to the 2nd).
- *Make male friends.* I want to repeat this point because I don't see it stressed elsewhere and I think it's important. Men are meant to be part of a male hierarchy, to have peers, a gang. If you don't have this, it's important that you try to acquire it. It gives you an environment to reclaim your masculinity, and it gives you an outlet to have a life separate from your family. This is invaluable. Women, I think, will naturally want to be the center of your world. It's important to resist this if you feel her pulling that way. I think we've lost something by not valuing male friendships and spaces like we used to.

Conclusions

I've rambled on long enough. I hope this post will be of use to people. I've gotten a lot of out of the red pill community as a lurker. My relationship isn't perfect. It never will be. But it's better than it's ever been and only

going to get better.

48

UPVOTES

That man my wife wants to fuck

strategos_autokrator · 2 March 2015 · Archived copy · Reddit

I was frustrated with all the stupid fights we had, scared of a possible divorce that seemed would come. We both had a lot of resentment and were very angry and unhappy at each other. Sex was suffering from this, which had been our life line before. MRP found me, and it really opened my eyes. I fucked up many times during my transition, not increasing my SMV as fast or effectively as I could have, and even had a victim puke. I worked hard on myself, but still had a couple of weeks of terrible **anger phase**. I felt disrespected by her, and exhausted by the shit tests. And then we had the main event, and I was exhausted, but I held frame and held frame and held frame. If I hadn't acted, then MRP would have been just a circlejerk on the internet that fed my frustrations. But I acted even when it was scary, I acted because I had to rock the boat to change things. And here I am, with a Thanks MRP post.

--

It hasn't been 4 months yet since I took TRP, but everything is so different. I am happier than *ever* since we married. I just feel in so much control of my life. Even though there are a lot of uncertainties, I just channel that into just doing more stuff that I control and make me happier. I work harder than ever on myself and on my household, because that is what the captain does, period. I don't look for approval from my work. Instead of fighting to maintain frame, I feel that more often I get strength from my frame. Stuff that used to irritate me or that i thought wasn't fair now just seems so ordinary, manageable and even useful. Stuff that I thought she had to change so we could be happy now are things that I see is just part of she being a woman and love her more for who she really is.

It isn't perfect, I make mistakes, I miss shit tests, she sometimes still gets to me and it takes me a bit to recover, I should initiate more sex, and I need to get to the next stage in my career. I will keep working on that, because men never stop improving. This weekend it really sunk in how happy and comfortable I feel looking at the world now, the real world. Yeah, it is harsh, yeah, there is no rest for us, no chance for weakness, yes, the burden is heavy for men to carry. But there is also a beauty in accepting it as it is, taking responsibility, and just carrying the burden, it makes me feel strong.

Field Report

This weekend she threw some minor shit tests at me. I was calmed, I knew she was ovulating, I wasn't upset by the shit test, I just understood she *wanted* to fuck me, so she had to do this test to be sure I was worth it, and that is reality. I had a passing grade, nothing too memorable. Looking back, I should have used some amused mastery to pass it with flair, but I didn't. A bit after she came with yet another shit test. Instead of being resentful for it, I was grateful. She was so nice she was giving me another chance! I knew she wanted me to ace this test so she could fuck me harder. If that isn't a sign of RP love, I don't know what it is!

I ignored her stupid shit with amused mastery while I led her to do the bedroom by the hand *because* I knew that is what this was really about. We had fantastic sex. And the next day she was flirting and happy all day. She hugged me and started to squeeze my back, shoulders and arms, and commented on how I *felt* different. (I acted as if it didn't matter to me, but I know i've put work into losing the fat and getting some muscle tone, and it shows). And we had more good sex and fun all weekend.

We hadn't had such a great fun weekend in many months. She was *so* into me, it was just like when we had started dating: hanging out, having sex, laughing together, and having more sex. And I understood why so well. She was ovulating so she wanted to fuck an alpha man of high SMV.

And I am that man my wife wants to fuck.

48

UPVOTES

Don't really give a shit about gaming new chicks

bigtuna45 · 10 March 2019 · Archived copy · Reddit

Lately, I've had no motivation to game women. I would say I've felt like this for about six months.

I am pretty happy with my wife these days. I'm owning my shit and I have room for improvement but for the most part she doesn't shit test, is feminine, has a low n-count, kills it at work, takes care of the house, and cooks for me every night.

For a while I was going out a lot, gaming girls, flirting, etc. After going through a really difficult miscarriage with my wife, I feel a really strong bond with her and have little desire to game other woman.

Has anyone else gone through this? Part of me feels like something is wrong with me. I understand AWALT but I also feel like I have something really good going with my wife.

In case anybody gives a fuck, here's a couple of tricks that I have learned over the years to increase your deadlift:

“The Deadlift: 20% Physical and Programming, 10% Mental, 70% Technical” - Dave Tate, EliteFTS

Assistance Exercises to Improve Deadlift:

- GHD Back Extensions (posterior chain development with heavy emphasis on lower back and hamstrings to improve hip extension and core bracing throughout entire movement)
- The “Bro Pulls” aka Barbell Rows and Pull-ups (develops the grip, biceps, lats which all help maintain structural integrity and power output during the deadlift)
- Single-Leg Dumbbell Deadlifts (develops obliques, deep muscles around lower back and upper hamstrings, to increase core stabilization and balance/stability throughout the pull)
- Pulls from a Deficit (develops the ability to brace the core, and generate more power output when pulling from from the floor aka making it harder so the “real thing” is easier)
- Rack Pulls (Develops the lats, grip, Rhomboids, and traps without the CNS fatigue of pulling from the floor.. strengthens the pull from the knee to full lockout)
- Hip Thrusts (develops the glutes and hamstrings to fire and exert maximal hip Extension power output without loading the spine/ develop CNS fatigue, training maximal strength through extension of the hip)
- experiment with different grips and stances to emphasize different muscles more (ie. heels touching, with feet pointed in a “V” shape, with a snatch grip for increased trap and lat development))
- Stiff-Legged Deadlifts (hypertrophy of hamstrings, glutes, core, lats and traps for a faster, more stable pull and increased power output throughout the entire movement)
- Thoracic-Extension Mobility Exercises (poor thoracic Extension is the hidden secret of many a’failed squats and deadlifts)
- Hip and Hamstring Mobility (better positioning, more stability, better power output, better lifts)
- Ankle Mobility (see above)

Mental Cues of the Deadlift:

The key to a stronger deadlift is a combination of strength, positioning, and speed. You want to initiate the deadlift by first setting your stance. A solid and common stance for the conventional deadlift is to stand with feet hip-width apart, the bar directly over your mid-foot, and toes pointing forward. Then, you want to bend over and grab the bar with a shoulder-width grip, while bending the knees until your shins touch the bar. Now that your grip and stance is set, with the bar resting against your shins, you now want to “lift your chest up” (thoracic Extension), and straighten your lower back to maintain a neutral spine. A key thing to remember is to look straight ahead, not up, or down, but straight ahead at the floor to ensure maximal power output with no breaks in the kinetic chain. Now that your stance, and grip is set, while maintaining a neutral spine with chest up for thoracic Extension, you now want to take a deep breath, pulling into your diaphragm, hold it, and brace your core. You are now ready to engage the pull. As you engage the pull, the first thing you want to do is to maintain a neutral spine, keep your chest up high, core tight, you want to drive through the floor staying on your mid-foot (not your heels or balls of your feet), while pulling with your hamstrings. Throughout the entire movement, you want your arms (remaining fully extended) to hold the weight, your legs to be straight as possible, your hips to open like a door hinge (from a side-view), and your core to remain neutral and straight as possible from closed-position to lockout. This would entail your spine being perfectly flat, minimal rise and lowering of your hips from the beginning of the movement to lockout, and focusing on bracing the core, chest high, pull with the hamstrings and use the glutes. As you pull the bar from the floor through the sticking point (portion of the pull from the floor to lower-mid thigh), these mental cues will remain crucial and constant. The key to getting through this “sticking point” is to engage the lats, with neutral spine, keeping the chest

high, while driving your mid-foot through the floor, pull with your hamstrings and glutes, bracing with your lower back, and bracing the core. Continue driving through the pull, keeping the bar close to you (as the bar passes the shin, then the knee, then the mid-thigh, maintaining a neutral spine, bracing the core, continue by to stay on the mid-foot, pull with the hamstrings, glutes, and lower back). As you approach lockout, you want to maintain these mental cues, while using your lats to pull the bar into your hips, maintaining neutral spine until lockout.

Reasons you may be failing and how to improve:

Positioning, timing, and speed, are important factors in the deadlift, but you also want the strength to be able to do so under maximal load. As with all kinetic chains, there is always a weak point and the deadlift is no exception. If you struggle with pulling from the floor, your hamstrings and glutes may be weak. You also may be over-trained. This is arguably the most taxing portion of the movement in terms CNS activation, and if you have an excess of accumulated fatigue, you are more prone to getting stuck here. If you struggle with getting past the knee-mid thigh, your glutes, hamstrings, and/or upper back (traps, rhomboids, lats) may be weak. If you struggle with keeping the bar close to you, you “cave over” at any point and drop your chest/ arch your upper back, and lose structural integrity of the spine, you may have weak upper back, lats, and glutes. Also, keep in mind that doing mobility work to improve thoracic extension, hip and ankle mobility, and core strength - will basically guarantee you lift more weight, because instead of wasting energy by fighting to stay in proper position, you’ll instead be in proper position and using all of that energy to focus on maximal power output through the kinetic chain. Again, these are common points where guys hit plateaus, and how they can overcome them with the deadlift. Will post again next week with the bench press.

48

UPVOTES

Replacing Apology with Appreciation

oobertas · 15 October 2021 · Archived copy · Reddit

This is a mashup of a field report and hack/cheatcode. I'm working on recapturing some pre-MRP vulnerability without all the fucked-up neediness of my pre-MRP self. This is me coaching myself ("you" here is "me"). I'm sharing because ... well, that's just how this place works.

If you're nice-guying, your apologies suck because they're manipulative and insincere. Worse, your apologies undermine you because they train people to treat you like a doormat. You feel blame and contempt from someone. It stresses you out. So, to relieve the stress, you cower and supplicate. You overdo it, because you want to give yourself a forced feeling of shame rather than deal with either the confrontation of standing up for what you're blamed with or the accuracy of the flaw that the blame has identified. Because those are the things that matter, and your apology is avoiding those things, it's insincere. And because you supplicate to do it, you reinforce to yourself and others that you need a master - and there's no shortage of people lining up to fill that role. (I haven't done this in a very long while, but I used to. And you can see this commonly in OYS and in the wild.)

If you're lone-wolfing, your apologies suck because they don't exist. You've figured out how to control emotions. And you've developed the mental fortitude to stop fucking yourself by nice-guying. Criticism comes your way, so you internally DNGAF, and you externally STFU. You pat yourself on the back for your mental fortitude, rinse, and repeat. Problem is, you probably do this for everyone anytime, not distinguishing people and relationships which are valuable to you. You don't give *any* fucks and think that's fine. But you fail to give the *single* fuck about the value that person or relationship gives you, and this undermines you just as badly as nice-guying (or perhaps worse, because you're mostly blind to it). (I have spent the last several weeks here, I think.)

Remember, the opposite of love is not hate, but indifference. Lone-wolfing projects indifference, which will be returned to you. Your influence and power will wane and disappear as people continue to refrain from investing the attention of criticism toward you. You lose crucial data points about how you're coming off, and you end up in a lonely spot with just your shitty ego and yourself, rather than growing and thriving as the social animal that you are.

So, what can be done? How does someone like you who is bad at taking criticism get good at it? Well, try a hack from *Atomic Habits*, which advises that whenever you want to cease an undesirable or useless behavior, you don't merely tell yourself to stop doing it; rather, you replace it with a desirable and useful behavior.

So, here, replace your shitty apology with genuine appreciation.

Criticism is a gift of another's attention. Like all gifts, it can come in varying degrees of value or worthlessness. When someone takes the time to criticize you, they are spending their time and attention, and maybe even some relational, political, or social capital in doing so - i.e., risk. If this is a person who knows the shit they're criticizing you about, or if this is a relationship which is useful to you, you're a fool to respond to it with indifference, as that just communicates you can't appreciate value in valuable things. And if that's the case, then why would a prudent investor further invest their gifts in you?

So, with these people and relationships you value, you need to communicate your appreciation of the gift. How? Well, start by acknowledging the perceptiveness of the criticism. ("Hey, you know I wasn't seeing that, but it's true.") Then, acknowledge that the criticism is useful to you. ("What you pointed out has definitely been a thorn in my side, and it's really helpful to have your perspective on that.") Then communicate that you are accepting the gift and are using it. ("You know, your comment really got me thinking") You don't need to pour your soul out. Just give a flavor for what you're doing with it. Finally, acknowledge the value that this person (not just the criticism itself) brings to your life. ("I'm lucky to have you.")

Think of it as WISNIFG negative assertion, but with the twist of coming from a place of genuine appreciation (not merely a hollow technique to disarm a critic and protect yourself). That is, be actually vulnerable.

Obviously, if you've actually and significantly hurt someone you value, and you're contrite, then you should own it

[1] and a full-on sincere apology probably needs to be given too, and you need to fix whatever can be fixed and move on without wallowing. And obviously, if you don't really value the person or the relationship, ~~there's nothing lost in going ahead and giving a hollow and simple apology ("sorry about that")~~ just to you should at least be sure to cover the common decency front. [1]

I know, I know. Simple and basic AF. Retarded even. But hey, if you really care about unfucking yourself, you're willing to go a bit retard. **But never go full retard.**

Edit:

[1] See [u/rocknrollchuck](#)'s comment below for good advice on this.

[2] I need to publicly credit [u/hornsofapathy](#) for his recent gift of criticism and modeling congruent vulnerability.

48

UPVOTES

Field Report: Horn's Cheat Codes: Dom 2 Beg, Var Beg 15

Asthmatic · 6 November 2021 · Archived copy · Reddit

Stats: late thirties, 6', 182 lbs, BF 17% (calipers). Married. Multiple children. Weights on track.

Field Report: Horn's Cheat Codes: Dominance 2, beginner; Variety 15, beginner.

I was called out in a recent **OYS** for being afraid to go all in on **Horn's Cheat Codes**. I have a lot of people in my career field that constantly throw validation and praise my way. In this space, having the tools/practices available and being called on my bullshit and fear was one of the greatest gifts I received.

I hamstered over and over on Tuesday and Wednesday, letting my fear take over me. On Thursday, I was able to channel that fear into anger/aggressive energy. In words that I have trouble putting down, it literally felt like energy was just pulsing out of me from my core. Maybe my balls dropped, or maybe I was just built up. But this energy was absolutely present. I got in my car to leave work. After a few minutes, I pulled over, and sent a text. "I'm running some errands after work. I want you on your knees tonight, wearing those multicolored yoga pants with your hair up."

When I got home, it was a typical after work/after school situation. Kids are getting off of the bus, younger kids are either napping or yapping, and my wife is doing a few small tasks for our businesses. Some small talk, but I had a few things I needed to get done. Not to get too stereotypical alpha here, but there was a sense in me that I needed to let this build up even more.

Activities, dinner, etc. 8pm hits, and it's the older fours' bedtime. We get them tucked in. The two-year-old stays up for about another hour, so I go downstairs and make her a snack plate and put on her favorite show. My wife then comes downstairs, and starts to make herself some popcorn and pour a glass of wine. Up until this point, I've only hard initiated for sex after 11pm. That was my initial plan; go up to bed later, tell her to put the pants on, and blow me. At this point, I didn't want to wait anymore.

Now, I don't you don't give a shit about my wife, nor should you, but she's a typical SAHM. At night, it's wine-o'clock with some sort of snack that she looks forward to. She's very fit, but she has a hard boundary about people taking her food. She does not share snacks with the kids, me, anyone. So she sits down with her wine and popcorn and starts studying a text for a project she's involved in. And she's eating this bag of Smartpop one. piece. at. a. time. But I'm at the point where I'm near bursting at my seams. And I asked myself, "are you such a pussy that you're going to let a bag of popcorn stand in the way?" It's 8:30pm. I was done waiting.

So, I went all in. I took her bag of popcorn. And I stood right over her, stared her down, and ate the whole damn bag without saying a word and without ever taking my eyes away from her. **And I just mentally pushed myself into her as hard as I possibly could.** I don't have any words for how this works, I just did it. I then told her to stand up, and then I carried her upstairs into the bedroom. Locked the door. I didn't want her on her knees anymore. I bent her over the bed, ripped her pants off, and took what I wanted and gave her what she needed. Didn't say a word besides "stand up."

Prior to this day, I've had awful experiences with not lasting long. I've used sprays and creams, trying some of the David Deida breathing exercises, adjusting angles, switching positions, anything to get a few extra seconds, but I usually just get worked up about performance anxiety and finish in minutes or even seconds. In this instance, for the first time in a while, I had to make an effort to finish. I'm going to say the word "energy" again to rival the "she" statements, but this was on another level. I was both in that moment yet outside of all of the bullshit in my head. For a minute, I even thought about not finishing after her orgasm but changed my mind. Afterward, provided some aftercare, and told her to come downstairs and watch a movie with me. The response was an "OK" in the sweetest, girliest voice I've heard in a while. I should have then told her to make us some popcorn, but didn't think of that until later. Reset the next day. Today, she's wearing the yoga pants I told her to wear on Thursday.

I could end this report by saying "Don't care, got popcorn," but in reality, I had some fear that could only be encountered with action. It could have happened a lot sooner. And I realized any road blocks are bullshit. *Normally* sex wasn't happening until after 11pm...until it did. *Normally* she cared about the kids hearing us...until she didn't. Regardless of the outcome, I got better, and I'm standing in my own way a little bit less.

47

UPVOTES

Happy Thanksgiving!

weakandsensitive · 22 November 2018 · Archived copy · Reddit

Be sure to spend some time appreciating and focusing on the good things going in in life. Day in and day out so many of you are out there grinding and growing. Be sure to take the time every once in a while to appreciate the journey. The good things are out there - be sure to look. You want those positive reference experience to be part of your mindset too.

47

UPVOTES

One Year In - Just Getting Started

becoming_alpha · 23 October 2018 · Archived copy · Reddit

One Year Field Report

Background

37, married 15 years, 3 kids (all under 10), career beta, wife is 35 SAHM, swallowed the pill almost exactly a year ago. Found MRP looking at random subreddits looking for entertainment and it hit me like a ton of bricks. It took me a couple months from finding the red pill to actually swallow it knowing that it was entirely possible that rocking the boat could end my marriage. I decided I was willing to take that risk to unfuck myself and my life.

Physical

6'2", 190, 10.6% BF, bench 265, squat 335, dead 395. Lifting at home 3x a week, bball once a week. Two months into a bulk at 500 calories over TDEE. Trying to put more mass on arms and upper body with 5 sets of 8-12 reps at 75% of 1RM, starting to see some progress. Watching ab definition disappear during a bulk is a bummer, but I know they're just a cut away and I'll look even better with more muscle mass.

Looking at where I started a year ago, it's hard to believe how far I've come. My big 3 lifts were a combined 600 pounds a year ago. Today I'm at 995 and on track to hit my year-end goal of the 1000 pound club in the next couple weeks. I've lost 15 pounds of fat and added 10 pounds of muscle. I feel confident with my shirt off, and more confident generally in life. For anyone just getting started, lifting is key. I'm still far from my long term goals, but I know how to get there.

Another plus of eating better and lifting is I'm demonstrably healthier. I had my health screening at work and my blood test came back perfect. The nurse said to just keep doing whatever I'm doing. In the past, I did tons of distance running and thought I was in shape, but I couldn't get my HDL or triglycerides where they should be. Turns out being able to run 10 miles doesn't mean you're in shape, but now I am. I also noticed I haven't been sick once in the last year even with my germ factory kids bringing home all kinds of bugs and my wife being sick a few times.

Reading

Finally finished Bang this week and restarted MMSLP. Still finishing Thinking Fast and Slow by Daniel Kahneman. On my second re-read of NMMNG putting together an outline. Rational Male 2x, WISNIFG 2x, SGM, MMSLP, Way of the Superior Man, How to Win Friends and Influence People, The Subtle Art of Not Giving a Fuck.

Career/Finances

I'm debt free, working on long-term financial goals. Need to increase my income (looking at some passive sources) to hit some loftier targets. My promotion was made permanent last month and I was supposed to have an evaluation of my performance in this new position for a raise in 6 months. Boss gave me the raise last week instead. I think my boss sees I have options and wants to keep me where I'm at. Applying for a higher position today. Nice to have a little career dread.

Captaining

I used to defer to my wife on planning activities. I used to feel bad about scheduling my own activities that I enjoy because it would require her to do more child care. In the last year, I've changed tremendously and I live my life for me. I've planned lots of family activities and trips that went great. I do the things I want to do and I'm so much happier. I used to go on business trips and the whole time worry about how hard it was for my wife while I was gone and wish she was with me to enjoy the new places I'd visit. I was never fully enjoying where I was if she wasn't there. And when I did bring her along, I wasn't fully enjoying it because I was following her moods in the moment. The last few business trips since swallowing the pill have been drastically different. I've enjoyed myself so

much more and I don't worry about how mad she is that I'm in a hot tub at a hotel while she's wrangling 3 kids to bed.

I'm also more direct leading my wife in the direction I want with stronger language "let's do x" instead of "do you want to do x?" It doesn't always work, but she knows what I want and often falls in line. This direct language works well in the bedroom too.

Relationship

The last year has been a roller coaster. I saw early gains and a big increase in her interest early on. Then she confronted me on my changes and I overshared giving her my journal where I tracked my progress. Things went downhill for months culminating in false rape accusations, increasing distrust on both sides, her attempting to kick me out of the house, going months without sex or even touching each other, and consulting with divorce attorneys. I made the decision that I would not and could not go back to being beta (you can't plug back into the matrix). I was ready to end it and figured out the logistics and made peace with living life as a single dad. But at the lowest point, things started to slowly shift and have improved significantly since then.

The last month I've been batting about .250 but that's a significant improvement from the dead months we had during the summer. Quality has increased significantly and she follows my lead in the bedroom willingly now that I'm doing a better job leading. Starfish was a weekly occurrence in the past, but it hasn't happened in the last year. The one time she offered starfish, I turned it into much more.

I've also noticed a correlation between the intensity of her shit tests and shark week. I've learned from the way of the superior man to treat those shifts like changes in the weather and maintain my positive outlook. When I handle the blustery weather well, it seems I always get to enjoy sunny weather a day or two later.

We've been going to marriage counseling for several months and the tenor has shifted from her listing and complaining about all the things wrong with me to discovering the source of her trauma (likely from her childhood) that's driving her sexual hangups. We're making slow progress, and I'm providing more comfort than MRP recommends through the process, but it's worth it to me.

I think the best example of my progress is comparing at 2 massages. The **first one** was when I was 2 months in. I started giving her a massage to warm her up for sex and when I initiated at the end and she shot me down, I stopped immediately and started reading a book. It came across as very butthurt and ended in an argument where I **DEERed** like a champ. I hadn't learned to STFU or about removing presence in a **more controlled way instead of an abrupt 100 to 0**.

Contrast that with last week, I decided to give my wife a massage because she'd done a ton of good work that day and was sore. She had turned me down the night before, but I laughed it off and reset in the morning. I had no intention of initiating that night. I gave her a good massage and didn't try to initiate, but then she initiated and it was fantastic. The mindset was totally different. I was giving because I wanted to give, not so I could get something in return. She picked up on that and apparently that did it for her.

One Year In Thoughts

I'm nowhere near where I want to be in my own progression, or in my relationship. I've made some mistakes and made it so much harder on myself. But the bottom line is MRP works. Sometimes it's slower than I'd like, but it works. I'm making progress and my relationship is on the right trajectory. I'm out of my wife's frame, but I need to do a better job establishing and communicating a compelling vision for the future. I need to show her my frame would be a good and safe place for her to be.

It's also been fascinating to watch my sister in law's hypergamy in full force as she branch swings. My wife is baffled, but it's like she's following a script Rollo wrote for her and I'm not at all surprised.

I'm keeping my foot on the gas and I'm betting my 2 year report will reflect much more progress.

47

UPVOTES

Marriage Therapy today is like 17th century medicine

stacysmomlovesme · 24 February 2018 · Archived copy · Reddit

I was reading someplace that sick people visiting physicians 400 years ago were made *worse* not better when visiting the doctor.

Very little was known about hygiene in 17th-century England. People were not aware that disease was spread by germs which thrived on dirt. They did not think of washing their hands before eating or cleaning the streets, so diseases could spread quickly. People dreaded catching malaria, which they thought came from a poisonous gas called 'miasma' from sewers and cesspits. Doctors still believed the ideas of a Greek physician called Galen. He thought that the body was ruled by four humours, or fluids, which determined what your personality was and how you reacted to various diseases. The four humours were :

Blood/Sanguine - hot: fiery personality
Phlegm - cold: calm personality
Yellow bile - dry: bad-tempered personality
Black bile - moist: melancholy personality.

Opening up to your wife about anxieties is the same as applying leeches. Egalitarian relationships with women make as much sense as bleeding out an already weak person.

Reading about misguided attempts to cure illness in 1675 is no different than an unplugged man watching Dadbod try to save his marriage through therapy

47

UPVOTES

Can you ever know if it is desire?

LatePillSwallower · 20 January 2018 · Archived copy · Reddit

So about 18 months ago my wife (36F HB6) of 11 years tells me (38M) she is not now and never was physically attracted to me in the butterflies in the stomach tingly (her words) way.

She says she never felt that way about anyone until recently — when she got all lustful for some guys we know. She says nothing happened with them. I believe her; not because I trust her — just don't think logistics would allow it — but I could be wrong.

Now our past before marriage was a fucking shit show — I was beta as fuck (still am to be honest). I played captain save-a-ho. Put up with her friend zoning me. Letting her use me as beta bux — we had 5 years of on again off again bull shit — her cheating and me believing it was because she had a drinking issues (blackouts and shit) and depression. I was the nice guy who cared for her while others fucked (basically just used her for pump and dump ONS) her in the apartment I was paying for while she went to school. I “forgave” these because she “didn't mean for it to happen” she was in a “dark place”, blah blah.

She gets sober — relationship stabilizes — she gets pregnant and we get married. We become your typical rural family - 3 kids, I work a good job, she stays home or works part time if she wants, church members, private school, etc.

I thought we were good — never had a dead bedroom — and we were enjoying being a family — and the past was buried. I realize now how fucked this sounds and I should have never hooked up with such a damaged girl (broken home, promiscuous, messed up drunk) — I was 22 got oneitis and thought we could be something.

My background — fat slob — but got girls in college because I was strong and played sports (D1 lineman; took up powerlifting after football).

After her telling me she was never attracted to me - I was butt hurt and angry for three months — found TRP and MRP — read the sidebar, kept lifting (I never stopped to be honest — I still compete regionally in powerlifting and occasionally strongman stuff).

I realize my tragic mistakes; but fuck I wish I had a time machine.

I also realize attraction can't be negotiated. I decided to add some significant cardio into my routine, shore up my diet — at 6'3 I averaged a body weight of about 280 and ~ 30% BF during our marriage (maintained about the same size since the day I met her). I'm currently 250 and ~20% BF (goal is 235-250 with 15% BF). I've always got attention from women for my strength (obviously if I was leaner it would be more - not trying to deceive myself — even in college the QBs and defensive ends got more tail than the lineman) but being strong does seem to buy you a little bit of a pass for being pudgy.

I've started going out on my own a bit — small town so I basically just go to a couple dive bars (with cute bartenders) after the kids are in bed. I've also started lifting once or twice a week at the local Y (used to just stick to my garage gym) - this has been interesting — my wife's friends are usually there doing cardio and have started noticing me more — I guess seeing someone squat over 6 plates gets the panties wet. I've also N closed on a few girls; so that's nice.

Sometimes the wife will get a sitter and tag along.

Passive dread seems to make her want to fuck and suck more - which isn't a bad thing.

But she has gotten extremely jealous when a bartender gets flirty. One actually gave me her number (in front of the wife) and said I should call if I wanted to know if she was working or not. When we got to the car; my wife said it was just because I left a big tip — I agreed and said I can't help it if she wants the big tip. She acted like that was rude (but did blow me in the parking lot)

Or one of her friends makes a comment. She told me the other day that at coffee with two of her girlfriends — they both started going on about how strong I am and asking what it was like to be with someone who could just throw you around.

She has been asking why I'm trying to slim down and what I think of all the new attention — I said I want to lose some weight for my health and comfort (true) and I can't control other people if they like what they see — that's their deal.

So while we never had a dead bedroom (never less than 2 times a week) — she is initiating a lot more and we are at around 4 times a week — I took her anally the other night (never really my thing - but I wanted to push the boundary I guess). Wakes me up with blowjobs about once a week. It is like she is terrified to let me leave the house with a loaded gun.

Questions:

So I see how swallowing the pill works and find how creating an abundance mentality and not tying your satisfaction to her greatly improves confidence and outlook. But how would you ever know if it is desire driving her or if it is just fear of losing her provider?

I have a desire to not cheat (maybe my own morality holding me back). But it would be nice to fuck some girl who just wants to fuck me for the man I am and know it's not because I pay the mortgage and am a good dad.

47

UPVOTES

Men and Suicide

Rollo-Tomassi · 2 December 2017 · Archived copy · Reddit

New essay on The Rational Male

<https://therationalmale.com/2017/12/01/men-and-suicide/>

Excerpt:

There is no greater powerlessness for men than a lack of control over our own disposability.

Again, this isn't some cry of victimhood for men – I happen to believe there's an evolved component in the male psychological firmware that actually predisposes us to sacrificing ourselves in lieu of the security of our women and children. That's not so much altruism as it is an inborn subroutine for protecting women that triggers in life-threatening situations. When a mass shooter opens fire indiscriminately at a crowd of people it is the men, not the women, who instinctively put their bodies between that gun and women or children, even the one's they don't personally know.

In the bigger scope of things, men will always be more disposable than women, and on some level of consciousness women's hindbrains instinctively understand this. As such, women's conscious process must find ways to reconcile this understanding in order for them to move on from men's sacrifices. Sometimes this can manifest in the War Brides phenomenon, but I would argue that in today's social learning environment of mass media, instant gratification of women's solipsism and feminine-primary social order, this reconciliation takes some even uglier turns. Today, women have become very efficient in consoling each other's solipsistic rationalizing of men's sacrifices. In this environment of default female victimization and presumed oppression even men's ultimate sacrifice, men's ultimate powerlessness in their own deaths, cannot ever be consciously or unconsciously acknowledged in a state of fempowerment.

While I had this debate it occurred to me that even men's suicides could never be attributed to anything less than their own 'male egos' by women, thus making them victims of their conditioning into "toxic" masculinity. Essentially, women were arguing that men would put a noose around their necks because they were socially conditioned to do so. Their suicide rate was attributable to their self-pity and inability to be 'real men' as some nebulous toxic masculinity had predefined for them. I thought this was kind of ironic when you compare this reasoning to the narrative shift away from 'toxic' masculinity to masculinity itself is toxic. This is really a stupid argument when you consider that it's just another social convention used to absolve women of the guilt associated with men's sacrifices. Men are hardwired for self sacrifice, but likewise women had need to evolved psychological adaptations to help them clear the red from their life's ledger in this respect.

47

UPVOTES

Conditioning your wife: associating sex with ____.

alphabet49 · 11 July 2017 · Archived copy · Reddit

A comment in drtypr's recent post brought my thoughts to the permanence and permeance of conditioning. The non-sexual part of RP's idea of "Frame" concerns manipulating the world, rather than the world manipulating you. *Blue pill guys and newbies: this means eliciting your misogynistic, dark triad monster enough to turn the power dynamic around.

Either my wife is conditioning me or I'm conditioning my wife. There's always give and take, but someone always has more power than the other in a relationship. Because she now looks to me for the status of the relationship, I can be as creative as I want in designing my - and our - life as her benevolent dictator. And it's a ton of fun. I don't have the desire to spin plates at this point, because she is so willing to satisfy me. And ironically, she's more satisfied.

I know. I'm a terrible shitlord.

Here are two ways I've recently conditioned my wife to think of sex more.

Setting the stage: by making sex about myself, I've been less nervous about pleasing her and have been able to all but eliminate my premature ejaculation problem. The result has been much more satisfying sessions for her. Even the quickies have been nice and fulfilling. She thanks me for taking care of her and directing my sexual energy towards her.

Linking: sometimes she gets stressed with her really tough and overwhelming SAHM duties. I have said things like "you just need a good fucking" with a wink and a smirk, or "sounds like a massage is in order tonight". Not pushing the topic, just dropping the line as an afterthought, almost like I don't even take it seriously. But it plants the thought. And she knows its not just a massage.

So, because sex has actually become more satisfying for her, and because I plant the seeds, **she now independently asks for sex when she's stressed**. Sex has become her go-to therapy. Sex is a mini-vacation, an escape. Remember, women don't want to be responsible. They want to enjoy the ride. Yes, a pun.

Things like DEVI, caveman, **coconut massages**, and manhandling her are all angles to incorporate.

Are you making sex fun/relaxing/fulfilling/varied enough to be her escape?

Setting the stage: we say that the most important part of DEVI is Dominance. Whether or not you're officially turned on by BDSM, it's a great tool to use for other purposes. Learn some shibari, buy handcuffs, tease her with vibrators, throw her around. Fuck, just spank her and finger her asshole. When you're advanced, you can choke, string up, burn with wax... whatever helps you further explore your role as master.

Linking: let's say she's talking back. Getting out of line. Being harsh with the kids. Gossiping too much. Being petty and emotional. Ignoring you. Berating you. Shit testing you. Flirting with other guys. The offense doesn't even have to affect you. **But reminding her** (either offhand or directly) of your dominance behind closed doors immediately lets her know she's out of line, and there will be consequences. Fortunately, you both enjoy the "consequences".

So, because rough sex can be used as mock-punishment, **she associates her behavior with how I treat her sexually**. Sometimes I think she's bratty intentionally, with how fast she goes from testy bitch to blushing kitten.

Are you tying her bad moments to how you dominate her in bed?

Either she's conditioning you...

I can't have sex with a dirty house.

Happy birthday! You get a blowjob!

Why don't you ever just want to cuddle/hang out/talk?

Or you're conditioning her. Which is it?

Don't know about anyone else here, but I like being chased. I don't mind initiating, but when my wife jumps my bones because I've laid the groundwork, I know I've done good.

Disclaimer: to the social autists out there, this isn't an opportunity to become some evil lab scientist pulling strings on a puppet. All of this advice is predicated on the assumption that you are already an awesome, fun, fit leader. This should be something you play with, not a task that the guys over at MRP gave you or a way to conquer the world. It's just fun.

47

UPVOTES

Getting Over Your Relationship PTSD Pt. II: Give Love One More Chance

TheFamilyAlpha · 9 June 2017 · Archived copy · Reddit

In my first post on [Getting Over Your Relationship PTSD](#) I brought up the point that *how things used to be do not dictate how things will be*.

Many men have given the power over their inner self **entirely** to the women of their lives. They let their ex-relationships dictate their future relationships, trying to do the opposite of before or they'll fall into the same routine ultimately leading to a love life filled with redundancy without progress.

You need to break the cycle.

Married men, divorced men, guys coming out of a shitty LTR, and even the men who had a plate cheat on them thus scarring their soul permanently are not acting in accordance with their masculine self *if they're basing decisions off how they can avoid heartache again*.

If you build a fire and burn your hand, do you forever hide from the flames or are you more careful the next time you handle it?

This same level of respect and learning should be applied to the past lovers of your life.

Your last girl burned you, instead of refusing to let the next girl in and thus sabotaging yourself, how about you get out of your own way and enjoy the moment. Not every woman you fuck, date, or go solo with is going to be there for your entire life.

Men are the true romantics, because of this any notion that men should avoid love or women is telling the man to repress his authentic desires. Society does that enough, we do not need other men spouting this bullshit as well.

You should love freely, you should let the pain from your past act as a reminder, not as an obstacle to appreciating all this world has to give.

Be a genuinely happy person who smiles at the waitress without thinking "*she's a slut*" or interact with women without getting lost in your head thinking, *these bitches will succumb to AF/bb* as if a woman following her biological nature is somehow wrong of them.

Love your next plate, **love yourself**, smile at the nature of women, enjoy the sluts, if married *laugh again with your wife* and stop making every interaction an attempt to reclaim the years you had a dead-bedroom.

Some men deserve sex more than others, do not get pissed at your wife for not being attracted to an overweight, sensitive, 'nice guy'. Instead, continue to have fun and work towards becoming a man who a woman willingly submits to.

The past is the past, get over it **or it will kill you**.

You cannot walk through the rest of life with your fists clenched raging with vitriol at what happened to you. It's over, move on and make the best of the rest of your days. Learn to love again, let the hate thaw and start appreciating things as simple as the breeze.

Do not give women control over your ability to experience the romantic nature of your masculinity. Do not for one second allow something a woman did to you to be a part of *who you are as a man*.

You must learn to share that side of you again. Instead of being afraid to let others ever get that close, let them in & be aware that it may all come crumbling down and if it does you'll just **smile in the rubble** because *that's what men do*.

Make yourself irreplaceable in her life; set the bar from which **all other 'Chads' will be measured**. While doing so,

remember that you have a limitless reserve of love and if/when your relationship ends, *this time* you **know** that you will be fine and able to love again.

Women lose a little of themselves with every man they love.

Men?

Men are limitless, yet are more prone to losing their ability to love due to their more violent and passionately romantic nature.

Control that powerhouse of love within and make *every* moment count.

You cannot walk the world bitter and cold because of the cards life handed you. The woman who burned you is not to be resented, she was a checkpoint in your life to better understanding yourself.

Choose to smile and find joy in the world we live in. The Red Pill is about accepting the brutal reality over the comfort of the lie and masculinity is about authentic living. Combine these two to live the most optimal life.

This post isn't about women, it's about **you**. Don't ever allow another person to control who you are and how you feel, you must keep that fire burning inside, hot and bright. Nobody can snuff those flames out *unless you allow them to*.

Let go of the hate and give love one more chance.

The Blog: www.TheFamilyAlpha.com

Twitter: <https://twitter.com/TheFamilyAlpha>

47

UPVOTES

Submission

Rollo-Tomassi · 30 April 2017 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2017/04/30/submission/>

Excerpt:

When a woman submits herself to a man it reinforces the idea that her doing so is imparting him with something of value. Very few women can completely submit themselves to a man's authority. I overheard a conversation between a mother and her adult daughter once. They were discussing the details about how and why she decided to marry her father. The adult daughter was dating and Mom was offering her matronly wisdom. In the course of the conversation it was apparent to me that although she'd been married for almost 25 years Mom was an Alpha Widow. What she said to her daughter was interesting, she said, "I love your Dad very much, but there are parts of me he will never know."

What she was saying is that, although her husband was a great guy, he wasn't the guy who she could totally submit herself to. After 25 years of marriage she knew that he would never be the man to make her feel comfortable in total trust, but also he would never know the sides of her she keeps reserved (usually sexual) because he's not the kind of man who can bring it out in her.

Much of the modern divorce-porn (Eat, Pray, Love) narrative centers on exactly this dissatisfaction in women. The hope that's sold to women is that it's not too late to divorce your boring husband and fly off to the Bahamas to meet the kind of guy whom she can completely submit herself to. Even if it's never the case that she takes action on the fantasy the popularity of that fantasy speaks volumes about the state of women and their submitting to men.

In the manosphere we have a maxim that states women hunger after a dominant masculine man. It's a Red Pill tenet that it's exactly this masculine dominance that women want to submit themselves to. It's a large part of what contributes to the tingle effect of women's arousal, but masculine, confident dominance also stimulates the desire to submit herself to a man who will know how to take care of her and any potential kids. Just as there are two primary aspects of women's Hypergamous filter, so too does masculine dominance attract and arouse both the short term sexual and long term provisioning aspects.

47

UPVOTES

FR Spinning plates as a married man

Incognito_plate · 6 April 2017 · Archived copy · Reddit

To start off with, this is not my regular MRP account. If you go through my post history and know me in person you could put two and two together and I would be exposed, so a dedicated account to deliver this FR, fresh from the front lines.

u/A_Rex was going on about that he wants to start spinning plates in his OYS last week. I need to give some input into the realities of a married man going down this route. The reasons why I went down this route would be a post all by itself, so I am not open to discussion on the reasons why, this is just my experience on how it went.

The plates

- P1. I list her as P1 as she is also my favourite. LTR material, low n-count. Classy upmarket, good job, early forties, divorced, 2 kids. Met online. We have crazy monkey sex for hours and leave hotel rooms in an undesirable state.
- P2. Not classy, not sophisticated. Late forties. Married. Met online. Been cheating on her husband for years.
- P3. Met her at the camera club pre-unplugging. She was single at the time. Became fuckbuddies, she developed a major crush, I ghosted her. Recently met up again. She lives with a BF now. BF travels a lot so when he is out of town I visit her. No sex, but she sends me videos of her stripping down to under wear.
- P4. Works in the same building as me, different company. Known her for a while. Twice divorced. We grope and kiss each other every time we catch the elevator alone. Sexting almost daily. A good fuck is just a phone call away, but she is bipolar and crazy-crazy so this is as far as I am taking this. Red flags abound.
- Pn . There are a few more in the pipeline. P4's boss, I kid you not. A friend of the wife's, the wife of a friend. There are a few that could develop into Plates if I actively went for them.

What I found

- I have cheated before as a beta bitch. I was seeking external validation. I found there is still some measure of seeking validation. The difference now is, all these relationships, I am in command. They feel they have more to lose than me. P1 is afraid her parents will find out, P2 has a husband, P3 has a BF who pays for everything. P4 is worried everyone in the building will think she is a slut. I have power over these women that I did not know I could wield. The difference between un-plugged and plugged-in is amazing. Frame, control, dominance, sex. Worlds apart.
- Great sex. Each relationship starts with great sex, so no surprise here. But after learning how to fuck, thanks to DEVI, this is a new experience. They do exactly what I tell them to do. And potentially, each fuck is the last one. Resentment towards my wife. It is hard to game a partner when there are plates dripping in anticipation.
- Budget. Hotel rooms get expensive.
- Time. I will highlight this in bold TIME. Hindsight is 20/20, and I recently realized this is eating my time. The day I started spinning plates, is the day I stopped improving myself as a man. Lifting is meh, diet is meh. Plates take time for a married man. Gaming them, chatting to them, sneaking to meet them. Time. Your most valuable asset.
- Power and outcome independence. As mentioned I did not know I could be the one with all the power in a relationship. Women are way more worried what others would think of them than I thought.
- I learnt about hypergamy and AWALT, from the horses mouth.

Hypergamy and AWALT

- P1 came to me and confessed she went on a date with someone. He likes her a lot and she asked my permission to let him take her on another date. I gave it. She went on a few more dates. He believes he has found his soulmate, 50 something bachelor with no kids. She then told me, and I am quoting verbatim here: " I am not attracted to him like I am to you, but he can do a lot for me and the kids, financially" So far he has fixed her appliances, they go on 'dates' as a family, her, the kids and him. Her kids adore him. I don't know the names of her kids.....
- P2 tells me her husband is boring. Drinks beer and watches tv all day. She has cheated on him for years now. She sends me pics of her tits in bed with her husband sleeping next to her. Never under estimate the sneakiness of your SO.
- P3 lives with her BF, who pays for their apartment. She would drop him for me if I gave her any form of commitment. I see them often at the shops or restaurants. Holding hands. I have been in this dudes home, on his sofa, drinking his booze. Gents, your world is not as secure as it seems.
- P1 is divorced for a few years already. The ex doesn't get the kids over weekends for, reasons. She is too controlling and he is too lame to insist. When I tell her we are doing something on Saturday night, guess where the kids are, their dad. Dude wasn't up to scratch previously, but momma needs a babysitter so she can get some dick, daddy is good enough. Solipsism in action.

Gents, this is just some of it. A lot of details I didn't even include, but you get the gist of it. Redpill is a powerfull tool, use it wisely, you can fuck up your relationship and those of others. The time aspect of it makes it unsustainable. I am stopping this pursuit. No regrets, but at the heart of it, it is not the outcome I was aiming for on my MAP.

Don't make pussy your mission.

47

UPVOTES

FR: female manipulation, shaming.

Flathatter45 · 7 February 2017 · Archived copy · Reddit

Last night, I came home from work and supper was 15 minutes away, so I sat down to catch up with my kids. Wife gave me her usual chaste hug, which I hardly noticed. I've been withdrawing time and attention lately because her behavior has been so consistently sub par. I have to leave after supper to drop my son off for a meeting. This conversation occurred at the dinner table.

Wife: "So, what do you do in town while sonny is at his meeting?" Me: "I usually hang out at a coffee house and read, or sometimes a bar if there is a ballgame on." I answer indifferently. It's no secret. Wife: "Oh. Well, I was going to ask you to give me a ride so I could try out some new eyeglasses, but I wouldn't want to interrupt your reading time". (this was delivered with a little bit of petulance).

I shrugged, and finished my dinner. Took son to meeting and hung out at the coffee house for an hour. Later I was marveling at this little bit of female manipulation. Instead of coming right out and asking me for a ride, (which I surely would have agreed to, as it was a completely reasonable request), wife tried to shame me into asking her to please, pretty please let me have the privilege of shuttling her around. I then got to thinking how many times in the past had she used such tactics to get me to give her what she wanted, and have me thank her for the privilege, and I went along with it? The answer is, too many. Had this happened pre-Redpill, I would have gotten offended, asked her to please let me take her, and then later would have been left with a bad taste in my mouth, feeling manipulated but unable to put my anger into words. I would have seethed and pouted and maybe picked a quarrel.

As it was, I had myself a good laugh thinking about it. I suppose she will sulk. I suppose she will tell her friends what an insensitive creep I have become. I suppose she will make a point of asking someone else to give her a ride, instead of condescending to ask me. But I don't care. I'm doing Me. And Me says, "I have standards. If you want a favor from me, the least you can do is ask. If you cannot bring yourself to do that, either it's not that important or you don't respect or like me very much. Either way, not my problem." QED.

47

UPVOTES

New Books on the Sidebar: Practical Female Psychology & The Red Queen

BluepillProfessor · 3 January 2017 · Archived copy · Reddit

For the first time in about 2 years (not counting **my own contribution**) we have added books to the Married Red Pill Sidebar!

The Red Queen is sort of a zoological textbook about female manipulation of males throughout the animal kingdom based on the premise that sexual reproduction is needed to adapt to diseases and that this central fact has important implications for human social behavior (all of which align with TRP/MRP praexology).

For example: "whichever gender has to spend the most time and energy creating and rearing offspring tends to avoid extra mating. Women, though far less interested in multiple partners, will commit adultery if stuck with a mediocre mate."

It has been a while since I read it so I will just say it is extremely interesting and hope somebody else will post a summary of the book.

I just finished **Practical Female Psychology** so I will unpack it as much as possible in this post using my 700 highlighted notes.

First, the book is not "Red Pill" exactly but was written by 3 male psychologists who collaborated over several years on the question of "Female Psychology" and the PRACTICAL ways that men can deal with it. Who would have guessed that they would come to the EXACT SAME conclusions as the good men of Married Red Pill.

Who wants to bet if they had included a female as a co-author they would have reached some different conclusions? No takers? Didn't think so.

BULLET POINT SUMMARY OF PRACTICAL FEMALE PSYCHOLOGY

This book has it all, shit tests, hypergamy, hamsters, alpha fucks & Beta bucks, frame, sexual attraction, you name it:

--Men who become physically unfit in a relationship learn very quickly that many women have no compunction of kicking a man while he is down.....she needs to feel that he is the same strong bastard she was initially attracted to even when he is sick in bed with the flu (aka Hypergamy).

--to maintain sexual attraction from a female, we need to understand female logic but at the same time remain as real, masculine men....chick logic leads to notions such as "if you don't talk about it, it never happened" (aka emotion driven Hamster).

--tease her about her emotions, don't take her seriously and watch as she get's hornier and hornier (aka Agree and amplify shit test responses, avoid fights, fog, Amused Mastery, etc).

--in a nutshell, the female basic conflict is the need to manipulate a man into her role of provider and a lowering of her sexual attraction towards any man who lets her....women divide men into "lovers" and "providers" (aka Alpha Fucks, beta bucks).

--in many species the female kills the male after copulation. In humans, the "killing" is done on a psychological level.

--for most men, female language is incredibly imprecise, infuriatingly vague, and when exposed to it for extended periods becomes extremely stressful for the man.

--language to a women promotes and maintains harmony in her environment... they do not disclose this language to men in order to maintain power and options and because most of them have no idea their language is different than men.

--women oppose male only gatherings because they know if men are free to speak, they will quickly learn how to strip women of their power.

--learn womanese because the more a woman subcoms with you, the more she is sexually attracted and being able to transfer between these modes of communication while maintaining your masculinity is the secret to seduction.

--Women attempt to set "the frame" of a relationship early on- so pay attention!!!! If you fall into her frame you are doomed because that is the way it will be. It also means she wants you for a relationship. THIS is the main screening tool. Is she looking for a STR with fun sex? Kids? Family? A provider? If so, the most important thing is HOW SHE TREATS YOU (aka if you are tagged as a provider this is just peachy...but watch for her to cut off sex (no..fucking...shit). Bottom line? You better play a part in guiding the frame of the relationship or there will be problems (yah, no..fucking...shit: aka: Have a frame and hold it from the beginning!).

--just because she is married doesn't mean your wife doesn't want to be seduced. You are married and you still want your dick sucked (I LOLLLLZ hard on this one- Like I said in my book and podcast: The problem is probably that you forgot that your wife was a woman).

--Lots of tips dealing with LMR and anti-slut defense in LTR's primarily based on changing the man's perception of the basic male fallacy- belief in the Madonna/Whore complex (aka I can't cum in the mouth of the woman who kisses my kids good night).

--If a man gives up his honor for a woman, she may pretend to continue to love him, but her love will already be dead....

--Women are divided into a 2 X 2 factorial that is NOT binary. The domains are:

High (sex) drive vs. Low Drive (HD vs. LD)

High Self Esteem vs. Low Self Esteem (HSE vs. LSE)

---A woman who is HD/LSE needs to be handled very differently than a woman who is HD/HSE and the book breaks it down for each type of woman in very specific terms.

--LSE groups will withdraw from a strong man who does not supplicate to them as will many young feminists (the authors apparently don't get the reality that feminists ARE PART OF the LSE group because the raging feminazis are not attractive. Of course they are LSE!).

--Break the trance (aka "Ignore her beauty").

--HSE women place heavy importance on safety and offspring and look the hardest for providers and work the hardest to betify their men. This may be the first published use of that term.

--LSE women have a deep seated need to psychologically castrate men....they will often consider a man a high-value prospect when he demonstrates the capability of abusing them.

--HSE women have a deep seated need to "test" their men and they will take their time to do so (aka, the Shit Tests never end).

--Lots of time spent on identifying LSE and HSE. For example, a LSE woman will not test a man before intimacy (huge red flag because "testing" is typical female behavior. If she doesn't do it, she aint right!).

--An HSE woman will target your heart...once she has tested your "alpha" and is attracted she will gain rapport and use it to control your mind and feelings, achieving an ownership over you.

---if you are a HD man always attracting HSE/LD Materialistas, then the problem is probably you...you can spot him by his preposterous lack of fashion sense and deferential attitude towards women (which is why on MRP we emphasize being strong and standing up to your women guys- because this is most of you right there).

--if you are a reformed player attracting party girls (aka cheating whore wives) the problem is you- for screening

out the "Good Girls" in the beginning.

--women are experts at the "double bind" wherein they offer two alternatives and are then able to bitch about whichever the man chooses....the good news is a woman using a double bind (aka an obnoxious type of "Shit Test") is actually sexually attracted and is likely unaware of her actions.

--A LSE woman will persistently use double binds while a HSE woman will use them initially but they will decrease.

--**Stages of female manipulation:** include:

1. Testing the male
2. Seeking communication.
3. Putting him to work
4. Evolutionary selfishness
5. Self-determination.

--Women can also be divided into 3 main groups orthogonal to HD/LD and HSE/LSE and they are child's play to identify:

Materialistas (aka Beta Buck fuckers and gold diggers),

Good Girls (aka feminine and motherly LTR candidates) and

Adventuresses (aka party girls and disloyal sluts with a high n-count and easy lay propensity).

Now we are up to 12 categories and most of the book is devoted to dealing with them: For example, a HD, HSE, Adventuress is the best fuck buddy you can have while a HSE Good Girl is the best for a LTR or marriage.

--finally but not least: in order to maintain attraction with a woman you need to have regular interactions with other attractive women.....(yes, we know that one!)

I hope this post inspires you guys to order this book!

47

UPVOTES

I'm tired. Read the fucking sidebar

stonepimpletilists · 18 August 2016 · Archived copy · Reddit

Look, I get it. Your situation is unique, **you** are unique. I know this from the length of your *interesting and not boring at all* background stories, ripe with defense of the woman we don't even know, all the way to describing all your weak bullshit as a benefit.

Yes, you're well learned, you used to be hot shit in the Air Force (does such a thing even exist?) you are really good at facetime with the kids. Fucking wow.

Come here, because you're a guy, we automatically will put our collective heads together, and sort out how to make you love her again, and her to fuck you back. OK?

A very trusted poster brought up a good point. Why do the other guys even allow you into their locker room? None of you start your posts with what you've done, how much of the sidebar you've read, at least a few of you mention lifting, thank fuck.

And every guy in here sees a little bit of the former them in you, so they offer you some very obvious tips that you would learn in said sidebar, said activities, and the hundreds of top level posts here, and in TRP that takes a 200 word post, and brings it the 1000 word context that makes it click.

You are failing you, ergo, we are failing you, but we will learn from our mistake.

Lead with your accomplishments, this place should be about guys chucking shit in the locker room, swapping success stories, laying out some damn fine learning experiences in their FR.

The days of bitching about your shitty life, then having 20 of us explain to you why your life is shitty, arguing with you the whole way are over.

You will be a man, or you will leave. Get to work brothers, I would say I believe in you, but we all know that I probably shouldn't.

I'd rather see an empty frontpage, than another fucking bitch post. I hamstered it as cautionary tales for those putting in effort to heed. I now see I was bullshitting myself.

47

UPVOTES

Sexy Wife

sexyshoulderdevil · 22 June 2016 · Archived copy · Reddit

There's a post on here where a guy is worried about his wife getting hotter as she improves her SMV along with him. I'm betting some other guys have these lingering thoughts as well.

Hells to the nos.

If you're doing all this right, the narrative of her journey to oozing sexuality is to please her hot, masculine husband. If you're where you should be, you should be gawd damn ecstatic to watch her progress. You should be getting random ass boners left, right and center as she struts her hot stuff around. You should be praising whatever God you believe in that you can't help but get a raging erection when you wife strips to jump in the shower. And it should be mutually awesome for both of you.

I'll use a sports car analogy. Sexy sports cars are fun as hell. Let your wife be your own walking, svelte sports car. Shoot, get her all souped up and modified. Did her body take a toll from birthing your kids and she's been depressed by her now droopy boobs and jiggly bits down low that exercise just won't fix? Well if she wants it (yes, the idea should be hers) and you have the money, get some surgery to hoist that shit up and stuff it all back where it started. Hell, if she has her boobs done smack her on the ass and joke not to go too big. Damn...I love boobs...perfect bits of femininity...all soft and inviting... ..and I'm back...I get sidetracked with boobs. Have I mentioned I like boobs? Anyway, don't fear your sweet ass sports car. Take that shit out, show it off and DRIVE it... Turn some heads. People will look at her. It's hot. They'll look at you and think that dude is a fucking stud.

Head up. Chest out. Shoulders back. Sex.

Listen, one day she'll get all dolled up and gorgeous as the ultimate culmination of all her hard work. She'll look over at you and you'll see a little girl with a slight twinkle in her eye waiting for her strong man to give her a little validation of how beautiful she looks. You'll give it to her and she'll beam. She will beam. And you will beam. And all that is wonderful about the natural balance of masculine nature to desire and the feminine imperative to be desired will be fulfilled. And it's spectacular.

So don't worry about your wife getting too hot. Be hotter and more masculine. Maybe you will keep your sports car until it's a collector. It's nice to grow old with something special. Maybe some slick dude will come up and steal her right from under your nose. Oh well. Go find another sports car...ooohhh...go get a newer one with a V12...those just purr.

47

UPVOTES

Cancer is taking my wife; MRP has helped make things better, but where now?

taon4r5 · 3 June 2016 · Archived copy · Reddit

My wife is dying. We don't know when, but it's looking more like things are going downhill faster than we thought. I'm 42, she's 37.

Since discovering MRP more than a year ago, I've been implementing some of it, and I believe it's made a horror-show of a situation a bit better.

Crunching the history as tightly as I can:

Ovarian cancer was discovered during the c-section birth of our son three years ago. Immediate radical hysterectomy. Chemo, surgery, chemo, surgery, recurrence, told she had a year or two left to live. Clinical trial, sold house, moved provinces, new pathology said cancer was slower-growing than first docs had said. Certain imminent death was revised to certain death but further in the future. That messed with her head, huge. Told me she had decided to end the relationship but balked when she thought she was going to die soon, but extended lifespan made her want out again. Discovered MRP. Began applying. Two attempts at sex - too painful for her. Turns out she had a tumor roughly where her uterus used to be, impinging on her vagina. Another tumor removal surgery in January with bowel resection. Resection failed, colostomy. Colostomy failed, long wait without food for scar tissue to calm down. Another colostomy. Finally out of hospital after three months, rib pain. New tumors in bone; radiation. Weeks later, new pain in pelvis, more bone tumors. Radiation. Last week, headaches and face numbness. Tumor in skull.

That brings us to now.

What's MRP have to do with all this?

When years of DB, resentment, frustration and upset were amplified by the birth of our son and the ensuing cancer crisis, she said the marriage was done and not fixable. Then I happened upon this sub. I dove into the reading immediately.

I give five-star credit to NMMNG for opening my eyes and changing my worldview. The concept of covert contracts was a life-changer, for sure. That epiphany alone was worth the price of admission. No longer seeking the attaboys for my good deeds freed me up enormously. Embracing the notion that she wasn't going to give me emotional support -- because that was unreasonable to expect of her -- was freeing. Kind of sad, but freeing. Being able to say "no" or even "not right now" was a relief. There was pushback, and I went too far in making a point on occasion, but it's a big win overall, and I'm grateful.

I didn't get to apply SGM/DEVI. Sex is not on the table and may never be again. She's had another segment cut out of her vaginal vault, she has a colostomy, she's recovering from such vast surgery that she spent months looking like a living autopsy photo. Her asshole does nothing and goes nowhere now. She can barely exert herself without vomiting.

Did I go to the gym and get buff? No. Most of this year, I was grateful to have food on the table for my boy, clean clothes and some sleep at night.

But being left as the single dad for months with mommy in hospital *did* let me establish, for myself and anyone who cared to see, that I could take care of all of it, and do it well. I led and led handily. I did better than even I thought I could. I've been an excellent daddy and steward of the household.

Now that she's back home, I'm still having to lead. It's actually more work. Because she's largely immobile and dependent on help.

As much as MRP tenets and supporting materials have provided us with concepts, guidelines and case histories for

a vast array of situations and variables, I've not seen any that suggest how to apply it when your wife needs to be diapered, or you need to do laundry every day because of soiled bedsheets, or you have to help change her colostomy.

Canonical texts about banging hotties seem utterly foreign to my life, frankly. This shit is a perspective-changer.

I mean, as much as I'd love to say "do it yourself, your highness" when she asks for a glass of water, she honestly can't do much herself....and she's using the water to swallow pills that are keeping her alive and easing some of the crippling pain.

So, I'm in a weird spot. After escaping that sense of being a servant to my wife's perfectionist whims by asserting my own boundaries and abandoning the idea that "doing it right" will make her love and want me -- I'm thrust back into a lot of "beta" duties. And as exhausting as it is, I'm not really bitter about it. I get frustrated, sure. I get sad, yeah.

To wind it back to MRP, I'll say that it's been a valuable learning experience overall. I'd be miserable had I not changed my thinking about my role in a marriage, role as a man, and how to lead. I think AWALT is over-used, and often in a dismissive, insulting way, but it's given me solace sometimes, in situations that would previously have eaten me up.

MRP has given me the tools to recognize how the vast majority of my upset was driven by things I was either driving or not stopping -- if it's me, I can change it. If it's her, I can work with it or around it. If it's just the way it is and not changeable, I can adjust my outlook to handle it or, I suppose, bounce. It's allowed me to take responsibility instead of blaming.

In short: in MRP I discovered the keys to what she was *saying* she wanted, but I wasn't hearing. Putting the same requests in a codified concept with different language let me see what I *should* have been doing for a long time. Too little, too late, perhaps, but what I *have* been able to do has made for a more equitable, respectful and productive marriage than would have otherwise been possible.

But I'm at a point where I don't know how much more I can get out of it. There are pieces I'm missing, obviously. I should be at the gym, but that's just not been possible, and as her health continues to decline, I don't think it will be for some time. I'm not about to push for sex right now, and that might not be possible again in her lifetime, either.

I don't know when she's going to die. Might be soon. Might be months or years more of this. But whatever happens afterward, I'm glad I've learned what I've learned in the past year. I think it will serve me well.

Thoughts, questions, or recommendations are welcome.

TL;DR: Wife with terminal cancer hated our marriage. I found MRP and it's a lot more respectful and tolerable now. I give most of the credit to the wonders of NMMNG, but have absorbed other useful truths. What now?

47

UPVOTES

[Epic FR] Lessons From the Past; My Road to Zion

2gunsgetsome · 18 April 2016 · Archived copy · Reddit

At the request of /u/BluepillProfessor, I've moved [this saga](#) over here from /r/askMRP.

Without a doubt, this is victim puke; my situation and the script I followed to get to MRP is in no way unique but I'm using this to identify a bunch of covert contracts and some red pill lessons in hindsight. Writing things out helps me self-audit and if it was important enough for me to write it for myself, I might as well get some peer review. What did I miss? Where are the holes? I'm picking through my puke to look for clues as to WTF I ate that made me sick in the first place. Get ready to cringe. As this is my second ever posting on Reddit, mistakes will be made with formatting. I'll take my knocks and learn by doing.

Contents

- Calibration and Correlation
- Background
- Oneitis and College
- The Southwest
- The Rockies
- The West Coast
- The PNW
- The Tipping Point and Finding MRP
- Starting Stats at the Beginning of My MAP

Calibration and Correlation

Throughout this post, I'll frequently describe my wife's actions. Applying concepts from NMMNG and WISNIFG means decoupling my judgement of myself from her judgement of me, but as is frequently stated around here, she is a reflection of me and filling the container I provide. I have consciously not adjusted my MAP in response to her actions, but observing her response to my changes and using that data as feedback has been effective when refining my tactical actions. I'm not doing anything specifically so she will fuck me, but when she does fuck, I pay attention to what I did that worked. I am mindful of her macro response because eventually it will be her response (or lack of) to my action that determines if I continue my married relationship with her.

Background

As much as I'd like to be a former drunk captain, I'm a career beta when it comes to women. I've always been "alpha as fuck" among my male friends (leader of activities, captain of sports teams, organizer of trips, etc.). But, with women (and girls) since early elementary school, I was the textbook Nice Guy. I had a few very hot girlfriends in Highschool, but I was too "respectful" of them (I was too much of a pussy) to do anything past third base, so nothing ever lasted long. Interestingly, I was never able to date a girl at my own school, only girls from other schools. **[RED PILL LESSON]** It's clear now that I was initially attractive and mysterious, but once they spent some time with me and experienced my supplicating ways, it turned out that I was also unattractive and had zero game- just a beta who was pleasant to look at (facepalm). I literally ripped off the crux moves from many teen-romance, nice-guy-gets-the-hot-girl movies and tried to pull that shit with girls I liked. How's that for some shit to own? Of course I got rejected and would "make some (other) girl really happy one day." **[RED PILL LESSON]** looking back, it was a huge cover contract and I was enraged at the time; it's too funny to hold any anger over.

Oneitis and College

The week after graduation, I made out with the hottest girl in my group of friends, who I'd had a crush on since freshman year, a month later we had sex (first for both of us). Then we fucked every day for the next few months. It was awesome. **[RED PILL LESSON]** I realized that during that time, I was definitely the AMOG and drove the party train among my social group all summer. I was a state-champion swimmer and working as a lifeguard so I was tall, jacked, and tan, I likely had a lot of preselection and dread going because I worked with a bunch of young hotties. But because of my definite oneitis, I didn't realize any of that. I also remember never explicitly defining what would happen at the end of the summer when we went to different colleges. I never defined my commitment because I was scared of facing the reality of "losing" her, but she probably saw it unconsciously that I wasn't committing and she could earn it with sex.

We went to separate colleges, me away and her in town, but continued to be exclusive and during visits home we would fuck like crazy, all ways, all places, all times. She would borrow friends' clothes and dress slutty for our dates. **[RED PILL LESSON]** She didn't know WTF I was up to when I was out of town and probably hamstered all sorts of things. In fact, during one of my blue-pill victim puked while trying to negotiate some sex later in life, she said she was scared that I wouldn't like her if we didn't have a bunch of sex in those days.

After a year, she transferred to my college and even into my same major. Now that we were around each other ALL THE DAMN TIME, sex dropped off to once per week with all the usual excuses that old married women use. Sex became starfish nearly all the time and she didn't like to do 80% of the moves I like any more. I LOVED eating pussy (I still do) and that suddenly felt weird to her. She suggested we move in under the promise that we could do "stuff" without the roommates hearing so of course I was in, but in reality nothing changed. I bought lingerie for her that never got worn, I planned dates that got shit on, all the usual stuff. **[RED PILL LESSON]** I now know that it's because she saw that I was whipped and she had nothing to dread. I kept telling myself that having THIS girl locked down was better than dealing with the dating scene. At the time, it probably was better because I had no game and completely backwards training.

The Southwest

We graduated and got jobs at the same company then bought a house together. Seeing it as the easy path, I gladly relinquished control of our finances to her. We combined accounts and I had to start asking permission to spend my money on my hobbies. We made plenty though so it was rare that my request for funds allocation was denied. **[RED PILL LESSON]** Even though the actual resources weren't scarce, the power she gained when I felt I had to ask permission to spend my own money was crippling, but I didn't realize it at the time.

Under the excuse of "professionalism", she started dressing more androgynous, bordering on masculine, and stopped wearing makeup. She made sex promises that were instantly forgotten. I did the usual, ask-beg-wish for change, smother her in attention, did a shitload of chores, and pouted. I still had my hobbies and social group though, and they were adventurous. **[RED PILL LESSON]** I didn't workout but my activities were physical, usually competitive, and kept me from getting fat, so that's likely what kept any hint of attraction.

At this point, I'm a couple years in and was crushing my young career and she was doing well but indifferent **[RED PILL LESSON]** I don't think she actually likes our degree field but she followed me through it because aside from interacting with her, I'm a natural leader. I got some IOI from some cute little interns, but oneitis aside, I knew better than to mess with women at work.

I proposed (of course thinking sex would increase...), we got married. On our honeymoon, we had sex once per day and then not again for a couple weeks after. This set me off more than I could self-soothe with pouting and I doubled down with the angry unattractive behavior. We had talks, lots of talks. **[RED PILL LESSON]** Actions, not words.

The Rockies

A few years into my career, I decided my current company was holding me back and to get a better job at another company in another state. She was on board and did the same. **[RED PILL LESSON]** I remember the sex picking up drastically during my job hunt, probably because I suddenly had a mission for myself and wasn't focusing on her. I got my new job and moved first after preparing our house for sale, she stayed in town until our house sold. I secured a house to rent and set up all the utilities. I immediately made a new social group in my new state and started doing all kinds of fun shit, basically living like a bachelor except without the dating. During these couple months, our visits included lots of sex and me taking her on adventures with all my new friends. **[RED PILL LESSON]** Apparently handling your own shit like a Captain is attractive.

When the old house sold and she joined me, she "earned her keep" by cooking, cleaning, and fucking. I liked it and joked about living in the 1950's but as soon as she got a job, we were "equals" again so all that stopped. Having no kids yet, we were still very social and she made friends with the wives of all my friends. I was still the organizer and social driving force behind nearly all of our activities. I started a band with some friends and the whole crew would come to our gigs and have a blast. But **[RED PILL LESSON]** my supplicating, pussy-whipped behavior toward my wife neutralized any of my AMOG tingles.

A year or so later, my company hired an intern that looked just like my wife looked at her hottest in college. Girl Intern (GI) and I had some instant mutual attraction, some cocky/funny natural game emerged from somewhere, and we started flirting heavily. Sex with the wife had dropped off to 3x per month, and despite knowing better, I consciously decided I was going to cheat on my wife with GI. So I engaged my plugged-in training, dropped my natural flirty game and started spraying GI with feeeelings and whining about how pathetic my current sex life was. I was immediately friendzoned and she used the shit out of my orbiting resources. No sex was ever had. **[RED PILL LESSON self evident]**.

There I was, 30 years old, the lead engineer of an elite team known among our portion of the industry for kicking all the ass, all the time, and I owned that shit. I'm making a lot of money, intellectually stimulated, and developing at a rapid rate. I hadn't heard the phrase "Iron sharpens Iron" until MRP, but that's exactly what was happening at work. But I was still "following the rules" and frustrated as shit with my married sex life. My team would deploy to work on-site for projects at various places around the country, and we would go out and live it up at the local bars. I remember getting plenty of IOI from the local ladies with my natural DHV among my peers, and a couple times I engaged, coming awfully close to the line, but my commitment to honor my wedding vows kept my balls blue. I'd come home, get a trickle of starfish sex, and convince myself that this was my lot in life. Around this time, I got an iPhone, discovered online porn, and started fapping nearly any time I was alone. Feeling desperate, I suggested we start trying for a kid, knowing that one must have sex in order to become pregnant. Of course she agreed.

[REDPILL LESSON] When women hit 30, they also want kids, especially if they're in a situation with guaranteed resources. She dropped the pills, we fucked a few times, she wore lingerie once, and then boom- the Dr. said we were in love. Sex tapered off again due to prego exhaustion and actual vomiting and I was sympathetic.

The West Coast

About this time, a former VP of my current company started poaching my team. Some of my guys and I got (very lucrative) offers to air-drop into a struggling startup company with some obvious potential. It was another out-of-state move and exciting. I took the offer and moved within 2 weeks. Again, my wife stayed to finish up her current work commitments and assist with the sale of the house. I lived like a frat boy in a fancy, company-subsidized house with a bunch of my friends / coworkers. We repeated the cycle of work-drink-sleep for a couple months straight and it was glorious. I took a trip to visit the wife a few times (and had a bunch of sex because **[RED PILL LESSON]** she missed me), then back to pack up all our shit and drive it out when the house sold. During this time, again with no input from her, I secured a house for us to rent, set up utilities and all that. When she arrived, I had a whole crew of new friends (whom she'd never met) to get our shit out of the truck and into our new place. **[RED PILL LESSON]** Having bros who'll happily help you move is a pretty good DHV.

We sold our old house, which was our only debt, and my job paid well. We have always both embraced living in a non-extravagant way so even with one income, we built our savings. Since she would soon be having our kid, and the plan we'd come up with was for her to not take a job, she didn't. She spent the days lunching with the wives of my friends (AKA the "work widows") and nesting in our new place. I was still on the intense work pace, but we had sex nearly every night for a couple months. During one of her prego checkups, the Doc advised us not to put anything in her cooter for a few weeks and gave an actual reason. Without me asking, my wife started giving hand and blow jobs nearly every night. Aside from our early dating months, I had received (and asked for) zero BJs. Shortly after she was cleared for action again and PIV sex returned. **[RED PILL LESSON]** Nesting is beta, but handling your own shit like a Captain is still attractive, especially when you have a mission.

A note on some of my habits during this period: In order to keep up the pace (or at least that's how I rationalized it) at this job and the last, I ingested 5-7 cans of caffeinated soda per day and was constantly snacking on gummy candy. I dressed down in an attempt to identify with and close the social gap between myself and the mechanics who were executing my designs. I did no exercise and dropped nearly all my active hobbies. My coworkers and I would eat out and drink a lot of craft beer nearly every day after work. I had never heard the term "skinny-fat", but that's what I was.

Kid 1 is born and I shift into Super Dad mode, deacon in the Cult of Child and my wife steps right into the Martyrdom of Motherhood. I couldn't boost her up into the Captain's seat fast enough. You know, because that's what you do when you're plugged in. I dropped all my hobbies and stopped hanging out with my friends after work. Things get a little fuzzy in my memory here, probably because of all the booze, lack of sleep, and general chaos a newborn brings to first-time parents. "Frame" wasn't a concept for me yet and I had no vision other than "get through work, get through dinner, get through bedtime, get rejected for sex, do it again tomorrow". I frequently lost composure and deeply regret some of the things I muttered to my infant son. **[RED PILL LESSON]** With no social outlet, hobbies, or exercise to consume my energy (which I thought I didn't have), I became very angry. You need outlets and you need a mission. Work became my outlet and I would go there to "hide" instead of spending my time at home with the wife and kid. Since the wife was getting her dopamine and oxytocin from the kid and my "sacrifices" to provide don't matter in Marriage 2.0, suddenly I was suddenly a shitty husband and a shitty dad. **[RED PILL LESSON]** She is a reflection of me and she was fucking right; I was a whiny-angry-man-child who happened to be very good at one facet of life, which she never saw first-hand. Obligation sex was had every couple weeks, usually preceded by an afternoon of me clinging and hinting and an hour of massage once she gave in. **[RED PILL LESSON]** Desire isn't negotiated and doubling down on beta behavior makes things worse.

My wife now had motivation to go out and make a bunch of mommy friends instead of hanging out with the "work widows", so her social life skyrocketed. I tagged along and had shallow, distracted, fragments of conversation with the other dads, while quick-stepping to fetch whatever the wives ordered and pack-muleing around all the shit that outings with kids require. We were all the dopey caricatures of dads on TV, just chuckling it off when the wives rolled their eyes and plucked the fussing baby from us when we demonstrated our incompetence with whatever natural parenting magic mommies use. Mommies always think they know what's best for everyone. In hindsight, I'm certain all those dudes were exactly as frustrated as I was, but we put on a great show. **[RED PILL LESSON]** "Happy wife = happy life" is just not the way things work.

I was at least self-aware enough to realize how dependent I had become on the sugar and caffeine from all the soda I drank, so one day I stopped it cold-turkey. That was one of the toughest self-discipline exercises I may have ever done. In the past 5 years, I've had less than 10 sodas. Luckily there was beer, so I ramped up my beer drinking from a pint or two per night to 4-6 each night during the week and a constant stream after noon on the weekends. I paid no attention to my weight or physique so I really can't quantify the effect, but passing out sure made skipping sex easier. **[RED PILL LESSON]** More beer = less sex. At the wife's suggestion, we started camping again, which was something we hadn't done in a few years due to busy work schedules, pregnancy, and other excuses. I wanted to enjoy the experience, but of my own accord, I spent the entire time stressing about creating perfect conditions for the wife and kid. I tried to predict and mitigate any risk that might cause us to deviate from the ideal experience.

The outings were exhausting for me and boring for everyone else. **[RED PILL LESSONS]** These were huge covert contracts and perfect is boring.

This shitty, stressful, sexless, miserable, day-to-day existence wasn't getting better, but it also wasn't getting worse. Then one day my company was acquired by a major competitor and the startup-lotto paid off. It wasn't the jackpot we'd all been promised when we were issued our stock options, but it was a nice windfall and we all still had jobs in the new organization. I wasn't particularly stoked about becoming a worker bee for the new company though, so in one of the very low moments of my betadom, I asked my wife for permission to find a new job. There were no alternatives in our small town, so I started looking in one of the larger cities we had found attractive earlier in life. In a couple weeks, I had some interviews, got an offer, and put in my notice to resign. Together we took a trip to find a house to rent, bickered the whole time, and finally compromised on one she liked but I was lukewarm about. I handled all the utilities setup, but proudly presented my basic adult achievements to her for approval. In the past, we'd always self-moved with rented trucks. She made piles, I packed boxes, I loaded and unloaded the truck, and she unpacked and nested. She arranged the move this time and it was a shit show. I basically did all the labor while she occupied our son, but we ran out of boxes and the POD she hired didn't fit everything so she had to order a second at the last minute. **[RED PILL IN-JOKE]** TRP constantly jokes about women being terrible judges of the physical size of things. It's true, even STEM women.

The PNW

I started my latest job, which I am completely satisfied with. But, being a family man now, I passed on the invitations for after-hours comraderie with the other young guys. This was a huge mistake and fixing it is a major part of my MAP. Being in a new town, new job, and engaging none of my hobbies meant my only social contact was my kid and wife. And the cashier at the beer store; I saw her frequently. I instinctually knew having no local friends was a problem, so I grabbed a tiny bit of my balls and told my wife I was going to find a band to join, then asked "would that be OK?" I eventually did, and the twice-per-week bro-time was a godsend. It was also a new mission and I spent many hours after the wife and kid went to bed practicing and learning songs. I still felt I needed to ask permission to use my time and spend my money. I constantly thanked her for "letting" me be in a band and have a hobby. The wife again found a bunch of mommies to become friends with and I tagged along, joking with the other dads about how we don't have any time to any of the shit we like. They were all clearly envious that I was allowed to be in a band. **[RED PILL LESSON]** You need a goddamn hobby!

Being in a new town, making new friends, all that other new stuff was stimulating and keeping the wife from being bored, so sex picked up a little bit to once per week. I was still begging for it and doing lots of choreplay and she was using all the typical excuses.

We took a couple camping trips. We now live in the PNW so it rained. Camping in the rain with kids and dogs is excruciating when you're trying to prevent any discomfort for the other people in your group. I proposed buying an expensive camping van and eventually talked the wife into permitting the use of funds (that I earned). Having and using this vehicle definitely made camping much more comfortable for everyone, but it turns out this particular model had a history of questionable reliability so the stress I saved by providing a warm, dry place to sleep I allocated to planning for and trying to prevent the inevitable breakdown. **[RED PILL LESSON]** Risk aversion is weaksauce pussy bullshit. I should have taken comfort in the discomfort of not knowing what would happen because I'm confident to use my skills in the moment. When that breakdown eventually happened (after unplugging, thankfully), all my preparations were used, I executed my extraction plan like a Captain, and that "adventure" became a feature of the trip for the wife and kids.

Dealing with a vehicle that needed maintenance and upgrades became my new mission, as well as planning trips for the family. Unconsciously I rarely consulted my wife on these plans, I just told her about them when I'd worked them out. I would inform her of the strategic plan, tell her how many meals to buy, then leave her to the tactical job of getting herself and our son packed and ready. I would prepare the vehicle, load everyone up, and we would go. Action-wise, this was pretty strong captaining, but I still stressed a lot about the potential for catastrophe and shared

my fears with my wife, which led her to be stressed too. **[RED PILL LESSON]** Be the oak, don't show weakness.

I've always had a project vehicle in addition to my daily driver, but the project I already had was dormant since having my son. Now I had two project vehicles (and twice as much cost to fuel, license, and insure). I taught myself how to do all the mechanical maintenance on a modern diesel and executed some large jobs that would have cost thousands of dollars had I paid someone else. I shared my triumphs with my wife and got a little mad when she didn't share my enthusiasm **[COVERT CONTRACT]**, but I actually enjoyed the self-validation of proving my new skills to myself and I felt manly working in the garage again. **[RED PILL LESSON]** Have a hobby!

Shortly after I started planning and taking the family on trips, sex picked up to once every 3 days, but it was starfish, mechanical, and I'm certain she was consciously metering it out. Maybe there was a spark of attraction from my masculine activities that made her think we should be having sex, but I still looked like a skinny-fat slob, was almost always at least buzzed while I was at home, and showered her with complements and affection so she had to force herself to do it. She'd been working out in a stroller class for about a year and a half and looked pretty good in her workout clothes. She still dressed androgynous and sloppy otherwise though (mirroring my effort evidently). I thought thanking and praising her for the sex we were having would encourage her to step things up. We had talks and I started searching the internet for solutions to fix her libido but only found the usual blue-pill advice. I was still sexually frustrated so I jerked off a lot in secret. Our family growth plan was to start working on another kid around this time so she stopped BC again and was pregnant in about a month. This time around, none of the awesome prego horniness happened, partially due to our 2 year old energy vampire but mostly because of my beta and omega behavior.

Son 2 was born and from his original birthday has been a strong-headed child. Neither my wife nor I had much energy for sex, but I still was angry that I wasn't getting it. I continued to drink a lot of beer but I continued my music, camping, and vehicle hobbies. I self-imposed a lot of pressure on myself to hustle home after rehearsal or gigs because, maybe I could get a scrap of sex. I was angry with my kids for being an obstacle between me and my hobbies. I still didn't really have any local friends. I was crushing it at work, ascended the learning curve of my new company's processes quickly and after a year and a half, was again a technical lead and the subject matter expert for many areas. I got bonuses and raises but was bitter when the wife didn't reward my achievements with her pussy. **[RED PILL LESSON]** I've come to understand this is typical and women don't want to know how the sausage is made.

Sex was happening, but it was drip-fed at exactly twice per week, excluding shark week, and it was boring. I brought this up a few times and was met with "That's just what happens in married sex lives. I'm OK with it." Instinctually, I knew this was just not true but I had no idea what to do about it. I started having shower thoughts wishing for the low testosterone and damped libido that was supposed to happen as I aged. At least then I could focus on something other than the sex I wanted but couldn't get. I felt shame for my masculine desires. My kids were a pain in my ass and they walked all over my wife and me because we essentially set no boundaries. That's how we interpreted all the modern parenting crap we'd read. "Let them figure things out and make their own choices." My wife is incapable of withstanding any tears, complaints of discomfort, or demands for attention. I could do this and tried to take the roll of disciplinarian, but she frequently overruled me with the phrase "You need to pick your battles", which really meant "You need to pick the battles I would pick, which are none." **[RED PILL LESSON]** Kids need boundaries and they need parents with a strong frame.

The Tipping Point and Finding MRP

The tipping point came when we took a plane trip to our home town in the spring of 2015. As I trudged through the airport in my cargo pants and baggy work shirt, carrying the diaper backpack, my kids' carry-on, and my wife's breast pump in a bag that was essentially a purse, she strode ahead, holding the baby and pulling the toddler along, glaring at me to keep up. She had the whole trip planned out; who we would see and when. It was mostly going to hanging around her mom's house. I had given no input other than my money. The first thing I did upon arrival was get to the store to fill my mother-in-law's fridge with craft beer. Then I spent the time in the corner of the living

room drinking beer and finger-fucking my phone. Wife's parents were divorced when she was very young. Her dad was barely present in her life since then and managed to not pay child support or alimony. MIL never did anything about it and just moved on. I respect my MIL quite a bit; she cooks, sews, and cleans very well and generally handles her own shit like a boss. She worked to pay for her own college degree (after divorce) and saved enough to pay for both of her kids to go to college. She saved enough from her job to pay off her house right about the time she retired. She actually IS a strong independent woman who don't need a man. Unfortunately, her successful independence made her quite androgynous so my wife really never had a feminine or masculine role model in her life. **[RED PILL LESSON]** Evaluate your woman's role models when vetting her for marriage.

But MIL is aging and naturally short, and I'm pretty handy. So every couple hours, my wife would pop her head in and order me to do some handyman task that her mom needed a tall guy to do. **[RED PILL LESSON]** This was a typical shit test; wife showing off to her mom how tight she held my leash. I'd do it then go back to drinking beer and being bitter about not getting thanked **[big ol' COVERT CONTRACT]**. So as I'm googling around, I must have used some search phrases like "wife doesn't respect me" or "Wife only wants my money" or "why does my wife suck at sex". Whatever it was I'm CERTAIN I didn't search for "How do I become a man women (possibly including my wife) want to respect and subsequently fuck?" So I stumble on MRP and read a couple posts and think "These guys all had the same situation as me but now they don't. They all say it was their own fault? WTF? My sex drive is fine; it's my wife who has the problem!" Still, I read the FAQ and the wiki. Some of the shit I read instantly brought flashbacks of my life and suddenly those events made sense. I spent the next few days with those thoughts festering in my mind. I wanted the problem to be my wife, but I couldn't un-see what I had read.

The weekend after I got back from the trip, I played a gig with my band at a well-known local venue. The house was packed and we killed it. For as sloppy as I dressed 99% of the time, I put on the Ritz for the stage; fancy embroidered western shirt, tight jeans, exotic leather boots, and a big white hat (I play country). For as beta and omega as I was around my family, I've always been alpha as fuck as a performer (on stage with a band or in technical presentations). I get off stage, high from the performance, and get a couple IOI's (now that I knew what these were) from some women in the crowd; I suddenly have some thoughts of "Eye Contact, AMOG, DHV". I straighten up my posture, throw my shoulders back, make eye contact with these chicks, and soak their panties. I offer a band sticker to one of them who happens to be holding two drinks, saying "Here, have your boyfriend hold this for you." She responds with (giggle) "I don't have a boyfriend!" I was in such shock that I lost my frame and awkwardly handed my sticker to her friend and scampered away like a 13 year old who accidentally saw a boob at the pool. **[RED PILL LESSON]** Be attractive; don't be unattractive.

Monday morning, I sat down at my desk at work, pulled up MRP and read all day. I couldn't sleep that night because my hamster was burning up the wheel. It was ALL so obvious! **It was ALL MY FAULT!**

Tuesday, May 5th 2015, I took the pill.

Starting stats:

- 34 years old
- Skinny-fat sloppy dresser
- Career Beta-bux
- Lots of Omega behavior
- Married for 8.5 years
- Dating for 7 years before that
- We're each other's only sex partner (as far as I care to believe)
- 2 young children

[Read about the first year of my MAP here.](#)

edit to add link to MAP report

47

UPVOTES

Its not about her. Or: its a marathon, not a sprint

alphabet49 · 18 February 2016 · Archived copy · Reddit

INTRO

We all get that the reason you found MRP had something to do with your wife not providing the hot, porn star sex that you - like most every guy - dream of. But if you can take your pathetic, loser obsession away from her for one split second, you'll realize that the world is much bigger than your marriage. As you improve, she will fade to a mere segment of that world. It comes down to mental discipline and not being a pussy.

Pussy

noun

'pɒsi

1. A woman's genitals.
2. A weak, cowardly, or effeminate man.

You want to go out with your guys for a beer. Your buddy texted you that he was going to hang out in the hip area of town, and you know there will be other people there. Probably girls. Your knee-jerk first thought should be ANYTHING except:

How do I tell/convince/play this off to my wife?

If you're doing anything except planning logistics - and of course informing your wife when those plans are set - then you're on the wrong track. What would make YOU happy? Then fucking do that. Don't DEER a single fucking thing except to smile a pleasant "bye bye" as you waltz out the door. Because you know what? You should be fucking enjoying your socks off with the knowledge that you are an awesome, improving, masculine man in a sea of pussies (both kinds).

But this is what trips up most of us at first: we love sex more than almost everything else. We obsess over it. We can't stay away from it without killing a part of us inside. So naturally the automatic response to a sex-withdrawing harpy is to do things to manipulate her into sex.

But desperation, like negotiation, kills desire.

What I hope you come to understand is that the alpha male, the man on top of his game, the one in full control of his life, doesn't worry about sex because sex is plentiful to that guy. So the answer for you, new guys, is to work steadily to become that guy. The big irony of the Red Pill is that taking sex off the pedestal gets you more sex. Mind fucking, right? (*Pro tip: this is true of just about anything in life. Parenting. Career. Friends. Abundance mentality is powerful.*)

THAT'S why its a marathon. THAT'S why it will take time. Because you've been such a pussy (see above definition #2) for so long, your journey will take lots of time. Which means you won't get the awesome sex right away. I know, I know. You don't want to hear that. But its your own fault. I hope you understand *that* by now.

Calm your raging boner that your wife so rudely rejected, you big captain you. You deserve a little denial for tucking those balls up into your abdominal cavity for so long. Its a natural consequence. And its also going to be ok. You've survived with blue balls this long, you can handle a couple more months until your wife starts to realize you are a man deserving of her best, most feminine sexuality.

When you are truly an improved and improving man, and she trusts that its not just a fad, and you get the awesome sex and affection you've been desiring, you'll wonder why you ever stressed about it.

DISCLAIMER

I'm not contradicting **this**, however. You do need to start acting like a Captain, even if she doesn't hold the same opinion of you. You might have to... *gasp* ...disagree with your wife.

Set your mind on this: its a marathon, not a sprint. A sprint will get your divorced. Your wife, being an ~~emotional~~ woman, will need time to acclimate to the new you. It may take months, or for the particularly stubborn screechtard, years. And there's always that chance she never will. Does that change your game plan? **Why should it?** Who are you doing this for, anyway?

You've heard that if your wife doesn't like you being the Captain, there's tons of other women who will appreciate you. I'm going to take it a step further and say that nothing, NOTHING, should be done with a woman, real or imagined, as the goal. When I lift, I assert my place in society as a strong man. When I flirt, I gain insight into the human process. When I kill at my job, I build myself a legacy. None of this is to get into anyone's pants.

Therefore, you cannot look at this as a quick fix. The means **is** the end.

WRAP UP

So just hang in there, soldier. It gets easier. Don't demand shit, STFU, work hard, don't worry about her. The sex will come - either with her or another chick. You'll enjoy the fruits of your labor once you've kicked your addiction to instant gratification and start developing some **REAL** goals.

47

UPVOTES

YMMV

TrainingTheBrain · 29 January 2016 · Archived copy · Reddit

Read Full Article Here: <http://thefamilyalpha.com/2016/01/28/ymmv/>

Your Mileage May Vary, it is a phrase that I have seen often enough in the *Manosphere*, but never has it been so profound than when I was forced to face the fact that maybe I don't bring it up enough. I was giving /u/RPMutiny advice on [this post](#) when saw this quote:

"Don't be tempted to look for problems that aren't there. Don't just go with the flow of 'she's a bitch' that you hear so often around here. Yes, AWALT, and yes, most of the men on here have shitty, entitled, shallow, western wives; we have a good cross section of culture here. But some are less shitty, entitled, and shallow than others. The phrase 'YMMV' is the most understated one around these parts." – /u/Alphabeta49

Nobody else in the entire thread had mentioned it, I hadn't thought it, and the original poster may not be aware that everything he is reading is anecdotal, biased, personal opinion advice. While I assume every man is aware of this, I've learned the hard way never to assume anything and assuming was exactly what I was doing.

After I read that quote from AlphaBeta49 I took my hands from the keyboard and sat back like, *Fuck, he's right this guy has to remember that this is **his** life and the choice must be 100% **his**.*

We *all* have a unique relationship with our wife. Reading my blog or the other forums and blogs on the *Manosphere* will arm you with more information than you could have ever hoped for at any other point in history. We have *everything* we need at our finger tips. The issue I am seeing and am addressing in this post is that you need to take that information and apply it to **your** specific situation. I have written about what works for my wife, what her kinks are, what kind of environment I've fostered, and how I parent. None of this has been written for you to 'copy' action for action and word for word then applied to your marriage. I created all of this content without any template. There was no *Manosphere* when I was married. I didn't have TRP, MRP, no Rollo, or illimitable man it was just me knowing what I wanted and then working to get it.

That's what I want you to recognize, you have to lay your own foundation and take the advice as a sort of recommendation and not a specific direction. Your wife is a beautiful, sexy, feminine creature – until you recognize that and remove the 'harpy, nagging bitch' labels and resentments you've made - you're never going to understand what she is capable of. Here are a few factors I want you to think about when you see 'success' stories online.

- Your failed performance
- Your wife's history
- Your mission in life
- Personal Kinks
- Responsibility

Your failed performance

One of the first things you need to factor in to getting the most from The Red Pill is assessing where you have failed to lead and to live a masculine life. It isn't until you remove your ego and take a look at reality, a look at where you have fucked up and are continuing to fuck up your life, marriage, and ability to pursue your mission as a man. Only when you can see your shortcomings will you be able to overcome the damage you've done. Basically, you need to *stop digging down – dig up!*

If you have failed to keep up your physique, hit the gym. This is actually one of the universal laws of The Red Pill as well as step #1 to taking ownership of your life and 'self', you **must** lift heavy weights. This is not just for the

aesthetics either – it's for the confidence, discipline, destruction of instant gratification and development of appreciating long term commitment and hard work.

If you have failed to maintain your fashion sense (or you never had one) it's time to develop your style. How you go about this is up to you. Find someone you respect and emulate their style until you find your own. Don't copy anyone; we need voices, not echoes in the Manosphere.

If you have failed to lead your woman and/or children, start inserting yourself into those decisions. If your wife asks, "*What do you want for dinner?*" Give an answer, give your honest answer and skip the fucking '*I don't know/care*' routine, it's weak and both your wife and all the masculine men you know are sick of it. The same applies to your professional life, finances, and mission in this life start taking ownership of **all** of it.

Your wife's history

If your wife was on the CC before you got to her, so be it. At some point you didn't give a fuck and put a ring on her finger. Don't expect her to fuck you the way she fucked 'them'. You have to get over your ego and any resentment you hold over her past, she is your wife and if you want the best from your wife you've got to cater your message in a manner that will get her on board and supporting your growth and decision to take charge of your clan.

If you fuck this step up and take the approach of '*I'm the man and I am in charge*' after being a weaksauce fuck for x many years – you are going to have a woman who is going to fight you tooth and nail because she does not respect you, she does not agree with/understand your vision, and ultimately she does not trust you to be able to handle the role of the Family alpha, Leader, King, etc. She views you to be a weak bitch she resents and she will continue to view you this way until you go back to your role as beta bitch or your marriage ends.

How do you most effectively and efficiently reclaim your role as the leader of your family? You gradually, **with your wife**, go over your vision and game plan for your clan. You let her know that you recognize that you were a fucking pussy and that you are **done** being that type of 'man'. It doesn't have to be some sort of 'Coming to Christ' moment with all sorts of dramatic one liners and shit, just let her know that you see what is going on and that you are going to fix it. Let her know what your goals are for your 'self', the finances, the direction the family is headed. Make her a part of your team, boost her ego if you need to in order to get her on board. You can say you're glad she was able to step up when you lost your way and that you'll 'reward' her behavior by giving her a husband all the other ladies are drooling over.

Make it fun, make it a 'team operation' and most importantly, make sure you are playing towards the history you have with your wife. You know what she likes and what she hates, cater the message and your vision to accommodate those things. Don't be afraid to make her angry, but if she has always had a hard time with finances, don't go in guns blazing telling her it's her fault the finances are fucked, because all of the failures are yours. Remind yourself of that when you want to rage at her or your kids, they are fucked up because **you** failed to lead them and make them better.

Kill the ego.

Read the Full Article At TheFamilyAlpha.com: <http://thefamilyalpha.com/2016/01/28/ymmv/>

Read the entire article on [The Family Alpha - Creating your Slut](#)

The Family Alpha was created by me for married men who are looking to reclaim or maintain their masculinity and status as an 'Alpha' male while being married in our weaksaucy society and under the conditions of Marriage 2.0. I never have the intention of providing advice that will lead men to imploding their marriage, but this post covers a topic, that if not properly understood and taken on by masculine men, could do exactly that.

Once you 'unleash the beast' that is your wife's inner whore, I don't know if there is any way to turn it off. As you open her mind to getting that kind of attention from you, having her freely expressing her sexual desires and fantasies, and getting her to being DTF whenever, wherever, and however you have eliminated the possibility of things ever going back to how they *used to be*. You will never again be allowed to return to your 'bluepill' ways as she simply won't allow it. If you pull the feminine energy and vitality that is your wife from the deepest parts of what makes her 'tick' it is now your responsibility to be the man who is leading her and setting the standard from which all other men will be measured, forever.

As long as you remain on point, things will be fine and you will have the exact sex life you want. But if you slip back to your old ways she is going to turn to a man who will satisfy this new craving that you have created. Once she has that taste and feels that it's ok to let loose, she will desire raw masculine power and want to get tossed around and physically satisfied.

I had a discussion with one of the moderators about whether a woman gets turned on by men or whether she is always 'horny' the way men are. We pondered whether they feel that way yet only show it when around true masculine energy. It's an interesting concept and one that I am finding more and more likely as I talk with guys and examine my wife. It seems that they like sex just as much as we do and whereas I used to think they used it only as a tool for securing a high value man or provider (or in some cases gifts/money) it seems to be more probable that when they are around a 'real' masculine man(alpha), they want to fuck him just as much as he wants to fuck her.

In marriage it's not so much so that she can gain something or secure him, as she already has him, but rather because her feminine energy is pulled to that masculine energy and she knows that around this manly man, she can be her pure feminine self, to include being horny & sexually open.

It is up to you, the masculine man in the relationship to create an environment that allows your woman to be her dirty, slutty, nasty self. You know exactly what I mean, no man wants to marry or date a whore, but *every* man wants his wife to perform like one. He wants her to be **his** little slut and do all the things he has seen in porn, thought up in his mind, and desired in secret for too long. Married men not only want her perform these acts, but more importantly they want *her* to actually **WANT** to do these things to her man.

The amount of effort required to achieve this standard in your marriage varies on the type of relationship you currently have. This is The **Family** Alpha, so I'm going to cater my message to the married man. Keeping that in mind, there are some aspects of this post that can be used on LTRs and girlfriends. It's actually much easier to do this with LTRs(0-2 years) and Girlfriends because you don't have that long term bond/knowledge of one another.

Where a married man may try and get anal for the first time from his wife after 5 years of marriage, a dude with a girlfriend can try it on week 2, or in a LTR after 4 months of 'dating'. The major difference is that the girlfriend may think he has always been like this and just waited to tell her. The wife on the other hand, she has to face the fact that this is either her husband wanting something new that he saw or heard about somewhere, or he is changing, which is something women **do not** like.

Another quick warning, prior to getting into the actual *How To*: **Your Mileage May Vary**

Your wife is different than mine and she is different than your buddies. AWALT still applies, yet differently. You

must cater your approach to what will work best for **your** wife.

Another point I want to get out of the way before we get too deep is that your wife is capable of being your slut. Remove the idea that *my wife just isn't into any of that*. She certainly has it in her. Whether she was your slut before you got complacent as a man or maybe you're trying to get it out of her for the first time, it makes no difference in what elements are needed to get the slut out of her.

The steps you have to take are the same.

Full Article: <http://thefamilyalpha.com/2015/12/30/creating-your-slut/>

47

UPVOTES

Don't try to manipulate your wife

irateMD · 2 December 2015 · Archived copy · Reddit

When I say no, I don't feel guilty.

I'm an arrogant prick. As such, I skimmed parts of WISNIFG and dismissed it, thinking it had nothing to offer someone who is already assertive. I was wrong.

There is nothing more satisfying to me than pushing people to question their basic beliefs and assumptions. My favorite tool is logic. I relish exposing beliefs that lack internal validity, promoting cognitive dissonance, and ultimately crushing a system of beliefs passed down from family, friends, and society. My friends envisioned for me a career in cult leadership.

Though I have more in common with Tyler Durden than William Osler, I chose a career in Medicine. In medical education, questioning beliefs in this way is lauded. Evaluations of my teaching are among the highest in the faculty, on average, but there was something amiss. The evaluations are either 5/5 or 1/5. I am loved or hated, never average. Why is my teaching a polarizing influence? How can that minority feel intimidated when I am so nice to everyone? Never angry. Never flustered. Always calm, rational, logical. Shouldn't my use of logic be justified? Am I not simply exposing the truth and enlightening the learners?

The answer in the Red Pill

My eyes were opened by one simple, recurring interaction with my wife.

She sat in front of the TV every evening, pointless reality TV, drifting in and out of consciousness, fatigued beyond reason by toddlers and marriage to a husband who works long hours.

Me: *We should go to bed.*

Her: *I want to watch this show.*

Me: *You complain that you always feel exhausted, that you don't get enough sleep. Now is your chance to sleep. Let's go upstairs.*

My wife lay in bed, browsing Facebook posts and Pinterest pins. She's so tired every day. She complains about it constantly. She knows that she needs 8.5 hours in order to function and be civil.

Me: *We should sleep.*

These interactions were met with frustration and rage.

I want to watch this show!

Reality TV? That makes no sense when she is constantly complaining of how tired she is.

I don't get any downtime!

More than I get, and didn't she spend an hour on Facebook over the course of the day already?

She's irrational!

STFU and read the sidebar

I finally read through WISNIFG properly, and the light bulb went off. **I use logic to manipulate.**

My wife's desires were irrational, but her reaction to me was not. She recognized that she was being manipulated.

Application with my wife

I stopped trying to manipulate my wife into doing anything. Focusing on myself, maintaining a mindset of outcome independence, and giving her the opportunity to follow has worked so much better than trying to change her behavior directly. *I'm going to bed. Are you going to join me?* I am no longer the boring husband. She seeks attention from me, where previously it was met with annoyance. **Since I have become a more attractive, interesting, and positive person, she would rather fuck me than watch reality TV.** Coming from a dead bedroom that is no small victory.

Application with other friends and family

I have stopped trying to manipulate the people my personal life with logic, and those relationships have improved.

Application at work

I contemplated changing my behavior when I'm teaching, but it's too much fun. Instead of suppressing it I am upfront about it. They know what they're getting into when they step into one of my lectures or join me on the hospital wards.

TL;DR

Those of us who lack dark triad characteristics have no hope of competing with our wives' instincts for manipulation. Stop trying to manipulate her thoughts and behaviors directly and you may be surprised by the result. STFU and read the sidebar - that includes WISNIFG whether you like it or not.

47

UPVOTES

It's action, NOT vows that keep a marriage together.

TrainingTheBrain · 24 November 2015 · Archived copy · Reddit

I had a discussion (if that's what we call replying to posts on Reddit) with /u/adamalan where he said, "*When she pledges till death do us part in sickness and in health for richer or poorer in front of her's and your parents and grandparents who all fulfilled that vow to the end, it is reasonable to expect it to be true.*"

This stuck with me as it is contradictory to everything that has been put out on this sub. I've been subscribed to TRP since before it had 1k subscribers and MRP from the beginning, what I've learned is that if one guy is saying something, another 100 are thinking it.

This post is a quick message to those who feel the same as /u/adamalan and a quick reminder to those who may have taken their foot off the gas thinking that they are at a point of 'relaxation' (negative).

When your woman vowed to be your wife, she was saying that in that moment and the short term future she would be there till the end. As masculine men who understand female nature, we *should* know that this is bullshit.

This is for several reasons:

- She is in marriage to secure a man to provide, protect, and please her. As a Man you own this shit, I am my wife's Shield and Spear and you should be the same for your lady.
- She does mean what she says, **at that point in time.**
- Don't follow their words, follow their actions.
- She will perform at the level you maintain. You get complacent she gets fat. You get weak, she gets bored. You fail to remain a masculine man, she becomes a bitch to you and is looking for chad to spice her life up on the side.

The take away from this is that *everything* is on you to remain the top dog. The day you get married and become a *Family Alpha* is the last point that you can have a 'zero' day. Her *vows* don't mean shit. I would argue that women are utterly incapable of understanding the significance of a vow. As men we feel shit like vows, honor, and commitment on a *much* deeper level; which is exactly why we are the more romantic of the sexes.

So for /u/adamalan and the other lurkers who believe that your woman's vow to you means anything, you need to unfuck your mind and get back to reality before you suffer and *entirely preventable* situation.

View her for what she is, a beautiful, feminine woman. She is a solipsistic, hypergamous, hamster driven woman and you should fucking *Love* that. The guys who have an issue with this are the ones who are fucked up; out of shape, unmotivated, and unwilling to learn or try to learn more about female nature and the female imperative we are all up against.

Your wife is committed to you so long as you are a man worth committing to. You will find it much more difficult to choose the weak path when you accept that your wife will **not** *always* be there. You have to ~~earn her attention~~ work to keep her eyes on you, she measures other men to the bar you set, make sure it's a high fucking standard (thank you /u/IASGame) and **you** have to work to keep that fire of tingles alive.

Those vows are just words, you need to take action and *make* the marriage you want happen.

Acta, Non Verba.

47

UPVOTES

Husband wants to know why men can "flirt" and women can't in a marriage (read: hypocrisy)

RPAIternate42 · 21 September 2015 · Archived copy · Reddit

This post started as a reply to the following post:

My finance (sic) found my throwaway post! How do I make her see that she's wrong?!

He describes his wife as "sexless." Crazy is an opinion he has. Sexless is a fact.

Clearly he is still fully plugged in and just picked and chose what to take from TRP/MRP. I doubt he has read anything in the sidebar beyond a few chapters.

In the thread, he says the following in a reply:

how do I get her to understand that its okay for me to flirt with other women but her not other men? I do not think leaving my daughters mother bc she brilliantly found a way to call me out on my hypocrisy and the hypocrisy of my beliefs will make her healthier at all, actually.

Here's why this isn't hypocrisy:

^^Note: ^^This ^^post ^^will ^^be ^^written ^^as ^^a ^^one-sided ^^dialogue ^^towards ^^the ^^above ^^OP.
^^The ^^language ^^may ^^fit ^^a ^^number ^^of ^^men, ^^though.

Monogamy

Monogamy is not "one person only for the rest of time" with the subtext of *unconditionally*.

Monogamy is *sexual exclusivity for regular sexual access*.

It boils down to you ask her to marry you (you ask for regular sexual access.) she says "yes" (she agrees on the condition of sexual exclusivity); you will *only* fuck her as long as she fucks you regularly and she will *only* fuck you as long as you fuck her regularly. As long as both partners are sexually satisfied with each other, neither partner has any reason to stray and seek extra-martial sex.

The Male/Female Relationship Dynamic

In any relationship, women control the sexual access. As a BP, you see this as her holding *all the cards*. This is not the case. She simply holds the sex card and it's really the only card she holds. Marriage 2.0 has extended her hand with a series of wildcards that may become alimony, full custody, your house, etc. This is a topic covered extensively in /r/TheRedPill.

You, however, hold a much greater and higher-value card: The Relationship. Sure, she can pull her sex card off the table and leave you sexually thirsty as a bargaining chip for her control in the marriage... but you can simply *walk away*. You don't really *need* her for sex. You can get sex anywhere and it's easy for you to do so, as long as you are perceived as a high-value man to women.

If she pulls the sex card off the table, you can pull the relationship card off the table. If she feels she doesn't owe you sex then you are free to feel that you don't owe her the relationship (inclusively: time, attention, and resources.)

Your Card is Still in Play

She has withdrawn sex from the relationship. Sure, it may be once a month (clinically sexless), or every 2 weeks, or whatever the interval, but whatever the interval is it is *disappointing to you*.

Marriage is a whole bunch of agreements: some are codified and written, some are verbal (like "vows"), and some are assumed (de-facto through culture, heritage, and tradition.)

Your marriage probably had the assumption that you would have regular sex with her and would only have sex with her. It probably assumed that both of you would always work to increase the other's happiness. Well, she pulled her sex card and as a result has worked to *decrease* your happiness in exchange for her own comfort (it's easier for her to *not* have sex with you.)

She didn't feel threatened because *you never pulled your card*. You stayed married and never did anything to make her think you were going to start playing cards with someone else. Then she found your Reddit post (I'd like to see that post, BTW) and now she realizes that you may be pulling your card from the table and *possibly go play with someone else*.

The question one may ask is, *why did she pull the sex card in the first place?*

Feminist Chicken/Egg Dilemma

Women *want* sex. They want to fuck just like men. They prefer it with their ideal mate. He is typically all the beta/supportive traits PLUS all the alpha/masculine traits; they want the perfect package. Barring that option, they will gladly fuck the pure alpha. They will never fuck the pure beta.

You being as BP and beta as the sky is blue, have neglected your part of the marriage agreement. Some other assumptions are that the person you are marrying is the person you will be married to later. I'm guessing that in her eyes you have changed; you no longer do it for her. You don't smack of the guy deserving of her sex card, so she pulled it.

But why did you become so beta? Because feminism told you and her that *you* need to be a certain way in the marriage and that way is to do whatever *she* says. Both of you have been lied to. She wants your masculinity. She craves you leadership and assertiveness. She hopes and hopes (secretly) that you will just tell her no, have a better plan, and then execute it (whatever the situation.)

She wants you to do all of these things... but is disgusted by the idea of you doing them *now*. Because you are a beta. You are not allowed to talk to her like that. You are not allowed to direct her. And you certainly aren't allowed to fuck her like an alpha. A beta fucking like an alpha is what feminists refer to as *rape*. A beta acting like an alpha is what feminists refer to as *creepy*.

So society made you beta, she pulled the sex card, and you are now deciding to pull the relationship card. She sees this as bullshit because you are a beta... and you don't have the ability to act this way. Cognitive dissonance is setting in for her and her hamster is starting to spin up and boy is that wheel squeaky; it hasn't been turned in *years!*

Training to be Single

When a relationship ends (or is very close to ending) both partners start to engage in single-life-preparation activities: workout more, better clothes, new hair, more time spent on being better, socializing more, making new friends, and *advertising to the opposite sex*.

You are starting to do that. Your wife found the post and decided that you were actively looking for a new mate. In fact, even after the relationship is better (if it ever is) you still will be looking for a new mate... just not actively. It becomes passive. Your wife sees you as "chasing girls." Chasing women is a sort of a beta activity and she knows it. An alpha only needs to engage any woman in any situation and she will want him; the coffee barista, the cashier at the grocery store, the server at the restaurant, the girl in the park... etc. Alphas don't *chase* women... they just interact with everyone confidently. You specifically started an activity (volleyball, from the post) to meet women.

Instead you should be doing things that make you awesome. If volleyball makes you awesome, keep doing it... but don't do it to game women. If you are there to game women then you aren't focusing on you any more. You are demonstrating sexual thirst... you are demonstrating a lack of abundance.

Do your activities, meet new people, and in passing, women will be attracted to you as you improve. Never chase

women... and never turn women away... but do *flirt* with them; stay loose, breezy, aloof, and *mysterious*.

The (non) Hypocrisy (Social)

Men and women flirt for two different reasons and it's due to the cards they hold. More specifically, women "flirt" and men, when they do it properly, just *are*. Men don't flirt; flirting is chasing. Men *game*.

Women hold the sex card so when they flirt, they are doing so as an advertisement of their sexual access. They flirt to tell the target, "I'm sexually available and I find you worthy of that sexual access."

Men hold the relationship card. When a man talks to a girl, it is non-threatening and non-assumptive. If the girl is responsive to him physically, she will flirt (advertising her sexual availability and your possible access to it.) If she flirts, he will game her by simply playing into her flirting with A&A, AM, C/F, etc. Escalation leads to innuendo and double entendre.

While it seems that he is "flirting" too there is a severe difference in the two: He is not advertising sexual availability.

When she flirts she is simultaneously allowing you to get closer for sexual access and *asking permission* for your relationship. A man simply needs to never escalate. As long as he is simply awesome in his own right, a simple "how are you? I like that shirt." is enough to inspire flirtatious advances. He doesn't have to do anything else... and sometimes *not* responding to their advances *increases their desire for him.

In a marriage, when a man "flirts" with another woman he is only talking to her and it simply means he is confident to do so in front of his wife. "Hi, how are you? I like that shirt." is a harmless greeting. If he is awesome enough, she will respond in a flirtatious manner. This shows your wife that you are an awesome person and *others see it*. Her response will be an increase in desire for you because of *pre-selection*; the concept that you are clearly good if others, especially those she sees as a sexual threat, also see you as good.

In a marriage, when a woman flirts with another man she actively advertising her sexual availability to the other man *while she is married*. FULL STOP.

The effect is that she is telling her husband that he is not awesome (read: alpha) enough for her and she needs to get her TingleZTM from someone else.

The (non) Hypocrisy (Biological)

Males are wired to inseminate as many females as possible because sperm is cheap, readily available, replenishable, and his ability to be sexually viable for reproduction is about as long as he is alive and he needs to get as many offspring with his genetic material into the world as possible be he an alpha or a beta.

Females are wired to find the best possible mate to give her a child (she controls the sexual access) because her reproductive years are limited, her eggs are finite, and she is saddled with the outcome of a sexual encounter for 9-months + as long as is necessary to raise the child to adulthood, she needs to be *very* selective with her options.

The (non) Hypocrisy (Bio-social)

When a man has several sexual options that he uses (wife + girlfriends, etc.) he only loses sperm for a few hours. He could father 100 kids and if the other woman doesn't do anything about it, he loses nothing. As long as keeps his dick wrapped up and doesn't start siphoning resources from the marriage to direct into his girlfriends (time, money, and attention) then the wife doesn't really lose *anything*. If he stays married to her *and* fucks other girls, she isn't really affected.

When a woman makes use of extra-marital sexual options, she can be saddled with a man's child... and if she is married while it happens, her husband can be saddled with that child too, especially when she says, "oh, it's yours, honey." A woman cheating has very real and very severe penalties to the marriage: the husband now has to support

his cuckold child and the woman is now dealing with the biological ramifications of her *hypergamy*.

The (non) Hypocrisy (Personal for /u/CKsRock)

For the OP in the post, his wife is threatening to go flirt with other men to teach him some kind of lesson; OP, you are looking for sex from other women because the person who controls your exclusive sexual access is withholding it. She threatens to flirt (advertise her sexual availability) with other men as a lesson. She is complaining that if you get to flirt (look for non-withholding sexual partners) she is going to flirt too and advertise the very thing she is withholding from you.

Womanese translation:

You are not allowed to look for sex from other women because I don't think you are good enough to have sex with other women. I will go look for sex with other men because you are not even good enough to have sex with me. I also think that if you find someone else to have sex with you will take away all of the resources (read: betabux) that I enjoy from you and I want sex too, so I'm going to go get it (read: alphafux) while you still support me.

OP, your wife is essentially saying she's better than you and that you don't deserve to be happy unless she is happy too.

47

UPVOTES

[FR] Day one all over again.

IWonpayyourprice666 · 16 September 2015 · Archived copy · Reddit

I'm still a beginner.

Not a Red Pill Rambo 2nd week "Noob", but still very new to serious self-improvement. I'm sure this post could be seen as validation seeking, but really it's to help guys that are in the very, very early stages....like I was a few months ago.

I've been reading/lifting/changing diet/getting new clothes/ focusing on me etc...etc..for 3 months or so. I've seen improvements in pretty much every aspect of my life. Work is better. My home life is better. I'm in the best shape I've been in since I was 20 years younger. I've reconnected to my interests. I've taken leadership roles in fucked up situations and made real differences in peoples lives. I feel like things are really moving forward in the best possible way. And the only reason ANY of this happened was that I just FOCUSED on self-improvement

MRP attracts guys looking for ways to "get their wife to fuck them". It won't work. Abandon that thinking immediately. FOCUS on SELF IMPROVEMENT. It really is that simple. If you are checking over your shoulder constantly to see how your wife reacts to every little thing you do or say, she will smell that weakness 100 miles away. ANYWAY This has all been covered over and over, but I mention it to frame the rest of my story...

So there I was, FINALLY focusing on me. And as I said, things had improved in all areas....EXCEPT SEX. Frequency was still abysmal, but when it did happen I could tell she was more into it. All in all, still pretty pathetic. But I wasn't really worried about it, and honestly I'm too goddamn busy doing other shit to devote energy into chasing my wife's attention. Sure, I'm a dude so I get horny ..but a "tension release" session tends to do the trick for a few days. So SOMEHOW I find myself well and truly arriving at a place of OI. NICE! So THAT'S what it feels like!

Then something started changing, Saturday night she initiated out of nowhere. I couldn't even tell you the last time that happened. At first I didn't think too much about it, it had been almost a month since we had fucked and it was fun. I just figured she was horny and wanted to scratch the itch. Next day,... I'm back at it... Up early for an 8 mile hike by myself. Things are "back to normal"...or so I thought.

Last night she tells me that she had a nightmare that I was fucking someone else...and that it really upset her. I have two sets of friends divorcing right now and I could see that she was really wanting me to give her a gallon of beta reassurance sauce. I tell ya, the squeaky little Beta in me was SCREAMING to say something. Just FREAKING out that I needed to reassure her and tell her that "she was the only one for me" or some other horseshit. But I didn't to that bitch. It kind of disappointed me that my gut reaction was to "talk" to her, but I was able to resist easily and was over it quickly.

I just gave her a big hug and kissed her on the forehead. The only thing I said was "I'm sorry you had a bad dream". I treated it like she was a little girl having a dream about the monster in her closet. Then I made some stupid joke and moved on. She was pretty chatty the rest of the night. She sent some pretty clear sexy time signals later and we ended up having sex. Now THIS was unusual!. A week night AND twice in less than a week! AND it was her initiating! NICE!...Buuuuut. I'm still getting up a 4am to go to the gym. In other words, the train ain't stoppin'. 3 months ago my wife initiating 2 times in three days would have been unthinkable. It's cool that I got laid twice in three days, but not as cool as the hike I'm planning for Sunday. *I can tell I'm on the right path because of how UNIMPRESSED I am with my "success" in the bedroom.* THAT is the real success. In the beginning I thought this was about getting laid more, but it's not at all. Increased sexual desire from the wife is a SIDE EFFECT of self-improvement. NOT A GOAL. It's not even the best side effect.

I've started to see the first REAL glimpse of what MRP promises (as it relates to sexual strategy that is). But that promise has become less and less important to me. Planning a trip down the Ozark Highland Trail is WAY more exciting than getting my dick wet has EVER been.

NOW is the time for me to double my efforts at the gym. NOW is the time for me to plan cool shit for the future. NOW is the time for me to focus EVEN MORE on self-improvement.

I've been "red pilling" for a few months now. But in some ways *I honestly feel like this is day one*. Like all the work up to here, was just lacing up my gloves and putting on gym shorts. It's time to get in the fucking ring.

So the big picture stuff I want to express to the TOTAL beginners. Focus on YOU. NOT her reaction to you. What you are doing could be working on her without you even knowing it's working. BUT THAT'S TOTALLY NOT THE POINT. The point is.. are YOU seeing improvement in YOURSELF? Are you making goals FOR YOURSELF? Are you making plans FOR YOURSELF?

Again, I'm just restating stuff that has been said over and over in here. But I think it's a fundamental misunderstanding that a lot of the new guys have, I sure as hell did. It's worth repeating and it's also a good "True North" for anyone that might feel like they are spinning their wheels.

When I first started it used to piss me off that the answer to every question was "LIFT, READ THE SIDEBAR". I think that's MOSTLY true, but I would add that you will fail and fail and fail until you focus on self-improvement. Again, sexual desire from the wife or girlfriend or hot chick at the bank is a side effect, not a goal.

Thanks for reading, and thanks to all the guys that kicked my ass in the very early days. I still have a long way to go and a lot to learn.

47

UPVOTES

"I need you to fix my husband"

JonnyJaded · 19 June 2015 · Archived copy · Reddit

One of the younger kids in my platoon is having serious issues with his wife. She is fat, disgusting, and lazy. I told him that he is leaving his house and coming with me to talk about it. We find a quiet stop in a bar and I start telling him some basic RP truths (Lifting, AWALT, SMV, covert contracts) and he is looking thoughtful, and enthusiastic. Then it happens, one guy starts standing next to us, listening, nodding his head. Then another, then another etc. Before long there were no less than 7 people around me, asking questions, listening. I get a phone number shoved I to my hand by a post wall slut on the GNO and she pretty much yelled in her drunken sloppiness that "You need to fix my husband! He is suuuuch a pushover, and lazy, blah blah blah!" To which I said "its not up to me to fix your husband. Each man must improve on his own initiative. But maybe if he had a loving wife at home, instead of at a GNO talking shit about him in front of other men, he might not be such a lazy person. Maybe you shouldn't be such a nagging harpy to him. Thanks but no thanks, you may go now." It was surreal. What started as me talking to my new kid almost turned into a group therapy session. I got some numbers from some guys and will check in on them in a week or so. As per FC rules I never mentioned RP but talked about MMSL, and The Rational Male.

Has this ever happened to any of you guys?

Stay manly, gents.

47

UPVOTES

Stoicism: A primer for how to be

RPAlternate42 · 19 May 2015 · Archived copy · Reddit

Stoicism

Stoicism is an ancient Greek school of philosophy founded at Athens by Zeno of Citium. The school taught that virtue, the highest good, is based on knowledge, and that the wise live in harmony with the divine Reason (also identified with Fate and Providence) that governs nature, and are indifferent to the vicissitudes of fortune and to pleasure and pain.

That's the textbook definition. But it's more functional to get to the *how*.

Doing is the best way to learn.

Stoicism keeps the following beliefs:^*

- If you are unhappy, it is your fault.
- Everything is temporary
- We are social beings with a social duty
- Hedonism is not the path to happiness
- Fame & Fortune are overrated
- A philosophy of life must be lived
- Do not long for an ideal situation
- Maximize positive emotions and minimize negative emotions

Strategies

- Rephrase goals so that they are entirely within your control
- Have nothing you are not prepared to lose
- Live simply
- Negative visualization
- Exercise self-denial
- Resist materialism
- Accept what cannot be changed
- Refuse to consider yourself the victim
- Practice misfortune
- Live in accordance with human nature

If you are unhappy, it is your fault

You and only you can make you happy. Other people and other things cannot *make* you happy, but you can find happiness through their medium. Wood does not make one happy, but cutting, sanding, and assembling wood into a piece of art or furniture can bring happiness *through the actions you take with it*. Your wife may not make you happy, but being a leading force in your life, and by virtue hers, you can find happiness, once again, *through the actions you take with her*.

Inversely, you cannot, and should not expect to, make others happy. It is their responsibility to find happiness *through the actions they take with you*.

Everything is temporary

Life, relationships, your car, *your marriage* are all temporary. Entering into the idea that *marriage is forever* is an easy way of saying, *I don't have to try to do better because no matter what, I'll stay married*. This is laziness and sloth. Nothing is forever, but the longevity of things and relationships, and people can be extended through positive actions and regular maintenance and improvement.

We are social beings with a social duty

You are a social creature, and as such, you crave the interactions with other social creatures. You have friends, a wife, maybe children. These people comprise the network of which you have a *social duty*. You also have a social duty to those you work with, and your town, and your state, nation, and the world. Everything you do should be for the betterment of your circles of social duty. Starting at the lowest (your family) you raise healthy, strong, well-adjusted children, who bequeath upon the community their virtues and positive influence. In this way, your social duty to your family improves the societies around you.

Hedonism is not the path to happiness

Hedonism, a defining trait of the *me generation*, is the constant search for self-indulgence. Hedonism thrives on instant gratification and makes one dependent on the false idea that *other things* and *other people* can and should make them happy. Hedonism is being a spoiled child; hedonism is looking to lose weight without the effort; hedonism is want your wife to fuck you without trying to someone she *actually wants to fuck*. Hedonism is probably the main counter-point to *Stoicism*.

Fame & Fortune are Overrated

Fame and Fortune tie into hedonism; with these things, the ability, and temptation to have more and get more becomes overwhelming. Fame brings a false happiness because it depends on *other people*. Since only you can make yourself happy, the requirement of other people fame has nulls this ideal. Fortune is the more useful of the two, by itself. If the fortune you've accumulated is the result of fame (considering that everything is temporary, and the poor effects of hedonism) then consider that you haven't a fortune, but instead an amount of wealth that should be used to consider the future, your social duty to your family and community, and as a buffer to the temporary nature of everything.

A Philosophy of Life Must be Lived

Red Pill is not a philosophy; it is a *praxeology*; a science of human actions. Red Pill incorporates many concepts known through evolutionary biology, sociological and psychological studies of macro and micro groups, and some philosophies, mainly *Stoicism*. Stoicism is not something you are able to wade into, as with all philosophies, it must be lived to be understood. You can't know it unless you experience it, you can't learn unless you do it.

Do Not Long For an Ideal Situation

This plays into the old axiom of, "*The grass is greener on the other side*." To be clear, it's the idea of thinking, "*my marriage sucks, my wife won't fuck me. I wish she would fuck me more*." Wishing and talking about it does not make it so. Doing, makes it so. If your grass is dead and dying, standing outside and talking about how it needs to be watered doesn't actually make the ground wet. Instead, remember that "*The grass is greener where you water it*," and then go out and water the grass. Don't *imagine* a better marriage... make yourself to better to provide a better environment for the marriage to improve.

Maximize Positive Emotions and Minimize Negative Emotions

Negative emotions (anger, hate, resentment, etc.) are contraindicated when trying to make something better. Resenting your wife for whatever reason won't make her change her behavior, and it will kill your mood, and by extension, hers. Instead, know that: *If you are unhappy, it is your fault* and that you *Should not long for an ideal situation*. Be happy with what you have, happy that you know how to improve it, and happy that you know you *can*

improve it. Maintaining a positive, optimistic outlook on what is happening allows you to see the possibilities that are hidden by negative thinking. If one is resolved to not getting rescued, he will not find much use in starting a fire.

Now let's examine how we can bring these beliefs to fruition through practice.

Rephrase Goals So That They are Entirely Within Your Control

Let's pretend you want to run a 5K race. You don't know how to run well, and by extension, you don't know how to train. You get out and run, haphazardly, whenever, and however. Race day comes and you turn in a paltry time of 26 minutes. You resolve to be faster so you say, "I will be faster next time."

This is garbage thinking. There is only an immeasurable "faster" and an immeasurable "next time." That's anything over your previous time from 1 second or more for a length of time from no until *whenever*. Use SMART goals:

- Specific
- Measurable
- Achievable
- Realistic
- Time-limited

A SMART goal version of this example: "I will run a sub-25-minute 5K time in 12 weeks at the next scheduled race."

Apply these types of goals to everything, for Red Pillers, the best is to start with the gym: I will lose weight... I will lift x amount of lbs, and turn them into SMART goals. Once you have SMART goals, you have a time frame within you can apply a schedule and plan.

Have Nothing You Are Not Prepared to Lose & Resist Materialism

As Tyler Durden said, "You are not your fuckin' khakis."

Your car, your house, you clothes. These are things, material and simple. They are the product of your time, effort, and ability -the things you *cannot* live without.

If your car, house, and all your belongings burned to the ground tomorrow, you would still have the tools to bring those things back in some form. Your work allowed you the ability to pay for insurance to get new things when everything burns. Your work is the combination of your time, effort, and ability. These three things are the basis for all other material things you own. These are innate to you. Your house is not.

Live Simply

Living simply, or with *austerity*, allows you to appreciate the things you have. This does not mean live *cheaply*... or even *frugally*. One can own quality while living simply. Simple living leads to an uncluttered environment which extends to an uncluttered life. Your living space is a manifestation of your mind and your mind can be influenced by that living space. A simple living space has limited distractions.

Negative Visualization

Imagine a scenario where your house has burned down. Your family has no place to live, sleep, eat, etc. What do you do? Negative Visualization allows you to plan for the unexpected, or at least plan for the knowable problems that may arise. Your house is gone. Can you get a new one? If so, how? This is a good chance to exercise SMART goals. Figure out a problem that hasn't happened, and then plan for that contingency. This will give you a level of control over your life you didn't previously have. For Red Pillers, we did this early on, without thinking; we have done this in regards to our wives: *what would happen if we got divorced tomorrow? Where would I live? What would I do? How would I find new companionship?*

Exercise Self-Denial & Practice Misfortune

Live, temporarily, in a way that deprives you of something you *think* you depend on. Some Red Pillers, while unplugging do this with sex; we call it "monk mode." We distance ourselves from the thing we thought we needed and from the people we thought we needed it from. In this, we find that we survive just fine and that we now have the energy to devote to *maximizing positive emotions* and working to *make ourselves* happy. One of the classic ways men practice self-denial is through camping; we commune with nature, with very little (the bare basics in most cases,) and if you do it backpack-style, you limit yourself even further by way of what you carry and that you make yourself distant from society's technological boon, *the car*.

Accept What Cannot be Changed

You cannot change the way others are any more than you can change the rotation of the Earth or the expansion of the universe. In remembering that *your happiness is made only by you* you recognize quickly that attempting to change others is an exercise in futility. Instead, change yourself, as that is *all* that can be changed.

Refuse to Consider Yourself the Victim

You are not the victim. Inasmuch as you cannot change others to your whim, you need to accept that they cannot change you. If you feel the part of the victim, it is because you *allowed* that person, or situation, to keep you in a state of negativity. People do not *victimize* you, you allow yourself to be a target. Instead, stand up, defy the status quo as you have allowed it to form, and shake the foundations of what was formerly expected of you. Claiming victim-hood is founded in laziness and a *lack of personal accountability*.

Live in Accordance With Human Nature

As you should accept what cannot be changed *directly*, you should recognize that which can be changed *indirectly*. Humans are not special and different. While there are sociopathic and psychopathic exceptions, people tend to behave in very predictable ways. By working ourselves into that system, we can effect the changes we want to see in other simply by changing ourselves. In a marriage, by simply being a better man, we find that our marriage improves because our wives adjust, and re-set themselves in a very predictable manner to the new dynamic we have created. Trying to live as we were doing pre-Red Pill leads to similar predictable behavior, just manifested in a different way.

As you unplug, lift, read, and better yourself, examine which of these basic tenets you have been following and continue to apply them, and in bettering yourself, figure out which Stoic fundamentals you are missing and add them. We are working to better ourselves for the sake of ourselves and ultimately our marriages:

- Are you unhappy? Whose fault is that? Stop considering yourself the victim.
- Is your unhappiness permanent? It is not; Set SMART goals, Accept that you can't change others, and improve yourself.
- You have a social duty to your wife and family. Have you been living up to that job? Start applying yourself to be better so that others can follow you.
- Are you avoiding your problems in order to find happiness through self-indulgence? Seek happiness through self-improvement, not self-indulgence.
- Do you wish things were better? That will not work; *make* things better. Improve yourself, be better at what you do, set the goals to bring the improvements to fruition.
- Are you focusing on the negative aspects of your life? A negative thinker sees only the *nots*, a positive thinker sees the *what ifs*.
- Are you depending on other people and things to make your life better? Step back, imagine a life without, practice that life without, and make a plan for when it happens.

Lift, read, improve, and be better.

I left out fatalism* from the list as I don't believe that the idea of predetermination is unhealthy for our purposes. I think fatalism is an ideal from a time when men literally thought gods planned out our existence on a thread. Red Pill requires existentialism in order to be effective, otherwise we are looking to others to make our lives complete, gods withstanding.

47

UPVOTES

When Your Motivation Changed

resolutions316 · 16 September 2019 · Archived copy · Reddit

Recently, I've been dealing with a lack of motivation.

Others have pointed it out in OYS threads - I'll notice a problem, resolve to fix it, and have the same problem re-emerge.

Strangely, these are all problems I thought I'd "solved"; habits and systems I'd already established and built out. I've been scratching my head about it for months.

What happened to my motivation?

A couple weeks ago, it occurred to me that a huge driving force for my self improvement has been resentment. I don't just want to get better - I want revenge. I want to reverse the power dynamic in my marriage. I don't just want my wife to suck my dick; I want her on her knees.

I'm not saying this is good; it's not something I consciously decided. It's just there, deep in my subconscious.

The sudden drop off in my motivation correlates with actual IMPROVEMENT in my marriage. Things got a bit better (though not as good as they could be), and suddenly the anger that underlay so much of my motivation decreased. Less angry, less resentful, less motivated.

I KNOW this is a problem. I'm 100% sure [/u/man_in_the_world](#) will come here and talk about internal vs. external validation, because we've had that conversation before and he was right then, too.

But so far in my life the only thing has worked to change my deep, underlying beliefs has been hard work and time. I've never seen a short cut to accessing your deep narratives that actually worked.

So I'd love some personal stories that I could absorb. What happened when you transitioned from anger to whatever came next? What keeps you motivated? What was your journey like?

And I swear to god if anyone talks about stoicism in here I will kick your ass. Tim Ferris roman statue bullshit.

<3

PS OH, I forgot to add. The corollary here - I worked on getting myself pissed off and crushed at the gym where I'd struggled previously. So anger clearly works as a motivator, but I feel like my odds of a sudden stroke increase at the same time. Doesn't feel sustainable.

47

UPVOTES

FR: A Conversation - Do I Have The Mettle?

redpillruminations · 15 April 2021 · Archived copy · Reddit

There aren't enough field reports on MRP anymore. I'll provide some fodder.

This week, I wrote out a short half-paged document titled "My Terms". I'm in the smaller percentage of guys at MRP who are under 30 with no kids. I got married in my early 20s, and my wife was about the same age. Getting married right out of college was really common in my religious family, and something many of our friends did as well. Most now already have multiple kids...

Recently, I've begun more seriously considering divorce. I continue to make mental progress and have outcome independence on the situation. Yes, I like my wife. I find her attractive. But often it feels like trying to put a square peg in a round hole. I am building the life that I want to live, and I want to share it with a woman who happily provides value to my life. Sometimes she fits that bill, other times, is uncooperative, argumentative, combative, etc.

I have watched many Kevin Samuels videos, and he talks to these types of women all the time - medical field profession, "PHD" higher education types, headstrong, aggressive. They default to lashing back with single mom energy. Never can be wrong. It makes a lot of sense, once you understand how that masculine energy propagates in a young girl with no father / weak father.

A lot of that hit home. Shit, most of it even. But I don't think it's a lost cause. It's a leadership issue, ultimately, and that's what I realized this week. MRP is leadership training for men. It's about personal power, and a "coming of age" plan. How boys (unfortunately any age) go out into the woods alone, and return to the tribe a man. That's what I'm here to do. That's what I'm doing.

My woman, for all her faults, is moldable and...dare I say... almost - reasonable - in the long term view. In the moment, shit flares up, but she can take direction and gets the bigger picture over time. I was a dumbass kid, but it's why I gravitated toward her in the first place.

As I have conversations about kids, the cold hard truth is that I'm ok with not having kids. Yes, I would like to have a couple kids, but I really want any relationship I'm in to be extremely solid by then (captain/first officer). I will not raise kids in the hostile environment I grew up in. I will not allow a woman's moods to run a household with my kids in it.

Yes, I'm married, and as far as I'm concerned, I am the gatekeeper of true commitment: kids.

The "My Terms" document outlined exactly what terms I established for an uncontested separation, which in my state is a fairly simple legal document submission. I'm ok with that option. I don't have a trigger finger shaking over the "nuclear option" but I've made peace with the nuke. I'm not going to lose half of my net worth. Everything is paid off but I'm on the come up and recently zeroed out all debt. There are no kids to entangle. I give her the two dogs and walk away scott free. Sure, she could make up some DV charge, abuse, etc. But ultimately, I don't have much to lose.

In some ways, I'd almost prefer it. Staying for me is the harder option, because I have to test myself and be faced with an honest assessment: do I have the mettle? Yeah I can go full TRP "fuck that bitch" sometime when she annoys me, is that the type of man I want to be? Do I have what it takes to build a life with a woman from nothing? Literally nothing, I was barely a man when we got married. I probably could have qualified as trans for how much estrogen I had pumping through my whiny, needy, alcoholic little veins.

All this welled up this deep desire in me to make this overt. I'm outcome independent on this. I have buy-in from my woman for my vision, but the man/woman dynamic needs work. If she's a willing participant, she needs leadership to get to the next level, because she wasn't taught how to be a good woman. She's had some heavy shit come her way in the last 5 years that hasn't been dealt with. I have to teach her. That's ok with me.

I didn't have an exact plan for what I was going to say, I just knew I was going to speak honestly and from my heart.

I picked up some coffee and had this conversation which I've paraphrased without our back and forth.

"Listen I know this is going to come out of left field. I think you need to find a therapist by the end of next week and start going regularly. (some shit here, rough opening lol had to start somewhere, I push on). I understand, I'm not saying this to hurt you. I don't want you to go just because I'm telling you to, I'm not going to check in on it and I don't care what you talk to them about, but it's time to start dealing with the shit you've been putting off. We're at the point now where shit is about to get real. We're almost 30.

We got married way too young - I'm not saying I wish it didn't happen or was different, but we had no business getting married. I had no idea how to be married. Now we're at the point where it's an active choice for us both to be in this relationship. It's only going to get harder after we move to a new city, have kids, years go on. There's no good way to do this but it's irresponsible not to have this conversation now.

We haven't talked about it much but I went to a therapist for a year and dealt with a lot of shit that I needed to. A lot of what we're tasked to do now is buck the magnetism of the shit that we grew up seeing with our parents. I've really tried to do a full 180 from that and go my own way, and I'm proud of my progress. That's not the dynamic that I want for my relationship. Lately, that dynamic hasn't really been there between us, you have been combative and a bit out there.

I'm going to lead us in the right direction, and I want you to be there, providing value in the magical ways you do (cue tears, saying she doesn't know how to be an adult) Listen, I'm not going to be the leader that shouts from a glass office and slams the door to hide, I'm going to lead us from the front. I'm going to give you jobs to do as they come up and I see a need ahead. It's going to be ok. Give me a hug. I'm not going to ask you to diffuse a bomb, but I might hand you pair of clippers and tell you which wire to cut. (laughs).

I love you and I want you to be the woman in my life, but this is the dynamic that I need to have to live congruently."

When we walked in the front door, I took her blubbering mess and said "I want to show you how much I love you."

As far as I'm concerned, I had that conversation between me and the universe. Because it's true for me no matter what my situation ever is. As I was speaking, I had no anxiety. And I thought in the moment "this is what frame is."

I have no idea what the response will be to this, and the bottom line is, I'm ok with that. Me being open and honest with the world is my gift.

And for that, I thank you, MRP.

47

UPVOTES

60 Days of Dread: Finances

2wo2wo3hree · 6 December 2023 · Archived copy · Reddit

“You make this much money, and I make this much money. How the fuck are we broke?!”

This was the result of me telling my wife to handle all the finances after we got married. It wasn't even delegation. It was pure laziness. 3 years post-wedding, I realized I was always broke and had to ask my wife for money because I gave up control of finances to her. We'll circle back to this later. For now, I want to turn your focus toward some areas that might need your attention in order to strengthen your finances.

The Pot

Everyone's pot varies in each marriage. Some of you are the sole provider. Then there's the majority of couples, where both the man and woman works and contributes. There are several common arrangements in this financial setting. Some have a roommate arrangement where everything is split in half. There are some with a modified arrangement where the expenses are broken down between a particular percentage, depending on who makes more. Some just have assigned bills they pay. I personally prefer putting everything in one pot and having one manager of the finances; The man. Delegation is ok, as long as you have a healthy frame and it's a clear delegation and not just an excuse to be lazy on your end. Take a good look at your pot and make some considerations. Your pot might be convenient but not the most optimal.

Full Financial Picture

Alright! What bout your full financial picture? Unless it's literally raining money over your household, it would be impossible to accumulate wealth as a family unit without knowing the full financial picture of your operation. You have to **know** what's coming in, what's staying, what's going out, and where it's going. You can't ball-park this shit. You'll miscalculate and induce errors.

The first step in not being a broke-ass-bitch is inventory. I've used multiple methods of financial inventory in my journey. I've used several free and paid applications. Some were easier to use than others. I'll leave that up to you. I personally opted for the old-fashioned pen on paper. Regardless of what you choose to do, the only fact is you need a reliable method to see the accurate overview of your financial picture.

Making Cuts

Having the full financial picture should have given you an understanding of how stupid you are with your money. Dumb shit adds up. It's easy to “sneak-spend” \$1,000 a month on restaurants and fast food. Those harmless vending machine trips and your designer coffee can be quite a bill. Those little subscriptions that you don't even use are there, lurking in the shadows. Lastly, when was the last time you compared costs between service providers? You might be paying \$118 a month for something you can get for \$47 a month. Make the cuts. Research and call for discounted rates. When I did this about four or five years ago, I easily discovered I was throwing away approximately \$2,000 a month on dumb shit. I quickly turned those into investments.

Paying Yourself

You've found a financial surplus. What should you do with it? ~~Buy guns, hookers, cocaine, and a midget sidekick.~~ You invest it. There are quite a few resources on personal investment methods out there. Read up on them and start investing ASAP. Make the extra money, make extra money.

(One caveat. Pay that debt. Many would argue that investments are prioritized before debt but I just don't like owing anyone anything.)

The Budget

Your budget is simply your financial diet. It's as simple as that. The more deliberate and proactive you are with your diet, the more in control you are with your strength, physique, and attractiveness. Apply the same discipline to your

spending budget. At this point in your financial journey, you should have identified the non-negotiables, necessities, and leisure spending. It's no different than proteins, carbs, and having cheat days. Draft that budget and be serious about it.

Your wife, and her buy-in.

The natural progression in MRP tells us that once you give up frame to your wife, it's hard to get it back. She'll fight tooth and nail for it. Even if you get it back, she'll try to covertly take it back at times. This transfers well when it comes to finances. Regaining control of finances was an important and pivotal point in my MRP journey; and it was tough. The win didn't come easy but I eventually took over the entire financial operation. Paying bills, Vacations, Dates, etc.

This is where it might get sticky for the guys who have to go through the process of regaining control of the finances. No matter how great your budget is, it will fail without the participation of everyone under that budget. You're gonna have to rock the boat a little bit because your wife doesn't know that you're going to be better than her when it comes to managing finances. She doesn't know that it will ease her stress and anxiety when you remove that from her plate. Having an attractive financial vision is the way to go.

Your role as the provider.

You don't get to keep the money all to yourself as the financial supervisor. By all means, feel free to say "no" when your wife and children express unnecessary or outrageous wants and needs that affect the household finances; however, you still have the duty to provide. Be generous within reason but spend within your means. Just understand your wife needs to get that hair done and be wined and dined. Your kids need clothes and memories that will cost money. Don't take that away from them. If you feel like you have to it's because you need to...

Reconsider your income.

There are plenty of 6-figure earners here who express some sort of financial hardship. Those guys really just need some realigning. They're the problem, not the money. This post should fix most of their issues. However, some guys simply just don't make enough money because of a low paying job. You have to be honest and reconsider your income and career field because you are failing to meet your financial potential. Make a move.

Thank you!

I want to know what spending cuts you're making after you saw the overview of your entire financial picture. Let us know if there are any changes you intend to make to improve your financial position.

46

UPVOTES

[FR] The Bride of Bigfoot

RPWolf · 13 November 2018 · Archived copy · Reddit

So I have listened to Rollo and the RMG podcast and a couple times I have heard Rollo talk about Bigfoot erotica in reference to how women want a story, they want imagination and a dominant man even if its Bigfoot and thought how absolutely ridiculous it sounded. So one night I am in bed and ask my wife have you ever heard of this shit before. She laughed her ass off and said, "no is it a thing??!!" I said yeah apparently. So we laid in bed and proceeded to look up titles to these books and laughed our asses off for over an hour. Over the course of the week it became an inside joke to us. I would use the titles of the books to flirt with her and keep things sexual even though it was totally ridiculous. She loved it and still does a couple weeks later. She started calling me Bigfoot as a joke and I will pound my chest and grunt at her to bend over. She always complies.

One of the titles of the books is "Bigfoot and the Bride" or some shit like that. I will come up with ridiculous stories about how she is my bride and is lost in the woods etc. and she laughs her ass off and says I am ridiculous. Heres the thing though. When I use them to initiate as a joke it makes sex fun and shows I can use my imagination to take her to another place even if it is an absolute ridiculous place. I mean fuck man look how popular Twilight was!! The thing is my wife isnt like this. She hates Twilight, romance novels, 50 Shades of Gray etc. ...until she doesnt. She just wants to be taken somewhere else to let her imagination go and have fun.

So the take away here is have fun, use your imagination and own it. Even if it is ridiculous.

46

UPVOTES

Frame is impossible without abundance

parkerfiveone · 6 October 2018 · Archived copy · Reddit

Deleted

46

UPVOTES

Your wife is a whore and you should divorce her

88Will88 · 24 August 2017 · Archived copy · Reddit

I like non inflammatory titles which are not clickbait. So here we go, to all you guys who post in here or askMRP about your whore wife hanging out with other dudes or having an emotional affair - First and foremost your wife is a whore. The only way this statement is not true is if you live in a gay marriage legal jurisdiction and you are married to some guy named Pete. Why am I calling your wife a whore? Because I think sometimes it is helpful to look into the abyss and see things for what they are. In The Manipulated Man Esther Vilar broke it down for us accurately, decades later Rollo spelled it out again, the ladder of love flows down, not up. Men love women, women love kids and kids love puppies. This is a brutal assessment but the reality is like Rollo said, she can never love you the way that you want to be loved. She does not love you, she loves the image of you she has painted in her own head. With a woman, her love and relationship is transactional and conditional, see Briffault's law. She is not yours, it is just your turn.

So when we see guys in here and on askMRP whining that their little snowflake is having lunch/ kayaking/ karaokiing (is that a word) or doing something else with other dudes, then we rightfully call them a faggot and explain that she only acts this way because he is a beta schlub. This is the right thing to do because we cannot change the wife, only the man. Giving him a kick in the ass and telling him to man up is the right thing to do because we can only fix the man. That way in either scenario (a - he improves his miserable marriage, or b - he leaves the whore and moves on to a better life) we have helped the man. I agree with this approach and I agree that this is the best thing for them. Encourage them to lift, lead and focus on their mission, be their own point of origin, stop focussing on the wife.

However it is sometimes useful to look at the other side of the coin. That is the reality that the guy who comes on here whingeing that his wife is hanging out alone with some random dude, is that his wife is a filthy, dirty whore. The other guys who do my fucking head in are the guys who come here telling us about their whore wife's emotional affair and asking how they can save the marriage. TBH in either case, no matter what the cause of her behaviour, the best possible advice is for him is to leave that slut and build a better life. To try and "fix" the marriage is purple pill logic. It is going through the trash. I realise that many guys here may reasonably counter with "well I was one of those guys, now I own my shit, lift, give her 10 second kisses and we are have sex three times a week instead of three times a year!". To that I say, well you made the bad choice, you would have been better off divorcing her and getting on with your awesome new life. If you think going from dead bedroom, to fucking the same woman who used to reject you is some sort of success, then your bar for success is very low indeed.

So to you guys who come here whining that your whore wife is spending time with some other dude, you are the one who is still pining for her. The only thing which turns my stomach more than your whore wife, is you, you pathetic, blue pill, pedestalsing little bitch. Leave her ass, get on with your awesome new life. You will be happier, you will either bang many better women or the new you will find a better woman. Life is there to be lived, do not be a coward and tether your happiness to a whore.

46

UPVOTES

FR: Absence Makes the Heart Grow Fonder

maxofreddit · 2 June 2017 · Archived copy · Reddit

I had a hiccup a few weeks ago, but generally things with me have progressed by magnitudes over the past couple of years.

Things are going well....

Took the kids over the long weekend to the other coast to see family, wife stayed home, essentially 5 days to herself. Communication while I was gone was essentially a video call when I arrived at my brother's so she could say hi, and 2-3 texts (i.e. "On schedule, see you at the airport"). Other than that, radio silence. It was wonderfully relaxing.

Upon my return, after the kids are in bed, building up to caveman time, she informs me that she masturbated twice while I was gone, thinking about me & my hands around her neck. This from a wife, who, a couple short years ago, just was NOT interested in anything sexy.

Now if you would've told me when I first got married that women wanted aggressive fucking (NOT lovemaking), and get turned on by you minding your own business & essentially ignoring them, I would've thought you were crazy. After having my eyes opened in the past couple years, and judging from the muffled screams on Wednesday night, I'd say the proof is in the orgasmic pudding.

Thank you gentlemen.

The road is long, and takes effort. But shit, it's worth it.

Edit - fucking typos

46

UPVOTES

FR : Its not about the candy. Its about Bear Hugs.

vincedecola · 9 February 2017 · Archived copy · Reddit

Woke up this morning to day 10 in her cycle. My head is filled with thoughts, thoughts of her ovulation: Is she already ovulating? Do I have a few more days to up my manliness before her ovulation peak? Shit, I was a faggot day before yesterday and I failed a few shit tests...Get frame boy, get frame...ovulation incoming...

She is just coming off of a bad fever she had for a couple of days. She is sleeping like a baby. Her head is on my chest with her feet under my calves protecting her from the cold bedroom air.

I am still sleepy. But I am experiencing the best morning wood I have ever had. I correlate that to heavy deadlifts I did the day before. During that workout, I remember, in the heat of the lifting session, my trainer asked me to switch form, from conventional to sumo for my last set... and bang! I deadlifted my DL PR + 20kg, an explosive rep I would call it.

I initiate.

She responds.

I cum, she doesnt.

I get up. Its time to get ready for work.

I come out of the shower sharply dressed. I put on wax on my beard and moustache and I comb it to perfection. I put on Polo Double Black, an EDT I bought after hours of shopping around. /u/GargantuaBlarg29, you have been an inspiration.

She is still in bed.

She: "You drove 20 miles yesterday just to perform at an event and you couldn't even get me candy on the way home."

Me:"Complaints. complaints. complaints...Why do you complain so much sweetie?"(Amused expressions, confident body language and eye contact)

She: "If you think these are complaints, I will shut up."

Me: "Yes please. Peace."

She: (raging bull mode and silent treatment)

I am ready and its time to ride to work.

Me: See you baby. (my arms wide open)

She: (raging bull mode and silent treatment)

Me: Baby, see you later, my queenie...(my arms wide open)

She: (raging bull mode and silent treatment)

I then remembered a comment by /u/addictedtoyourface...

Not sure why you added this detail, but since you did let me comment on it. Here is a perfect opportunity for you to pull your wife into your frame. My wife and daughter both do this sometimes (the reasons don't even matter). If I get one of those pathetic hugs I step back and go, "uh what the hell was that?" Sometimes they snap out of it and give me a great big hug and kiss, sometimes they don't. If they don't, I rush them and give them the biggest bear hug ever. Try that a few times and see what happens.

Me: What the hell is that for a goodbye?!(my arms wide open and a smile)

She: You have to come to me and hug me if you want to hug me. (she forgot she was giving me the silent treatment). Do you even know how lovingly I come to you and kiss you when I leave for work before you? And look at you!

Me: Again complaints?! (Amused expressions)

She: Go and get yourself a chick who doesn't. You won't find one. I am better than most. (bitchy mode)

Me: Listen sweetie, I am going to count down from 10 to 1. If I don't find you in my arms by then, you won't like what I would do to you.

She: I would rather wait to see what you do.(resting bitch face)

Me: 10,9,...3,2,1...Beaarrrrrrrrr Huggggggggg!(I jump into bed, lift her off and hug her close)

She: Hahahahahahaha.....(she laughed hard for some 5 long minutes while I tickled her with my face and breath)

She: You know you were a grizzly bear earlier. Round and soft. Now you are a horse, all muscelly and tight.(while feeling my pecs and arms)

Me: Ha, its time for your horse to sprint to work.

She: Don't ride rash pleaaaase. I don't want you to die on the road. (tears in her eyes)

Me: Never.(Wiping her tears off. Kiss on the forehead)

She kissed. And that was the best 10 sec kiss I had in a long while.

Then she did something she had never ever done in our entire marriage and dating.

As I sat on my motorbike, I heard a cute lady voice call from our 10th floor apartment window:"Bye honey"(flying kisses) and she waited there looking at me ride away until I was no longer visible in the distance.

TLDR:

Lift, morning woods are better.

Let her ride her own emotional roller-coaster.

They love the feels and the ups and downs.

Bear hugs(in your own frame) bring them into your frame. :)

46

UPVOTES

The Useful Parts of a ButtHurt Episode

bogeyd6 · 9 January 2017 · Archived copy · Reddit

There is an article written on the emotion of butthurt, what it is, why you have it, and more importantly how to make it work for you. The practical base emotion is weak, but the larger construct is quite complex. The distillation of the topic requires insight into your own life and how these emotions have manifested into your personality. We will use examples and attempt to build up how butthurtiness became an outcome possibility, even if undesired.

ButtHurt, The Weakest Emotion

Emotions are what make people the person they are. We all have them and sometimes they do rule our lives even for brief moments of time. We have emotions such as anger and genuine fear. Those are what I consider strong emotions. These strong emotions are actually powerful motivators and will typically force you to act. Women see these strong emotions and are thus moved by them as well in powerful ways. When she sees her man is righteously angry and she is hoping its not directed at her. She will often act in congress with your actions to attempt to solve the problem. These emotions generally come from a strong frame and a base of right and wrong. Generally they also come from external places, sometimes internal, and in whole are generally good and if not well received then at least well regarded.

The example emotions we consider weak for a man is pointless crying and the act of being butthurt. For instance, there was a post that was deleted in /r/askmrp where the guy gets mad at his wife's suggestion and spends twenty minutes crying actual tears in a locked bathroom alone. This is what I consider a feminine action and when viewed with a masculine lens shows weakness. Women do not like weakness. They abhor it. Crying and bitching to your wife is only going to be met with absolute disregard to your "feelz" and another notch taken down in the ol' SMV scale. That is a double standard, no doubt, and it plays out everyday.

Butthurt to me is simply described as an irrational angry response to a perceived insult or not getting your way. Then you compound the issue by acting out passively aggressively, aggressively, or a withdrawal from communication with your wife. These actions are done from a weak frame. Typical reactions we see are the wife offers a hard no and then men come onto the forum and cry/whine about getting the no.

Why Are You Having a Tushy Tantrum?

There are several major talking points here.

- Outcome Independence (OI)
- Abundance Mentality
- Game
- Covert Contracts

Outcome Independence, as related to sex, is your number one problem of being butthurt. When the yes/no doesn't really matter to you on a personal level anymore. That is when you now have the power. Think about it, the one who needs it the least has the most. You are supposed to have other things to do and sex is just one stop on the way to where you are going. This could be any number of things, but the fact that you only want one thing is compounding your issues and leads us into....

Abundance Mentality, as related to sex, is the cause of the lack of Outcome Independence. You don't know that there is other pussy out in the world that would be more than happy to drain your balls at a chance to suck your resources dry. Maybe you don't want to fuck other girls? Then don't. You at least need to know its out there. You get more confidence from lifting weights and after all the years being married to the shrew. The feeling you get from another woman being interested in you is just the next level in the game. Unfortunately, many men don't bother to go out and talk to other women for what ever kind of closing they are looking for. Which now leads us into....

Game, you don't have it. You also lack the body of Dwayne Johnson. That's two direct hits on your sexuality. My guess is you are probably screwing up your home life as well so now you have the trifecta of why your wife delivers hard no's. You can't attract other women and you don't have the practice to get any better at gaming your wife. You don't practice game on your wife. You practice your game on the women outside of your social circles. When you find things that work, you bring that home to use your now honed skills on your wife. You think by default your wife should fuck you because you are married. Now we are getting into....

Covert Contracts, yes indeed. We are at the bottom of the distillation process. The root cause. You are butthurt over the hard no because you have a covert contract that says my wife should fuck me because of the marriage vows. The secondary clause is you decided that since you are now half assedly trying to improve yourself. She will magically want to suck your cock.

How to Make Booty Bothered Work for You

Remember when you were a kid and you lost your first game? The other team cheered, got taken to pizza and ice cream! You however got to go back to the locker rooms and listen to all of your mistakes. Sitting there and thinking this coach is full of shit. Well, as a coach I can tell you I have seen two types of kids. The one's who get discouraged and quit. The other kids who listen to their coach and go train harder. They train harder because they want to feel like the winning team did. They took the loss and turned it into motivation.

You have this choice as well. You can focus your energy on getting the hard no's. Wallow in self pity. Come on to reddit and post about how much your life/wife sucks and how none of this is working for you. Probably not talk to your wife for a few days and withdraw your attention because that's going to show her. The weird thing is people really believe that works. You cannot withdraw your attention from someone who doesn't want it anyways.

You can also focus that energy on going back and fixing the basics. Figure out where along the line you decided to be mad because one out of 3.5 billion women wouldnt let you put your cock inside them. You can probably find the areas. My guess is anything you put a moral/physical limit on would be the first place to look.

Examples:

- I don't flirt with other women because I am married.
- I don't go to the gym because I don't have time.
- I don't keep my house running smoothly because it's her job.
- I don't think there is that much to improve around my home.
- And the big one, my life is good enough for me now.

Take your energy you get from being butthurt and put it into something you need to fix. If you read this entire article and thought it did not apply to you? I will tell you I have yet to meet the man who lifted too much, fucked too much, and had nothing else to do.

Final and closing note. Butthurt bosses always get their way, aint that so /u/FireTempered ?

46

UPVOTES

Your greatest asset is also your greatest liability

SorcererKing · 18 November 2016 · Archived copy · Reddit

Sticking feathers up your butt does not make you a chicken. -Tyler Durdin, *Fight Club*

One of the things that's great about being a man is that you try to apply reason to your problems. But you know that already, because you're reading this right now, most likely because you realize you have a problem and you're seeking help. Q.E.D.

That manly reason is your greatest asset. Women will perceive a problem and immediately go down an emotional rabbit hole, basking in the feelz their problem generates. They'll hit Facebook right away and let the world know, so they can reap the validation and sympathy - more feelz. But not you, brave reader. You STFU about it and start working the problem, right?

You see, mankind is the only *rational animal* on our planet. (Maybe some whales or dolphins or some shit are pretty smart, but as far as I know they haven't built cities, brewed beer, or invented any damn thing, really. So fuck them. But I digress.) The problem with being the rational animal is that we tend to be the *rational-izing animal* as well. Our tendency to rationalize is at the core of things like the **self-serving bias** and **confirmation bias**. So you see, while the male go-to response of reason is good, if we don't use it right, it can be very bad.

For example, when we have new guys in askMRP who come in, clipboard in hand, checking boxes on the "How to be Alpha" checklist, utterly convinced they've changed their life in 15 days. We'll shit on them, call them Redpill Rambo, send them out with their tails between their legs. All good, it's how we do.

Here's where it can all go wrong: Some guys will introspect and use *reason* to decode the message, to integrate the feedback, and they will grow. But other guys will let their ego step in and they will *rationalize* instead. "Fuck those guys! They don't know me, I got it tough." This is what women do: hamster. It's DEERING to yourself. It's letting your asset become a liability. Stop it, stop it now for your own sake.

A more subtle form of rationalization comes not from external criticism, but from fair-weather self-delusion. I see guys *think* they've changed their thoughts and attitudes but fall to pieces when the wife prods their frame even a little. This is because instead of *doing* the new thoughts (i.e. actually having new thoughts) they tried to *understand* and *think about* having new thoughts. They understand the *need* to think differently, they understand what the new thoughts need to *look like*, but they are not actually having those thoughts. They get lost in thinking about thinking about thinking differently. Hear this now: *knowing what you need to do* and *actually doing it* are not the same. And here again is where rationalizing has gotten in the way of reason: you're so busy cognitively knowing the answer that you're not living the answer. Your mind tells you that since you know the answer you must be 'doing RP.' No.

One thing to note here is that rationalization often comes from the need to protect self-esteem, aka letting your ego get in the way. Your ego will tell you shit like, "I don't need to change. This isn't my fault. She's the one who is in the wrong!" It's how guys end up here claiming they swallowed the pill and are on Dread Level 42 but it's not working. Fuck all that noise. OYS.

Red pill asks you to enact real change. This is hard. This takes time to internalize. This is why we tell you to fake it until you make it. This is why we have so many readings. This is why we tell you to lift. Until this all clicks, give up this notion that you're doing it or that you're there. Trust me, you'll know when it's real.

TL;DR: STFU, read, lift. Be the ball, Danny. See your future, be your future... make... make... make it! Me? I'm a vege.

(Edit: correct the autocorrect)

46

UPVOTES

[Mod Announcement] No more posts only saying how "X Time since I took the pill" with a useless field report

strategos_autokrator · 11 August 2015 · Archived copy · Reddit

One of the truths of TRP is that nobody thinks you are special nor cares about you. There are almost 5000 users here all that are going or have gone through a transition. Your transition is nothing special.

When you post something, make sure it adds value to the community.

Posts that add to the community:

- Post an insightful question regarding a concept you are struggling with. When in doubt, shut up, read more. It is ok to post if you are reading but don't understand some concepts, but the questions have to be specific.
- Post an original insight regarding a concept you have internalized. This often happens as you put into practice what you learn here, and after many mistakes, you figure out how it best works for you. A Field Report is just a way to exemplify the concept you are discussing.

If you aren't sure if your post falls in one of these categories, don't post. If you are posting out of insecurity, or fear, don't post. Posting that kind of crap only reinforces your beta patterns, and detracts from the community.

Posts that do not add to the community:

1. General stuff that reveals you haven't done the bare minimum only makes you look lazy. If you aren't committed to change, why should we care for what you have to say? If you are not reading the Course Prerequisites, then your question will not be insightful, and won't add anything to the community nor to yourself. If you haven't tried wrestling the concept for a while, then you aren't trying to understand, you just want validation.
2. Posts titled "X weeks in" or "Day X" or shit like that are all weak insecure stuff. Keep a personal private diary instead, and read it with a critical eye. **Do not make MRP your diary.** We have the "Own Your Shit" if you want to hold yourself accountable. Posts that just say "Update" or "Field Report" with nothing concrete are just about your transition and don't add to the community. Posts that are essentially titled "Just unplugged, advice me" also are low quality posts that signal both that you have not unplugged yet, nor have done the bare minimum work to unplug.
3. Posts blaming your wife for the problems in your relationship. Posts bitching about your wife and asking how to fix her or change her. Fuck that shit. MRP is about YOU changing. Go to /r/DeadBedrooms with that butthurt weakness.
4. Posts thinking you are very special because you are in the anger stage and arguing back to her shit tests. Unless you have gained some insight that can help others, or have *very* concrete questions, most likely your post is one of the low quality ones we get every week on the subject. Posts about "How did I do?" or "Advice on shit tests" reveal you aren't reflecting enough, nor owning your shit. The post isn't about shit tests, it is really about your own insecurity and need for validation. Instead of wasting your time and that of the community, spend your time in the Course Prereqs in the sidebar.
5. If you are posting very regularly, you are posting shit. If you are posting regularly and your posts aren't upvoted, you are posting shit. If you are posting as frequently as /u/Rollo-Tomassi/, /u/IanIronwood or /u/BluepillProfessor but you don't know what you are talking about, you aren't adding to the community.
6. If you think MRP is like /r/asktrp, your post is a shitty one. /r/asktrp is just insecure betas seeking validation from other insecure betas. Very few people there give good advice. If your post is a cross post from there, or could belong there, there is a good chance it is a low quality post. Think hard before you post here. As married men, we like a more mature tone and expect our users to be insightful.

7. If your post is just a few lines without a deep insight, it is a low quality post. If your post needs paragraph spacing and doesn't have it, it is a low quality post. If your post is poorly written, it is a low quality post. If your post doesn't have enough information, it is a low quality post. If your post has too many details about who said what without insight, it is a low quality post.
8. If the question you ask is addressed in the [Beginner's Guide](#), in the [Wiki](#) or in the [FAQ](#), then the post is low quality. If the question you ask is something that we get every week, then it is low quality. If the question you ask is something with an answers that could be found by a simple reddit search, then it is low quality. If the question is something that is answered in [the red pill sidebar](#), then it is low quality.
9. If you can't refer about specifics concepts from specific books in the sidebar, then, you haven't done the bare minimum, are not adding to the community, and shouldn't be posting. If most of the replies in the post just tell you to read the sidebar, it signals you shouldn't have posted in the first place. Open your eyes, swallow your pride, put your head down, and impose yourself a lurking moratorium until you are done with the Prereqs before you post again. This is really what you need to transition. Otherwise, you are just spinning your wheels in insecurity seeking validation from strangers online.

Stop being a little boy asking for validation and help without doing your work. Yes, we all know the transition is scary. Face that fear. That is why you become an alpha through it. While you face the transition like a pussy beta, you will not transition. Men do their work, and from these, they create their own insights. That is what this sub is about.

I believe that everyone, including newbies, can post insightful stuff if they kill their hamster, take a very hard look at themselves, swallow their ego, read the books on the sidebar and do the hard work of putting things in practice. Posting because you don't understand and want to learn is fine. But posting because you are lazy haven't done the background work or you are scared of implementing things are not fine. When in doubt, post in the Own Your Shit weekly threads to make yourself accountable.

MRP is not a support group. MRP is the captain's table, a brotherhood, a place where steel sharpens steel.

46

UPVOTES

The balanced check book of the relationship

UEMcGill · 10 August 2015 · Archived copy · Reddit

I've been on vacation but reading to catch up. One recurrent theme I've seen over the last month is the problem of the marriage "check book" and keeping it balanced.

One gent told his forlorn story of working his ass off and scrimping and saving to buy a house. He busted his ass, had a huge emotional day, and his wife threw a comfort test at him to remind him of how hard he worked. Another guy goes through something similar, busts his hump to get his family debt free only to be reminded of how it was "a shitty present".

My own personal story is similar. I've been blessed in my life to be mechanical, I was taught by my father to handle my shit, and there's literally nothing I can't fix with my hands. I bought our first house, a tiny shit-box in a red-hot market. I spent a month before we moved in removing and replacing every inch of drywall, sanding wood floors, re-carpeting, and making it look better than the day it was built. I stood back when we moved in and in my best Tim Allen said "Ooooooog!, I have created!". I sat back waiting for the blow-job dam to break open.

My wife promptly went and bought curtains, and filled it up. She reminded me that she worked hard too; you know decorating and making sandwiches. Then she asked "when's the basement going to be done?". I was like "what in the actual fuck did she just say?"

In my mind, I had just banked like 10 fucking years of good will. She had a brand new house without going in to massive debt. Yet the moment it was done, she was like "Well I did this too. What's next?" The marriage bank account had just been reset to zero.

I made the critical mistake of assigning a discrete value to the work I had done. My wife, as all women, only assigned one value to it, +1. I made the mistake of doing that for years (lots of covert contract in there by the way), thinking my bank account with her was like +15,000, when the only achievable numbers are +1, 0, -1. Me, remodel the house +1!. Her, decorate the house, +1 her column. Back at zero. Me, get called on a last minute trip, -1. Get \$10,000 bonus because of said trip, +1, yeah back to 0...

It was a critical mistake to think I could bank good will all these years. Just like Pauli in Good Fellas, she was there again with her "Fuck you, pay me". This fact rears its ugly head when you are particularly beta. Because everything you do is easily cancelled out by some little thing she does. Women are transactional and resource seeking. So she gives you starfish sex, and thinks she deserves a new car, because pussy. She makes you a sandwich and thinks she deserves a new purse, because it's fair. On and on. It may sound exaggerated, but it's not far from the truth.

I finally realized I would never win this battle. I had given up completely and decided that I had no more fucks to give. I embraced TRP, and made myself the center of the universe. In fact, I went to the bank and closed all accounts. I stopped engaging in covert contracts, and flat out told my wife "I don't need you. I don't want someone I'm beholden too." I stopped putting stuff in the bank. I started to do things because they either needed to be done, or I wanted to do them. I didn't do them because I thought she would approve. I gave my wife the attitude of "I'm the prize, if you want to come, join me. If not get out of the way." I flipped the script, so now the ball is always in her court. She knows through subtle and not so subtle ways there's only one column in the bank account, that's me. She can choose to make it +1 or not.

Are you still trying to fill the checkbook?

46

UPVOTES

What we talk about, when we talk about Dread (1/3)

jacktenofhearts · 24 May 2015 · Archived copy · Reddit

What we talk about, when we talk about Dread

(all quotes taken from "What We Talk About When We Talk about Love," by Raymond Carver)

/u/BluepillProfessor requested I share my thoughts on Dread to MRP. So, here they are. These thoughts ended up spanning nearly 7000 words, so my writing extends into comments below this post, and I added links to each one accordingly. If you don't like read what is essentially a huge wall of text, this is probably not going to turn out well for you.

Why Dread?

We talk a lot about Dread on MRP.

And while we have a lot of MRP Redditors with some great advice on Dread, I've found a lot of the conventional advice on Dread outside of MRP is limited at best, and misleading at worst. We tell everyone "sidebar reading, bro," yet Athol Kay (author of MMSLP) explicitly advises *against* Dread. Meanwhile, blogs like CH have posts [like this](#). To call those suggestions "emotional abuse" is overblown, silly, and false. To call it "effective MRP advice" is also false. We are not going to be fixing fundamental problems in our marriage based on how often we do or do not turn off our cell phone. I hope this is not a controversial opinion here.

Despite my proclivity to cite a lot of armchair psychology in my comments, my professional background is actually in marketing. This is really the basis of my psychology knowledge - as you might imagine, it helps to understand how people think when you're trying to sell them shit. And the more I thought about it, the more I realized Dread Game was really just packaging a lot of very simple marketing concepts that I think pretty much anyone will be very familiar with.

This post will be a deconstruction of Dread from that perspective. I will then offer some opinions on those deconstructions, and why I think Dread is is incredibly powerful force, but why it's more useful in some situations than others, and why I think Dread has some limitations. With that said, let's get into it:

What do we talk about when we talk about Dread?

"There was a time when I thought I loved my first wife more than life itself. But now I hate her guts. I do. How do you explain that? What happened to that love? What happened to it, is what I'd like to know. I wish someone could tell me."

My favorite definition for Dread is this: **Dread is the opposite of being taken for granted.**

For any of you guys still struggling to unplug, I would encourage you to view Dread in this context. *You are frustrated in your marriage because you feel you are being taken for granted.* Being taken for granted is not a pleasant feeling. Generally in your life, when you've felt taken for granted, you just leave. At one point you probably had a girlfriend, a friend, or an employer who just seemed to be investing a lot less into their association with you than you were. Eventually, you'd get pissed off, and you'd leave. You'd break up with your girlfriend, you'd stop trying to make an effort to hang out with your friend, you'd quit your job and get another one.

There is very little need for Dread in a relationship when you can terminate it. You can simply conclude, "I'm not getting what I'm putting into this, so I'm going to stop doing it." It's that simple. *The mere fact that you have this option usually inspires enough Dread for a functional relationship.* People won't treat you shitty because they know you have the option to stop dealing with shitty people.

So why the hell is so much of MRP advice founded on Dread? **Because we don't want to leave.** Because leaving

means divorcing, which will impose a lot of external costs that we'd hate to pay. While "divorce rape" can largely be avoided with a good lawyer and thorough preparation, divorce still sucks. We don't want to get divorced, we want things to just... be better. While I've commented that I think the financial toll and child custody outcomes are tremendously exaggerated on TRP, those costs do exist, and they are still very significant and painful to pay.

So we don't want to leave our wife and find a new one. We just want our current wife to stop sucking. And this is why Dread is critical. Like some of us on MRP, I had the pleasure of being called out by MRP's very own /u/whinemoreplease, who once responded to one of my comments with:

"For most of you guys, you've already decided that you're going to stick around through whatever bullshit she throws at you. pretty much dread is your only option, you know, unless you want to be hard core red and have divorce on the table at all times."

And, well, he's right. The thought of divorce kills us. We can't leave. So what can we do?

Imagine there was only a single employer in your area. You had a job there, and it sucked. The paycheck was meager, the hours were shitty, your boss was an asshole. You want to quit, but you... can't. There is no other employer nearby. The price of respect seems to be quitting and being completely broke. That's going to make you feel kind of "stuck," isn't it? It's impossible to have a lose-lose perspective on this situation. No wonder it's easy to start harboring resentment for our wives. It's easy to resent everything when you feel you're in a lose-lose situation.

But what can you do? You can't quit. You can't go to your boss and say, "if you don't give me a raise, I'll get a job elsewhere." He knows that's not an option. Are you just kind of fucked? Is there really nothing you can do? They just get to take you for granted forever, since they know they're the only employer that can offer you a job?

The answer to all those questions is "no." You can and should use Dread. I'll explain how it works in the above example, and I will explain how it can work in your marriage, and I will explain why it works.

Four Luxury Brand Marketing Concepts that Also Apply to Dread:

"It ought to make us feel ashamed when we talk like we know what we're talking about when we talk about love."

As I said in the introduction, I realized there is a lot of overlap between Dread and some fundamental marketing concepts. Particularly, marketing concepts as applied to **luxury brands**. So let me introduce the four core concepts that I think apply in this overlap. You have likely heard of these concepts before. If not, I will include links to their Wikipedia pages, which should be understood easily enough. All usages of the pronoun "we" below refer to basically the entire human race's general psychology, and not just specifically MRP.

Scarcity Effect (http://en.wikipedia.org/wiki/Scarcity_%28social_psychology%29) - We value things more that we perceive as scarce. We value things less that we perceive as abundant.

Loss Aversion (http://en.wikipedia.org/wiki/Loss_aversion) - Losing \$100 feels a lot worse than winning \$100. Or really: we hate losing the things we have more than we like getting things we don't have.

Operant Conditioning (http://en.wikipedia.org/wiki/Operant_conditioning) - Generating desired behavior in someone through a system of rewards and/or punishments.

The Socratic Method (http://en.wikipedia.org/wiki/Socratic_method) - Perhaps the least familiar of the concepts here and not quite a marketing concept, so I'll elaborate a little bit. Essentially the Socratic Method is framing your argument as a set of statements or questions to someone to inspire critical thinking. If you tell someone "your wife's an emasculating bitch for calling you out in public," you will almost definitely get some sort of defensive response. Their mind shuts down and will irrationally reject any further evidence you try to present. But if you say to that person, "hey, when your wife called you out in public, it looked like you didn't enjoy it that much" he will probably respond, "No, I didn't. She does that shit all the time." Then you can say, "I see. Why do you think it bothers you so

much?" And they may respond, "I don't know, it just does. I guess it just makes me feel she's an emasculating bitch."

All four concepts feature heavily in marketing, *for luxury brands especially*, which you want to present as being scarce. Not everyone drives that Audi, not everyone has that iGadget, not everyone at the bar is drinking that Grey Goose. Yet despite being scarce, you also need to be accessible. You need to make the person feel they *could* be one of the lucky ones that will be in possession of your product. Either directly (free trials or rebates) or indirectly (e.g. Apple's continuous upgrade cycle, where you feel you're 'losing out' if you don't own the latest and greatest).

The combination and scarcity and loss aversion are not pleasant feelings. The idea of not being wealthy enough to afford that Audi, or not being cool enough to drink that Grey Goose, or simply not possessing that iPhone 9XG, with the special Siri app that gives you blowjobs on command... these thoughts cause **anxiety**. Waiting in line all night at the Apple Store and buying the iPhone 9XG eliminates that anxiety. When you walk out of the store with that iPhone 9XG, you may think you're feeling happy, but you're really feeling *relief*. Relief from anxiety. The operant conditioning becomes clear: *buy shit, remove anxiety*.

Yet an effective marketing campaign has to do all of this covertly. You probably think infomercials are stupid and unconvincing. Why? Because they are just Billy Mays (RIP, buddy) yelling some variant of *BUY THIS SHIT NOW IT'S AWESOME!!!* Did you think that product was awesome? Did you buy that shit? And even if you did, did you really think you were buying a luxury good? Probably not.

Marketing campaigns for luxury goods don't say *BUY THIS SHIT!* They use a form of the Socratic Method to say: *Hey, this guy looks like he's having a good time and he has an iGadget. Did you know what the iGadget does? Some of this stuff it does might let you have a good time too. Especially since those people over there don't have iGadgets, and they look pretty depressed and bored. Just sayin'.*

At this point you may be wondering while this was an interesting marketing lesson, what the fuck does this have to do with Dread and MRP?

An Explanation For What the Fuck This Has to Do With Dread and MRP:

"A man can go along obeying all the rules and then it don't matter a damn anymore."

You're here because, for now, you've ruled out divorce as a solution to being taken for granted in your marriage. This means you need your wife to give a shit about you. Her not giving a shit about you, and you just walking out, is not an option.

Little secret about companies like Audi, Apple, and Grey Goose: *they need you to buy their shit just as badly as Billy Mays does!* They may seem scarce and seem like they don't really care if you buy them or not, since they're not giving you a direct "call to action" to purchase the product. But you know this is obviously false. These companies are trying to make money. They need you to give a shit about them. They just can't tell you that directly, because saying "hey, I'm so cool and unique, buy me!" is a self-defeating message. It begs the marketing audience to ask, "If you're so cool and unique, why are you so overtly obvious in how badly you need me to buy you? And if you're telling everyone this and everyone *does* go buy you, are you really cool and unique?"

Hence the indirect messaging. Otherwise you won't think they're scarce, otherwise you won't get anxiety about the idea of not having them, otherwise you won't care to do buy that product and reduce that anxiety, otherwise you don't draw all of the above conclusions subconsciously without them overly telling you.

So let's put what I've discussed so far together.

- **Someone feeling Dread is the opposite of someone feeling like they can take you for granted.**
- **Luxury brand marketing is all about not letting people feel they can take their products for granted,**

even though those companies do desperately need people to buy those products.

- **Dread is marketing yourself as a luxury brand.**

Got you nodding, right? *OK, OK, I think I get it... but how do I actually do that?*

(con't)

EDIT: Despite the fact that the "(1/3)" in this post title implfying it's Part 1 of 3 posts, all the rest of this is contained as comments below. There are no other posts, everything is here. Hopefully, you can just scroll down and keep reading.

But in the event the comment ordering gets fucked up by voting, or whatever, here are links to each comment, in the correct order.

- **Active Dread and Passive Dread-**

http://www.reddit.com/r/marriedredpill/comments/374wln/what_we_talk_about_when_we_talk_about_dread_13/crjrgcp

- **The Hamster Maze -**

http://www.reddit.com/r/marriedredpill/comments/374wln/what_we_talk_about_when_we_talk_about_dread_13/crjribp

- **Dread Pitfalls (1/2) -**

http://www.reddit.com/r/marriedredpill/comments/374wln/what_we_talk_about_when_we_talk_about_dread_13/crjrt1z

- **Dread Pitfalls (2/2) -**

http://www.reddit.com/r/marriedredpill/comments/374wln/what_we_talk_about_when_we_talk_about_dread_13/crjrt7s

- **Wrap-Up -**

http://www.reddit.com/r/marriedredpill/comments/374wln/what_we_talk_about_when_we_talk_about_dread_13/crjrtey

46

UPVOTES

Order your wife around

Archwinger · 11 April 2015 · Archived copy · Reddit

So my mother-in-law is a bit of a pack-rat. We're talking VHS tapes of shows that haven't been on the air since the 80s, newspapers and magazines from the 90s, and so forth. I have a lot of theories why she does this crap, but that's not the point of this post. Instead, I'm starting with something more important than women: pooping. I'm sitting on the pot, taking a shit, and my book and my cell phone are still in my suitcase, so I grab a magazine from a basket near the toilet. We're in luck. It's one of the newer items in her hoard. A Redbook from 2009, or was it 2007. I forget. 200X is close enough. I flip through and find an article about women lamenting their shitty husbands.

I know, I know. That could have been any Redbook, any article. But this one talks about the super-wife. The woman who "does everything around here," often while working, too, and resents her husband for it. This article goes on and on about loser men who prefer a life where all they do is work, maybe take out the trash once in awhile, and sleep, while their wives do all the thinking and run the house. That's actually a pretty popular and common modern trope. The queen rules the roost, or something like that.

These women hate their husbands. They don't consider these men their husbands. They consider them another child. But the bottom line wasn't surprising: You don't desire someone you resent. These women had unsatisfying sex lives with their husbands. Many were cheating, many wanted to, many were thinking about divorce. But whatever their end-goals, sex was less frequent and less satisfying for the women who felt like they were in charge of their households.

So obviously, you think a woman who feels like she's unfairly burdened and like her husband "doesn't do anything around here" would do what all blue pill people recommend for any failing relationship: communicate. Tell her husband how she feels and ask him to do more instead of being a passive aggressive bitch while he wonders why she's such a cunt and why he ever married her. But these women never do something so obvious or direct, for a variety of reasons.

First, however much a super-wife may hate her husband, women *like* feeling validated and important. Knowing that the home just plain can't function without you and you're absolutely indispensable is validating. Some of these women feel powerful. Telling your husband you feel unfairly burdened and want him to do more would be showing weakness, and since these women are the men of the house, and unlike most men, women actually get Red Pill ideas, they know that as the leaders of their households, they can't show weakness.

Second, a loser man you browbeat into showing an occasional winner quality is not a winner. He's just a bigger loser. Most women feel like if they have to actually ask their man to be less of a loser, and while in the course of obeying their orders, he does something non-loser-ish, that's even *worse* than just being a natural-born loser. Parroting Rollo's words, women want a man who "just gets it." If you have to be told how to be a man, especially by your woman, you're not a man. You're just another child she has to take care of.

Third, and kind of in line with the above, women don't trust a loser to lead their families. He'll just screw it up. Giving a man some control over your household means relinquishing that control yourself. Worse, even if a man is competent at a task, he might not do it the way she would have done it, and women can't stand it when someone else thinks or feels differently than they do and is still somehow successful in life. If you're going to do something she could have or would have done for the family, she's going to try to insist that you do it her way, because it's a slap in her face if you do it your way and, worse, if things actually work out as well or better your way. And while it's 100% true that women don't want to be the CEO of the family organization, the one thing women would hate even more is to be an employee. A woman's preferred role is the business owner. The guy who sits back and collects checks while other people run the place. And run it her way.

A lot of women out there really, really hate their husbands. So many of them hate their husbands so much that you can print an article about hating your husband in Redbook. But you can manage a woman's expectations like you would any other employee in your organization.

First, women need to feel validated and important. Even indispensable. But this needs to be because *you* carved them a niche in your universe. Not because they took over your household on account of you sucking. Ask your wife to do things for you. All the time. Little things. Big things. Have a few things around the house that are “her things.” Things you specifically assign to her (even though you could do them yourself faster, easier, and better), because if she’s doing those things, that frees up your time to do other things. Let her feel powerful and important, but as an essential cog in your machine.

Second, take initiative. *You* run your household. Pay attention. You can’t drink beer and cuddle in front of the TV. And think your wife’s happy. That’s the path of the loser. Your job is to see something that needs to be done. Then just do it or if you need another set of hands or if she’s capable of doing it while you do something else, have your wife help or take care of it. But you need to be the one who notices a thing needs doing, you need to be the one to plan the solution, and you need to be the one who either takes care of it or utilizes your wife to take care of it. In woman-world, it’s the person who notices the problem first and complains the loudest about it who gets all the credit when it’s fixed. Not the person who does the work and solves the problem. So notice problems and fix them. When your wife brings you a problem that’s not on her list, tell her it’s not on your list today because you’re doing X today instead (X being the next thing you noticed needs doing), but ask her to get started on her thing. Pretend like it was your idea and another thing on your list and order her around.

Third, trust your woman to take care of some shit while you’re gone. At least twice a month, go out with guy friends or go to a professional networking event or take a class or something. Be gone. But tell her to try to get X, Y, and Z done or at least started. Make sure X, Y, and Z are trivial tasks that are easily within her abilities, because women have self-esteem issues and hate doing things they’re not already good at.

The modern sitcom trope is a wife who rules the roost ordering her bumbling husband around as he fails at everything he touches and she angrily declares that he’s never having sex again, but at the end of the episode, everything is all right, she reassures him, he feels comforted that she loves him despite his faults, and she makes everything better. As with all things marketed to women, this is just telling us what they want. Women want a man who rules the roost and orders them about, is invested enough to care whether they succeed or fail, but at the end of the day, loves them no matter what. Women want a father.

46

UPVOTES

The Wrong Girl

Rollo-Tomassi · 19 July 2019 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2019/07/19/the-wrong-girl/>

Excerpt:

The ideology of *personal responsibility* is the Swiss army knife of subjectivist rationalization. “Extreme Ownership” is a lot like the “***just be yourself***” non-response people will give you when they don’t know what to tell you about your lack of Game. It sounds like wisdom, but it’s really based on the presumption of knowing a guy must *always* find fault in himself before any other consideration. Guys rarely struggle with overconfidence, but tell him the solution to his problems lies in him self-deprecating more and that he can get behind.

In this subjectivism there are no outside variables. There is no intentional maliciousness from others, or extenuating circumstances, only how you react to them and what you did to bring them on yourself. All the blame for anyone’s bad condition rests on the shoulders of the individual:

- Your life is fucked up? Your fault.
- Your Game/relationships suck? Your fault for tolerating it.
- You think women are one way – a way counter to the popular norm? You’re just meeting the ‘wrong kind of women’.

Again, value judgements replace objectivity. If your life sucks it’s real easy to presume the individual is the cause of the suck. And any analysis (even the desire to objectively analyze) of other people’s will, motives or outside circumstance is always an *excuse*; a redirection away from owning the suck yourself.

Maybe that person was the ‘*right*’ one all along, you just were the *wrong* one for her? Self-doubt is a key element in subjectivism.

46

UPVOTES

Don't Fucking Let People Get Away with Shit, Ever...

johnneyapocalypse · 17 October 2019 · Archived copy · Reddit

Recently I found myself torn between one decision and another.

One: easy, but, frankly, shameful. Especially now.

The other: more complicated. It would have consequences and it would have risk.

Fuck it.

I'm never again letting a goddamn soul on god's green earth fuck with me 'till I'm breathing my last breath, buried underground, or generally screwed and institutionalized.

These choices have been rearing their exigent heads for four decades. They started when I was a kid. They continued into my teens. They kept going into my twenties. They occurred again in my thirties. And they're still happening now, in my forties.

There are just too many goddamn assholes on this little planet for this shit *not* to happen and demand of you either (1) placating obeisance or (2) firm, decisive - and if needed - combative, consequential action.

Maybe not like Iraq-combat and maybe not like the Canadian-navy-combat (go stoney), but instead, the kind of combat that happens day-in and day-out - to every tom, dick, and harry - and the kind of combat that can dictate whether you go to bed feeling like a panzy-ass douchebag or a man of strength and conviction.

I took action. I struck first.

When I was diagnosed with "*my little issue*," I was extremely fearful of my personal challenges being sniffed out and discovered. I felt like I had a lot on the line and recognized that it could be damaging to my companies, my career, and my livelihood. It was made more scary when not too long after, Steve Jobs died.

While I'm not Steve Jobs to the universe, I am - in my little world - Steve Jobs' fucking boss.

(After all, each of us are the center of our own worlds, the master of our own universe, and, frankly, who gives a fuck about a shiny phone anyway.)

That fear - since MRP is talking about fear a lot lately - stalked me and burdened me and gave me something more to endure - as though I needed more - to add to the steaming pile of shit that was already being spoon-fed to me after the news I'd just received - and it was being spoon-fed every goddamn, mother-fucking day.

Fuck it.

I'd clearly conditioned myself to be fearful of anyone who could be - or might be - or would be - or was - in a position to know my little secret - and even worse - to use it against me. Like, you imagine and perhaps know your wife can use your weakest moment of truth against you.

Hell, I'd even let myself buckle in a lawsuit because of it. In the beginning.

God damn.

Granted, I had been sick. Real sick. At that time, I could have been dead any day.

After all, competition never ends and in the real world, nobody is "honoring" you anyway.

It's dog-eat-dog, mother-fuckers, and you better butch up to that if you want to get where you're going.

That said, I should have never capitulated, even if briefly, and I should never have given any fucker on this planet that kind of power over me.

(They didn't even know the power they wielded. It was largely in my head.)

That conditioning - my pernicious foe - like an insidious monster, had burrowed its way through my very being and had clearly fucking weakened me.

This time, not too long ago, under equally scary, risky circumstances - titan v. titan if you will - I chose to strike first.

And strike I did, details irrelevant.

The point of this little post is this:

Do not let anyone ever fuck with you again.

Seriously.

What you believe you risk is returned a-thousand-fold by what you gain, no matter the outcome.

Your risk is imagined (though possibly true), while:

- The courage of your convictions...
- Your self-respect...
- Your dignity...
- And simply your ability to continue waking up and going to sleep - feeling like a man...

... well, they're all real. And I know this from experience. And I assure you it's the truth.

- Be strong.
- Be bold.
- Hit your foe first.
- Hit him where it hurts.
- And hit him hard.
- But most importantly, don't ever back down, even if you're weak inside.

You do that each and every time you face true adversity and it will have no choice but to seep into your day-to-day life with the little missus. That behavior is magnified by 100.

Because, after all, you're a titan. She may not know it yet. You may not know it yet. But soon, you will.

p.s. This dude got me thinking about fear, initiative, action, and consequence, and he inspired me to post.

p.p.s. Important postscript. I was thinking about this post wondering why I'd come up with it, why'd I posted. Was I simply peacocking? *Look, it's the dude who beat death again, look at him go. So tough.*

No. I now introspectively recognize that a few times in my life, exactly and oddly correlating with my lifespan at once-per-decade - so four fucking times - I have been wronged. Hugely wronged.

But that is not the crux of the matter.

That I did not fight back and fight back hard, well, that is the issue. And it can stick inside like you some insidious creature devouring your innards though more cunningly chasing your soul. And - perhaps a bit dramatic - it has.

So don't fucking let that happen.

- Get your ass beaten, but kneel before no one.
-

- Lose your shirt in court, but don't kowtow to your wife.
- Close your business, but don't sell your soul to the devil.

Does this mean to be risky, irresponsible, or stupid?

Fuck no.

But it does mean this: when you've lost it all - in my experience - the only thing left to cling to is your dignity and your self-respect. I used to watch those prison shows and their silliness about "respect" was just that: silliness. But when it comes to self-respect, it's the real deal.

You don't ever want to wake up and realize that while you had lost everything, you've also lost your self-respect. There is no more fallow feeling than that.

Choose pride, choose integrity, choose self-respect.

Always.

No failure, no financial problem, no fucking nothing has hurt me like losing sight of my pride, my integrity, and my self-respect.

46

UPVOTES

Text Game

Praexology · 29 May 2021 · Archived copy · Reddit

*Off the jump I am going to assume you are texting someone you are interested in - if you are not, it would be more worth your time just to schedule a time to hang out. That said, all of my advice will be for people texting others they are interested in and have chatted with for a decent amount of time. This is an introduction to texting game - so obviously most of you will still benefit from just avoiding texting except for coordination altogether. *

When it comes to texting, there are a few points to always strongly consider.

First, that you are only using texting as an accoutrement or an "appetizer" to having IRL conversation with you. If you are messaging a girl for more than, say, an hour, you are probably over doing it.

Second, if she isn't into you, age out the relationship with grace. Nothing is more unattractive than a "you ugly b!t\$% message me back."

Third, this is a tool - on principle alone if you are messaging a girl conversationally, your IRL game likely is still too weak.

Here are some more axioms to think about:

1) Sandwich sexual energy with questions.

This gives them plausible deniability (encourages ASD) but also allows them to revel in your sexually charged conversation.

Ex:

Girl:

"Do you think this swimsuit would look good on me?"

Me:

"(A)It'd look better off, but I guess it looks okay on you. 🤔🤔🤔"

(B)Where are you getting it from, looks great!"

- If they respond to point (A) positively, then obviously that is good.
- If they "ignore" point (A) but respond to point (B) they enjoy the attention and don't want it to stop, but may not necessarily feel comfortable messaging back so forwardly.
- If they respond to point (A) negatively, or give a response that is strictly informational ex: "Macys" then pull back. They are either uninterested, offended, or annoyed - and at this point all you can do is salvage it, which is never worth it considering you can just find someone who is interested.

2) Recognize "Conversation Killers"

If the person you are chatting with is pushing the burden of carrying the interaction onto you, they are not interested in chatting at best. Worst, they are actively annoyed you are texting them and are just being polite.

You will notice the burden of conversation is on you if:

a) Most or all of their responses complete an answer without offering their own novel question or insight.

ex:

Me: What did you think of [movie title]?

Her: It was good, I really liked it.

Me: *drop conversation*

b) They respond strictly with information and no follow-up.

ex:

Me: What are you doing at 4:00pm?

Her: I'll be doing [xyz immovable thing.]

Me: *drop conversation*

c) Their messages are consistently between 1 to 3 words long.

ex:

Me: What do you think of (friend I introduced you to)

Her: He was nice.

Me: *drop conversation*

If they are doing these things, wait until they drop a CK on you, and just allow the chat to die. You only stand to lose face for being the one who doesn't recognize when someone doesn't want to chat with you.

3) Allow the natural ebb and flow of conversation to happen.

Forcing conversation is going to make you seem "dry". When conversation is engaging, ask questions beyond the scope of just "wbu". However, when a lull occurs accept it, wait until they give you a CK and peave the conversation for another day. Little is gained and much is risked from forcing texts with someone.

4) Questions to stay away from:

- "How are you?" - answers to this will provide little to no conversational value, and ultimately are a drain on the asker.
- "What's up?" - If asking as a genuine question rather than a passive response to a greeting. The responses to this are very limited, "NMU?" "Go to xyz place." "Chilling with xyz person." It's a blasé question with an even more laborious answer.
- "How do you feel?" OR "What's on your mind." ❓❓ Not even going to dignify this. Just don't do it.

This has helped me in dating exponentially, and with tweaking works with friendships as well.

46

UPVOTES

new here

dammitredditname · 1 November 2022 · Archived copy · Reddit

I have always been what many refer to as a "man's man" I'm a metalworker by trade have always lifted and done physical sports like football and been involved in my kids wrestling team. That being said my marriage had taken a turn for the worse and I did what most guys do I talked about it with my wife. She did a lot of goalpost moving and all kinds of other bullshit excuses. Like a schmuck I did the choreplay thing for a long time thinking if she wasn't so tired and saw all my hard work she'd fuck me more. We did marriage therapy for almost a year. Nothing worked. Well I'm here to tell anyone who will listen that all the love in the world just couldn't fix this. So I started digging into myself. I've been working on my self improvement for a little over 2 years. I've been lifting regularly for about six. I'm pretty jacked for a married guy nearing 40 with 3 kids. Anyway I was doing the steps long before I stumbled across this sub. But I never really thought about the shit tests thing. I've always tried to remove conflict from my marriage because it brought me back to being that lil bit being scolded by his mommy. I didn't like the feeling so I always just went along to get along. Until this weekend. I woke up a little later than I usually do and started getting ready for the gym. My wife comes down and says "I've got a breakfast date with my aunt at 9am I need you here by 8:45" it was about 7:45 at the time with a 5 min drive to the gym. I took this moment to push against this test. I said I'll be here by 9 so you will be a little late. You didn't communicate to me the time you were going and I need at least an hour for my gym time. She said no I said 8:45 and if I'm late I'll be upset to which I replied "I don't care" and I walked out the door. When I was at the gym she texted me some stuff but I just ignored it and did my thing. I got back at 9 and she was waiting outside with a shitty attitude. She tried to goad me into an emotional response but I stayed calm and said "I'm sorry you being a few mins late upset you but that's a you problem, have a great time at your ladies breakfast I'll see you when you get home I love you" she slammed the car door and left. In the past I'd stew on that and be worried she'd be mad at me. Now I just don't gaf. Guess who came home with no attitude. You guys I think this shit might actually work! I've always thought "meh it'll never work on my highly educated, independent, sexy ass wife" but it's working and so I'll start working thru levels 5-12 next. I've already got several women who've told me they're free use if I want to play outside my marriage but I'll keep that in the back pocket for when I need it. I love my wife and I want to make it work first without the nuclear option. Good luck out there fellas and remember "Stay Hard motherfucker"

46

UPVOTES

Lessons from two divorce cases

Rian_Stone · 15 May 2018 · Archived copy · Reddit

Crosspost "Lessons from two divorce cases" from /r/askMRP:

This probably isn't on-topic enough to be MRP-worth, so here it goes on AskMRP. I've handled two cases recently that are pretty interesting, and I know that every third guy I've PMed with on here claims to be self-employed, so this might be valuable.

CASE 1: THE WIFE

In the first case, I'm representing the wife (62). She's nuts. So is the husband (67). If I had to guess, she has PTSD and OCD and he has Narcissistic PD. Kids are all adults.

This wife has a horrid case of retroactive emotions. She talks about month-long vacations to the Bahamas as if they were the worst days in hell. Why? Because she feels like today is her worst day in hell. Divorce sucks. The guy is a hard-core dark triad follower over the last 30 years, but has pretty much sucked in his profession because he's a lazy bum, so he has no real money to show for it - maybe \$50k/yr. He does have a nice \$30k/yr social security income though. Wifey never worked in the 30 year marriage. He won a big case back in 2008 and has been living off of that, and the money ran out last year.

What does wifey do as soon as the money runs out? Divorce. What else does she do? Gets a chemical peel, shores up her diet, starts exercising and basically maximizes her SMV for her age group. She certainly doesn't look like she's in her 60s. AWALT.

What's her deal with this divorce? Well, that guy's solo practice is worth squat. What's his strategy? Claim he's about to retire and therefore can't pay her any spousal support. Our strategy? Get all her money up-front using his last 3 years of tax returns. Instead a 50/50 split of the assets, we're working with her getting 70%. This puts her about \$250,000 ahead. Given that he's got liver cirrhosis and still drinks a 6-pack a day, she thinks he'll only make it another 7 or 8 years. In her mind, that's around \$2,750/mo during what she expects to be his lifetime. If I calculate the numbers traditionally, she'd probably get somewhere closer to \$2,000 (worth about \$150k over the same period if we account for taxes). She's making bank on this deal and he's too stupid to realize otherwise.

Why else is this such a great deal? Because: (1) present dollars are worth more than future dollars, (2) cash-in-hand guarantees against the risk of him dying early, (3) cash-in-hand is post-tax, instead of pre-tax support that the \$2,000/mo would have been ... and the list could go on.

Moral of the story? Just because you made it 30 years doesn't mean AWALT is no longer true. Also, hire a divorce attorney who actually knows how math works (which is shockingly rare).

CASE 2: THE HUSBAND

In the second case, I represent the husband. It's essentially the same set-up, except:

- Instead of a big case in the past, my client was a brilliant engineer who resorted to being an embezzling swindler who live for years off of stealing from his old employer before turning himself in to avoid going to jail. In the end, he's still broke just like the other guy.
- Instead of having NPD, this guy's just a straight up beta.

- Wifey in this case is a lot crazier than in the other case - making up all kinds of things that have clear evidence proving she's wrong, yet she can't drop it.

Wifey's so psychotic that she's lost touch with reality. She is the definition of what we describe when we say women will believe what they want to believe regardless of the facts. She's manipulative to the core - even to the point of threatening in front of the children and extended family at Christmas, "Sign over everything we own and agree to take all the debts and to pay me \$5,000/mo in spousal support or I'm going to start stealing property from the marital estate and giving it to my family." That didn't go over so well with the judge - especially when she actually went through with it.

Husband's response? He withdraws the case initially and tries to reconcile with her. It was never going to happen. When the case was withdrawn, that was her cue to start transferring the property away because the restraining order was gone. Two months later he realizes he got played and re-files the case.

Where'd the negotiations end up? Well, he didn't want to have to pay spousal support because this harpy would have brought him back for contempt every single month he didn't pay. So, he cooks up a deal to give her all the assets and he takes all the debts and she foregoes spousal support ... basically the same thing as above. I help him do it.

What happened here? He actually has the capacity to go earn \$200,000/yr again, but now will never have to pay her any support on it (yeah, we made that order non-modifiable!). Also, he's going to file bankruptcy on 85% of the debt because that's what was in his name already. Oh yeah, and he qualifies because he doesn't have any assets to offset the debts (which is why we gave them all away), but for bankruptcy purposes there was a legitimate equitable exchange in the divorce decree and we used language distinguishing it from a domestic support obligation, so they can't say squat about it. He's going to walk away with a \$200k/yr job in a year and no debts to worry about. Sure, he lost about 500k in assets, but he'll easily make that back.

Moral of the story? Do your math. The same deal that can cripple one guy makes another man laugh all the way to the bank.

Moral of both stories? If you're about to get divorced and you're self-employed, tank your income for 3 years before the divorce. If you can't feasibly do that, make large business expenditures on things that have low resale value. This decreases your income by virtue of adding large deductions, while having only a nominal impact on the value of the business, but at the same time increasing what you can potentially earn after the divorce is over because you've just invested all that money into your company.

Posted by Red-Curious | 14 May 2018 | [Link](#)

45

UPVOTES

How to Bang Your Wife - Rian Stone [Youtube video]

Dream_21 · 16 September 2018 · Archived copy · Reddit

The Charlton Heston of MRP himself, Rian Stone at #21CON last year, first public preview of his full speech.

<https://youtu.be/6SGBohzHLyA>

Its had a very strong response on our channel. To support the content, 21S, and Rian smash the like button and leave a comment on it.

The full speech is at 21 University which is free to join for a month, see Rian's post history for a link. If you want to AMOG Rian in person in a few weeks we also have 7 tickets left to 21CON where he will be a featured speaker of 21 over the course of 4 days, or 5 counting the new bonus day on Monday.

The full presentation will eventually drop for free on YouTube (this year).

45

UPVOTES

Advanced MRP Course by the Coach

RedPillCoach · 19 July 2018 · Archived copy · Reddit

I have picked up the baton dropped by BPP in 2015 when the MRP Basic Class was completed. The Basic course is now available (in order) as a playlist on BPP's Youtube Channel:

<https://www.youtube.com/channel/UCRCcXsJSfWIYHP5kHJqNbg>

The "Advanced Course" Playlist by RPC on the same channel already has 3 videos that incorporate my Coaching experience and a Gottman Focused therapy approach viewed through a Red Pill lense. The 4th video will go up today and I will be putting out weekly content from now until I run out of things to say. I wouldn't hold my breath!

RPC Married Red Pill Advanced Class

Week #1: Introduction to Red Pill Coach and Coaching: Topics include Why the name "Red Pill," what is Coaching and how is it Different than Therapy and Marriage Counseling

Week#2: Introduction to Fight or Flight (Flooding) in Marriage

Week#3: Two MRP Mindsets that Control Flooding: DNGAF & STFU

Week#4: Five More Strategies to Control Flooding

Week#5: The 4 Horsemen of the (Divorce) Apocalypse: Criticism, Contempt, Defensiveness, & Stonewalling.

Week#6-?: Taming the Horsemen: Harsh and Soft Start Ups

Week#?: Taming the Horsemen: She's Just a Girl Brah! Chill!

Week#?: Taming the Horsemen: Stonewalling as a Conscious Tactic

Week#?: Repair Attempts

Week#?: Assuming Good Intentions

I will also put out content such as interviews with prominent manospherians, MRP/TRP Moderators, and social commentary rants. Comments, thoughts, and ideas for future episodes are always welcome.

I waited until I had some decent content before posting this so please bear with me on the first 2 vids! I am still working through learning how to use the video editing software, how to film, arranging the lighting, and getting back into the swing of teaching and lecturing. I almost forgot how much I love it!

45

UPVOTES

A MRPer's Divorce Tale

rp_findingmyway · 12 April 2018 · Archived copy · Reddit

Background: have 5 kids, was in a 20 year marriage that's now over, late-40's.

Married the first real girlfriend I ever had and I thought I was set for life. Solid 8 in looks. Daily bible-reading church girl, n-count of 1. Good small family whom I got and get along with. None of that ultimately mattered. We met in grad school when I had already a signed offer letter from a blue-chip firm with a great starting salary. In hindsight she of course was looking to lock down a controllable beta bux. And so this marriage was ultimately destined to fail if and when I veered off the path she had in mind for me.

Things went off the rail pre-RP about 6 years ago when I finally had enough of the corporate life, working for other people, putting up with the PC nonsense, keeping my nose down and waiting to fully enjoy a self-actualized life when I hit 60 or something and retire. So I up and quit my job, devoting myself full-time to (in not necessarily this order): hobbies, managing our investments (that were largely on auto-pilot and spitting off enough income to get by at a decent level), actively participating in raising our kids and spending time with my wife.

It's been a great six years for me. Cross-country adventures, great hobbies and sports, bro time, being with my kids every step of their way. But the bitchiness really stepped up. She'd been bitchy for years (in a "my way or I'm making everyone's life unbearable" way) but it was turning into regular cuntiness. I led the family in many ways (vacations, finances, owning shit at home, being pretty social, etc.) but did not lead the family or my life in ways that mattered to her (but not at all to me), such as making a big salary, driving a fancy car, wearing a suit and tie to work, working regular office hours. Finally, about 1.5 years ago things changed. She started showing unmistakable signs of a branch swing. Called her on it. Stumbled onto Rollo, Heartiste and MRP. Had a reconciliation, hysterical bonding sex, you name it. But it was all just a band-aid. About six months ago she asked if I wanted to continue like this (i.e., her having my balls in her handbag). I said fuck no. We agreed to wrap things up.

The divorce paperwork is now 100% agreed and signed and sent to our state for processing. Hasn't been stamped by a judge but that's just pro forma at this point. Move out date is about 6 to 8 weeks out. We live in an apartment so I agreed to move, probably within 2 miles or less for school district reasons, etc. Waiting to generate some cash, and pay off all debt, from a pending asset sale before that happens. It can be awkward between us, I'm not sure and don't ask who if anyone she is talking or meeting with, I don't like the feel of the couch, but it's a temporary condition and I can deal with it for a bit longer.

Just wanted to share a few points for the guys in case anyone finds it useful.

1. I got the divorce terms down to paying a token \$125 a month total for child support. No alimony. 50% asset split which hurts obviously. 50:50 on custody which of course rocks. Have many, many adventures planned with the kids. Without her and the constant harping, it will be so much more fun for all of us.
2. She used an attorney and paid about \$2k total. I was pro se. I had a few FREE consultations with divorce attorneys late in the process (why'd I wait? dunno) and I will join the chorus and HIGHLY RECOMMEND all you mf's do the same if you're even kind of in the same boat as I was. Like many of you, I have friends who have been ass-raped in divorce and a judgment resulting in me paying a couple of thousand dollars a month didn't seem that far-fetched. As a result, I had initially agreed with my ex that I would pay \$700 a month total plus 100% of medical and dental until the kids were 18. After the consultations, in which the attorneys I talked with after giving them our facts and tentative deal basically said I would be way-overpaying, I had enough information to sit down with her and her attorney, deflect her attorney's veiled threats of doom and gloom if I were to litigate this and get the terms I mentioned above.
3. My ex-wife was a SAHM for all but the past 2 or 3 years. Now she works part-time. That coupled with the fact that I no longer work a job that pays bookoo \$\$ means I did not have to fear a divorce raping after all. I dodged a big one in that she didn't initiate this divorce a few years ago. I'd be a cube monkey until I was 65 if her timing

had been better. Lesson - think long and hard about letting your wife be a SAHM. You couldn't have convinced me that wasn't a great idea when we started doing that 12 years ago, but the reality is is that you're setting yourself up for a drubbing when things change (and they will change partner).

4. Impact on the kids? Not sure. They don't know yet as we're waiting to tell them until my move-out date is about two weeks out. I've got a lot of work to do to make sure their life isn't turned upside down and they keep on being the hard-charging and high achieving kids they are. I've tried to take 88Will88's advice and keep her as a friend and keep the whole process non-adversarial for the kids benefit and frankly my own benefit, but that hasn't gone all that great.
5. My buddies have been helpful and mean well. Everyone is concerned about the kids, as they should be. Some of my buddies were worried about me!! Counseling, they'd ask? Do you just need to talk, they'd inquire? LOL. They have no idea. No idea what a truly free man is capable of or wants. Can't imagine ever co-habiting, let alone marrying, again. A series of short-term, overlapping relationships sounds about right.
6. Ultimately I'm living and going to continue to live the life I want. If it was all about saving the marriage, I knew how to do that. I just wasn't interested in being married on those terms. So off I go back into the world a free man. When I got out of the Navy 25 years ago, my dad used to like to tell the story of when he was waiting to pick me up on my last day as I finished up formal out-processing at a Naval facility a couple hours from our house, i was walking towards his car, seabag over my shoulder when, without breaking stride or dropping eye contact with him, I slung that seabag off my shoulder and into the dumpster I was passing by. He was incredulous. "Don't you want your uniforms, your medals, son"? "No dad, I've got my freedom and my memories, that's all I need". Hmmm, that reminds me, I've still got some photos albums in my closet with pictures of her scantily-clad in lingerie that she had professionally taken that I need to take out with the trash this morning....

45

UPVOTES

Blood in the Streets

red-sfpplus · 12 March 2018 · Archived copy · Reddit

I am exhausted...

Wives phone rings around 8am on Saturday while we are still waking up in bed. One of her mom friends Sarah is calling. This is odd - must be important. She answers, and I get up and head to the kitchen for coffee. On my way out, I hear my wife say:

"Oh my God!"

Doing my thing in the kitchen, and I can start to hear the increasing sounds of crying coming from the bedroom, so I go back to investigate.

I see my wife in a sitting fetal position with the phone smashed into her face, crying. And I am not talking a couple tears crying, like buckets coming from her eyes. I ask her - What is wrong?

She puts the phone on mute and tells me "Emily just had her first period" (Emily is one of Sarah's' Daughters.) With zero hesitation, I give her my best "**Confused Travolta**" look (hand motion and all) and she responds with "She is only 10." This new information doesn't faze me, so continuing my Travolta look she then screams "Get the fuck out of here and close the door!"

Shocked, I leave the room while in the process flipping her the bird. This is all literally before 8:15ish and with zero coffee in my belly.

Kids come down, and we do breakfast and some outdoor stuff. Couple hours pass easily - wife is nowhere to be found yet. The crying stopped a while ago, but she was probably on the phone with her for at least an hour, to hour and half.

Dirty, I head to the bathroom to shower, clean up and officially start the day. I walk into the bedroom to find my wife still in a fetal position (laying now) and red eyes. I make it half way to the bathroom and she says, "We need to talk."

Before I can even process what was said, or turn around to face her she fires off something to the effect of (emphasis added - wall of text is on purpose as the delivery was the same):

"I am tired of you always being so physical with me, especially in front of the kids. Our kids are getting old enough that they do not need to see us kissing, or you slapping my butt in front of them. You daughter is going to think it is ok for boys to slap her butt, and your son is going to go around hitting girls on their butts. And when are YOU going to talk to them about sex anyway? YOUR daughter is going to have her first period soon and YOU have not told her anything about it. What is your SON going to DO when he starts realizing he has a PENIS and what a hardon is? He is going to get in trouble at school for touching some girls butt or come home and tell us he got some girl pregnant. From now on, NO MORE touching me sexually at all in front of the kids, no more slapping my ass, no more coming up behind me and kissing my neck, NOTHING. They have to be somewhere else for any physical contact."

Somewhere in here was my first fuck up. She literally had not taken a breath while talking so I interrupt with "You might want to take a breath before you pass out." Which of course started a completely second rant about who knows what (I stopped listening at this point) and realizing my mistake walk away in the middle of this rant, hop in the shower and get cleaned up.

Dressed, I had back out and she is still in bed, so I go over and give her a kiss on the forehead and say something like "You are a good friend to Sarah, keep It up" and disappear.

Woman gas lighted me like a MFer. Most of the day I spent thinking to myself - "Am I to sexual in front of the kids? Is she right? Nah, she can't be - Kissing isn't all that bad. We are talking a cheek peck here or there, or a light

ass slap when she walks by." Then I start to think - Her friend dumped a whole lot of stress and negativity about her situation onto my wife (likely because Sarah's husband was zero help) and it found its way all the way to me. So here I am, essentially an oak (or punching bag) for two fucking women. Meh....

The rest of the day is business as usual. We had tickets to the Fantasia in downtown Fort Worth Saturday night, so we all get dressed and head out with the kids. She was pretty reserved all night, so I spent most of my energy with the kids. Things came to a head however, when we were walking from dinner to the show. Walking down the sidewalk we had to go single file for a minute to navigate traffic - so I instinctively place my hand on the small of her back to move her in front of me. Kids are in the front.

The second my hand touches her back she flips her arm back and smacks my hand away and gives me her best "look." No words, nothing. We get pass the traffic and I come up next to her and say "You smack my hand like that again, you will find yourself alone in downtown Fort Worth." and walk ahead faster to get up by the kids.

Butthurt? Pissed? Who knows? Maybe a little bit of both? Regardless I felt her behavior was out and maybe I over reacted, but the point was made, and her attitude changed. She was much nicer than the previous hour. Was this a shit test? Was she testing frame? Who knows...

Looking back, I am not sure I could have handled the situation any differently. Had I just taken the arm slap and felt like that would have been weakness, while what I said might have been a little too harsh, but meh...

The whole situation is like a foreshadow of things to come as my kids get older. I am charting into untested waters, which is fine but holy smokes if my main drama agent is going to be my WIFE thru the puberty years, FML.

So many questions to ponder with regards to the kids, their maturity, when to start talking to them more about these things, and how much is appropriate to expose them to?

Before you guys tell me, I am raping my wife in front of the kids, let me stop you right there. We are talking butt slaps, and a kiss on the lips or cheek every now and again. Deep Kino, yeah, they are not around for that kind of stuff. I am aware she is dumping "all Kino" into the same bucket, which is why I did not attempt to DEER during her rant.

All I know is, like she said - it is all on me.

45

UPVOTES

David Goggins Sums up MRP in 8 Minutes: Your MAP and Why You Have to Do the Work

donedreadpirate · 6 March 2018 · Archived copy · Reddit

Joe Rogan Experience #1080 - David Goggins

Do the Work

Joe: “[You] have to do [these] things, you have to suffer, you have to live in it, you have to be comfortable in it, and then, maybe, some of that shit will help you a little bit along the way.”

David: “You read a bunch of fucking books, and you think you know how the mind works? ... Theory is bullshit. Yeah, there’s a lot of good stuff out there you can read from people but ... when you put yourself in Hell, that’s the only time you can figure out how the fuck to get through that motherfucker. You can’t... you can’t [just] read somebody else’s book about some theory on how to do shit ... I want to see that guy who immersed himself in fuckin’ Hell and he thought about quitting and leaving and his wife and kids and *why am I here? Is it worth it?* All this crazy shit and still ... found out a way to get through it ... We all want to read about how we can quickly get somewhere ... You may get some results from it but they’re not permanent ... the permanent result comes from [suffering] ... If you haven’t endured shit, you’re just blowing smoke, man, and you’re not gonna get through anything.”

Face Your Fears

David: “You can be this really fucked up dude, and with the right mindset ... you can [do it], but you have to go into those dark chambers that we often shut off, and you have to open them up. You have to open them up and fight that fuckin’ demon. Get in there, talk to that motherfucker and say what’s up.”

Create Your MAP

David: “We all like to take this four lane highway. The easy highway ... We all love that four lane highway. We always step over the shovel. And all I did, was I picked up that fuckin’ shovel, and [with] that shovel, I made my own path. And you may have big boulders and shit, they may be gettin’ 200 miles up the road faster than you, but goin’ trough this path of life, this journey over here, that you make yourself, that’s incredibly difficult. What comes out the other end of that motherfucker is some glorious shit that you can’t even explain to people ... It’s easier to accept the fact that *I’m just not good enough.*”

Be Persistent

David: “It’s a difficult motherfucker where you’re gonna fail, and you’re gonna be in your head, you’re gonna be saying *I’m not good enough* ... It’s how you get through that on a daily basis ... The worst thing that can happen to a man is to become civilized. You lose that fuckin’ fight. You lose that *why the fuck am I doing this shit?* I’m good. You ain’t good, man. You ain’t never fuckin’ arrived ... You may have more, but you never fuckin’ arrive. **You want to be uncommon amongst uncommon people, period.**”

45

UPVOTES

MRP and Watching Sports

InChargeMan · 4 February 2018 · Archived copy · Reddit

As many of us prepare to watch the Superbowl (including myself) take a moment to consider if you are one of the many men that need to cut back on their consumption of sports as entertainment.

As a general rule, men shouldn't be so wrapped up in other people's achievements. Excessive devotion to watching sports is pure beta territory. Of course I enjoy a good football game like the rest of us, but when you find yourself spending every Saturday watching college ball, Sunday watching NFL, Monday going over your fantasy football results, mid week planning your fantasy football trades, looking up stats, etc. it is way too much time wasted with no gain or self improvement.

It is hard to hear for some guys because it is so ingrained into the culture (much like excessive alcohol consumption, a topic for another time), but for real, take a step back and evaluate why you are so vested in this particular form of entertainment as if it is something more important. You wouldn't be proud to tell people you spent 20 hours each week watching Real Housewives, why is this different? You are not next in line for a head coaching position, you are not a team recruiter, you don't need to know the stats for some 19 year old kid playing college ball, none of it is important.

Are you one of the guys who talk about the games like they are on the team. Who is this "we" you refer too? Spending (wasting) hundreds of dollars on team jerseys doesn't mean you are on the team.

Imagine if you were to take half of your wasted sports viewing time and spend it towards learning a new skill, researching career opportunities, gaming your wife, or even (god forbid) PLAYING sports? Going to sporting events is a great time, lots of social interaction and fun to be had. Even following a particular team is fine, just don't be one of the hoards of men who let it dictate their life. At the superbowl party today, are you going to be the guy glued to the TV, watching every moment of every play like it is your job, or are you going to be with me and mingling, having a fun time, talking to new/interesting (especially attractive) people, and generally living an enjoyable life? And for god's sake, don't mope around like a child if your team loses.

45

UPVOTES

First ever* video of Rollo Tomassi - 22 minute full interview on The 21 Report

Dream_21 · 26 October 2017 · Archived copy · Reddit

- YouTube link <https://youtu.be/xeBm9nXhquk>
- Vid.me link <https://vid.me/waUiz>
- Facebook link <https://www.facebook.com/the21convention/videos/10155040654202405/>

This is the first ever video of Rollo Tomassi (*without his sunglasses on or otherwise concealing his face), filmed just after his first presentation at The 21 Convention.

Most videos we film are published with advance access (by weeks or months) at 21university.com. However interviews like this will be published for free on the same day or close to it.

You can also check out over 300 event photos here

https://www.facebook.com/pg/the21convention/photos/?tab=album&album_id=10155032008637405

45

UPVOTES

The Trident of Masculinity

TheFamilyAlpha · 24 October 2017 · Archived copy · Reddit

Authentic masculine expression comes from the harmonization of the three different ‘selves’ which exist inside each man.

These three selves are the:

Physical Self

Mental Self

Spiritual Self

Like any tripod these legs are all independent of one another yet are entirely dependent on the supporting strength the other two provide.

If you are looking to live the most optimal of lives and achieve the greatest sense of physical strength, mental joy, and spiritual satisfaction, then each of these aspects to who you are as a man must be cultivated and a balance must be struck between them.

Have you seen the gurus who are entirely spiritual, yet would never be able to lift their fellow man if he were to fall as he simply does not have the strength?

What about the brilliant minds who can understand the most complex of formulas yet lack any ability to connect with those around them as they simply cannot tap into the spiritual connection which exists amongst all living things?

Lastly, have you seen the man who sculpts his body to replicate that of a Greek god yet he cannot tell you the last book he read or education he pursued?

These are simple stereotypes which I can find plenty of people who break the caricature, but you get my point. More often than naught, a man is exceptional in **only** one area *or none at all*.

So how do you develop these three different aspects of the ‘self’? How do you reach and maintain harmonious levels within your heart, mind, and soul?

You know the answer, *it’s always the same*.

Hard Work

You don’t *just get* the life that you want, you’ve got to work for it. Nobody is going to hand you anything, you aren’t just going to become more intelligent, healthier, or happier by *willing it*.

No, you’re going to have to make yourself uncomfortable and you’re going to have to do the things you’ve been putting off.

This is the entire premise of my book *31 Days to Masculinity*. When I wrote that month long program the aim wasn’t to get men laid or help them reveal their six pack.

Instead, I focused on the entirety of the man to help him rebuild himself without the influence of a weaksauce society. Similar to the **21 Convention**, I set the goal of helping men develop every aspect of who they were, developing the ‘*Ideal*’ man as Anthony Johnson puts it.

This is why the book sends each man on a different journey, what he has to do to get himself to optimal living if different than what you’ll have to do. Each journey is unique, but there are some universal overlaps and that is what

this essay is about.

When you work to develop your physical, mental, and spiritual *self* you'll find that the challenges you face, the pieces you find easier/more difficult, and final results are going to be entirely unique to you. Yet, the other men who also go through this transformation will understand **exactly** what you feel as they'll of experienced the same thing, *differently*.

Physical

Without resistance, the body will not grow. Without putting stress on the body, you'll never be able to appreciate the beauty of it nor will you ever know what it is capable of.

There are plenty of men out there who watch movies and think to themselves, *if that happened to me I'd rise to occasion*.

If you're one of those guys, I'd like to ask you, **why do you think you can do those things, have you practiced any of them? Have you put yourself in those situations in a training environment? Or, as is the case with most, you just assume you've got the natural skillsets to do what takes others years to achieve at the whim of fortune?**

Our body adapts to the stress placed on it. I'm not going to tell you what it is that you must create with regards to programming as I know nothing about you. You're reading my blog and are a man, that's all I know at this moment.

Here is what I can tell you. Weight lifting and strength training as a whole are instrumental in an overall development of the physical self.

You must lift weights.

I don't care what your program is, I don't care if you choose to implement a mixed martial art or running, and I don't care the frequency, intensity, or preference you may have. Lift weights, get active, and ensure that you're putting your body in motion and that you're recording your results so that you can look at trend analysis and adjust the programming accordingly for the most efficient means of training without injury.

Remember, you cannot '*out exercise*' a bad diet.

This means that you must pay considerably more attention to what it is that you're putting into your body.

Proper nutritional programming is essential for sustained superior output. Again, I don't give a shit what your diet looks like so long as you're ensuring it is high quality and conducive to a healthy body. Your physical, mental and spiritual self are completely dependent upon what it is they are using for energy.

TL;DR: *Put good fuel into your body.*

Do not let focus on the food cause an oversight on the importance of the fluids you're consuming. Water is essential, it is the only thing that you have to have, all else is optional. Some find supplementing their water with electrolytes or other vitamins helps keep the intake from feeling monotonous. It's much easier to drink a gallon of water a day if you're enjoying each sip.

It is this combination of proper stress, fuel, and hydration that you'll crate your most optimal physical self, and each of those also plays into the health and capability of your mental self.

Mental

It seems to me that the majority of men out there know that their minds are in shambles, yet they have no fucking clue how to fix it. So they add more to it, create more stuff, and fill it with more thinking that they're *lacking in something*.

Gentlemen, I will tell you now, you do **not** need *more*, **you need less**.

In order to reach the greatest heights and develop the strongest mental 'self' you can, you've got to remove the unessential. Get rid of the shit that is clogging up your daily life. Not just inside your head, but the environment in which your head spends its time as well.

There is a reason I deleted my Facebook.

I could make more \$\$\$ if I went onto that platform with TFA, but there is no fucking way because Facebook bogs my mind down. Seeing people 'act' happy, while living miserable lives was driving me insane. Instead of keeping fakebook to stay in touch with my Navy brothers across the country, I just deleted it.

What's the point?

I chose facebook as my example because that is what a lot of people find themselves getting caught up on.

You're watching other people do shit and comparing your life to theirs and it is absolutely detrimental to your mental well-being.

It doesn't have to be facebook though, your mental clutter could be:

1. Seeking approval from your parents.
2. Keeping the wife happy
3. Playing it 'safe' and doing what you're "supposed" to do
4. Keeping up with the Jones's
5. Trying to control things you have no control over
6. Giving *Time Vampires* your most valuable resource – Your Time
7. Confusing accumulation of 'stuff' as accumulation of happiness
8. Identifying with MSM or Politics
9. Avoiding confrontation with who you **are** vs who you *want to be*
10. Living in the mold created by society

Each of these things plagues plugged-in men in society, some more than others. The fact is, until you tackle whatever issues you've built in your mind, you'll never achieve the optimal level of mental health.

I'm not happy all of the time, but I'm a happy dude. I'm happy because there is no clutter in my mind anymore.

How did I reach this point?

I faced my demons head on

Not only did I go through and delete people, things, stuff from my life which I did not find value, but I also removed physical pieces of 'stuff' from my home.

If there is clutter in your bedroom, how can you sleep peacefully?

If your writing area is a mess, how can you remain focused when writing?

If your living room looks like it came from a magazine, how can you say it represents who you are as a man?

Read the entire Piece at **The Family Alpha**: <https://thefamilyalpha.com/2017/10/13/the-trident-of-masculinity/>

I'm more active on Twitter than Reddit: <https://twitter.com/TheFamilyAlpha>

45

UPVOTES

"FR" about congruency

drty_pr · 6 October 2017 · Archived copy · Reddit

I had a day off a few days back. I normally get up early enough that I can work out, eat breakfast, take a shit, a shower and be ready to take the kids to school. I was tired on this one, so I slept til 730.

I come down stairs and start making a cup of coffee to take with me to work out. Kids are rambunctious and being kids. Wife comes down and says "how come you get to go work out while I make breakfast/lunches". I say "cause I'm going to clean this shit hole up when I get back home this morning" pointing at the disaster of a house. Probably should have said nothing, but oh well.

I take my coffee and proceed to go work out. Kids are still going off the walls and she starts yelling. Comes into the room and says "I'm done! They can fuckin get themselves ready and make their own lunches! I gotta get ready". I smile and continue doing my thing. She storms upstairs. (I'll add the disclaimer here that she makes breakfast and their lunches. Someone will surely chime in with "way to OYS bro!") This is part of what she has to do on my ship)

I stop, go to the kitchen and say "alright guys, playtime is up and it's time to make your own breakfast. I'm working out". Then I go back and finish my routine.

I come back into the kitchen and hammer a protein shake. I say to the kids "ok guys, time to go upstairs and get dressed". I then make their lunches as I cook up a plate of eggs. I put them in their their back packs and set them by the door. Grab my eggs and another coffee an head upstairs to get ready. On my way by the kids are on the couches in the living room, fully dressed and playing iPads. I say "alright guys, when I get back down I expect you to be in shoes and on your way to the van".

Go upstairs and wife is silent. DGAF. Eat my breakfast as I get dressed. Come back down stairs and 2 kids are outside already; only need to help youngest find a sweater. Get to the van and wife is sitting shotgun, full on ice queen. I drive the kids to school, give them all a hug and watch them venture on towards their days.

Once we start driving away wife suddenly starts telling me about a comical situation from the day before. We laugh and go get some coffee from Tim Hortons before driving her to the mechanic to get her car. She is all laughs and happy as a pig in shit now. Get to the garage and jump out to pay him while she switches vehicles. Give her a kiss and she goes off to work.

Why say this story?

When she came at me that morning about absolutely nothing, I treated it as such, like nothing. My wife rarely comes at me with shit like this. Every once and a while she will pitch me a congruency test. I bat them out of the park every time.

Moral of the story?

Don't take her so seriously and have the frame to do so

45

UPVOTES

The Best of The Rational Male – Year 6

Rollo-Tomassi · 22 August 2017 · Archived copy · Reddit

Well, here we are gentlemen, six years later. I present to you the annual Best Of The Rational Male for 2016-2017 (I mark the years on August 19th).

You can read the whole post here, thanks:

<https://therationalmale.com/2017/08/22/the-best-of-the-rational-male-year-six/>

45

UPVOTES

FR: The Conclusion

brotherpotatos · 24 June 2017 · Archived copy · Reddit

First I'd like to thank the many of you who have read my struggling posts and provided great insight here and on askmrp. I have had success with RP on a tactical level, getting my wife to behave here and there. I've improved myself a shit ton. Got in the best shape since being a high school athlete and just won a jujitsu tournament last weekend. Without the get your head out of your ass and live life message of MRP, I would still be 20 pounds overweight begging my wife to please be nice to me.

My wife has evolved along with me. It's akin to the race for undersea supremacy between the USSR and the USA. We built the Ohio, they built the Typhoon. They built the Akula, we built the Seawolf. My wife is not meant to be a wife. Stoicism and calm assertiveness do little when she goes to my mother's room, who is staying with us from across the country because she came to help when there was a death in my wife's family, and turns the lights on at midnight, waking her up and telling her she has to leave my house - because we had a disagreement over how open the window should be.

I am her second husband and I adopted the child of her first. Love the kid, but Jesus God I fell for a load of horseshit when I married her like a white knight. God I wish her ex would have briefed me on this horseshit before he died after their divorce, because I bet he went through the same hell as me.

RP led her to respect me more than she ever has, but let me tell you that at 33 years of age, this woman has no intention of dialing it back or being led, though in the brief intervals between long bouts of insanity where she is a decent person, she is a happy wife. She is a broken specimen.

AWALT but not to the same degree. I believe that my wife has a mental illness and she can't control herself. I will tell you that I am a reasonably good leader, an attractive and fit male, with financial and professional accomplishments and ambition towards a great deal more. I was lonely and naive when I met her. The new me would never fall for it.

I met with the lawyer this morning. I am filing for divorce within a week. I wish that this marriage had worked. I wish that I could spend time with my kids and a loving wife and laugh and be happy. I am not giving up on MRP. You guys are awesome and the work you are doing here has never been more important. Since I can't have the family I want, so be it. I am going to enjoy being back on the market and dear God I am so much better equipped now than ever before. I know it will be hard at first and my wife will stoop very low before it is all over, but this is the way it must be.

45

UPVOTES

[FR] A 6-Month Perspective on Owning My Shit

resolutions316 · 30 May 2017 · Archived copy · Reddit

Our Father, Who Art Red-Pilled, Brodin Be Thy Name, Thine Shit Be Owned.

The weekly OYS post has been, by far, the highest-value activity I've started since coming here.

Just the ritual of sitting down, taking stock, and getting feedback - even if nothing particularly major happened that week - is incredibly useful.

I wanted to thank everyone who regularly comments there. I am challenged every week by the things that regular men - men with jobs, families, lives - take the time to post. It makes a difference.

[Last week I was in a real tail-spin]

(https://www.reddit.com/r/marriedredpill/comments/6ctdv9/own_your_shit_weekly_may_23_2017/dhxtn6m/?utm_content=permalink&utm_medium=front&utm_source=reddit&utm_name=marriedredpill), thrown off by some pretty rough sexual rejections, then my wife bringing up her ex (and the subsequent downward spiral of comparison I indulged in).

I was feeling depressed, down on the marriage, frustrated, angry, bitter - all the typical shit. I was, at the very least, AWARE of why I was feeling these things, a big step forward from my bluepill self. Still, I was having a tough time managing those emotions. I made sure to vomit that into my OYS post.

The comments I got were varied in their takes, but almost all illuminated something I hadn't thought of. I'm going to try and distill a few of the lessons I learned here, in order to internalize them better.

I hope these lessons are general enough that they can be of help to guys who are still working the process, not quite new, but not where they want to be yet, either.

1.) Can't Escape The Anger Phase? You Haven't Really Swallowed The Pill.

"I get it..." No you don't. Not as much as you think you do. You are stuck between the two dichotomies. How you think it should be (the unfairness) and how it really is.

Hence...cognitive dissonance. You will never move further until you get beyond her past. Everyone has one. There's little you can do about it. So why let it bug you? Hypergamy is selfish, brother. There's only one way to combat it. - /u/ReddJive

I think the term "anger *phase*" is a bit misleading. I get the comparison to the "stages of grief," but *phase* makes it sound like a point of chronology, something you *move through* automatically as you progress.

This isn't necessarily the case, though. The anger (at least in my case) is directly connected to the active destruction of my blue pill fantasy life. That destruction comes directly from trying to swallow the red pill.

The fact is, I can *intellectually* talk RP, but I haven't fully accepted it. And most days, it doesn't matter - I can lift, game my wife, try to pass shit tests, etc, without a deep and abiding understanding of inter-sexual dynamics. After all, "trying to fix my marriage" and "trying to fix myself as a man, regardless of what happens with my marriage" have **almost** identical curricula.

When something comes up that reveals the gap between the blue pill fantasy and reality, however, the difference between understanding and accepting is thrown into sharp relief. When my wife brings up and is clearly thinking about her (shitty, abusive, garbagesecye) ex, my blue pill self reacts with *righteous indignance* - "How DARE she? I've been doing so much WORK! She MUST be a low value woman!"

I am reacting in this instance like she is *changing the rules* - we are all supposed to live a certain way, the blue-pill way; she's supposed to fuck me, I'm supposed to be happy, she's supposed to be attracted to *these* things and not *those* things. I'm attempting to control her, and becoming upset that she isn't controllable.

All of that is a foundation built on fear, insecurity, and a fundamental misjudgement of how the world works.

Meanwhile, RP me just shrugs his shoulders, thinks "AWALT," makes a joke, and fucks his wife a bit more dominantly when he gets home.

Swallow the pill - really *swallow* it - and the anger will dissipate.

2.) Your wife isn't attracted to "assholes" - she's attracted to FRAME.

Dude, she doesn't want a terrible person; she left him for you. She desires a man with frame, who imposes that frame on her. Find your frame, and your balls to impose it! - /u/man_in_the_world

You and dirty_pr are missing the forest for the trees. It is not necessary that you become a psychopathic asshole shitbird. It is necessary that you become your sole point of origin (aka FRAME). This means giving zero fucks about her past, present, or future. This means deciding your course, executing; and not worrying what she thinks about it. - /u/Persaeus

I was getting extremely torn up (in the butt-area) about my wife bringing up her ex. He was the guy right before me, was "alpha" in many of the ways I am not, but was also a demonstrably shitty person.

In my mind, then, this led to the reasoning:

a.) terrible people apparently have sexual success with my wife; 2.) I am not that person, nor am I willing to become that person, therefore 3.) I am fucked.

This, besides being self-pitying, was highly judgmental on my part. Obviously, you can't control who you're attracted to. It's not productive to blame my wife for who she fucked in the past.

What's more, though, I was framing this incorrectly, focusing on the fact that *she fucked this guy*, rather than on the fact that *she left this guy, hates his guts, and married me*. It's like winning the tournament, but getting hung up on the fact that I lost a match or two along the way.

Now, yes - admittedly, I won this genetic tournament through a BB strategy, one which has had side effects I'm not particularly happy with. But I've fucked my wife alot more than this guy ever will, and besides - the past doesn't exist. It's gone.

The self-pity line of thinking also misses the forest for the trees. The lesson isn't "My wife loves shitty dudes." The lesson is "My wife responds to a *strong frame*, so much so that she'll even stay with a shitty dude, as long as he holds frame."

My wife is a very strong personality. She's been on her own for a long time, never knew her biological father, hated her abusive step-father. She left home in high school and never looked back. She's worked her way up, learned to do everything herself, and has had to fight for everything she has. I respect the hell out of her for that.

Because of that history, I always thought she was a dominant personality. But I no longer think so. I think my wife has a very strong *submissive* side - but she sure as hell is not going to reveal that side to just anyone.

She's been hurt by authority figures all her life; she's learned the hard lesson that she can't trust the people who are supposed to take care of her. To open up and *allow* herself to be vulnerable, she needs to know - not just *think*, but **know** - that I not only am *capable* of taking care of her, but that I have her best interest at heart.

She's seeking a strong frame. And while I was willing to prostrate myself at her feet and provide literally unlimited

amounts of relationship comfort, I **didn't** demonstrate that I had the inner strength to protect her. I fundamentally misunderstood the question she was asking, and nearly all of her relationship troubles stem from that fact.

3.) Focus on Progress, not on End Result.

Unfair is the kid born in Chad Africa. Fuck your unfairness. Also, your physique is so skinny fatty meh - /u/weakandsensitive

Patience! You're not anywhere close to the man you can and intend to be. With your super-butler BB anti-frame and your dadbod, you're not yet anyone's type; there's no greener pasture out there for you yet, and I suspect that yours will green up nicely when you're worthy of a green one. - /u/man_in_the_world

I've noticed a pattern in how I feel about my own progress in MRP - I'll work hard, start to get some validation, feel good, and then...something will burst the balloon. A comment, a bad day, whatever - then I get frustrated, sad, depressed, etc.

Of course, as the comment above points out - this is whining, pure and simple. Beyond that, I'm getting frustrated because I'm comparing where I *want* to be to where I *am*, and that's not productive.

The fact is, I'm not in great shape yet. Sure, I'm better than I was, but I'm hardly Dick Hardbody (Chad's cousin) yet. I still fuck up, still lose frame, still dress like shit sometimes. I shouldn't get up my own ass on the one day an ab shows up, parading around the house while "casually" lifting up my shirt in the one very particular way that reveals my lonely, single ab.

That doesn't mean I need to wallow in frustration, however...because things **are improving**. It's far more useful (and motivational) to keep track of where I started.

When I first came to MRP, I:

- hadn't had sex in a year in a half
- wife was depressed and having massive trouble taking care of the kids
- got almost no physical affection from my wife
- was 15 pounds overweight
- weakest I'd ever been
- almost never saw friends
- hadn't done anything creative in nearly a year
- was buying clothes specifically to hide my love handles

As of today, I am:

- having sex about once a week
- wife massively stepped up, doing much better with the kids, moods much improved
- much more casual physical affection/hugs/etc
- Hit my target weight, eating better than I ever have, slowly adding muscle
- Hitting personal bests every single week, lifting 4x/week
- Seeing friends regularly, becoming the guy who gets everyone out and re-establishes connections
- Hitting a creative stride, producing more than I have in years, big events coming up
- Clothes fit better than ever, dressing better, exploring personal style, grooming game on point

In *every* way, my life and marriage are better. If you had told me 6 months ago that I would be where I am, I would have laughed.

The goal is not to be complacent, but also not to abandon what's working just because I can't go from zero to hero quickly enough. There's always more shit to work on, always a struggle, always stress and challenge....because that's what makes you **grow**.

Nothing worthwhile is easy. Nothing worthwhile comes quickly.

4.) Don't Avoid The Hard Shit.

If he is a loser, a piece of shit, is that an objective one? Or is this you pissed that someone who didn't spin his wheels in the sand, driving in the wrong direction got to enjoy the trip to Disneyland, meanwhile you're stuck in Delaware?

You know what she's into, you know what gets her off, but you refuse to go there. Consider your ego wants to defend your life choices, more than it wants you to be happy, driving down to Disneyland instead. - /u/stomepimpletilists

Make a list of all the household tasks that you do, and identify the ones that you really think that your wife should be doing instead. Of those, identify the ones that you could simply refuse to do without causing undue harm to you or your children (for example, ones that mostly benefit her, or are nice but not essential). These ones represent enforceable boundaries that you can impose without your wife's consent. Pick one of these, and tell her that you're no longer going to do that one. Hold your new boundary and hold your frame, and see what happens. - /u/man_in_the_world

do this <https://www.reddit.com/user/resolutions316>, this is all the drama you need for awhile. your relationship has plenty of natural drama setting boundaries; and establishing you as a captain. - /u/Persaeus

If you look where I've made the most progress - lifting, dress, grooming, initiating, etc - these were all *relatively* challenging areas for me to grow into.

The areas where I've had the least success - specifically, holding frame, assertiveness and direct conflict with my wife - are *extremely challenging* areas for me.

While I've made some progress on the hard stuff, if I'm 100% owning my shit? I've worked on those things *less*. Because they're harder, and the payoff for success is less immediate (Initiating well gets me sex. Holding frame against my wife might lead to sex at some point, but it mostly just makes the house tense).

I think I had so little frame when I started MRP that ANY gains felt massive. Starting from 1 and getting to 10 is a 10x improvement - and the effect can be massive.

But if that 10 is out of 100, you can't stop there - you need to keep pushing. And if I'm being honest, I've avoided the hard work that takes, in favor of easier gains elsewhere.

If you have not checked out "Slaying The Dragon Within Us" by Jordan Peterson, I highly recommend you take 15 minutes to watch it now.

<https://www.youtube.com/watch?v=ZGIU0FtXr9o>

Here's the summary: Whatever scares you most - whatever you feel the urge to avoid, because it's uncomfortable, or hard, or painful - THAT'S what you need to be working on right now.

The fear, the difficulty, all that is life telling you: "Here is the challenge you need. Here is what will force you to grow. Here is what will give you the skills you most need to live fully."

The discomfort is a feature, not a bug. Lean into it.

5.) Read the sidebar? Re-read the goddamn sidebar.

You aren't going to like my response, because you probably think you have done it already.

I was having trouble with some things that I PM'ed u/UEMcGill about. His suggestion to re-read WISNIFG has been of tremendous help to me. The book WISNIFG really addresses approval seeking. What I missed the first time I read it, was the beginning chapters that outline the reasons for the way things are done. I missed the most basic meanings of the book, looking for very specific ways to assert myself. - /u/FireTempered

I read the sidebar when I first joined up here, but I hadn't revisited anything from there.

After this comment I went back to WISIFG, which was not a personal favorite of mine the first time around. And just like Fire Tempered predicted, a lot of it hit me right in the fucking face.

"The right to be the final judge of yourself is the prime assertive right which allows no one to manipulate you. It is the assertive right from which your other assertive rights are derived. Your other assertive rights are only more specific everyday applications of this prime right." - WISNIFG

Being your own judge is a simple enough concept, and it's referenced on here so often it'd almost become non-sensical to me. "I'm my own judge - got it, yup, no problem." But what does that actually mean?

The repercussions of being your own judge are, in actuality, profound - you no longer allow others to tell you you "should" do something...and, in turn, you **let go of the ability to tell others they "should" do anything.**

Your wife doesn't have to have sex with you - she isn't breaking some rule, if it wasn't explicitly stated or agreed to up front. YOU aren't your wife's judge - SHE is. This is why getting butt hurt after sexual rejections is emotionally manipulative - you're guilt-tripping your wife into having sex with you, hoping the guilt she thinks she'll feel after turning you down is worse than the prospect of just fucking you and getting it over with. And lo, many a starfish is born.

Before I re-visited WISNIFG, I was thinking about posting on here, asking for advice or examples of how RP guys divide up their household chores with their stay-at-home wives. How often should I do the dishes? Am I doing too much? Is it unbalanced?

But of course, it doesn't HAVE to be balanced at all. It doesn't have to be anything. I can earn all the money AND do all the chores, if that's what *makes me happy*. I can do anything. There are no rules, no "shoulds", no gods, no masters - only actions, and consequences.

The goal is to pursue a set up that makes both my wife and I happy. If we can't do that, we'll deal with that conflict - either by splitting up, or by compromising if we think the marriage is of higher value than what we lose through compromise.

I don't have to ask the internet for a guide - I just need to be assertive in asking for what I need, and be honest and open about the conflict that ensues.

All of this was like a lightbulb going off - **and I'd read this book already.** Hell, I had all these passages ALREADY HIGHLIGHTED. Obviously, I thought they were important the first time...but in the avalanche of MRP posts, manosphere blogs, and other books I'd just forgotten it.

There's a lot of material aimed at new guys here, which makes absolute sense. Hopefully these lessons are helpful to guys who are a bit further along, but still not where they want to be.

Cheers everyone.

45

UPVOTES

[Theory] The Message is the Message

UEMcGill · 25 April 2017 · Archived copy · Reddit

Emotion, Not Content

I don't know where I heard it first, maybe it was Redpill, and maybe it was on the NMMNG boards. But it was a pretty simple statement, *the message is the message*. This is a corollary to *watch her actions, don't listen to her words*.

A recent discussion from a thread had a guy new to MRP lamenting that he got a hard no from his wife. Our hero had done well in owning his shit; he kept OI well enough but failed to see an important clue in his wife's behavior. Namely, *the message is the message*.

Two items stick out like a sore thumb. This passage here:

she actually went out of her way to kiss me on the forehead before she headed off to bed last night and said Goodnight?.

And this passage:

Got a "text" from her that next morning while I was lifting that she had sent me an email that she wanted me to read. It was labeled "Trust". 100% hamper. I've checked out the the marriage physically and emotionally...she doesn't want to share anything we me...doesn't Trust me...can't be physical with me if she doesn't Trust me....a dozen examples of where I've failed her and now how she doesn't really even want to talk to me about much of anything except the day-in day out stuff with the kids.

Now I don't expect our hero to pick up on the subtleties of this yet, he's fighting for his life right now, so picking up on this is not a big deal.

Mommy make me feel better

My littlest boy is a quiet, trepidatious kid. He's nervous about doing things like riding his bike or scooter, so when he makes a mistake he tends to get really embarrassed. The other day he was riding his bike, not paying particular attention and ran into a parked car in the drive way. No harm was done but the neighbor across the street saw and started laughing. My son immediately got up and ran crying to his mom. When he's hurt, mentally or physically, he runs to mom for validation. So she did what she always did. She asked him, "What's wrong baby?"

He spewed out what embarrassed him and she promptly *kissed him on the forehead and dismissed him*. Her actions were simple. She validated him and sent him on his way. Her words were one thing, "Ohh baby... what's wrong... I know. Feel better..." but her actions were different; *move along...*

In the second passage, our hero receives a text directing him to go to an email. Again, my favorite pet peeve, text and email are for logistics. I say again, text and *email* are for logistics. Our hero's wife gives him a heartfelt email delving in to the deep crevices of her fee-fees about how she can't trust him, how he's failed her, yada yada yada. If we go back to the original postulate, the message being the message on its surface her message isn't clear. But if we step back and look at it, the message starts to clear up. Here she says, "I want to control the medium; I want to decide when and how to communicate.

Where does this come from? Maybe the winds of change are becoming obvious to her. Maybe she's checked out of the marriage and this whole email was the equivalent of "I love you but I'm not in love with you," (it is by the way).

So if we go back to the hero's story and look at it for what it is, the reality becomes very clear. Her message is clear, *I'm not invested in this marriage*. She's trying to let him down easy.

What is a hero to do when in these situations? First of all be cognizant of the messages at hand. When your wife gives you a peck on the forehead let that seethe into you, and be a motivator to push the iron at the gym and pencil in the right hand of the ledger.

Leadership is tackled head-on

The second one is a bit more serious and really comes from a lack of leadership. If your wife is so fed up with you, and so disgusted by your actions that she writes you an email, an actual *dear John* letter to tell you how much you disgust her, you've got some major problems that need an immediate reset.

In this case or any for that matter, all emails or texts of the like should be refused upon receipt. "I don't talk about serious marriage issues over email." Full stop. She may hamster and try to rationalize why she needs to do this, but again that's just her controlling the means of communication and therefore controlling the message. The correct answer here is, "If you want to have big girl discussions, we will have it face to face. If it's that important to you for me to address it I expect the courtesy to do it face to face."

Here she complains about trust and this stems from his lack of leadership. Her words were one thing but reality is she doesn't trust him through years of inaction to do what he needs to do.

He could have got her past her hamster by giving her an out, "bring the email and read it to me if you need to."

In the end he had another failure of frame. He kowtowed to her email temper tantrum and replied to it with "noted and received", aka *I accept your frame*. Reality is if he pushed her to tackle these things head on, pushed her out of her comfort zone, he may have started to restore a little of that trust.

I don't mean for this to be a punishment of him or scolding him for his actions, he's new and still learning. More so, it is a reminder for those Journeymen of Married Redpill to watch her actions and remember the message is the message.

45

UPVOTES

Fuck It

GargantuaBlarg29 · 2 March 2017 · Archived copy · Reddit

"Resistance is the most toxic force on the planet. It is the root of more unhappiness than poverty and disease. To yield to resistance deforms our spirit." -The War of Art

This is going out to all those fence sitters out there. Not just the new guys, but every guy every time you've felt your inner voice light up and start convincing you of all the reasons you shouldn't do something. That inner voice is a fucking pansy. It is your hamster. It is there to reason and rationalize EVERYTHING. It makes you overthink. Thinking about what could go wrong. Thinking about how you can't do it. Thinking about other 'better' things you could be doing. Thinking.

The truth about it is all that little fucker can do *is* think. It does not control your body. It cannot *make* you not do something. It can only *convince* you not to do it. It will spike your adrenaline, tie your gut into knots, and make you sweat. But it cannot take control of your legs and make them walk away. It cannot force your mind to concede.

I wrote a post about going to a dance club not too long ago. In it I did not speak of the hamstring my inner voice did that entire night. The schedule was: Work out, go home and shower/dress, go to the club. On the way home my hamster was reasoning that I should just stay local. Hit up a bar around town. I said no. I passed by a new microbrewery that I've been wanting to visit. "Go there" it said, "you've been wanting to." No I said. The entire way down to the city I could feel the adrenaline. My hamster was going nuts. At one point it flat out said: "Look you're married, you're scared, you're inexperienced, you can't do this." And I laughed and answered it with, "Watch me."

I can honestly tell you, every time I can recall that I've just said "fuck it" and went at a problem, I've succeeded beyond what I'd ever imagined. Back in college when my social anxiety was high, I was invited to a rich girls' house party. Said fuck it let's go and had a fuck it attitude the whole time. The girl who was the host lead me up to her room to bang.

When I first met my wife, I had about had it up to here with my BP ideals failing with women. I went to her house thinking in my head "fuck it and fuck women...if this doesn't work I don't care." We were making out on our first date.

When I found MRP, I had had it with the sexual rejections, with my life being in shambles. I said "fuck it" and dove right in.

I was on the fence yesterday about joining TFA's Men of March. And I said fuck it there too and joined up. I expect great things from this.

I listened to a part of The Game yesterday when Style was describing an important book he read which had the premise of: Life turns out how you will it to be. If you put your mind to being a body builder, a great speaker, a PUA, an athlete, a great dad, whatever...you will become it. But if you only *want* to be that, but feel it's wrong/you don't deserve it/you won't put the work in...it'll never happen. If you feel that resistance, and you allow it to hold you back...your dreams will stay just that. Don't just be a yes man. Be a fuck it man. Because fuck it isn't just yes. It draws from that primal place of motivation. It silences the hamster by saying "I know all this shit you're saying, but I'm going anyway". It says, "I'm going to do this because all the times I allowed myself to be talked out of something, I felt like shit afterwards...and the decision to quit got me nowhere." It's saying, "fuck all those negative feelings, fuck the rationalizations and societally imposed barriers, just fuck it all. I'm going in."

45

UPVOTES

The Little Things solve the Big Ones.

fakefalse · 16 December 2016 · Archived copy · Reddit

I'm always posting on r/askMRP cause I'm too scared to play with the big boys in this forum. But I clued into something yesterday, and wanted to share. Maybe it will help someone.

I see so many posts with questions like "she wants to go girls night out. What do I do!!?" Or "Major shit test! How do I respond!?" And "she is angry and won't talk to me, what do I do?"(I used to pull this one) To me, these are last minute panick attacks that can't be solved in a simple post. They are also noob indicators that patience and gains are needed. You can't solve those questions in one move or one big confrontation. You have to slowly establish barriers and consistently demonstrate your beliefs and expectations clearly so that everyone knows what you feel is acceptable and what is not. Your actions and behaviors will bring everyone on the same page.

Examples are always expected here, so let me take a deep breath and testify.

Things have been damn good with the wife lately(why did I just jinx it?). Sure, I slip up here&there and am constantly making small error corrections, or readjusting my path as I grow stronger and develop my RP dexterity. But remarkably, there have been no outbursts. No major confrontations. We have our moments, but I've not been challenged in any big way for months now. And yes, you better believe there have been plenty of opportunities.

The thought was triggered by a friend who was bitching cause he was in the "dog house" or "sleeping on the couch" again or something similar (Shrug). But it got me to thinking. That shit ain't playing out in my life these days.

Here's what I think. (... And please challenge me if you think I'm way out in left field) It's because I'm more assertive on the little things. Like choosing a restaurant or picking the adventure for the day.

- Here's one: I'll do the gym at lunch at work. But when she loses her motivation to go herself, I'll advertise that I'm going again that evening. I may be burnt out or tired, but I know it motivates her. It startles her each time, but she is quick to pick her ass off the couch to follow. A couple times she called my bluff. I really didn't wanna go, I had already done mine- well I went without her cause I had opened my big mouth. Had a good jog on the machine. I could see the regret in her eyes the next morning both times. Hehe.
-Here's another: I'm proactive with the kids on homework and they are very engaged and excited about school lately, because of my direct involvement. She jumps in to help now, so she can be part of the fun.
-One more: I'll help do some of her jobs like if the dishes were skipped. She asked me to bring the load of laundry into the basement cause it was too heavy, just the other day. I responded that it had already been done the night before. I'm loving the look on her face. She wants to find stuff to bite into me with or nag about, but there just isn't any ammo. And if there is, it's small, therefore petty and makes her look silly. So shit tests are really just playful banter now and we are more fun about it than combative.
-Oh! Here's a big one. She now asks if it's okay to make certain purchases. By requesting permission, it frees her of responsibility or guilt if it's a luxury purchase or guilty pleasure. I got burned once. After I let her buy something, money was tight for a couple days because I have a buffer I like to maintain. She threw it in my face, that I had not managed our money properly when the constraint impeded a more practical expense. So when she asked for another big purchase for Xmas two weeks ago, I warned her that it would be tight for two weeks. Explained it to her as a choice. When she started freaking out about a missed opportunity on another xmas sale lasr week, I gave her a look and she backed down straight away. Didn't even have to explain. Her shoulders dropped immediately and her tone grew soft. She was disappointed, not angry. I patted her butt saying "Just gotta get through this week babe". She perked up and it felt more like a shared challenge rather than me being a mean old grump husband. And things were fine. I was startled by that one. It was so organic, I didn't clue into its machinations until just now, while writing this post.

So there you have it. Work on the little things. Express your attitude and beliefs through action on all the everyday shit that fills your life, and the big stuff will solve itself.

Keep in mind, this has taken a few years to achieve. And yes, despite this all sounding like a humbleBrag, I didn't mention all the crap that still dumbfounds me. I still trip up and have my Angerphase moments, as well as my covert contacts. I catch my bluepill programing slip out when her face looks grossed out and I realize I've been taking too much, sharing my feels and being her girlfriend. So I shut my trap and kick myself for going lax. I still disappoint myself by not being the man I want to be. But that's because I build myself to higher standards. I'm on the right track. The growth never ends. Once you start lifting, prepare to be forever small...

Phew. Ok... I'm ready for it. Hit me guys.

45

UPVOTES

Give your 'self' a gift this Christmas.

TheFamilyAlpha · 26 November 2016 · Archived copy · Reddit

Read the entire post @: <https://thefamilyalpha.com/2016/11/26/give-your-self-a-gift/>

This post is about giving something to your 'self' this holiday season. This *something* isn't of material value; it goes way beyond a new Jeep, gun, or tool. What I want you to give yourself this holiday season is the *Gift of Independence*.

I want you to shift your perspective on life to the point where you **know** that if your wife were to cheat or file for divorce you'd *still* have a smile on your face knowing that you are the fucking man.

There's no better time than today for you to start pulling the training wheels you have in your life. For the 'plugged in' married man it's their wife and marriage that are the two wheels which keep them balanced. These men feel their masculinity and position in society is derived from their relationship status, as if being married signifies they are *real* men. This is unacceptable.

Take a look at the masculine man, he's riding his life *free from support*.

The man who has embraced his masculinity is the guy who has a mission and it's **not** his wife. He's the guy who has a wife that knows her man's vision and she is aware that he does not *need* her. Have you ever noticed that the men who don't need their woman are the men who have the most loyal women?

The reason for this should be clear, but for those just tuning in to the *Manosphere* women want a man who doesn't need her to take care of him. Women will submit to a masculine man as she is his lover and she knows that he will elevate her status in society while he pursues his mission.

Men who *need* their women are men who treat their wife like their *mommy*. Women want a man who can ravish them then continue marching towards whatever goal they have set. They don't want to have to raise a man-child. My wife and I have two kids together, the last thing she needs is a third body to raise. Because I keep her in the role of lover, our marriage is still enjoyable and filled with passion. If I were to be the doting fool that most men have become, she'd resent me and either find another man who could treat her like a woman or she'd lower her standards to becoming a bitter hag.

Men, you don't need your woman taking care of you – in fact *you don't need your woman at all*. This is the gift you need to give yourself this year; it's also a gift that will *'keep on giving'*. As you accept the reality that your wife could leave at any moment, you can then begin to embrace the confidence that you would be alright. Go through the thought experiment, create a negative visualization in your mind and *feel* everything that you'd feel if she were to leave. Realize that with her gone, you should still be entirely secure with your 'self'.

Now dial yourself back in and realize that your woman is *still* in your life. Find joy in that, smile at her, and appreciate the time you guys have together.

The fact of reality is this, the less you show *'love'* the way society has taught you to show love, the more your wife will love you.

TV, movies, music, etc the all are pushing the female imperative, they are telling you to entirely devote yourself to your woman, to always self-sacrifice for her, and to make **her** the top priority in *your* life.

Negative.

Read the rest of the post @: <https://thefamilyalpha.com/2016/11/26/give-your-self-a-gift/>

Follow on Twitter: <https://twitter.com/TheFamilyAlpha>

45

UPVOTES

IRON AND THE SOUL - Henry Rollins

stonepimpletillists · 1 November 2016 · Archived copy · Reddit

Kudos to /u/vandaalen for putting me onto this.

I believe that the definition of definition is reinvention. To not be like your parents. To not be like your friends. To be yourself.

Completely.

When I was young I had no sense of myself. All I was, was a product of all the fear and humiliation I suffered. Fear of my parents. The humiliation of teachers calling me "garbage can" and telling me I'd be mowing lawns for a living. And the very real terror of my fellow students. I was threatened and beaten up for the color of my skin and my size. I was skinny and clumsy, and when others would tease me I didn't run home crying, wondering why.

I knew all too well. I was there to be antagonized. In sports I was laughed at. A spaz. I was pretty good at boxing but only because the rage that filled my every waking moment made me wild and unpredictable. I fought with some strange fury. The other boys thought I was crazy.

I hated myself all the time.

As stupid as it seems now, I wanted to talk like them, dress like them, carry myself with the ease of knowing that I wasn't going to get pounded in the hallway between classes. Years passed and I learned to keep it all inside. I only talked to a few boys in my grade. Other losers. Some of them are to this day the greatest people I have ever known. Hang out with a guy who has had his head flushed down a toilet a few times, treat him with respect, and you'll find a faithful friend forever. But even with friends, school sucked. Teachers gave me hard time.

I didn't think much of them either.

Then came Mr. Pepperman, my advisor. He was a powerfully built Vietnam veteran, and he was scary. No one ever talked out of turn in his class. Once one kid did and Mr. P. lifted him off the ground and pinned him to the black board. Mr. P. could see that I was in bad shape, and one Friday in October he asked me if I had ever worked out with weights. I told him no.

He told me that I was going to take some of the money that I had saved and buy a hundred pound set of weights at Sears. As I left his office, I started to think of things I would say to him on Monday when he asked about the weights that I was not going to buy. Still, it made me feel special. My father never really got that close to caring. On Saturday I bought the weights, but I couldn't even drag them to my mom's car. An attendant laughed at me as he put them on a dolly.

Monday came and I was called into Mr. P.'s office after school. He said that he was going to show me how to work out. He was going to put me on a program and start hitting me in the solar plexus in the hallway when I wasn't looking. When I could take the punch we would know that we were getting somewhere. At no time was I to look at myself in the mirror or tell anyone at school what I was doing. In the gym he showed me ten basic exercises. I paid more attention than I ever did in any of my classes. I didn't want to blow it. I went home that night and started right in.

Weeks passed, and every once in a while Mr. P. would give me a shot and drop me in the hallway, sending my books flying. The other students didn't know what to think. More weeks passed, and I was steadily adding new weights to the bar. I could sense the power inside my body growing. I could feel it.

Right before Christmas break I was walking to class, and from out of nowhere Mr. Pepperman appeared and gave me a shot in the chest. I laughed and kept going. He said I could look at myself now. I got home and ran to the bathroom and pulled off my shirt. I saw a body, not just the shell that housed my stomach and my heart. My biceps bulged. My chest had definition. I felt strong. It was the first time I can remember having a sense of myself. I had

done something and no one could ever take it away.

You couldn't say s--t to me.

It took me years to fully appreciate the value of the lessons I have learned from the Iron. I used to think that it was my adversary, that I was trying to lift that which does not want to be lifted. I was wrong. When the Iron doesn't want to come off the mat, it's the kindest thing it can do for you. If it flew up and went through the ceiling, it wouldn't teach you anything. That's the way the Iron talks to you. It tells you that the material you work with is that which you will come to resemble.

That which you work against will always work against you.

It wasn't until my late twenties that I learned that by working out I had given myself a great gift. I learned that nothing good comes without work and a certain amount of pain. When I finish a set that leaves me shaking, I know more about myself. When something gets bad, I know it can't be as bad as that workout.

I used to fight the pain, but recently this became clear to me: pain is not my enemy; it is my call to greatness. But when dealing with the Iron, one must be careful to interpret the pain correctly. Most injuries involving the Iron come from ego. I once spent a few weeks lifting weight that my body wasn't ready for and spent a few months not picking up anything heavier than a fork. Try to lift what you're not prepared to and the Iron will teach you a little lesson in restraint and self-control.

I have never met a truly strong person who didn't have self-respect. I think a lot of inwardly and outwardly directed contempt passes itself off as self-respect: the idea of raising yourself by stepping on someone's shoulders instead of doing it yourself. When I see guys working out for cosmetic reasons, I see vanity exposing them in the worst way, as cartoon characters, billboards for imbalance and insecurity. Strength reveals itself through character. It is the difference between bouncers who get off strong-arming people and Mr. Pepperman.

Muscle mass does not always equal strength. Strength is kindness and sensitivity. Strength is understanding that your power is both physical and emotional. That it comes from the body and the mind. And the heart.

Yukio Mishima said that he could not entertain the idea of romance if he was not strong. Romance is such a strong and overwhelming passion, a weakened body cannot sustain it for long. I have some of my most romantic thoughts when I am with the Iron. Once I was in love with a woman. I thought about her the most when the pain from a workout was racing through my body.

Everything in me wanted her. So much so that sex was only a fraction of my total desire. It was the single most intense love I have ever felt, but she lived far away and I didn't see her very often. Working out was a healthy way of dealing with the loneliness. To this day, when I work out I usually listen to ballads.

I prefer to work out alone.

It enables me to concentrate on the lessons that the Iron has for me. Learning about what you're made of is always time well spent, and I have found no better teacher. The Iron had taught me how to live. Life is capable of driving you out of your mind. The way it all comes down these days, it's some kind of miracle if you're not insane. People have become separated from their bodies. They are no longer whole.

I see them move from their offices to their cars and on to their suburban homes. They stress out constantly, they lose sleep, they eat badly. And they behave badly. Their egos run wild; they become motivated by that which will eventually give them a massive stroke. They need the Iron Mind.

Through the years, I have combined meditation, action, and the Iron into a single strength. I believe that when the body is strong, the mind thinks strong thoughts. Time spent away from the Iron makes my mind degenerate. I wallow in a thick depression. My body shuts down my mind.

The Iron is the best antidepressant I have ever found. There is no better way to fight weakness than with strength. Once the mind and body have been awakened to their true potential, it's impossible to turn back.

The Iron never lies to you. You can walk outside and listen to all kinds of talk, get told that you're a god or a total bastard. The Iron will always kick you the real deal. The Iron is the great reference point, the all-knowing perspective giver. Always there like a beacon in the pitch black. I have found the Iron to be my greatest friend. It never freaks out on me, never runs. Friends may come and go. But two hundred pounds is always two hundred pounds.

45

UPVOTES

Be unpredictable

TrainingTheBrain · 15 December 2015 · Archived copy · Reddit

“You’re *so* predictable”

This is a death sentence in marriage. A man who is living life according to his masculine terms is a man whose wife cannot predict his every action. She may be able to predict that he will take the path of a masculine man, overcoming obstacles rather than skirting them. But, she does **not** feel that he is a man that could be classified as always doing what is ‘expected’.

If you always order the same food, fuck her the same way, give the same gifts, and speak in the same manner on the same subject, then you’re predictable and therefore you are boring. It has been said time and again that the worst thing a husband can do is *bore* his wife.

Boredom is death, boredom leads to a wife looking elsewhere to feel something, boredom is the reason other men don’t have to be better than you, *just different*. I could understand being beaten by a better man; I could never come to terms with being beaten by someone who was just *different* than me. It just wouldn’t sit well and I’m sure that it doesn’t sit well with all of those ‘predictable’ husbands whose wives went out and found that passion and intense feelings they were missing from that *different* man.

When I have sex with my wife, she never knows if I’m going to grab the rope or the flogger. She doesn’t know if I’m going to turn on the Christmas lights around the bed or the black light. She doesn’t know if I’m going to bring her in the shower with glow sticks, put her against the wall in the living room, on top of the kitchen table, or in our bed.

Maybe I go brutal caveman or maybe I’ll gently caress her every inch, fucking her mind through intense emotional stimulation, getting her close to climax before I even get her booty shorts off – she has no fucking clue who I will be each night, and we’re only talking about sex at this point.

Now take the same amount of paths I could choose in the bedroom and apply them to everyday living. Some days I will email her back and forth, other days I won’t respond to anything via email or text. There are times where I actively dread her when we are out and there are times where I have eyes for no person but her.

Have you ever gone to a party, bar, club, or ‘event’ with your wife and literally ignored everyone, only engaging your wife and whispering in her ear the nasty shit you’re thinking? Pulling her to a corner, brushing off the attempts to distract your attention by others, eyes locked in, hand exploring her body, making her feel as though the two of you are alone even though you’re surrounded by bodies?

Maybe the very next day or the next bar you go to you straight up disappear for some time, talking to the world, gaming and working Kino on every pussy that passes and not even acknowledging your wife’s existence.

This roller coaster of emotion has kept my marriage from ever entering a deadbedroom situation and it’s been going for 12 years.

I have recently decided to take courses on American Sign Language and I’ll be honest with you guys, that seed was planted from [this Santa video](#). I watched it and it cut straight to my core, I have a soft spot for kids and the elderly, whatever.

I came home and told my wife I was signing up for classes at a ASL University that is local to us. I didn’t ask, I didn’t warn her, I just made the decision which to her was a very ‘**un**predictable’ one. She didn’t know of the research I put into classes, the deaf community, or anything and she didn’t need to; all she needed to know was that her man was working to improve himself in another arena.

She works with children and is looking to get into the medical field so it actually piqued her interest and now we both will be attending the course together and practicing together, another bonding moment that keeps a ‘freshness’ to our relationship. Always improving, to the grave, it’s the MRP way.

Side Note: Always challenge her to be better through consistently raising the standard from which you measure yourself.

Whether you are comfortable with whom you are or not, your wife is the one that needs the emotional stimulation and if you aren't going to provide it by mixing it up, someone else will - AWALT. If you want to be the same dude who day in and day out follows the same routine, so be it you do you, but don't be surprised when your wife says she needed something (someone) *new*.

As an individual who is implementing TRP you won't be faced with this issue, or I should say you *shouldn't* be faced with it as lifting, dressing better, interacting with people, dread, leading, and living life on **your terms** prevents her from *truly* knowing what you'll do next. It's the guys who are still purple that need to take note, looking good naked isn't the answer and neither is dread, it's the combination of it all that keeps you from being the boring dude who tells that same joke at the party or does that same *thing* day in and day out.

This is not to be confused with family rituals. I read to my kids every night, we go for 'adventures' every weekend, etc there are rituals we do on a consistent basis, keep those as they are needed. I'm talking about **you**, the husband, **you** need to keep your wife on her toes so that when she sees Chad walking down the street cat calling or what the fuck ever, she won't view him as a chance to 'get away' from her boring life because, as an unpredictable alpha man, **her life isn't boring**.

It's up to *you* the **Family Alpha** to lead her to that point.

45

UPVOTES

The Professor's Married Red Pill Basic Class

BluepillProfessor · 15 October 2015 · Archived copy · Reddit

[removed]

45

UPVOTES

The Elements of Frame 0 - Introduction

strategos_autokrator · 20 April 2015 · Archived copy · Reddit

Frame is the most important concept for TRP self-improvement. However, the concept is not defined very well in TRP. Everyone "knows" what it is, but when pressed, everyone says a slightly different definition of an incomplete definition. When I came here, it seemed like it was something that you only know when you got it, as a weird spiritual enlightenment. It is not weird or occult. But, I haven't found any good attempts at demystifying it. Because of this, it is very difficult as a beginner to understand *how to maintain frame*. Most of the posts in this subreddit are simply men struggling with this, as they don't understand what is weak about their frame and how to improve it. There is very little written about this. I think this is a big conceptual hole in TRP and MRP.

In this series, I'm going caveman on that big hole to fill it up. Based on my own transition, I propose a structure of the Elements of Frame. This is the first in a series of posts on this subject. Even if you disagree with my proposed structure and its elements, I hope that this will lead to fruitful discussions in the community. I'm writing this not because I want to wank about it, or because I think I know what it is, but because some have suggested that my way of talking about frame helped them work on their frames. Developing your way of understanding your frame is the most important tool to help you detect weaknesses in your own frame. It will help you feel more confident, improve sex, be happier and lead in your marriage.

In this introduction, I'll discuss the basic elements of Frame. The point of this post is to define the main concepts and their relationships so I can expand on them in future posts.

Frame is a tetrahedron.

If you like, think of it as a tripod instead, it is the same. The three points where the tripod touches the ground are the Intellectual, the Emotional and the Physical basis of Frame. Each must be strongly grounded for the Frame to be balanced, strong and stable. If one isn't good, the Frame collapses to that side. I define each of these basis as:

- **Intellectual Basis** - It is having the knowledge, the know-how, and the logical means to get what you want. An example of this is simply the logical understanding of the women's cycle, being **aware of it**, and understanding how that affects your sex life. There are a lot of other examples, and I will discuss them in a future post, but they all make sense in the logical part of your brain. This subreddit, the guides and the books in the sidebar are simply a resource to help you make this basis strong, nothing more nor less.
- **Emotional Basis** - It is understanding your emotions such that you can use them to get what you want. An example of a strong emotional basis is not acting butthurt during a shit test. Having a strong emotional basis means that you understand and accept your emotions, and know how to properly display them to get what you want. Your own inner work to really understand and accept your emotion is the source of having a strong basis. Emotions are the way women understand their relationship to you (they don't see you, they only see how you make them feel). This is a very powerful component in your marriage. I will discuss this in much more detail in the future, including resources for improving this.
- **Physical Basis** - This is having the physical tools to get what you want. The quintessential example is lifting heavy weights. There is a lot said already about lifting, but my definition goes beyond this. Other areas of this basis, including **posture**, voice, grooming, diet and your own sexuality, all which affect the way your wife sees you. I will discuss these in a future post. This area is underscored for beginners because it is the *easiest* one to improve in a systematic way. It is hard to measure how you are improving on your emotional or intellectual basis, but it is very easy to know if you are lifting more, or if your posture is better. You can just see it in the mirror. So if you don't know what to do, instead of crossing your arms feeling helpless, work on this area.

You have to work on all these areas in your self improvement. Depending on your specific needs, you might need even more work in one area than in another. But if you ignore one, your frame will weaken and will topple. This

subreddit only can help you with the intellectual basis of your frame. The rest is work you must do on your own, not here. This is why this is a path for yourself, by yourself. You won't have frame only from reading here.

So far, I talked about the basis of the tripod, but I haven't mentioned the cusp of it. The tip of the tripod is the frame element of "Vision".

- Vision - It is the strength to see everything in the world and your interactions with it clearly. From this, you can see clearly what is that you want in your life. You have the clarity to work hard on what you control, and you plot a path to obtain your goals regardless of what you don't control. From your vision, you can be economical with your resources, and you don't get dragged into crap that doesn't add to your vision. And if someone tries to fuck with you, you can clearly see how it doesn't add value, and you just ignore the shit and move on. Concepts that are part of this vision are, **Outcome Independence**, **Leadership**, and clear goals of self improvement. When you have a strong vision of what you want in your relationship, you become an Oak that makes your wife trust you and look for safety and strength in you. Your vision also allows you to self reflect on the basis, and helps you tweak things to always make it stronger.

When you have a strong Intellectual, Emotional and Physical basis, and they come together in a way that they support each other, you have a strong Vision. This, like the tripod, is a very strong and stable structure. *This is Frame*. Frame is understanding the world and yourself in it so you work hard to get what you want. It is reframing the whole universe to where you are the unstoppable force that will get what you want. It includes accepting the universe and people in it for what it is, but also, owning your shit and constantly changing yourself to be better. It is changing your perception from a victim to the hero of your story. It is the most personal thing you can have because this is the way you define your whole life. This is what inspires leadership in your marriage. As I flesh out the structure, I hope I can make define Frame in a more concrete way.

As you start in your transition, you struggle to "maintain frame". This is because some of the tripod legs are on a very weak basis, or poorly positioned. It will take time and hard work to get them to a strong basis. It takes a lot of self reflecting and owning your shit to understand your weaknesses in the frame and plan to improve them. However, once you have a good basis, you will see how the three legs of the frame come together very nicely, supporting each other. This is the "Aha" moment of the TRP transition. From here on, **instead of you struggling to maintain frame, you can rely on your frame instead to feel strong**. It is when you have reached this point that you *really* have frame.

In future posts I will expand on each element of the basis. Later in the series I will discuss how the elements come together, and how an uneven frame sometimes makes one weak base element affect the other basis. I will also explain how different strong basis elements come together as part of familiar TRP concepts. I will try my best to put in this structure a lot of TRP concepts. I plan to even discuss the different ways women **test** these elements of frame, and from this, as you have a strong frame, the specifics of the details of what they are testing become less important, so if women push/pull one area, it is unmoved because all the parts in the structure support each other. Thinking this way has helped me a lot simplify how to pass shit tests, how to feel better about myself, and how to worry less about the stupid stuff. The results are a better marriage.

This will be a long series of theory posts, as it will take me a while to complete the picture. However, since Frame is so essential, I'm going to tackle this topic. I understand that right now this all seems very abstract and incomplete, because this is simply the introduction. I hope that as I add more parts of the structure, the series will become valuable to the community.

This series continues [here](#).

45

UPVOTES

How to become Outcome Independent using a Stoic trick

strategos_autokrator · 27 December 2014 · Archived copy · Reddit

A common question we get here is how to be outcome independent about wanting sex from your wife. If her main power has been closing her legs, and you came here trying to figure out how to make her open them, and then, the advice you get is "It doesn't matter if she opens them", it would seem like this community is useless. This is not true.

With this post I will explain how Outcome Independence works, and how to use it to get what you want.

I will use Stoic philosophy to explain Outcome Independence. Stoicism is Greco-Roman philosophy with the goal of accepting reality as the key to inner peace. This allows you to become a clear thinker so you can optimize your energy to virtuous causes that you can contribute to. Essentially, Stoicism is a philosophy of maintaining Frame. There are many aspects of it that apply to this, but for now, I'll focus now on how to become Outcome Independent.

When confronted with a problem, a Stoic would ask if it is something outside your control, or in your control. If the problem is outside your control, then a Stoic concludes that since there is nothing you can do about it, so you shouldn't worry. Accept that, and move on to other things. There is no point in wasting energy if you can't affect the outcome. This is the reason, for example, I don't even worry about the possibility of being struck by a meteorite as I type this. Yeah, it can happen, but there is nothing I can do about it, so why bother? On the other hand, if something is under your control, then, the stoic would say there is no reason to worry either because you can manage the issue! I don't worry about breathing right now because breathing is right now fully under my control.

That is all there is to staying calm when facing problems: if something is outside your control, don't waste emotional energy on it. If something is inside your control, plan what you will do about it, work hard at it, but don't worry more. So far, this is all very obvious, so if this was what Zeno, Cicero, Seneca, Epictetus and Marcus Aurelius talked about, what is the big fuss?

Well, the fuss is that there are some problems that are not fully under our control, or fully out of control. One such problem is having sex with our wives. Clearly part of it is under our control, but she has a lot of power over the whole thing as well. This is why we worry so much about such problems: we can't put it in the category of "don't worry, I got it" nor in the category of "don't worry, there is nothing I can do about". It is a *partial* control problem, and we feel invested because we try to do well with what is under our control, but then we get frustrated for what isn't, try to things under our control that are ineffectual or backfire because we don't accept we don't have full control and often beg her in desperation. These partial control problems are the ones that make us waste energy, lose frame, and lose perspective. They lead to frustration and even resentment.

The Stoics noticed that there is *one* power that you have to conquer all these problems. This post is about that power. This is power nobody can ever take away from you. This power is the key to having Frame, Outcome Independence, passing all the shit tests, and getting all the sex you want.

"Man is disturbed not by things, but by the views he takes of them." - Epictetus

We have the power to redefine problems. Others might define problems for us, but we should always reject that, and instead define the problem in terms of what *is* under our control, and what isn't. The way to always have Outcome Independence is that we have to redefine the problem in a way that we do not depend on others or circumstances to obtain them. Why? Because others are not under our control. So instead we change our perception of the problem such that it is all under our influence. This is Outcome Independence: we define the problem such that the other person has zero power over affecting its outcome. We are not subject to anyone in this way.

To make it more concrete, I'll go now to the reason most find this subreddit: husbands wanting more/better sex from their wives. Here lies the problem. The problem isn't the wife closing her legs. The problem is how the husband defined the issue! The husband has NO power over this as defined, the wife has all the power. She can close her legs, there is nothing he can do about that. So the husband worries and becomes resentful because he can't control her. The Stoics would tell the husband to accept he can't control her and stop begging her. Instead, the stoic husband must redefine the problem into something that is under his control. Decide you will work hard to become the man women want to have sex with. For example, workout, improve your assertiveness and expand your social circles. This is all 100% under the husbands control. Eat better, dress better, become the best version of you. This is all under the husbands control. Why? Because by focusing on all that, the husband doesn't have to worry about what is outside his control. But also, this redefinition makes it more likely to make him happier because he will become more attractive, which increases the likelihood of having sex either with the wife, or with anyone else.

The Stoics would advise /r/marriedredpill: Become Outcome Independent by focusing on self improvement, which is all under your control. Read MMSLP and have a Man Action Plan of self improvement. Don't worry about your wife's actions, she isn't under your control. This is a form of dread, but notice how powerful it is: there is nothing the wife can do to stop you from getting to your goal now of becoming a better man. You defined the problem now so she has *no* power over you, but you *seem* more powerful to her. You changed the power dynamics only because you redefined the issue. This sense of power comes from your OI, and it is incredibly attractive in itself! Nobody likes someone that begs for stuff, but everyone loves someone that is driven to success and want to be part of his life. Note that OI frees you from resentment because she can't block your way to your goals anymore. This has a side effect that you also become happier with her, which also improves the relationship. And if she comes around and starts giving you head, great. But if she doesn't, then you are ready to Next her for someone else. Independent of what she decides to do, you get the Outcome that you wanted. You don't demand she desires you, you just become a desirable man independent of her opinion of you.

This is the ultimate way to demonstrate Frame: you are the only person that *defines* the problems in your life. You do so in such a way you that the burden of overcoming them becomes all yours. You don't blame others, you don't beg to others. But you put all your energy on solving that problem you defined, and waste none in worrying about what is not under your control. Most people can't do this. And those that do it become leaders, because others sense how they will get to the goal, and try to join them to be part of the ride. And all comes from a very simple mind hack that some dead greeks came up with. Don't say you want more sex from your wife. Say you want to become the man women want to have sex with. This way the outcome is fully under your control!

tl;dr - Redefine problems always such that you fully control their outcome. This places the burden of overcoming them fully on you, but also, frees you from having to beg others to do what you want. This is Outcome Independence.

45

UPVOTES

Female Perspective on RP Transition

LeggyBlueEyes · 2 December 2014 · Archived copy · Reddit

To the RP men who have gone the LTR route, I implore you to think carefully before you next your partner. Don't forget that while you were sold the feminist agenda, so were we. Most woman who believe in RP philosophy (even when we didn't know it had a name) did not ride the CC and other feminist notions however many of us have gotten used to being our own captains. Either from being single or from our mate's BP days when, we were forced to be captain because our men had forgotten, or never really learned, that he was supposed to be leading the ship.

If she was a RP woman, she stayed with you when you went BP. She didn't cheat on you or trade you in for a better model, because that's not the kind of person she wants to be. She was fighting her hypergamous nature, for you! She tried to figure out why you were both unhappy but nothing really made sense. And then you found TRP.

As you struggle to get the pill down, please remember that this is a struggle for her too. You are asking her to put faith and trust back in you, when you may not have shown her that you can be reliable and trustworthy on a consistent basis yet. If you love her still, even a tiny bit, stand by her as she comes to terms with the changing relationship - just like she stood by you when you didn't even realize you were being BP. I'm not saying forever, but you can't undo 10 years in 2 months. And be prepared for setbacks. Because they will happen. It's just life.

Maintain frame. Be her calm, rational and strong oak. Stronger even than she is. And this may take more strength than the average guy, because these women, the ones who had the courage and strength not to succumb to the CC, who didn't allow their instincts for hypergamy to override their love for you when you were being BP, these are strong women. And you are going to have to be that much stronger to regain their trust. But when you do, there won't be anything the two of you won't be able to get through.

45

UPVOTES

An Epiphany about Mental Capital and Becoming

wildnight98 · 12 May 2019 · Archived copy · Reddit

tl;dr: I realized I have built a little fake frame inside my wife's frame. I need to stop using mental cycles on thinking about her and instead use those cycles plus my skills and abilities to become who I have the ability to, now, easily become.

My problem is *not* how my wife is treating me (*or not treating me*). This is what MRP has been saying since day one, and it is what I haven't been hearing properly since day one.

The more I worry about what she is or isn't doing, the less I worry about being ALL -I- can be and doing ALL I could do and most importantly, becoming what I am primed to become. Since I can only hold one thought in my mind at a time, when I focus on (obsess over?) her, it is to the exclusion of everything else--especially including the things that, if I did focus on them, I could massively improve myself and be more successful in every part of my life. And when I worry so much about being with her, I am giving up mental processing time that I could be using to accomplish and create, which are the activities that are truly essentially masculine-**not** worrying about a particular pussy. When I spend so much mental and emotional capital on trying to please her and get with her and spend time with her, it is mental and emotional capital that I am taking away from what I should be focusing on.

And just who the fuck is she anyway? A little Polk County redneck slut who was fucking her boyfriend when she was 15 years old *in front of her fucking mother* who was helping her cover it up from her stepfather; and that with a pregnant teenaged sister in the house. Why the fuck should I care about *anything* that she thinks? If she isn't helping me accomplish my mission, what the fuck is she any good to me for anyway?

God has given me this resentful shrewish wife to force me to stop chasing pussy, and use the skills and talents that he's given me. Analogous to what Morpheus says to Neo, when I learn how to be a complete man, I won't have to chase pussy. Pussy will be chasing me. That'll be my fucking problem then.

When am I going to stop *thinking about acting* and just start fucking acting? What the fuck am I waiting for? A gold-plated invitation?

The Reason for Inaction

It is rank bullshit to blame indecision for my inaction. First of all, indecision is not fucking manly, not at all. So, I know for sure that I need to quit being fucking indecisive. I already got this lesson relative to her, I already quit being indecisive relative to my interactions with her. I already pick restaurants and shit (although I give in to pushback way too easily). But I stopped there for some reason, my progress frozen within the circle of her. This is classic living in her frame! I only changed my *behavior* but I didn't *become* a decisive person. Call it faking it till I make it; but I stopped trying to make it after I got faking it down pat. WTF. This is the danger inherent in the "fake it till you make it" philosophy; you can get stuck in "faking it." At some point you need to graduate and *become*.

In other words, I have constructed a little fake frame of my own that is completely contained inside of her frame. In my little fake frame, I believe I am self-actualized; but every time the real frame (her frame) shakes, my little fake frame falls apart a little. And thus my belief in my own self-actualization is proven to myself to be a lie. As a specific example, if she fails to compliment my published article, I feel resentful or butthurt or something. I thought I was being manly by publishing and not making a big deal out of it; but in reality I was waiting-at some level-for some praise or appreciation from her. Only because I am in her frame do I care whether she appreciates my successes or not. She doesn't. Who gives a shit? She never helped me a bit anyway.

Second, indecision cannot be an explanation for inaction because it is merely a synonym for inaction. I'm lying to myself when I say I don't act because I haven't yet decided on the best course of action. Failing to decide is the same as failing to act. In other words, if I have decided on a course of action I am acting. Deciding is acting.

Third, fear of failure is an insufficient explanation for my indecisive inaction. Everyone experiences a fear of

failure to some extent; I am no exception. But I don't pathologically fear failure, never have. I am OK failing and trying again. Look at tennis; I'm still hanging in there despite not being ready to play competitively for years. Maybe, if I've failed multiple times or failed spectacularly at something, then I might be reluctant to try the same thing again. Especially if I don't enjoy whatever it is. But otherwise I can't blame any fear of failure on not deciding to act to become a better, more actualized version of myself.

I've Been Stuck Here For Ages

Because I let myself get mired in her frame, I have been frozen; not becoming all that God has empowered me to become. True, I have broken out in a couple places, such as with my physical development. But overall, in the big picture, I am coasting. I am stuck. I am frozen in place. And it's not fucking manly in the broadest sense of that word. Men create, men build, men conquer. They don't fucking coast and feel sorry for themselves.

But What Should I Become?

Ok, I'll allow that this may need some thought. But there are enough easy ones that immediately come to mind that the need for any additional thinking is not any excuse at all:

1. Why aren't I shredded by now? There's no fucking excuse. I have achieved good muscularity, I know how to fast, and I can be disciplined about my diet. What is my fucking excuse for not being shredded?
2. Why aren't I killing it at work?
3. Why aren't I publishing something every fucking month?
4. Why aren't I working on putting some big fucking deals together where I could make a LOT of money? One of my high-net-worth clients, for just one fucking example, loves me and is dying to have an investment partner. I know a LOT about deals of all kinds. Fucking do it and quit making me sick.
5. Um tennis? How long am I planning to fuck around with this?
6. Being intentional about building my separate fucking relationships with my sons.
7. Why aren't I spending my free time working my social network?
8. Why aren't I regularly going places that I want to visit without people who fucking complain about everything?

Seriously dude, do I really need anything more than that list? What the fuck else do I need motherfucker? Get to fucking work and quit using indecision as an excuse.

I mean, really, what do I want? I want one of these boats I see floating around down here in S Florida. I want to weekend at my house in Antigua. For fucks sake, why haven't I been to Antigua ten times already to figure out where I want the house to be?

The Good News

Good news is, I have always been a slow starter and then a massive late-game winner. In strategy games I have always marshaled my forces for most of the game, laying back, and then late in the game sprung my carefully planned strategy to massive winning effect. Many times I start to feel like I have over prepared and it is past time to drop the hammer. That is exactly the situation here. It is past time to drop the hammer.

My life looks a lot like my approach to strategic games before I start deploying assets to create the endgame scenario. Maybe not so coincidentally, given that's how my brain works.

It is time to deploy my assets and win the fucking game. Quit fucking around asshole.

I already know how to do it. I have the personal skills that will enable me to do it. I have access to resources to help

me do it. I have all the knowledge I need. I have social capital. I have leadership ability. Just fucking do it. Do I really have to beg myself? Seriously WTF am I waiting for? Get moving.

45

UPVOTES

FYI - the MRP sidebar is now also on the wiki

weakandsensitive · 20 July 2019 · Archived copy · Reddit

wiki link is <https://www.reddit.com/r/marriedredpill/wiki/index>.

this should make it easier for those of you who are charitable enough to point newbies to the sidebar.

45

UPVOTES

Abundance Fatigue and "The Meaning of Life"

Red-Curious · 23 February 2022 · Archived copy · Reddit

I've observed that abundance isn't always the blessing people expect, but is perhaps sometimes the one they need. Let's be clear up-front:

- **Abundance Mentality** is when you live your life in a way as if you have abundance, whether you do or not.
- **Actual Abundance** is the fact behind the mentality. You either have it or you don't.

Let's briefly look at 3 mistakes people make when improperly balancing these two in their lives.

Over-Confidence

Some people have an abundance mentality without actual abundance. This can be good and bad. On the "good" side, I like the "fake it 'til you make it" concept. This works marvelously ... as long as you *actually make it* and you're not just faking it all your life, which just cripples your frame. A guy who acts as if he already has the thing he wants will find it much easier to attain it "again" - especially when it comes to sexual dynamics.

On the "bad" side, I'm reminded of the saying: "Before you attempt to beat the odds, be sure you could survive the odds beating you." Some men play the abundance mentality or other confidence-techniques in ways they're not ready for, and when it doesn't work, they find themselves turning to the black pill, thinking the "abundance mentality" concept failed them in one set of circumstances, so it must be a failure in all, so they just give up and assume looks are all that matter.

Broken Confidence

The consequence of failed over-confidence reminds me of circus elephants. Did you know an elephant in the circus (before PITA put the kibosh on all that) could be tied to a 3ft stake in the ground and it will not escape? It could easily rip it out. In fact, if you take a wild elephant and tie it to that same 3ft stake, it'll rip it right out. Why doesn't the circus elephant? Because when it was a baby, it was tied to that same stake. It tugged and pulled and stretched at its rope with no luck. Eventually it just gave up. When it grew and developed the strength and ability to rip the stake out, it wouldn't - because its confidence was broken.

That same danger exists with sexual dynamics both inside the home and out. I remember in my own past being denied sex and thinking under similar situations even years and years later, "She said no in these circumstances last time, so she'll say no again," so I didn't even bother trying. This self-defeatist attitude wasn't helping me ... or her. Or anyone. It just made the world a sucky place to live in. Even shortly after I had just-cause for initiation-confidence and could have had an actual abundance of sex, I didn't believe it was real, so my lack of abundance mentality put the kibosh on my sexuality as hard as PITA did to the circus elephants. Goodbye, poor circus elephants. We miss you.

"Just a little bit more."

All of that leads us to the very real situation of a person with actual abundance, but no abundance mentality. Shockingly, one would think the former would produce the latter, but it often doesn't. I remember reading a quote about John D. Rockefeller, who at one point had 1% of the entire US economy as his net wealth. Insane. A reporter asked him, "How much money is enough?" His answer: "Just a little bit more."

Now, I fully expect Rockefeller had an abundance mentality to go with his unquenchable thirst. But many guys will actually let their quest for abundance control them to a point where they are never satisfied and it creates a scarcity mentality, despite being in the SMP equivalent range of a Rockefeller. I've met guys like this. Sometimes ONEitis is the culprit - because they can have any girl they want, *except that one* who he met before he became "all that."

Abundance and Hypergamy

Women have actual abundance. For the most part any girl who's a 4 or higher could probably walk into a bar and announce, "Who wants to have sex with me?" and *someone* in the bar would be willing to take her up on that offer (barring circumstances that might get in his way). Girls on dating websites have a plethora of male attention - even the ugly ones. On social media, guys will rush to a woman's defense or disproportionately respond to women's posts over men's. I don't need to prove this point, right? We have all seen it.

But let me tell you - 99% of those women, when they were barely pubescent, still got flutters in their stomach at the first guy or two who showed any actual interest in them. Why? Because they hadn't been emotionally inoculated yet.

That same young girl, no doubt, maintained a steady stream of attention from men for years. It may not have always been the attention she wanted, but it was attention nonetheless. This is where hypergamy is born. The constant stream of attention makes the drug ineffective, hence inoculation. Pharmacists are noticing this with the z-pak with bacterial infections. The z-pak has become so over-used that many strains of bacteria have become immune to it, so they have to create stronger antibiotics. When a woman has been inoculated to low-brow attention from men, she needs a stronger, more powerful hit. That means a higher value man. Instead of getting flutters when the 5 gives her attention, she then needs the 6 ... then the 7, and so on. Non-hypergamous men are willing to give them that attention because "the chance of sex is still the chance of sex." Does he intend to marry her? Probably not. She won't get the commitment she seeks. but the sexual attention she craves is coming - and from higher than her market value would account for.

Even if a woman manages to get a ring from the highest-value man in her social sphere, over time she will become inoculated to even his affection and begin to look elsewhere. At this point, lateral moves are a viable option, even in the absence of upward potential ... ergo "branch swinging." This is why there's a V in DEVI. As I assume [/u/hornsofapathy](#) would tell you, there's often value in integrating sexual dynamics outside the bedroom just as much as in it. One of my solutions to this problem is to constantly **expand my playbook of ways to keep life/sex/"the relationship" (whatever that means) interesting rather than stale**. New "tricks of the trade" create new flutters.

Abundance Fatigue

The way women become inoculated to male attention can happen to men with actual sexuality as well. The only difference is that women tend to look up (hypergamy) for a bigger dose, whereas most men I've met tend to look down. They get depressed and nihilistic. Most of these guys had made sex out to be their god, violating the third commandment of poon - "You shall make your mission, not your woman, your priority." For reasons I won't go into here, I'm persuaded that at least in monogamous relationships, making sex from her your priority de facto makes her your priority, even if because of whatever "blah blah red pill blah blah" you don't get sex from her the way she thinks she wants it.

But this applies to non-monogamous relationships too. I remember [a post from a TRP Endorsed Contributor](#) who had essentially "mastered" sexual strategy and had such great abundance - both actual and in mentality - that he, theoretically, could have sex whenever he wanted. The story initially reads like a success story on how effective the red pill is ... until you get to the end and find out that actual abundance turned him nihilistic and horrified.

I'll call this "abundance fatigue." It's when a person experiences abundance to such a degree that he no longer values the thing he now has in abundance.

A bite of chocolate cake is delicious. I have no use for having 12 chocolate cakes in my kitchen. This is why restaurants will sell you a slice of pie for \$9, or the whole pie for \$15 (although there are other aspects of business psychology in there too).

Imagine a meteor shower hit earth raining gold from the sky all over the world. What do you think that would do to the value of gold? Is it going to go up? Stay the same? Of course not. It would plummet. Because when you have more of something than you actually need or care to have, its value diminishes.

Wisdom From Solomon

King Solomon was wise enough that even atheists will quote him. He was famous for having 700 wives and 300 concubines. Crazy. That's a new woman a day for 3-ish years (though, let's face it, it was probably multiple a day, likely even at a time). Yet he writes:

I amassed silver and gold for myself, and the treasure of kings and provinces. I acquired male and female singers, **and a harem as well - the delights of a man's heart. I became greater by far than anyone in Jerusalem before me.**

Then he says, fascinatingly:

In all this my wisdom stayed with me.

What cocky arrogance. I love it. Not only did he have a harem of 1000-ish women, but he was never mentally consumed by all of it. He goes on:

I denied myself nothing my eyes desired; I refused my heart no pleasure

My heart took delight in all my labor, and this was the reward for all my toil.

Yet when I surveyed all that my hands had done and what I had toiled to achieve,

everything was meaningless, a chasing after the wind; nothing was gained under the sun. (from Ecclesiastes 2)

Solomon spends quite some time after this on his diatribe toward the meaning of life, but I won't get into that here. The point is simple: even the wisest man in the world realized the nihilistic end of such pursuits.

This Isn't So Bad

Abundance fatigue can be depressing - to realize that everything you hoped and strived for all this time isn't all it's cracked up to be when you're swimming in it.

But that's actually okay. The reality is that abundance fatigue is usually associated with men who haven't actually "killed the blue." I remember Rollo writing in one of his posts that some men like to take blue pill notions and "sprinkle a little red on it." Some guys get REALLY good at sprinkling so much red that they look pretty doggone red. But when they end up nihilistic because mass-sex didn't fulfill them the way they'd hoped, it's clear that they were still living in their blue pill fantasy world and needed something more. I once wrote a post about **Killing the Blue** - and if I were to re-write it today, I'd have a lot more to add, but one that stands out in this context is the blue pill notion that "women can fulfill us" - even if "women" is an indirect way of saying "sex."

I remember in my early days of having discovered the red pill, I was sex-starved. Constant denials. Sex was once every few months, if-that. We went as long as 18 months with squat (and not the kind you do in the gym). I had in my mind, reading MMSLP for the first time, that by the time I was done, I'd be having sex multiple times a day. And yeah, we got there. Once I realized I had achieved actual abundance - that sex was available whenever I wanted

... I no longer wanted it as much as I thought. I cared more about quality than quantity. It's the same with fasting. I remember fasting for an entire week once. When it was over, I thought about all the foods I would eat. We went to a buffet. I filled my plate and sat down. A few bites in, I was done. Why? Because my actual appetite was nowhere near as big as I thought it was when I was starving. Different people will have different thresholds, but I'd wager every guy here will have a point where he realizes, "X is enough sex."

Back to Poon - **"You shall make your mission, not your woman, your priority."**

Becoming nihilistic from life due to an over-abundance of many good things is cured simply by finding something more valuable to spend your time on than accumulating that which will ultimately disappoint.

If you bother to read the rest of the book of Ecclesiastes, by chapter 12 you'll find that Solomon figured out what he believed to be the meaning of life. You need to figure that out for yourself and then pursue it.

45

UPVOTES

I take your she statements and turn them into I statements

threekindsoflucky · 4 November 2022 · Archived copy · Reddit

I re-instated Rule 9 for the week simply to illustrate that the way some of you write reflects your faulty mindsets. And unsurprisingly, the question back from most people banned was 'how did I violate Rule 9, I thought I wrote from my own perspective!'.

You didn't. You don't know how.

As such, I've decided I'd provide examples on how to re-write 'she' statements to be from your own perspective. The purpose of this is not so you learn how to avoid Rule 9, but rather you learn how to initially write from your own perspective. Ideally, this will help you to 'think' from your own perspective.

There's another point here to be considered, but one this post won't focus on. That is, why write about these things at all? Does this shit actually matter?

Lastly, some of this shit I wouldn't say, nor would I do. I'm not going to make comment on that here.

That aside, here are the examples from this week.

[/u/tr-reborn](#)

I'm sometimes confused if STFU is best in all situations. Although it's impressive that many times I STFU, when she apologizes she labels exactly what she did wrong (she knows all along?!) Sometimes I don't think she realizes, so I state calmly "When this is done, this bothers me, I'd appreciate it if you....". It seems it works, depending on how calm I say it. Although she definitely hammers on it.

I've been applying STFU to most situations, but I'm starting to think that there may be more nuance required. I mixed this up recently by saying exactly what I thought. I had some success with this, but noticed that my emotions in the moment impact on its effectiveness.

[/u/brad_jolley](#)

This is not the first time this topic has come up, and she has made it abundantly clear that she will divorce me over it. It's important to me because it is one of the ways that I feel like she's my mommy. The predictable threats and posturing on her part were no surprise. She was pretty icy over the next few days. I think I did a good job of holding frame throughout. I periodically reached out to and flirted with her. I was willing to talk when she wanted to talk, and I stopped her or walked away when she was being disrespectful.

I've had this conversation before. It went as expected, but I think I handled it better than I have in the past. I tried to be understanding, but also unwilling to tolerate disrespect. I see this as an improvement on my part.

We finally had a productive conversation where she was curious about what exactly I meant by "look at porn". It turns out that she had imagined that it covered a lot more (sexting someone else, strip shows, massages) than I intended. At this point she's "still not OK with it", but she's noticing I've been a much more loving husband and father lately, and she's really into my "being manly" thing. Honestly, this went a hell of a lot better than I expected.

As a result of the conversation, I feel that there is a better understanding between us. While I may not have her approval, in the end I realized it's my choice to make.

/u/athurfuckingred

Started implementing 123 Magic without my wife as per last weeks suggestions. My wife was not happy: "There will be no counting in this house". I told her: "You don't have to be on board. I will do this my way and do not get into my way". She mostly stayed out of my way so far, but is really not happy about it.

I decided to implement 123 Magic by myself.

I keep enforcing boundaries and telling her "No" for basic requests like fetching her coffee, chocolate, or water. She started complaining that I am becoming an egomaniac and don't care about my family. I just shrug it off and she does not mention it again.

Enforcing boundaries and denying basic requests has had some pushback. I've been shrugging it off and that seems to be working.

After last week's success in the bedroom, we are back to reality. I initiate in the evening (she is too tired). I initiate in the morning (she has to get up and prepare breakfast for the kids). She even mentions half-jokingly that last week's sex should have been enough for the month. The harsh reality: Last week was an ovulation session and I am basically where I started at 1-2 times per month aka a sexless marriage.

Last week we had a lot of sex, but it has dropped off this week. I have been initiating consistently but have not had much success. I am back to the baseline of 1-2 times per month that I started at.

I was planning to do some yard work on my day off. In the morning (after I got shot down), she whispers in my ear: "You know what would really get me horny? If you did the yard work today" This leaves me in a bit of a dilemma: I wanted to do it and it needed to be done. But now she holds it out like chore play. Would appreciate an opinion on this one. For now, I told her simply no, but it needs to be done at some point in time.

I was planning to do some yard work on my day off. The carrot of sex was dangled in front of me as motivation to do it today. I got confused and couldn't decide the best way to proceed. What do?

/u/Johnnyboy_10

I'll note that this one wasn't that bad and probably didn't need a ban.

Understanding this ahead of time will help avoid initial defensiveness I've projected in the past - Wife has responded positively to my flirty/teasing attitude with her; seems she wants to mirror my actions, tends not to initiate this on her own - Slow social week, but a lot on the calendar this month.

I've been more flirty/teasing than my baseline, and this seems to be going well.

I was going to go into detail to explain the issue with each one, the proposed change, and what the difference is. I decided not to. Do some of the work yourself. It's not that hard to write from your own perspective.

I won't be banning next week, so you guys are free to she it up again.

45

UPVOTES

Field Report: The Interview

vitrael2 · 29 December 2023 · Archived copy · Reddit

I discovered MRP about three months ago. I have been working on internalizing the sidebar and owning my shit ever since. It's not very long, and I still make plenty mistakes, but the early results have been good. One of my goals was to learn to be more sexually dominant. This FR contains some notes from my progress.

Background

I knew that roleplay had long been a desire of my wife's, but I never acted on it. I explored some D/s power exchange earlier this year and my wife loved it, but I couldn't really engage. I would happily break out the bondage accessories but could not bring myself to start an immersive roleplay. Every time I tried to *be dominant* my lifetime of bluepill cultural conditioning (chivalry, romanticism, feminism, and nice guy-ism) kicked in, started my hamster, and prevented me from fully enjoying it. My head would fill with contradictions like, "This isn't you. You don't know what to do. You're hurting her...." and so on. Time and time again I fell back into the intolerable rut: vanilla comfort sex. Validation seeking. Negotiating desire. Weekly duty sex.

Cue MRP. Influx of new ideas. I'm the prize? My sexuality is a gift? As I worked on integrating these ideas, my own desire to revisit the D/s role play reasserted itself. I decided to grow a pair, try again, and let it all out on her. Whatever happened couldn't be worse for my marriage than five years of chronic Niceguyism.

Setup

I found the right opportunity. My wife was out of the house in the evening and I was at home with the kids. I had barely seen her all day. Our few interactions had been sexually charged. After the kids were asleep I had time to get ready.

I planned the scene. My wife gets off on a fantasy about being fucked in at the office by the man in authority, so I decided the scene would be an interview. I prepared my home office and the bedroom. I planned who my character would be, what he likes and dislikes, and how he would test an applicant. I wrote down a bunch of ideas and picked the ones that were the most hot, twisted, or funny to me. I was having fun.

I made the invitation. I sent my wife a text in the style of an old classified ad: "Wanted: secretary, typing and computer skills required, walk-in interviews today..." She didn't reply for a long time. She was trapped at The Olive Garden for Grandma's 95th birthday, probably going HAM on breadsticks just to remain conscious. Meanwhile, I was doing laundry because my 3 year old threw up on me. Twice. Not ideal circumstances. I started to worry it wasn't going down after all. I prepared myself emotionally to abort and try another day. OI right? But after an hour or so, I got the *heart eyes emoji* in reply. It was on. It was getting late when she called to tell me she was finally on the way home. "Are you still taking interviews?" she asked. I told her yes, if she hurried in, an exceptional candidate might still be considered.

The Scene

When the applicant arrived I seated her at my computer. "I haven't much time. Let's kill two birds at once. We'll do the typing test and go over workplace expectations. Take a dictation for me." I started reading from a list of rules I had chosen for her to observe, each of them meant to contribute to the DEVI of the scene:

"I shall address him only as Sir." (D)

"I shall explore who I want to be without judgment." (E)

"I shall be open to new possibilities and experiences." (V)

"I shall not discuss personal business except in case of emergency." (I) And so on.

My applicant was giddy and visibly nervous, forgetting at first how to open MS Word and find homerow on the keyboard. When she got behind on typing she was flustered. I placed my hand on her offered my reassurance. "It's

natural to feel anxious in your first interview. Relax and breathe. You are doing just fine." I watched her emotions racing from anxiety to comfort and back to anxiety again. I knew I had her, and my fear of leading the scene evaporated.

When she finished typing I had her print a copy and fetch it for me. She gave it to me to look over. I handed it right back. "Read it back to me."

She took a breath and started to read. "I shall address him only as Sir. I shall explore who I want to be..." her voice caught in her throat and trailed off. Tears came to her eyes. She gathered herself and continued reading in a whisper. "Without judgment. I shall be open to new possibilities..." I felt the urge to comfort her again but let it pass.

When she finished reading she wiped her eyes and blew her nose. She was a mess. I told her she had done very well with the typing. I asked if she had any questions about my expectations. "No," she said. I hardened my face and stared at her contemptuously. "No, sir." She squeaked. "Good. Would you care for a tour of the work location?" "Yes, sir." I told her the dress code for the rest of the interview and sent her to the bedroom. "I'll knock at five after."

When I came to her she was ready. I put on her blindfold and took a moment to enjoy her beauty. She is not so young anymore, nor as perfectly shapely as when I met her as a teenager. It didn't matter. When she knelt there waiting for me with perfect obedience and a hunger to be dominated, she was a perfect 10 in my eyes.

"I put out an ad for a secretary, but that wasn't entirely honest. What I am really looking for is a submissive little bitch. Would you like to be my little bitch?" She grinned from ear to ear. "Yes, sir." I turned up the music. Wouldn't want the children to hear any more of this.

Reflections

When I finished with her she was physically and emotionally spent. "I didn't know how badly I wanted that. Thank you," she said. Thank you? These were not words I was accustomed to hearing after sex. Normally sex was a way I demanded my wife to validate me and make me feel accepted. Instead I had given her what she deeply craved: masculine sexual leadership. That freed her up so that her feminine submissive instincts could take over. "Thank you." She had received the scene as a gift.

I started this year a nice guy, frustrated, addicted to pornography, habitually masturbating, emotionally needy, whiny, pathetic, scratching and biting to get laid once or twice a week. I hated these things about myself, but repressed those feelings and instead projected blame onto my wife. I also blamed biology, the culture, God, and everything else for her apparent lack of desire. All along, the problem was me.

You're reading MRP because, like me, you've experienced sexual frustration and confusion in your marriage. I feel grateful I stumbled into this place and found the knowledge I needed right there in the sidebar. Special thanks to [/u/ragnar_Daneskjold](#) for the well deserved two week ban that woke me up from my stubbornness and excuses, and to [/u/HornsOfApathy](#) who has superhuman patience for explaining concepts to autists. I share these notes not to make myself into "someone" in your eyes, but only in hopes they might help other men. Life is an adventure that calls you into becoming something more. Open your eyes see that your marriage and woman are instruments for your betterment. If they frustrate you, take responsibility.

Tips for the interview scene:

- Make up your own rules in advance. I purposefully left most of mine out of the story because they're particular to our relationship and personal kinks.
- Remember DEVI and avoid crass nonsense. "I shall always distend my asshole on command" might add to D but subtracts from E and I.
- Don't skim on the dress code. Women are usually more attuned to clothing than men. Wearing a hot pencil

skirt vs. her normal blue jeans might take the scene to a whole new level.

- For the scene to flow naturally it's more important to know "who you are" than to know exactly what you will do. Try these writing prompts: "When I am dominant, I am..." and "When I am dominant, I want..."

44

UPVOTES

[FR] The things you see once your eyes are open

Cloudsurf89 · 15 July 2018 · Archived copy · Reddit

Not really anything ground breaking - just my observation of friends at a gathering last night.

A bit about me: A few months into my journey - currently reading Saving a low sex marriage and NMMNG and generally eating my way through the side bar and trying my best to internalise. I need to continue lifting, STFU more, own my shit more and am finding it tough 'finding my mission' which I suppose is my current mission. Anyway...

The party. Headed to a party last night with my LTR and was amusing myself chatting away with some old friends and mingling with some new guys - it was a good night. New guy Louis that I met who was there with his HB6 LTR of 10 years Kelly (28F, pretty but on the larger side of curvy). He's tall and packing some muscle but fairly out shape with a decent gut having formed.

The witnessed interaction. L is Louis, K is Kelly, F1-3 are female friends in the group of couples.

- L: We saw a guy early who was massively out of shape didn't we babe
- K: Ah yeah, huge wasn't he
- L: Yeah, that's me in 5 years eh?
- K: ...
- L: That'll be me won't it? [Looks to her then around group with smug grin]
- K: [Not looking at him]
- L: You listening babe?
- K: Sorry, I didn't hear you [Looking clearly unimpressed]
- L: I said that'll be me all out of shape in 5 years and you with me [Some laughter, smug smile from him - I'm cringing inside]
- K: Ah yeah

K looks down and initially avoids eye contact with F1. Glances at F2 who gives supportive half smile. F3 catches F1's eye and raises eye brows and smirks - F1 raises eyebrows and gives a shrug. All of this happened within 20-30 seconds.

This has played on my mind all day - nothing new if you've read the sidebar etc but a few things I've interpreted / taken from it:

- Don't self depreciate - especially to show yourself as low value in front of your partner and others.
- Remember, she will ditch your ass if you keep on showing yourself as low value.
- YOU DON'T OWN HER - SHE IS NOT OBLIGATED TO STAY WITH YOU.
- Is this 'point scoring' that he was attempting? Was he trying to brag that he could be unattractive and 'keep' her?
- Her girl friends don't owe you shit and they don't have your back. They first look out for themselves, then their girlfriends if it's beneficial to them and then they will be friendly with you as a low priority.
- Don't be Louis.

Edit to format - written on phone

44

UPVOTES

60 DoD Week 6: Finances

SteelSharpensSteel · 6 May 2018 · Archived copy · Reddit

60 DoD Week 6: Finances

By failing to prepare, you are preparing to fail. – Ben Franklin

Having a financial plan is vitally important for a number of reasons. What do you think the greatest stressor in relationships is? The lack of sex your wife is giving you? Close one. It's **money.**, although your **shaved balls** might think otherwise.

So don't you think having a plan is critical to fixing your well-being? You have a MAP to get in shape. Why don't you have a plan for your finances.

This post might better well be served in personal finance, but screw it. I'm going to town. For the folks overseas, some of this content might be US-specific.

On Net Worth

In order to calculate your net worth, you need to take your assets, such as your checking account, savings, house, etc, and subtract your liabilities, your mortgage, credit card debts, and loans, and you'll get your net worth.

This is a good time to be spreadsheet guy. But instead of counting how many ladies you are seeing or counting how many times you had sex, use Excel for its intended purpose.

Start calculating it annually, quarterly, monthly. Whatever frequency you feel like you need to get a handle on where your net worth is going. For myself, I do this quarterly, though I have my finger on the pulse pretty frequently.

On Budget

You want to get ahead? You have to operate on a budget. Know what you are spending, what you are saving, and where your money is going.

For me, I've got it set where it takes me about 7 minutes to log into the various accounts, take certain numbers like food spend and so forth, and plug those numbers into the Excel boxes. Plugging them in allows me to quickly project the next three months spend and where I'll be. Some numbers are easy to find, like the fixed costs of mortgage and student loans. Some numbers you have to estimate or look up, like variable food costs and gas/electric. I do this about once a month. It doesn't take long at all – just making sure I have good cash flow and sticking to my budget.

Take the time to do a detailed line item comparison. You should know exactly how much is going where. The real key though is **STICKING TO YOUR BUDGET**. You have to keep to it in order to meet your goals.

On Financial Literacy

It's key to have a good understanding on financial literacy. You have to understand things such as what is the market, what is a stock, what is a bond, what is a dividend, what is a mutual fund, and so forth. You have to know what you are investing in. Take your financial knowledge and move it up. There are literally tons of free information out there. Start going to town. And for the advanced players, go learn the ins and outs of your brokerage firm's website and trading platform – I mean really learn it, not just "Oh, here's how I do a buy order on a stock." Learn how to screen for stocks, mutual funds, and bonds effectively.

Side note – If you are in the US, I recommend joining **AAIL**. I have gotten a great deal of value out of my membership to them. A number of HNW individuals I know recommended it to me, though I had joined and got the lifetime membership before I met them.

On Bogleheads

Personally, I'm a **Boglehead**. Jack Bogle, man, he was the Chad of passive investing. I believe that passive investing (indexing) long term beats active investing long term. So does **Warren Buffet**. All my research agrees with this from a long term standpoint.

I'm also a fan of creating an **Investment Policy Statement**

Boglehead Resources

https://www.bogleheads.org/wiki/Bogleheads%C2%AE_investment_philosophy

https://www.bogleheads.org/wiki/What_the_experts_say_about_investing

[https://www.bogleheads.org/wiki/The_twelve_pillars_of_wisdom /](https://www.bogleheads.org/wiki/The_twelve_pillars_of_wisdom/)

https://web.archive.org/web/20070304091730/http://www.vanguard.com/bogle_site/april272001.html

<https://studentloanhero.com/featured/bogleheads-invest/>

<https://www.bogleheads.org/forum/index.php>

I would highly encourage you to review these links and check out their philosophy on investing.

On Being a Contrarian

I'm also a fan of being a contrarian. Be greedy when others are fearful, and fearful when others are greedy. You see it with the Bitcoin bubble. You see it when the stock market goes up and down. Oh no, the market is going down... whatever shall we do?!? You stick to your guns. I'm not saying go catch a falling knife. I'm saying that you stick to your plan. There is opportunity when people are fearful, and caution is warranted when people are being greedy. You have to evaluate where we are in the economic cycle as well.

On a Cup of Starbucks and Retirement

You might have seen the example where someone buys a cup of Starbucks every day and then finds out that if they took that money and invested it toward their retirement, over the span of say 30 years they'll have like an extra 200k. I have two comments on this. First, be frugal, but don't deny yourself. Don't let frugality control you. Second, don't just focus on controlling the little changes like saving a cup of Starbucks every week, focus on the BIG areas. Focus on getting a new job that pays you an extra 40k per year. Focus on saving 100 bucks off your cable (1200 bucks saved per year). Focus on lowering your taxes. What I'm saying is focus on not just the small areas, but also make the bigger impact areas a higher priority. And stop drinking so much Starbucks – make it yourself. Grind the beans, for crying out loud.

On Automating

Automate your finances. Make it EASY for yourself to save money. Set up your automatic bill payments for your credit card, loans, mortgage, and bills. Take advantage of the modern tools nowadays for app/camera based check deposits. Have money taken out of your paycheck before you get it, whether it is for retirement or into a separate savings account, so you can accumulate a rainy day fund. I've automated as much as I can, with direct withdrawals taken out for mortgage, credit card payments, gas and electric, and for the other areas like telephone those are automatically paid from the credit card, which then is automatically paid from the checking account. Automating saves time, which is a critical resource.

On Buying a Car

Here's your resources:

<https://www.reddit.com/r/askcarsales/wiki/index>

https://www.reddit.com/r/askcarsales/comments/19niva/car_buying_faqs/

https://www.reddit.com/r/askcarsales/comments/4j2okj/what_to_expect_from_your_dealership_visit/

https://www.reddit.com/r/askcarsales/comments/613jvn/askcarsales_faq_updated_march_2017/

<http://fightingchance.com/> - I used these for private market research, and was worth every penny.

There's a lot more here, but this should get you through the basics. Simply, knowledge is power. The more you know, the more power you have. If you don't know every single line item that is going into your purchase, whether it is an accessory, taxes, that stupid coating that they try to sell you for \$1000 but it's really just worth \$100, etc., then you're not ready, and you're more likely to be fleeced.

Just even walking into the dealership and observing other customers and their interactions with the car salesman, it's like watching sheep. Don't be a sheep. Be prepared. And be prepared to walk too. Cars are a commodity. You can buy the same car someplace else cheaper. Remember this – cars are a commodity, and there's lots of dealers out there.

Side note – “But Steel, what about TrueCar? That seems awesome. I'll just go in, get my TrueCar/Costco/KBB/XXX price and I won't even have to do anything to get a great price.” Let me tell you this. Dealers would be HAPPY to sell you at the TrueCar price all day long. With proper preparation, you can negotiate a far better deal. Last time when preparing, I had a binder. That binder saved me over 9k. Cost me 5 bucks at the local pharmacy. Printed out all my info, was prepared as all get out, and had a prepared offer ready to go (I used my own sheet, not theirs). Be prepared, that's what I'm saying. And don't fall for the four square technique. I just chuckled at the different dealerships at how they try to pull that one. Hell, I went through YouTube and viewed a couple of videos on how car salesmen sell, so I had an understanding of their mentality and what they do. Be prepared.

Generally, there are five major parts for buying a car: Trading in your current car, buying your new car, buying options on a car (like that fancy heated steering-wheel), extended warranty, and financing. You should own every single area of this. As an example, when you are talking about trading in your current car, you should ALREADY have your price quote from CarMax in hand, as well as other offers from other dealers. You should know what your car is worth if it were to be sold (remember supply and demand – what is it really worth: what someone will buy it for). You should already have the KBB and Edmunds value of your used car. For your new car, you should have a breakdown of every single thing on it, including options, doc fees and ERT. For your fancy accessories, you should have the MSRP of these accessories, the actual cost of them buying (wholesale parts warehouse), and an estimate in your head on labor costs (cause parts don't get installed by themselves). For your extended warranty, I would just say that there is a reason why this is one of the most profitable areas of a car dealership. If you simply must have an extended warranty for peace of mind, go find a wholesale warranty. Do your research. Don't buy from the dealership. Most cars nowadays anyway are built quite well with high standards of quality control, so they're not failing like they used to. On financing, make sure you set up your own financing before you walk in. It makes life much easier, as the car dealers get money on financing as well. If the dealership can beat your credit union, more power to them. It's powerful as all get out when you walk in with a prewritten cashier's check at a super low interest rate and you're ready when they start asking you how you are going to pay for the car. “Well, I am preapproved for x amount (aka the full amount of the car), but I'd like to see what specials and discounts you have.”

It's all about how much money you can save in each one of these areas.

Granted if you're BETA BUCKS and your time is worth more than doing a bit of research, that's fair. Some folk just walk in and buy a car right there with a minimum of haggling. That's how much their time is worth to them, and I know a few people who are like this. I'm merely presenting an alternate approach. To me, it was worth the time to save more than a few thousands.

On Buying a House

For many people, a house is the largest purchase that they make in their lifetime. Many of you have already bought houses, so I won't go into this in detail, but again, from The Millionaire Next Door – “If you're not yet wealthy, but want to be someday, never purchase a home that requires a mortgage that is more than twice your household's

annual realized income.”

I see a lot of you going “Shit” after reading that.

On a Side Hustle

I didn't even have to write anything, u/red-sfpplus already wrote an excellent post on this topic - https://www.reddit.com/r/marriedredpill/comments/7i7x4q/the_financial_hustle/

Learn from his example. And then buy the man a drink.

On What to Do First

"Successful Investing takes time, discipline and patience. No matter how great the talent or effort, some things just take time: You can't produce a baby in one month by getting nine women pregnant." - Warren Buffett

First of all, take stock of where you are. Figure out your net worth, and what you have and what you owe (and interest rates). I would say the first thing to do is to have a three to six month emergency fund. This can be done in conjunction with getting rid of high interest debt (such as credit card debt), however if and when you have an emergency, you're going to need to tap into something.

Start your budgeting process. Know where your money is going. Fix it.

Most people don't even have a thousand dollars in savings. Don't be like that.

I would also note that the Personal Finance subreddit has this already diagrammed out in a flowchart in their wiki - <https://i.imgur.com/ISoUQr2.png>

On Giving Back

So you give back, right. Of course you do. But what I suggest is potentially setting up a charitable fund, so that you can maximize your charitable deduction annually. You can give a larger sum one year, and then less/none the following year – and maximize your deduction the first year. Something to consider. Plus then your charitable fund is invested, will grow with the market (remember you need a plan and asset allocation here as well), and the growth can be given to the charity as well, tax free. I'd recommend Vanguard, but really there are a number of places that do this.

On Habits of Millionaires

From the book *The Millionaire Next Door*, here are the characteristics of millionaires:

- They live well below their means
- They allocate their time, energy, and money efficiently, in ways conducive to building wealth.
- They believe that financial independence is more important than displaying high social status
- Their parents did not provide economic outpatient care.
- Their adult children are economically self-sufficient.
- They are proficient in targeting market opportunities.
- They chose the right occupation.

On Building Wealth

You want to build wealth? Don't have a high consumption lifestyle! Think for a moment. How much money do you think it takes to maintain an upper-middle class lifestyle vs. how much money do you think it takes to maintain a middle-class/blue collar lifestyle? Bespoke suits. Luxury cars. Bigger house. More property taxes. And so forth. Think of all the stuff you have to purchase to keep up with the Joneses. Cost of cleaning. Cost of buying furniture for that fancy house. Etc.

“But Steel, I don’t care about the Joneses.” Sure you don’t. But your wife does. Watching that HGTV, picking out the stupid pillows that breed like rabbits in your house when you’re not looking. There’s something about a house that factors into the **Female Social Matrix**.

Frugality is the name of the game. Frugal being “behavior characterized by or reflecting economy in the use of resources.”

Don’t be wasteful. Don’t have a lifestyle marked by lavish spending and hyper consumption. You want to build wealth? Be frugal.

Most people will not become wealthy in one generation if they are married to people who are wasteful. You can’t accumulate wealth if one of you is a hyperconsumer.

On Offence vs. Defense

So you’re not beta bucks, you’re BETA BUCKS! You make it rain! Good for you. You play great offence. But how’s your defense? How’s your wealth accumulation? Are you spending like there’s no tomorrow? If you want to win the game, you have to play great offence AND defense.

Here’s some questions for you:

- Do you operate on an annual budget?
- Do you know how much you spend each year for food, clothing, and shelter?
- Do you have a clearly defined set of daily, weekly, monthly, annual, and lifetime goals?
- Do you spend a lot of time planning your financial future?

To build wealth, minimize your realized (taxable) income, and maximize your unrealized income (wealth/capital appreciation without a cash flow).

How do you become financially independent? You have to plan, and you have to sacrifice. You sacrifice today for financial independence tomorrow.

On Your Wife & Buy-In

As part of your plan and budgeting, once you have it all set, get buy-in from your wife. But do this not like you are seeking approval from mommy (aka you validation whore you), but matter of factly here is the plan, we are budgeting x amount for these areas. Here is our plan. Set out a vision.

On Financial Vision

Read it and weep -

https://www.reddit.com/r/marriedredpill/comments/3fecgi/first_budget_discussion_leads_to_minor_meltdown/ctny a77/

“One rarely talked-about element of Married Game is a subtle thing known as Vision. Most husbands don’t appreciate what a strong DHV possessing Vision is, and they proceed unaware of the power it can add to their relationship. Most husbands do this because they don’t understand Vision, what it is and how it is manifested, much less the subtle but important role it holds. Let me explain: once upon a time I was working for a personnel agency, and one of my jobs was coaching our people on interviewing techniques. I learned a lot about the process as a result, from both the interviewer and the interviewee side. When it came to my clients who wanted high-quality employees with good technical skills – real talent – I learned the sorts of things that such high-demand technical people wanted in a company. Money, of course, and security and benefits. But beyond that gifted employees want to work for a company with a history, a good culture, and (most importantly) a Vision.

What is Vision? In this context Vision is a manifested idea of the future. Everyone wants to work for a company that’s changing the world and is doing so in a positive, pro-active way. No one wants to work for the company that’s

floundering, desperate just to meet its next quarter's goals. Vision is a generally-stated plan-of-action toward a distant but achievable goal, presented in an enticing enough manner to inspire. It's short on details and long on generalizations. It's reflective of inner beliefs, values, and judgments, an indication of character, foresight, and initiative. It should be bold, meaningful, and challenging."

Now, this quote above is excellent. You need a vision for your life, but you also need a vision for your finances. What would your financial vision be? What does it look like to you? Create it, and then be ready to share that with your family.

On Love of Money

Remember folks, money itself is not the root of all evil. It's the LOVE of money that causes the problem. When you are so driven to be a better beta bucks to get that coin, and start neglecting yourself, your relationships, etc... you've got problems. Money is just a tool in the toolbox. Use it, don't let it use you. Don't become a slave to money. Your life doesn't consist of how many toys you have. And you can't take it with you when you go.

On Insurance, or Lack Thereof

Would it surprise you most people are underinsured? Make sure that you have enough of the key five types of insurance: health, car, homeowners/renters, life, and disability. Preparing yourself for these situations can save you a lot of pain in the future. Also, make sure you get enough umbrella insurance. Typically they say have enough umbrella insurance to cover your net worth, but I recommend getting a bit more.

A quick note, practically, do not get whole life insurance. Get term insurance, and invest the difference in cost between whole life and term. You'll be much better off. And yes, this is for 99.9% of situations. The remaining .1% of situations are when someone is really wealthy and there are estate and tax considerations. Aka for most of us, don't worry about it.

And take care of your health, so you don't get fat when you are older and have related medical problems. **Put. The. Fork. Down.**

On Assets and Liabilities, Rich Dad Poor Dad Edition

A number of you have read Rich Dad Poor Dad, and there's controversy in it. I disagree with a number of items in there, but there is an interesting point in there about how he views assets and liabilities:

"You must know the difference between an asset and a liability, and buy assets. If you want to be rich, this is all you need to know. It is Rule No. 1. It is the only rule. This may sound absurdly simple, but most people have no idea how profound this rule is. Most people struggle financially because they do not know the difference between an asset and a liability."

He has a simple, non-accounting definition - "An asset is something that puts money in my pocket. A liability is something that takes money out of my pocket."

Buy assets. I like it. What is out there that you can buy that puts money in your pocket. Stocks. Bonds. Mutual Funds. Real Estate that produces Income. There are a ton of items.

You should also think about getting rid of your liabilities... the giant boat, the private jet, the cluster B horrible sex-depriving wife (you know who you are)... you get the idea.

On Disaster Recovery and Information Security

What were to happen if you were to croak, or your only laptop with all your financial data was stolen or destroyed in a fire along with all your financial papers (see, you should have gotten that fireproof safe)? Would you have a plan on what to do? Would your spouse? Your kids? I would suggest making a backup of your finances, statements, tax returns, and other important papers, and put that on an encrypted USB key with a password that you and your wife knows, and then storing that someplace secure. Note that you can do fancy stuff like cloud storage, and so

forth – but you need to have a plan for the worst case scenario.

Additionally, make sure that you use two-factor authentication when you log into your banking accounts (if they have it), as well as don't repeat your passwords for your financial accounts.

I would even suggest having a separate secured email for your banking accounts, and another one for your personal accounts that get those damn spam emails all the time.

Don't be stupid with your financial accounts. Using the same password is stupid. Yeah, I'm talking to you.

On Practical Advice

Do get rid of high interest credit cards. If you've got a balance on your 29.99% APR credit card and are paying that interest every month, it's in your best interest to eliminate that debt as soon as possible. You're not going to get a 29.99% return in a month in the stock market (unless you take on excessive risk for that return, obviously). Try to transfer that balance to a promo 0% interest credit card, and work that down.

Don't borrow from your 401k. You're cutting out your future returns. Don't make that 401k loan your emergency fund, but rather have a separate emergency fund.

Do use credit cards over debit cards, for a whole host of reasons (theft being the primary reason).

Do pay yourself first. Take out at least 10% of your paycheck before it hits your checking account, and start saving.

Don't pay monthly or annual fees on checking accounts or savings accounts. You shouldn't be paying a bank to store your money. They should be paying you for that privilege.

Do get solid credit cards that give outstanding rewards. Do your research. Get at least 2% cash back if you can. Shoot for 5% or more. For example, Discover allows you to get 5% cash back in certain categories, and then you can redeem \$20 for a \$25 gift card to a number of different vendors. Looks like you just got a 6.25% return.

There are plenty of other examples. Do you spend a boatload at Amazon? Get your 5% return. As an example – I get a 5% return on gas using a certain credit card. It's unlimited throughout the year, and is redeemed as a statement credit, so I don't have to worry about redemption. I have a certain Amex that I redeem at 4.6% points per dollar spent, plus a 2% general cash back card (some places don't accept Amex). I could go even crazier, like getting the 3% on restaurants, or churning cards (and there are a lot of sites out there on how to churn successfully), but at some point, it's not worth it.

Do realize that credit cards make it easy to buy things that you don't need. Recognize that part of yourself that wants to overspend. Ask yourself, do you need whatever it is you are buying. Would it hurt more if you paid in cash rather than credit. Buying with credit encourages you to buy more than you can afford.

Do shop around for loans/services. I asked my bank what the best car loan they could give me – they said 2.99%. I asked my credit union, and they got me 1.49%. That's a big difference in interest over the course of a loan. Generally due to how credit unions are structured (and their presence – mostly online), they will have better deals on certain loans than banks, depending on the product.

Don't delay saving for retirement. Generally, you'll want to be saving 15% or more of your income for retirement early on. If you don't save early, the harder it will be.

Do try to simplify your finances. It makes it much more complicated if you chase after the best savings rate for your online bank, and then have many accounts all over the place. The 20 dollars that you get in interest is not worth the complexity and time (aka your most valuable resource) it takes to manage all that stuff.

Don't use your HELOC unless you have to. I have a large HELOC, but I don't use it. But who knows when I need access to a large sum of money. And don't use it in lieu of your emergency fund. You need both.

Do some research into budgeting tools. There's a lot of people on these threads that recommend YNAB. I

personally haven't used it, so I can't recommend it one way or the other. I'm old school (and ~~cheap~~ thrifty – why would you pay for something if you can do it yourself). But definitely check those tools out – Mint, Personal Capital, YNAB, budgeting tools through your bank, etc. Also, if your credit card does an annual summary (like Amex does), make sure you look at it to get an idea on where you're spending – it's very helpful.

On Tips for Saving Money

There are a ton of ways you can save money. Go ahead and google "how can I save 1000". Wait, I did that for you - <https://www.google.com/search?q=how+can+I+save+1000>

Take some time, call up your cell phone provider/cable provider and see what specials they have. There's a ton of things you can do to save money quickly.

On Too Much Money

Say you're an ostrich farmer, and are flush with cash. You're asking yourself, ok, so I've maxed out my 401k, I've maxed out my Traditional IRA and then backdoored it into a Roth IRA for tax diversification plus the benefits of a Roth. I'm contributing to a 529 plan for the kids. I looked into mega backdooring my Roth but darn it my employer doesn't let me do that. I'm doing all of the tax advantaged things I can. I still have this extra 300k sitting around – what do I do with it!?! First world problems, amIrite. Again, this comes back to your plan. What's the short term plan with this money. What's the long term plan. What's your risk tolerance. What assets can you invest in that fit in with your plan. You still have to manage your budget, even if you are a 1 percenter.

On the Best Investment and Most Important Resource

I'm a firm believer that the best investment is investing in yourself (and your family and kids), and your most important resource is not money, but time. Learn a skill. Go get a degree. Give your kids a head start. Help your wife accomplish a goal. Do what you can to save time. Money of course helps, but you know what happens when you teach a man to fish.

On Happiness

Is money linked to happiness? Yes, but only to a point -

<https://www.usatoday.com/story/money/nation-now/2018/02/26/does-money-equal-happiness-does-until-you-earn-much/374119002/> and

<https://www.usatoday.com/story/money/personalfinance/2016/12/09/key-money-happiness-may-how-you-spend/94308848/>

Honestly, at some point, money just becomes a scoreboard. Money will give you security. It will remove a stressor in your life. It will remove fighting and stress in your relationship (about money, fool). It will allow you to do many things. But eventually, money won't give you happiness. You have to figure that one out yourself. And of course there's the joke about "Money can't buy you happiness, but it can buy you a yacht big enough to pull up right alongside it." – David Lee Roth.

On Money and Attraction

Money by itself will not make your wife's panties wet. Keep that in mind. Having and getting money is basic adulting. Same with saving and managing it. You want to get her wet? Get in shape. Lift. Does money boost your status? Sure. Is status one of those areas that has some effect on where you are in the sexual marketplace? Sure. Pure physical attraction? No. Do you really think that making MORE money is going to have your wife give you more sex? Of course not - <https://heartiste.wordpress.com/2014/06/02/money-wont-save-beta-males/>

Get in shape. Be hawt. And fix your damn teeth so you can smile like you are a somebody.

On a Brief Story

So I was talking to a friend of mine, and I asked him how he and his wife set up the finances. He told me about this

system, where his paycheck goes into his checking, his wife's paycheck goes into his wife's checking, and they have a joint savings account. Then he went into a convoluted description on how each of them pays certain bills, and how what he's paying is not fair since he's paying the mortgage AND property tax AND daycare, etc etc). I thought to myself, man, what a convoluted way to deal with stuff. They would then have multiple financial meetings, and discussion on who pays what, and all this extra stuff. It was just a lack of overall ownership going on.

Just take care of the finances. Figure out a system that works for you. I'm not going to tell you which system is the best, because it's all dependent on your unique circumstances (example: heavy spender SAHM vs saver career girl, you'll need to put some deep restrictions on the heavy spender). But own it.

On Who Owns the Finances

You own the finances. Period. End stop. From the prior post on finances, it's so important that I'm putting it here again:

“At the core: Who do you want in charge of your financial future?

The person interested in maintaining status quo and safety at all costs with your happiness and satisfaction a secondary or minor consideration? Or you?

If you've learned anything here it's that you need to be a captain. Putting your wife in the family alpha role breeds contempt and most of the problems that brought your here. Besides control of sex, family MONEY decision veto power is the key indicator of who is wearing the pants.”

44

UPVOTES

Book Review: 31 DAYS TO MASCULINITY by Hunter Drew

BluepillProfessor · 20 March 2018 · Archived copy · Reddit

31 Days To Masculinity: A Guide to Help Men Live

I recently read this book and wanted to plug the excellent work done by our good friend Hunter Drew, aka /u/TheFamilyalpha whose blog is on the MRP sidebar and is a man who has never stopped “Training the Brain.” The 31 Day Masculine Challenge provides a 31-day program for self-improvement that is sure to increase your masculine quotient even if you can’t complete it. Hunter provides us an overall direction for the challenge in a well-written Introduction and then, in 31 chapters, takes us through a 31-day challenge that includes a daily task that can be a physical, mental, or emotional exercise. He also challenges us EVERY SINGLE DAY to do 100 push-ups. This means if you complete the challenge you will have done 3100 push-ups in a month. 100 pushups a day is a Hell of a start but I recommend you pace them out through the day.

Hunter begins by providing general instructions that are repeated each chapter saying that part of the challenge (besides the 100 pushups) is instructing us to give up our vices for 31 days. He makes the overall Challenge very clear. He is not talking about smoking weed unless it is a “vice” or drinking, unless it is a “vice” or a problem. IF it is a problem- whether it is drugs, video games, addiction or whatever- then you must give it up for the 31-day challenge. Apparently, he considers masturbation a default vice and instructs those accepting the challenge to refrain for an entire 31 days. Sex with another person is encouraged but jerkin the terkin is the first thing to go.

Hunter then provides a different Masculine Challenge every day for 31 days. Some of these challenges are physical and some are Mental and some are Emotional. For example, the first challenge on day 1 is to start reading a book and begin consciously being your true, genuine self by beginning to give the world genuine and true answers.

If someone asks if you are busy and you are not say “no.” You have to stop avoiding conflict at the expense of your true self.”

I won’t spoil all the surprises but in sum, the overall goal of this 31-day journey is to start getting into shape and shed your vices. Once you start working on that and at least being mindful of your challenges, then you need to start reading books and begin building your frame by being mindful about your genuineness with other people. Each of the 31 challenges reinforces the goal of building a physical, emotional or physical and masculine presence.

Bottom Line? I have read 20 or 30 books lamenting the loss of masculinity from a huge range of authors. Almost none of them offer any solution. Most of the minority that do offer solutions focus on ‘mindfulness’ and fighting the social changes by attacking feminism and strengthening the family but almost none suggest how we can INCREASE OUR PERSONAL MASCULINITY. This work is BY FAR THE BEST BOOK EVER WRITTEN on improving your personal masculinity. . “The Rational Male” and “The Way of Men” are still must reads for the theory as are several other books, but this book is unique in presenting an actual short-term plan that is achievable and doable for almost every man which will increase your masculinity every day.

I also think that because this is not a traditional book and it is not meant to be read in a few sittings as I did (you are supposed to read 1 chapter a day for 31 days and much of the material is repeated) that I think this work would actually be better as an I-Phone App than a feature length book. When you upload the app you get the Introduction as written and a button that says “Start The Challenge.” Then the app could automatically feed you day-by-day excerpts from the text with the challenge for the day along with daily reminder. You could have checkboxes for when you complete the challenge and reminders throughout the day that turns off the notices. You could even let users do the 31-day challenge and have the option to refuse a challenge that day (or simply not respond) so that then the next day you can pick right up and do the challenge. You could have an option to complete 2 or more challenges in one day with a flashing reminder to do the 100 pushups that go with completing each challenge. If you do 2 challenges in a single day it will keep reminding you about the 100 and then 200 pushups you owe until you check it off. For an app like this I would make the no masturbation and no “vice” general rule only effective on days when

you accept the challenge. That way even a sex pervert like me could complete it! An App would let you assume the challenge is 31 days but not consecutive days and you could modify the challenges accordingly and make them even more difficult and thought provoking. Just some thoughts.

TLDR:

Gentlemen, get the book 31 Days To Masculinity: A Guide to Help Men Live by Hunter Drew.

Hunter, I think this would make a great I-Phone App so you techies who know how to do this sort of thing should get in contact with him.

44

UPVOTES

Meditation's best kept secret: learning how to open to and experience pain. Befriend your complete experience, the only way out is through.

yyiiii · 2 October 2017 · Archived copy · Reddit

My last post was well received here. This is the follow up, it's also not structured according to the /r/mrp template

Broken bones, flesh wounds, and illnesses are one thing. But often it's easier to just be with physical pain because the body can be so noisy when it's suffering. Emotional, and psychological or cognitive pain can be far trickier. If not reckoned with and allowed to heal, reacting to pain in a million little ways will steer your path through life without your consent. That's suffering.

Depending on who you're talking to 'pain' and 'suffering' may be used differently. I think about the difference in terms of choice and duration: pain is involuntary and temporary, suffering is voluntary and prolonged.

Ken McLeod's **distinction** from a Western Buddhist perspective is more pragmatic:

"Pain is a sensation. It's a sensation which can be physical, emotional or cognitive that arises in certain conditions.

Suffering is reacting to the experience of sensations. So you can have pain, but if you just experience the pain then there's no suffering. If you react to the sensations, that's when you suffer. People react in all kinds of ways. Our body tenses up and we try to stay away from it emotionally, and we get all kinds of stories about it."

Suffering can hide from conscious awareness, and at first, only be glimpsed in the periphery of our experience. But it can have just as severe an impact on your wellbeing as leaning your forearm on a glowing oven element, or a haymaker to the jaw.

The ability to experience pain in attention is an incredibly valuable life skill but it's not necessarily a new skill. In the following clip Jordan Peterson offers many useful ways to work with pain rooted in speech and actions. His iconic "clean up your room and put your house in order" is a great action-based instruction, and "stop saying things you know to be lies, then tell the truth" is also a helpful way to improve communication skills.

One thing I haven't heard Peterson talk about much is ways of working with cognitive and emotional pain. How do you 'pick up your suffering and bear it' or 'get over past experiences' exactly? What are the steps to follow to 'accept your suffering'?

Peterson also advocates to "pay attention to what you say and do," and "accept your suffering and move on." But in my experience, this practice of emotionally and psychologically "shining yourself up a little bit, then a little bit more" is really difficult. It takes patience, capacity, skill and hard work. But it is possible.

Experience pain in real-time to get an HD picture of your life

Luminous Ground's principal teacher Paul Baranowski has been training me in some techniques to train attention for a few years now. So far they've been working. My hope is that sharing what I've learned will fill in some of the gaps for others too.

After a while, being with painful emotional reactivity—without taking action, giving it a voice, or buying into its stories—becomes easier, and that a good thing. It was literally all I could do at first. You cannot will yourself through force, coercion, or any other means to heal emotional and psychological pain. If all you can do is stop making things worse that's a great start.

To the extent that you're able to befriend and rest in your complete experience, moment by moment, suffering

becomes optional. As you rest during particular reactive pattern's operation, you will not unintentionally harm yourself and others as much. Then your options become: Stay in your body and open to pain in a given moment and allow yourself to completely experience it until it passes.

Slide (or flee) into obsessive attraction, escapist aversion or numb indifference to cope. In Buddhism, these strategies are known as 'the three poisons'. If you can't tell from their name, they don't work, they just hurt more and produce more reactivity.

A word about hurt and harm from Ken:

"Hurt occurs in relationships. Whenever two people interact in a way which doesn't fulfill the expectations, wishes, hopes, or aspirations of the other.

Harm is when relationships are damaged in some way."

Harm happens when we make matters worse in spite of our best intentions.

Suffering arises from the discrepancy between what is actually happening in the present moment—each and every moment—and what we perceive through the filter of our hopes or wishes of what might happen, or our memories of what has happened.

The smells in the room you're sitting in, the sensations on your skin, the tension in your muscles, the taste in your mouth, the light of your screen and the shadows dancing across your peripheral vision. When you notice these perceptions as they occur, you experience life in the present moment. It is what it is, sometimes its comfortable, sometimes its not.

The tendency is to compulsively and ignorantly cling to past experiences or expectations of future outcomes to guide ourselves through life's challenges. But this is not the most reliable stance to make decisions or take action from. I've personally suffered from this habit most of my life, and its left me disconnected, overwhelmed, and confused.

When you're in your body, the constant toggling between grasping at what has passed, being grounded in the present, and fantasizing about the future creates a sense of nausea. Suffering can feel something like a faint, uncomfortable low-frequency drone, or a screeching discord that utterly warps your being.

So why is all this good news again?

The closer your experience is to the latter, the easier the decision becomes to change your approach to how you manage suffering, stress, unsatisfactoriness—call it what you will. I made that decision four years ago in a moment of terror after quitting ADHD meds cold turkey and experiencing mania and uncontrollable hallucinations. It was a pretty easy decision at the time. Enough was enough.

When everyday life takes place buried in field of invisible, unbearable pain and chaos, there's a chance to know it is there, to befriend it, to learn to pay attention to it, and to uncover and experience its source. Sometimes it takes a bit more pain than your used to, or a bit of distance, time and/or space to recognize the commonly recurring patterns of thought, speech and action keeping us anchored amid the chaos, and to be able to do something about them. But it is possible.

Realizing that I had (and have) views and beliefs, ways of talking, and habits of behaviour that come from a place of unacknowledged, unseen, suffering was tough to stare directly at for very long at first. And it may be for you too. Admitting it to yourself is the first step—that's a big deal. Then the best way to get started is to squint at it, peer through the cracks of your fingers when hiding behind your hands for safety. It's ok if you can't bear it for too long, if you've never done this before, it's going to take practice.

As you learn to stabilize real-time conscious awareness through mindfulness practices and anchoring your attention

in your body, your ability and capacity to be with and experience pain in yourself and others will grow. Being present with and experiencing the full spectrum of emotion while interacting with people who haven't been trained to, is a bit like watching a film in IMAX 3D with AVX surround sound while everyone else is staring at their phones using those crappy out-of-the-box earbuds.

Target reactive actions, thoughts, and words

Last time, I said that this post would dive into the specific actions, thoughts and speech habits I'd developed that kept my marriage stuck in a caustic feedback loop and the practices I used to transform them. But as I sat down to write, I thought it would be useful to first give a bit more detail around the mechanics of psychological and emotional pain and how I've worked with it.

In the next post, in practical terms, I'll go through how I looked at the specific, observable patterns of reactivity in thoughts, speech and actions, and how they radiated out into my marriage, so you can compare and contrast them to your own experience and dig down to their roots.

I'll show how I learned to do this by taking responsibility for my complete experience and how meditation has been a crucial support for and compliment to the positive masculinity practice that are bringing balance to my relationships with women.

[original post](#)

44

UPVOTES

FR: Strategic Application of Rambo

discobolus_ · 11 August 2017 · Archived copy · Reddit

With the school year and football season being at the doorstep, my family's schedule is about to fill up in a big way. But right now, we're kind of in the no man's land where summer trips and activities have wrapped up, but the new year of school & sports hasn't quite started. This lull makes it easy for me to not be on my game. Lazy evenings & weekends....I've been spending a lot of unnecessary time side by side with wife. Running errands together and shit like that. I like being around her, so it's just fine with me. And I know that in two weeks, between my coaching schedule and her work schedule, we won't cross paths very often. But lately it's been a near nightly thing....**and it kills attraction.**

The incident that led me to this conclusion was another night of lackluster sex. It had been a nagging frustration over a couple of weeks, and last Friday I was finally fed up. Over these few weeks of frustration, wife is always DTF, but it's kind of vanilla. Seems like she's just happy to let me fuck her. It's not starfish, but it's not exactly hot either. I got irritated with it on Friday, and decided I had been getting soft with my Merping. Too much beta comfort. Too much attention given. So Saturday, I decided to sprinkle in what tends to be *misclassified* as Rambo over in askMRP

In the morning, I got up early to read. When wife got up and asked her usual "what are you doing" questions, I took my book out to the deck and closed the door. I spent the morning ignoring my wife. Took my boys out to play Pokemon for most of the late morning. Told my wife what to do for lunch when we got back. We had to drive into another town to drop off my daughter's friend. I just STFU the entire drive. No conversation, nothing. Put a podcast on my headphones. Each time wife tried to talk to me, I treated it like an *Are you paying attention to me?* test. I'd usually answer them with "Can this wait? I actually really want to listen to this" or a look that said "bitch, this better be important".

Wife's *Are you paying attention to me?* tests intensified, to the point where she's muttering to the kids about how she doesn't know why I'm mad at her. She says "Why can't you just be nice to me!?" all throughout the day. We finished up our jaunt and start heading home. Again, STFU mode the whole way back. We get home and I tell her what to make for dinner. I head outside and hang out for a bit while I burn some trash.

After I finish up the burn, I walk in to the house for dinner, and wife seemed to have resolved to get that goddamn attention she wasn't getting in the car. She's throwing herself at me hard. Like those hugs you'd get from a clingy high school girlfriend where her arms choke you as you try and escape the PDA. Grinding her pussy on my knee when I sit down. I tell her how she needs to compose herself so I can eat. After dinner, she hurries the kids off to bed, I have a beer. I walk into the bedroom and start tearing her clothes off....she urgently climbed on rode hard until we both finished. Then....the kicker for the night....she says *"See what kind of sex you get when you're finally nice to me?"* HA! At no point leading up to sex was I ever behaving differently to her. ***I'm "nice" because she was starved for attention, and finally at the end of the day, she got that attention...in the form of a hard dick.***

Anyway....lessons here that I take away:

1. In comments, we see a lot of "an alpha does what the fuck he wants to do". And this is true. However, the act of simply "doing what the fuck I want" does not make a person alpha, or attractive. "Do what you want" = "Just be Yourself". An alpha doing what he wants is usually doing attractive, alpha things. And a beta doing what he wants to do is usually doing beta things. ***It doesn't make beta behaviors attractive just because the beta behavior is something you want to do.*** So while I enjoy spending 'hang out' time with my wife, walks with her, grocery trips with her - all things I'm perfectly happy to do - they are still panty driers. Even if I do them while passing shit tests and being awesome, they are still beta.
2. Sometimes I forget about that basic idea of my attention being the most valuable currency I have. As I've moved through this mrp 'program', I have done a lot of work on the internal game side of things. Aligning myself and

my family toward something resembling a mission. Becoming comfortable with being my own mental point of origin. Recognizing the rationalizations and thought processes that sabotage me. Essentially, being aware of myself. I've done all of this. I own my shit. I pass shit tests. I game my wife and get the chest-slap-&-smile "asshole" comment twice a day. I'm tall, strong, and fit. I'm the fucking Oak, and it's an internalized natural state of being for me now.

But all of this just sets the table. If I'm all of the things we pat ourselves on the back about over in OYS, that's great. Usually it makes for better life quality. Makes you a more valuable partner to potentially lose. But without some ratcheted up dread, your wife just gets complacent with the more awesome version of you. ***The Oak still needs to pull back on the attention to cultivate some urgency, even if the wife is generally well behaved.***

3. **Don't fear Rambo.** It's become a peeve of mine that the Rambo term is invoked over in askMRP every time a wife reacts negatively to a Merper's changes. All the new guys say "I don't want to go Rambo" like it's a cliff they are afraid to fall off of. But despite my objections, a word only means what it is understood to mean. So **if Rambo is now being defined as removing beta comfort to a point that the wife is made uncomfortable, then guys can't be afraid of going Rambo.** If you live in the Rambo zone for too long, that's going to wear on a wife. But if you fear ever hitting the Rambo point, and take everything sloooowly, the wife never gets the wake-up call. She just gets accustomed to life with an ever improving husband.
Learn to use Rambo and control him.....he can be used to advance your goals.

44

UPVOTES

Giving A Fuck

drty_pr · 10 July 2017 · Archived copy · Reddit

So often we see a post on r/askMRP where someone really has a skewed vision on **DNGAF**. Almost as if "not giving a fuck" means "not caring about anything". Sure sometimes you actually don't care, but other times you should. If your response to *"then she gave her # to Chad at the gym..."* is *"...it pissed me off, but I was pretty NGAF"*, that's fucked up.

My wife is scrubbing the kitchen sink and says to me *"When you do the dishes, do you mind cleaning the fuckin sink while you're at it?"*. I'm not going to say *"I did the dishes in the 5 extra minutes I had this morning before I ran out the door to work because I thought it would be nice to wake up to an empty dishwasher and also now there is a possibility you'll load the mother fucker!"*. I won't do her the favor of a DEER. Maybe a little AA/AM, but chances are I'll just STFU because IDGAF.

Now we have company over and she says *"I swear drty just can't wash the sink after he is done doing the dishes! It's like he enjoys the sink being dirty."* She has crossed a boundry and I give a fuck.

I could have said *"I wash the sink enough. I'm often busy AF so sometimes getting the dishwasher full is all I have time for. How come you never empty the recycling and let it pile up til its falling all over the fuckin place?!"* Again, this is showing her that her opinions affect my frame and effectively pulls me into hers.

I simply said in friendly, stoic, matter-of-fact way *"You will not berate me in front of company like that or else"*, then hold the stare. The girls thought *"drty is a fuckin asshole"* and the guys thought *"fuck I wish I wasn't such a pussy"*

In that situation IGAF about the transgression. What IDGAF about is what people think of my reaction.

Or we are having drinks with some friends and a buddies wife won't stop shitting on him. I'd say something along the lines of *"Would you mind waiting til you get home to treat Bob like shit? We are having a good time and it's bringing us down"*. My time is precious and wasting it listening to some harpy ain't happening.

Here again IGAF about her ruining my fun. What IDGAF about is what people think about my actions.

In both situations, it's quite possible that they become confrontational. If that happens, deal with it.

Both examples I used were of women, but you should talk to everyone like this. (Excluding actual authority. Ie: police, bosses, someone holding a gun in your face)

I also love this comment by u/screechhater

It's sad that we live in a society where far to many men are scared to say what they think. It starts from boys spending too much time with mom, to boys being corrupted by a fem-centric educational system, to what's being forced down our throats by the media, to finally what your wife let's you say.

I say FUCK THAT! Don't be afraid to ruffle a few feathers to get what you want. It's good to GAF about things that bother you. You'll see as you start to do this, two things happen.

1. *You get what you want more.* Instead of waiting for people to get better, you force them to or you remove them.
2. *People respect you more.* Everyone likes people who say it how it is, or at least how they see it.

So in closing, don't be afraid to GAF, so long as you have the frame to back it up.

44

UPVOTES

Leading Sex

GargantuaBlarg29 · 26 June 2017 · Archived copy · Reddit

I'll have to admit. There were often times in the past when reading this forum when guys described the level of slut their wives became and I've questioned whether or not AWALT; rationalizing things with the necessary continuum of slut levels ranging from promise ring wearing girls to pornstars getting the train run on them. Because AWALT, but NAWALT right? But how far will women slide on this continuum? Now thats a good question.

There's one thing that I kept in the back of my mind while I constantly mulled these thoughts over, and that's that I'm going to try to create my slut anyway, while continuing to move on in the levels of dread in parallel so as not to wait on my wife for my life to keep improving.

Well it turns out that those parallel paths were more the same path than I could have ever thought. By reading through the books on pickup, I came to learn much more than I expected on: **levels of attraction** and how to recognize where you are on that continuum, timing of how long to stay in a level and when to move forward, and what other people are looking for and how to make that work for you. It was generally a guide to a more **conscious** approach to the entire process of approach, initiation, and escalation; and I found a lot that I could actually apply to my marriage. Here's a few key areas:

Plausible Deniability: This is a lesson you'll find Rollo, Mystery, and the authors of Practical Female Psychology (to name a few) talk about. The basis is that women put a lot of personal value in society's perception of them. Whereas you and me may be able to do many uncomfortable things based on the ideas of: 'I don't care', 'I'll never see these people again', or 'If they don't like it they can take a hike', women really really care about what other people think of them. So much so that they will restrict their actions based on how that action will make them look in the eyes of their friends, peers, etc; even if they truly WANT to do the very opposite. Even if you overtly declare they *can* do the opposite. And I'm not talking about restricting action based on situational fear like social anxiety, I'm talking about a deeper more permanent fear of lasting opinions they make of themselves based on actions they do or do not do.

While women may restrict themselves based on pressures to their social image, they have learned to leave themselves a back door to still get what they want, and make it so they are not responsible for that thing happening. Plausible deniability is the option for her to say something like: "**Ok, but we're not having sex**", still get fucked, and then tell that little voice in her head, or her friends if they ask, that it just happened; and that it wasn't her fault since she clearly said it wasn't happening. It's a way to leave a door open to doing something, but not taking on the burden of making that decision.

"**Hey we've got to stop at my house I want to show you my tropical fish**" (search "plausible deniability") allows for plausible deniability, since she didn't overtly go to your house for sex.

LJBF is a form of plausible deniability since she is not responsible for YOUR decision on whether to be friends or not.

Please break up with me is also plausible deniability since she won't be the one responsible for the breakup when you end it.

These all seem really silly. Logically, she should just be able to say and do what she wants. But she won't. Red pill, PUAs, and numerous posts from users here will show the same.

How does this apply in marriage? It doesn't change at all in marriage. Even in the confines of your home she holds herself to this standard she thinks society has set for her. You can take advantage of this because you don't have a problem as captain with taking that responsibility for the decisions that are made. I've used the fact that she responds to plausible deniability several times to my advantage. From planning random nights out where I've simply told her: "get this and wear this", to situations I've had lays by saying: "The shower feels nice and warm, come join me". Had I told her we're going to a comedy club or to drink wine and watch the sun set, she very likely would have said: "That's dumb" or "I'm not sure if I'll like that". If I had said: "Come have sex in the shower, she would have flat out said, "no". But in the case of manufactured plausible deniability, it's not her fault if the outing turns shitty, or if I escalated in the shower...she never agreed to that particular thing.

Take the responsibility of making the call onto you, off of her. In a perfectly fair world does that sound unfair and retarded? It sure does. But that's not the game being played in this world. And in a self-centered kind of way, if you make all the calls, that gives you the advantage because you are able to decide to do whatever the hell it is you want to do. Would I rather take some social pressure and NGAF and do what I want? Or have to deal with someone else's possibly shitty ideas and go along with something I don't. The former please.

Last Minute Resistance: I first learned about this when reading Bang The Pickup Bible, and then hearing more about it reading The Game and Mystery Method. Bang I found in pdf form, but you can buy it for 10\$. Mystery Method is on audible. So is The Game and I highly suggest it, as Neil reads it himself and tells a great story. When PUAs teach about last minute resistance, they will usually focus on it being the very first time you've tried to sleep with this girl, and thus she will give excuses like: "We shouldn't" or "We're moving too fast". Last minute resistance in this sense is explained to have a lot to do with the evolutionary pressures women face at this time. This includes the fact that they are about to take a risk, and that there are a lot of thoughts running through her head ranging from: "What if I get pregnant?" to "What if I get a disease?" to "Will he stick around after?" as well as "How does this make me look to society and how does he feel about it?".

In short, LMR is basically the flood of worries that comes into a woman's head, and revolves around the question she's asking of: "What does this mean?" As guys, we don't care what it means. We just want to fuck.

How does this apply in marriage? I find that this resistance comes a lot in marriage as well, in the form of what we call here soft no's. These soft no's exist in a very similar manner to why women have that need for plausible deniability. Think about it, when you're initiating, your wife isn't stupid. She knows what you're trying to do. But her inner social vibe is saying that she can't just give it up too easy, or she is complicit in just allowing sex to happen. So you'll hear about how she has a headache, or how she's hot, and this reminds me of what PFP talks about when they explain a double bind, where any answer directly acknowledging the seriousness of the statement is wrong. If you try and argue, "It's not hot" then you've acknowledged that these words she's saying has meaning (they don't). If you accept what she's saying and stop initiating, well, no sex for you, and you have demonstrated how easily you fold. **As discussed in PFP**, a solution is to completely ignore the statement at face value, and either tease her about it: "It's about to get hot, for sure", or otherwise plow right through it and continue escalating.

Rest assured that while these soft no's are signs that you should push on, hard no's will come about due to your failures outside the escalation, mainly: Not sensing the mood (talked about below), not flirting throughout the day, or simply not being the man she wants to fuck.

There have been times where I've literally been thinking in my head that as I'm teasing, kinoing, and escalating that there's no way this is going to get anywhere, and I start getting quite fed up with all the soft no's. But then a few more teases and advances and pushes and we're fucking. Lessons learned. It's retarded, but it will happen.

DEVI: First, for all those looking, Sex God Method is not on amazon (for under \$100) or on audible. And the 4 page .pdf you find online is NOT the book. There are links to it on red pill reddit sites. I'm not sure if this is where I found my copy but [here](#). It took me too long to find this book.

This book centers around DEVI (Dominance, Emotion, Variety, and Immersion). The fact of the matter is that the sexual experience for a woman involves a lot of (surprise surprise) feelings. In fact, it has been said that as opposed to a guy who would really have no problem having the same freaky hot sex every time he wants to get off, and derives joy from getting off; a woman finds sexual pleasure in the feelings she gets *during* sex, and may or may not even care if she gets off by the end.

How does this apply in marriage? If you have a woman that's not on hormonal birth control, you can easily spot and keep track of her **cycle**. Often, when ovulating, a woman will be down to have more wild sex punctuated by dominance (rough play, light choking, anal, dirty talk) and variety (trying new things, in new environments, new positions, and responding to you ordering these). When approaching her period, she may feel the need for more comfort through forms of emotion (the feelings in the words you say, the actual connection of sex) and immersion (letting go and totally swimming in those emotions). Interestingly enough, you will read that some PUAs can even say **which women in a bar are ovulating** based on their behavior in the bar (watch this entire video BTW, great information).

My application of DEVI has been on the upswing, and I've noticed a change in the way I approach sex (by knowing what aspects of DEVI I want to hit this time and sticking to those) and a change in the way she is receptive to these scenarios. Even though my girl is on hormonal BC, I can still get a sense of where her mood is at that day from the flirting I do during the day. If I tease and flirt and kino and she's snappy, shit testing, and telling me "hands off"; I've said a few times to myself and even to her overtly while laughing: "You just need a good fucking". Other times when she responds to teasing with emotion or relaxes into my kino, I'll put on more of an emotional game in the bedroom. And this emotional reading works. This is why I've said 100 times it's important to build up to sex during the day. Put in the work, feel where she's at, play along with that. She's telling you what she wants. Betas will address her feelings overtly by trying to calm her down when she's upset or be super nice when she's emotional. She's not asking for solutions, she's sharing her state. Take advantage of that knowledge and fuck her how she wants to be fucked that night. And oh does she want to be fucked...read on.

Lead...SLOWLY: "It is up to you, the masculine man in the relationship to create an environment that allows your woman to be her dirty, slutty, nasty self."

To be clear to the newbs...she is not going to drain your hose into her throat the day you swallow the pill and demand it. That's rambo. Don't go coming back after a month either saying: "Oh well it didn't work out, I guess I must do what must be done and serve papers." You know what that is? That's chick speak. That's plausible deniability. "I'm not responsible, it just is what it is."

It really is like everything in life. Take incremental steps. She's not used to your initiations in different places? Work on kissing and kino in those places but then taking it away. Create that doubt in her mind that: "Is he going to initiate here? In the kitchen? I don't know if I want that. Oh he pulled away? Huh, maybe I did want that..." She's not used to being spanked? Do softer swats as playful kino *once in awhile* around the house. Then start doing it once during sex. Increase frequency. She will LMR you before sex, she will LMR you during sex when you try something new. Don't get butthurt over it. Don't lie and say it's ok when she says, "sorry I don't like that". Smile and assert that you want it, and if she hard no's it, use the magical antibutthurt phrase: "That's disappointing / I'm disappointed".

All the topics above lead up to this. YOU need to create the plausible deniability. YOU need to push through the last minute resistance. YOU need to recognize the covert communication your girl is telling you. And YOU need to lead her to the hot sex that you both want. I'm telling you this because recently I've had some experiences with my wife that beta me dreamed about at the beginning of this adventure. Both of us talking dirty. Both of us teasing. Biting, being rough, multiple positions and commanding IE "watch me fuck you". Where did [/u/470_2_700_nm go](#)? I've had her voluntarily not pull off at the end of a blowjob for a second or two of her own free will. I know she wants it. I wrote that post 7 months ago, and now I believe I merely need to gently lead her there to accomplish this. But I need to lead to it...make her feel like it's ok...but give that plausible deniability even if it's only: "well he told me to...it's not like I wanted to do it". My last OYS has me lamenting her lack of overt outside the bedroom sexuality...I need to lead to that as well.

As I said at the beginning of this post, I sometimes questioned AWALT on this road. I started with light spanking every now and then. Now I do it at will. I started with a few commands: "Get on your knees", "Turn around". I started with very little dirty talk: "You like that?" She even said a few times she doesn't like that kind of talk. Said it turns her off. But now she pleads, "Fuck me" when approaching orgasm? AWALT. A-fucking-WALT.

44

UPVOTES

Mind Control

RP_SuitScholar · 11 March 2017 · Archived copy · Reddit

"I am continually impressed, horrified, and saddened by the manipulative mastery of some women, and the extent to which men let that rule their lives."-Amy Larson (Female Blogger)

What is worse than a Shit Test?

A few years ago, before I came to Red Pill. There was a girl. There's always a fucking girl in these stories. And fellas, she was **THE ONE**. She was a HB4 maybe but before this I had come out of a Christian marriage and she was the second girl I had ever boned, and she gave me hot blowjobs, and I just could not see any imperfection in this perfect snowflake of mine and knew we were going to be together forever. Well you all know how it goes. She was BPD and banging at least one other dude on the side and when I found out I was devastated and butthurt and found TRP on Reddit and the rest is history. You can look at my old posts to learn more about where I am these days but in case you think I am some pasty faced college kid trying to give you advice, trust me I am the real MRP deal (LIFTING, the Captain, and well versed on all sidebar material and then some) and able to help you if you will hear me out. So this girl taught me something about women that I think most of us need reminding about. She taught me that women will shit test, yes, but there is something far worse that they do that can have dramatic and devastating effects on our lives. **They can use mind control on you.**

Now I don't mean they take over your thoughts, but they have the power, if you let them, to subvert your will with their own. This girl from my past was very very good at that. She would tell me how she couldn't wait for me to come over that night for hot amazing sex. She would tell me in great detail how horny she was and how dripping wet she was for me, but I would get there and she would be distant and quiet and just wanted to watch television. I would do what all Beta Billys do and beg her, yes BEG her, to tell me what was wrong. Turns out she didn't have enough money for her seven year old's new school wardrobe. She lamented that she was a shitty terrible mom who couldn't provide and now her daughter was going to have to start the school year wearing goodwill. Well hell, that was an easy problem to fix, here's a couple hundred of my hard earned money, problem solved. She was happy, I got a sloppy BJ and all was well until the next thing she wanted. Women do this shit ALL. THE. TIME. And we just let them. We either fall for it or we are too damn tired to push back so we just go along with it. This truth is going to complicate things for some of you, but the more advanced of you will appreciate this perspective. Do not just try and identify Shit Tests and Comfort Tests. Identify her subtle attempts at mind control.

Mind Control...Really?

Yes.

Now a more specific term might be *Will Subversion* but it is really all the same thing. Through crafty emotional manipulation she pulls you completely into her frame and gets your compliance with her will. This could be for something as simple as a household chore, or a trip to see her family you don't want to do, or a major financial decision or something with the kids. The variations of this technique are as varied as the female capacity for manipulation, but there is a pattern and a way to recognize this technique for the wary. Essentially, at the end of the "test" she is giving you or display of negative emotions, ask yourself this very simple question:

Is she wanting something specific from you?

If the answer is yes, there is a good chance her little display of female hysteria was really a well thought out attempt to get your compliance with something she wanted. Don't feel bad telling her no. If she wants something from you that she knows you are reluctant to give, she should approach you with respect and provide logical reasons why she would like said thing from you.

Final Note

Do not ever think giving a woman what she wants will create attraction. It can in some cases create COMFORT, but it does not create attraction. When my ex gave me my sloppy BJ reward it was not because my Beta Provider acquiescence to her will made me more sexually attractive to her. She gave me my reward like a prostitute provides her services for a fee. She wanted me to continue to provide for her and her daughter, which I did until I found out about the cheating and came to The Red Pill. Now your wife or LTR may not be using mind control on you for something so base as cash, but many of you are being controlled and are living a life where your own free will is subverted by a woman that can't even run her own life properly. I HATE when I see men refer to their wife as the "boss". Grow a pair, bro.

TLDR: Mind Control is a real thing...also, LIFT!

44

UPVOTES

it doesn't always work, pull anchor and sail away

trp_oed · 14 August 2016 · Archived copy · Reddit

INTRO: you may have to finally pull anchor and sail away from port to go travel and explore the world, if the first mate doesn't want to come back from shore leave. some of you asked for my story, so here:

i will probably come out of this tunnel on the right side of the divorce, as she makes quite a bit better than me, with her burdening the debt, having everything in her name (control issues).

be those issues mine or hers, it's moot now. the end has come. sometimes, after 8 years of marriage, 5 years of dating, and 18 months applying more and more gradual dread, it just doesn't work. she was staunch that she 'was never going to change'. she was right. I wanted a better place, she wanted the same place, so that's that. good bye.

i was in a bad place when we met, i had a serious family tragedy, and she, in not so many words, saved my life. i had hibernating alpha traits, with beta tendencies (good guy). I loved to be physical, lift, eat right, smart, witty, outgoing, funny, game for days. looking back, i see every beta step along the way. submissive sex, moving in, moving away, buying more shit, buying a house, getting married, getting a dog, having a kid... then, all the way through all the same BS to r/deadbedrooms.

after a few years of once-in-a-while duty starfish missionary hurry the hell up are you done yet sex, i found the link. My eyes drank in every morsel. TRP, MRP, ASKTRP, sort by TOP, 2x, books (pirated, bought/ wtf). I am basically a decently built, good looking, intelligent, charismatic, walking example of MRP.

After six months of hardcore application of TRP in the marriage, i sat her down. told her i wanted more from her. i wasn't getting what i wanted. not sexually, not in choreplay, i want you to be nice to me, enjoy each other's company, to her everything was a battle to be won. I was no longer in war mode, i wanted my first mate. she wasn't sure what to think. she was reluctant.

i continued to lift to maintain, i didn't want to be enormous, i wanted to look good and stave off injury (forties). she was still overweight and lazy. ate junk. didn't exercise. continually bitched about how she hated her job. she refused to give me more control over finances. she refused to quit being bitchy. when she was a cunt, i went silent. i was always in a good mood. i made friends easy, life of the party. hobbies roaring. wood stuff? cutting and painting. music? playing and learning. venues booking. horizons expanding. it was too much for her comfort zone.

over the next year, we had three nuclear meltdowns. she actually sent me texts regarding divorce. a few weeks later, i gave it to her.

LESSON LEARNED sometimes, no matter what you do, she won't want to be on your ship. pull your anchor and go be a captain. not every vessel needs a mate. am i promoting MGTOW? only if you consider you need the right FM for your ship, which may not be the one you have currently.

as far as my situation, im lucky. i have a good chance at alimony and support. she made more than me and wouldn't put shit in my name too. i guess karma has a sneaky way of biting people in the ass. OK, now we are gonna have the phone lines open, sorry if you have been on hold- first caller, what's your question?

44

UPVOTES

Feel like I need to tell you who I am and why I am here - post happy hour anyway, no doubt I will cringe tomorrow and most likely delete this

il-est-ressuscite · 23 January 2016 · Archived copy · Reddit

Have just come home from a happy hour get together with six couples.....and me....

I have created and deleted six reddit accounts all with labels representing some religious implications.

Why? Who knows? I no longer have any faith. In fact I am the angriest motherfucker you will ever meet, although I keep hoping the anger is temporary. I have to admit that it is the anger running through TRP that keeps bringing me back.

Embarasses me to admit it but I guess the schadenfreude of it all really draws me in.

I read it and feel certain I am not so pathetic after all. Plus I find I miss my favorite posters (MattyAnon, Training the Brain, and that one guy Inv3okerer or something like that who makes indiscriminate use of the word fag, so belligerent and very amusing)

I should say, I am a widower of 8 months. Man I hate the term widower, but there it is. Am trying to emerge from a soul crushing grief. I haven't been incapacitated, but I've been close.

Compared to the marriages I see described here, mine was sublime.

We met in college, took turns supporting each other through grad and law school. Had four kids, all four were a joy.

Like every day was a holiday, every meal a banquet.

For real, as my youngest daughter would say. And she is so like my late wife that I just look at her and can't even speak sometimes.

Why am I even on reddit? My youngest daughter told me it would help me understand the zeitgeist of young women and that I need to develop some "game" (she says her current BF "has no game")

I apparently am "too sincere."

I've actually been on a few dates. My four children try to push me back out there. Never had any trouble meeting women even while married, that remains true, although I have to say I don't understand these 30 year olds at all. Both my dates were very much younger than me. One 28, the other 31.

They just give it all away. I guess that's adult dating.

So I guess I don't meet the "in marriage or LTR" guideline but anyway, thanks for bearing with me while I get my shit back together. Don't wish this on any of you.

44

UPVOTES

My wife turned me down for sex, then got angry when I didn't care...

1WhoWatches · 10 January 2016 · Archived copy · Reddit

Last night, I made a move, she said she hadn't showered and that we could today after she took a shower. I said "OK cool" and went to sleep.

Today after her shower, she was getting dressed and I walked in. She immediately said no. I simply replied "If you don't want me to own your body for a few minutes, fine by me" and I started to walk back to my office.

She shoots back angrily "Don't act like you don't care!" I simply said "I really don't."

About 23 seconds later she is in my office, rubbing my cock, kissing me and still telling me no...LOL. Women are so confused.

Edit: I'm convinced that if I had flinched here or shown any sign of a complaint, she would have walked away. She was watching my face very close!

Long story short, she pulls me back to the bedroom by my crotch, takes her clothes off, sucks me for awhile...and we finish up.

I was very affectionate AFTER for the next few hours. I'll continue giving attention for the rest of the day. This shit works.

44

UPVOTES

Short FR on Wife watching me Calm her Friend down

[deleted] · 11 December 2015 · Archived copy · Reddit

[deleted]

44

UPVOTES

The Principal of Least Interest: The Core of OI and frame

SorcererKing · 22 August 2015 · Archived copy · Reddit

Since the advent of /r/askMRP I've been paying a lot more attention to the new guy posts. The questions inevitably come down to the stress the new guys feel when they challenge the frame of their wives.

Things like that boil down to either, "My woman isn't respecting me, and I'm distressed," or "My woman isn't attracted to me and I don't recognize the signs for what they are."

For those new guys, hear this now: If you care, you've already lost. Your woman is in control and you are not. Review the [Principle of Least Interest](#).

For the rest of us, the Principle of Least Interest is really the keystone, if you think about it. It is the psychological principal at the core of OI. A "zero-fucks-given" attitude is knowing that you don't *need* her like those blue pill fucks do; that you can always be happy without her; that she is not a snowflake. This *is* the Principle; you care less about the relationship than she does. And even more importantly, you care about *you* more than you care about *her*.

Once you get to that point, shit tests are almost comical as you offhandedly destroy them. Comfort tests start to be recognized as your woman inviting you to initiate. She can't break your frame because, quite frankly, what she does or says is just not that important (barring crazy shit of course).

You no longer worry about what she'll think of your choices and decisions; if she has concerns, she'll voice them; if not she'll go along compliantly. The miracle of course is that women like this arrangement and settle into it.

Or they don't. They fight you, they struggle for control. They carry on, trying to value themselves as men would, drinking the feminist Kool Aid to varying degrees. But you have a secret weapon: The Principle is your ally. As they try to resist, your psychological jujitsu kicks in and you grow even more disinterested in their bullshit, heaping value on top of riches in the gym or at work or with your buddies in whatever badass pursuit you share. The resisting woman either puts herself out of your life or she shapes up; the choice is hers and you don't really care since you have probably got your abundance on as well (and women are likely trying to get your attention).

Keep in mind you can take it too far by over-dreading her inadvertantly or driving her off with your indifference. How much it takes to fuck up in this way is different in each relationship, so be mindful. On the other hand, if it only requires a small amount of indifference to drive her off maybe she's better off gone.

So think on that brothers when the shit tests are coming in hot and heavy. Ask yourself, "Am I really that interested in this game? Do I really care?" For the answer makes all the difference.

[Edit: corrected sloppy spelling]

44

UPVOTES

Enslaved by Emotions

CaptJohnLukeDiscard · 28 February 2019 · Archived copy · Reddit

Over the past year or so, I've spent most of my self-improvement efforts on mastering my emotions. While I don't expect to ever fully 'arrive,' I am much farther along than I was at the start of the journey. This process has been rewarding but has developed in spurts. Here's my most recent realization.

A wife rules her husband to the extent she controls his emotions.

You can substitute 'wife' for just about anything but this is MRP so we'll focus on that interaction for now.

Whether we want to be or not, humans are emotional creatures. We think, feel and then we act based on a mixture of those thoughts and feelings. Our decisions are not purely rational but instead derived from a complex interchange of desires, emotions, analyses, and goals. If we were purely rational, everyone would be in fantastic shape, customer debt wouldn't be an issue, and we would basically be a society of robots. Obviously, that isn't the case.

EMOTIONS & MRP

Let's get more personal. Let's look at the 'average' husband or the average guy visiting MRP for the first time. He probably wants to get laid more. He wants his wife to be more passionate. More slutty. A bit more active. More eager to follow his lead in life. More respectful of his time and goals. Whatever. He has desires and he may even communicate these desires in a direct and thoughtful way.

His wife, on the other hand, has different desires. She has different goals. She wants something in exchange for this type of behavior even if she doesn't consciously process the interplay in such direct terms. She wants him to be worthy of that type of investment of her time, efforts, energies, and passions. There's a problem though. The average husband isn't worthy. He doesn't command nor does he deserve that type of response. That's why 50 Shades of Gray was so damned popular.

We've established that humans are emotional creatures. We've agreed that most men who come here for the first time do so because they have desires which are not being fulfilled. Neither of these statements is controversial. So what do we do with that information? How do our emotions affect the degree to which our needs are met?

Good question so let's go back to emotions. Most people do not realize the degree to which your emotions affect your behavior until it is too late. There's an older movie with Michael Douglas where he is pushed, in his eyes, too far and he snaps. He loses control and does a whole lot of crazy shit. That's an easy (and obvious) example but there are plenty of other examples. Let's look at a few from the perspective of husband and wife.

Your wife declines sex or provides starfish sex so you become angry about it. Your wife nags at you so you snap back at her. Your wife misbehaves in front of others and disrespects you so you bitch to your buddies about how she is such an ass. In each of these examples, her behavior manipulates your emotions to the point that she is the

direct cause of your actions. In simpler terms, she controls how you behave. You are her slave. You are her bitch. She owns you.

THE PROBLEM

This is problematic for several reasons. Why, you ask? First, a man should not truly respect himself if he does not rule himself. A man should be able to look himself in the mirror and see that he is his own master. Whatever weakness controls you cannot be hidden forever; it will be found, analyzed, and exploited again and again in life.

The second reason this is problematic is that women do not respect men who they control. That's why betas don't get laid. The woman owns him and thus doesn't desire him. He has become a solved puzzle, a useless toy, and a stale joke. An emotionally controlled man cannot surprise his woman, he cannot woo her, and he cannot generate desire from her. Most women don't want truly sex from men that they truly own and control. They may still use sex to maintain such control but it almost certainly isn't the type of sex that the man truly desires.

This is why STFU is one of the first instructions to men who come here. It removes the most obvious and immediate sign that a woman controls the man. We communicate with words and tones and body language so shutting the fuck up is an important first step of limiting the damage.

STFU isn't the end game though. It's merely field triage. It's putting the proverbial finger in the hole in the damn. It doesn't fix the problem... it just helps you not make the problem worse. Let's look at a couple of examples of STFU to see what I mean.

First Example

Husband comes home from difficult day of work to a wife that doesn't welcome him home in any direct or indirect ways. She immediately starts in with a honey-do list and nags about some of his failings. He snaps and gripes back at her about some of her supposed flaws. She wins.

Why does she win? Because she controls his emotions. Her antics manipulated him into a response that he probably didn't want to actually give. Not many guys drive home thinking "I'm gonna lose my shit at my wife tonight... yeah, that sounds like a good bit of fun!" Nope, she wins because she is miserable in her shitty life (which is almost certainly partially his fault) and thus takes it out on him as a means of spreading the misery.

Second Example

Husband comes home from a difficult day of work to a wife that doesn't welcome him home in any direct or indirect ways. She immediately starts in with a honey-do list and nags about some of his failings. He sighs in a resigned fashion and listens without much of a response except maybe a muttered apology. She wins.

Why does she win? Because she controls his emotions. Her antics manipulated him into a response that he probably didn't want to actually give. Not many guys drive home thinking "I'm gonna act like a subdued bitch tonight... yeah, that sounds like a good bit of fun!" Nope, she wins because she is miserable in her shitty life (which is almost

certainly partially his fault) and thus takes it out on him as a means of spreading the misery.

See the connection? See how both are different facets of the same control? STFU is great but it's not a panacea. It's a tool you overuse temporarily until you master other tools (aka "Frame") which are better suited to the occasion.

FIXING THE PROBLEM

So how do you fix this? The answer for me was simple yet difficult. You must master your own emotions. Mastery of your own emotions requires real self-awareness, constant vigilance, and a good deal of practice. I'm by no means an expert and so would appreciate it if some MRP vets would chime in on this post.

For me, here's what helped. First, I've read quite a bit. My reading list includes the standard MRP sidebar material (NMMNG, WISNIFG, etc.) plus MA's Meditations, The Subtle Art..., Boundaries by Cloud, Extreme Ownership, JP's 12 Rules, and a whole bunch of other stuff. Some of the books were great. Some of the books weren't. I picked up at least one thing from each.

Second, I started taking the time to self-reflect each day about why I felt the way that I did when something occurred. Most of this centered around my interactions with my wife. I started to dig into and analyze why I responded in the way that I did. My wife threw out some duty starfish so I got butthurt. Why? My wife nagged about a chore I should have done months ago so I pointed out four things she was behind on. Why? I had to stop and really start to think about these things and what really drove me before I could start to master the impulses that grew to make up these emotions.

Third, and perhaps most importantly, I simply decided that I would no longer accept being a slave to my emotions and thus my wife. This seems trite but was pivotal for me. Once I internalized that declaration of intent, it made everything else fit similar to pieces of a jigsaw puzzle snapping into position. My internal repurposing that I would control myself and my emotions was a proclamation that served as the spearhead behind which I improved my life. I'm not talking about positive self-talk. I'm talking about branding an intent upon my soul.

This post isn't intended to be an instructional post as much as a report on what has worked for me. It's the realization of one guy on how to get his shit together just a bit more. As such, I'm sure there are things that you would change for you.

So let's hear them... we are in this together.

44

UPVOTES

The Power of Visualization

PillUpAss · 12 April 2020 · Archived copy · Reddit

You are meant to succeed

Men are goal-seeking beings. We were meant to strive for the next mission, to conquer, to overcome adversity and claim victory. In other words, each man is designed to achieve **what is best in life** for him. Striving for a goal is the way to success and happiness, and the two are closely related.

"True success and true happiness not only go together but each enhances the other." - Maxwell Maltz

In order to help us define and achieve our goals, MRP offers a sidebar, weekly OYS and a wealth of complimentary knowledge from its members. It is a set of tools to facilitate our continual transformation, and even the vets here continue to transform, to improve every day.

Program yourself for success

One of the best tools for transformation is not specifically called out much in MRP yet: visualization. Not to get too philosophical on you, but regardless of your belief system, for the moment think of the mind and the body as vessels for your spirit. They are similar to a machine. Machines can be trained, programmed to do what we want them to. Input a flight plan into a plane, and the machine finds its course and performs (usually) as expected. It needs a flight plan to know where to go and it needs to move to know if it is going in the right direction.

Your mind and body are the same way. Their "input instructions" come in the form of visualization, which is the domain of your imagination. Your imagination can paint the picture of you succeeding in a mission, overcoming an obstacle or even finding your next mission. What's most important is you vividly picture your success in achieving your goal, *especially how you feel while succeeding*. That is how the rest of your mind and body gets the message. It's a way of communicating with your subconscious on what you want the rest of your being to achieve.

How do we know visualization actually makes a difference? Consider this example, taken from **Psycho-Cybernetics** by **Maxwell Maltz** (a masterpiece and I highly recommend it for any MRP member). In this book, Maltz references an experiment where three groups of people were baselined on their ability to make free throws:

- Group 1 practiced for 20 minutes per day for three weeks. At the end of this period, they had improved their free throw performance by 24%.
- Group 2 did not practice at all for three weeks (control group). At the end of this period, their free throw performance had not changed.
- Group 3 *visualized* practicing for 20 minutes per day for three weeks, but *did not do any physical practice*. At the end of this period, they had improved their free throw performance by 23%.

Go back and read that last point on Group 3 again. Group 3 only visualized their practice, they did no physical practice at all, yet they still improved their abilities nearly the same as Group 1, which had practiced physically in a traditional sense!

Think of the power this now gives you. There are few limitations on the imagination, which empowers you to improve your abilities in nearly any area you can visualize regardless of your physical and logistical circumstances and limitations (e.g. COVID-19 lockdowns or something as simple as not always having the time or means to train in the traditional sense).

Tips for getting started

1 - Break your inertia. You need to be moving to know if you are on course. Back to the airplane analogy, if the plane isn't moving, it doesn't know if it's on course. Weather pattern changes and other factors may take the plane off course along its way. However, as it gets off course, it realizes this and course corrects. The plane literally zig zags to its target.

Success is a zig zag, not a straight line. You need to be taking action and willing to accept many failures in order to succeed. Go look up why Ford's first commercially successful automobile was a "Model T". Almost no one gets things right the first time around. Those that fail, course correct and persist are the ones that succeed. As Maltz puts it, "Functionally, a man is somewhat like a bicycle - it must maintain forward momentum towards a goal or it gets shaky and falls down."

2 - Set aside time for visualization every day. I suggest you start with 10 - 30 minutes. Regardless of your mission, it counts almost as much as taking direct physical action. We reviewed a basketball example above, but really this can be applied to any sport, chess, hitting new PRs in your lifts, day game scenarios, night game scenarios, martial arts, playing musical instruments, even building your frame. It is all put even more within reach through the power of visualization. Yes you still need to lift, game and have friends in real life, FFS.

3 - Keep these practical application points in mind:

- Your success mechanism must have a goal or target that you believe already exists (it can exist in actuality, or in potential).
- It must be in alignment with your self-image and believable to you. For example, I'm in my 40's and have been doing BJJ for 6 months - imagining me winning a UFC championship is useless because I don't see that as realistic for myself.
- Only work on one thing at once. One goal at a time.
- Focus on the END, NOT the MEANS. When you vividly visualize the goal, your body's internal mechanisms will find a way to help achieve it.
- Making mistakes helps to direct you toward your goal. It provides an autocorrect that helps you "course-correct" towards your goal.
- You gain skill by redirecting your errors until you are heading in the right direction. Then, you must FORGET the past (the errors), and focus on the final successful choice that led you in the right direction.
- Trust in the process without worrying about it or trying to adjust it. You must "let it" work, rather than "make it" work. Your success comes as you act, and the proof of your success follows, so you can't look for success before actions.
- This takes some time. Reserve judgement until you have made a practice of this technique daily, focused on a single goal, for at least three weeks.

Make it a habit

This is mostly a subconscious process you are setting into effect. The key is making a habit out of training it through your imagination on a regular basis. This is how the "machine" you have been given works. Putting it to regular use is essentially creating a habit of being happy. And, in the words of Robert Louis Stevenson, "the habit of being happy enables one to be freed, or largely freed, from the domination of our outward conditions." Try this technique out for a few weeks and report your findings below.

Edit: corrected typos

44

UPVOTES

[FR] I met the hamster

takeoutcoffee · 18 December 2023 · Archived copy · Reddit

I arranged a night out with my oldest friends this weekend, we've not seen each other for a while so the start time ended up being 2pm, so quite early, I had a few casual questions tossed my way, softballs that I was easily able to bat back.

I'm sure this pales in comparison to some stories on here, but it's one of the first times I've been able to realise when the hamster starts spinning that wheel, and purposely decide to fuck with it a little to see what happens, a quite clear and obvious response to making a change as small as wearing a fucking shirt to meet your mates. The hamster starts to wonder why, who's he meeting? who's he off out with again?

[H] "What time will you be back?"

[Me] "Absolutely no idea, maybe 3am with a dirty kebab, do you want one bringing back?"

[H] "Remember my mum's coming tomorrow, don't drink too much."

[Me] "Will she want a kebab too? - Cheesy grin"

As I started getting ready I pulled out a (very, very nice) button down shirt and some chinos, she did a literal double take, thought about it for a second, then

[H] "you're dressing a bit smart aren't you?, though it was just drinks with the guys?"

[Me] "Don't hate me 'cos I'm beautiful"

[H] "None of the others will be dressed up, they'll be in t-shirts and jeans"

[Me] "You're probably right, I'll end up showing them all up"

[H] "Who did you say was going?"

[Me] "Guy 1, Guy 2, Guy 3 and Guy 4" (she knows these all very well)

I carried on getting ready, ironed my shit, shortly after:

[H] "Are you going to put on a t-shirt now?"

[Me] "Nah, I'm happy with this"

I looked good, I know it, she knows it, the hamster knows it. The gorgeous blond mother/daughter I spent a while chatting to, (while my mates propped up a phone at the fucking bar and watched a football match) knew it too.

Fully shit tested the next day for not responding to her the entire time I was out, ok so maybe I should have answered the repeat phone calls at 11pm after being out of touch for 11 hours, but hey, my phone was in my jacket on silent as I was making sure to be present with my friends.

44

UPVOTES

Building Confidence

FutileFighter · 18 July 2025 · Archived copy · Reddit

I've used the phrase "confidence grounded in competence" (or something similar) a lot in my replies to various OYS posts over time because I see a lot of guys try to puff up their chests and LARP their way to "confidence."

Of course, their wives see through the BS, shit test them and even if they pass one or two, the ruse fails because the confidence is empty. It's why going straight from nice guy to "cocky funny" is a mistake.

Today, I saw a IG reel by Jay Shetty (good book: How to think like a monk) where he said there are only three things that build confidence:

1) Choosing discomfort 2) Keeping promises to yourself 3) Developing competence.

So if you feel like your problem is lack of confidence, develop real confidence by taking action on these three fronts.

And don't just focus on one because each are necessary. Competence without the willingness to stick with something and choosing discomfort is competence in a vacuum.

43

UPVOTES

Avoiding being sexually manipulated

Whiteliesmatter1 · 23 November 2018 · Archived copy · Reddit

I love anal sex. My wife loves it too. But it is my “trigger” when it comes to sex. The one thing that will push me over the edge every time like clockwork. But it is a desert for us sexually and we use it sparingly. About once a week. I can’t resist it though when it is time. And it turns me on even more when she begs me for it without me having to ask. And she knows this of course.

This week, there was something she wanted. And she explicitly offered to barter anal for that thing.

This is when I nipped that thing in the bud before it became a thing. Exchanging sexual favors for other favors directly is a power play which poisons sex. You should never entertain sexual favors if you feel you are being manipulated by them. Always show some restraint and say no when you feel this is happening.

Now my wife does get off on treating me like a king sometimes and will treat me sexually to something that doesn’t directly turn her on but I can see it gives her pleasure in the way that giving any present to someone feels good to the giver.

But learn to recognize the difference between good faith sexual favors and bad faith manipulative ones, and never accept the manipulative favors. Not only does that poison sex, but it allows her to manipulate you, and eventually could lead to a decline in sex in general. If she learns she can use sex to get what she wants, it works even better if she can restrict the supply even more and make you even more desperate. And then she can even subconsciously restrict sex even below what she would want because she knows she can get more from it if it is scarce.

And that is why my wife and I have an agreement if one person regularly refuses sex with the other, the denied party has the pass to step out. This takes that card out of her playbook.

43

UPVOTES

Grip Training

PurpleVeteran · 1 April 2018 · Archived copy · Reddit

Why lift?

Lifting has many benefits, most of which are centered around masculinity:

- Becoming physically fit and healthier
- Becoming physically attractive
- Raising testosterone levels
- Discovering your limits
- Challenging yourself
- Gaining confidence

The longer your lift, your physical changes are increasing noticeable: broader shoulders, thicker legs, reduced bodyfat, and generally more masculine features. These cues are picked up by the people around you -- women are attracted to such men, and men will measure themselves against you.

With this in mind, I want to call out one area that many men don't appreciate as being an important physical cue: grip strength and forearm size. Popular culture (and trainers) may focus more on abs and pecs, but once you observe someone with thick, muscular forearms, you will want to get to work improving your own toothpicks.

My arms are fine

I'm not talking exaggerated cartoon arms like Popeye, but well-defined and vascular muscles, the perfect extensions to strong biceps and triceps (upper arm) and deltoids and traps (shoulders). Rock climber's arms.

Want examples? How about [Andy Serkis in Black Panther](#), [Chris Hemsworth](#), or [Brad Pitt](#)? Even [these pictures of Redditors](#).

And frankly, rolled up sleeves demonstrate strength and capability as well as wearing a tight tee or tank top, without coming off like a gym bro. It works anywhere you can dress casual: in the office or the shop, on the golf course or at the game, running errands or at the bar.

Testimonial

I recall many years ago when dating my wife, she casually mentioned one of the things she found attractive about me were my wrists. It struck me as odd, because I really didn't have much going on there. My arms were "normal sized", but I grasped that the interest was more symbolic than physical. While driving, working with hand tools, or just rolling up my sleeves, my hands and wrists were the physical embodiment of strength, action, and confidence.

Thus, even after nearly 2 years of lifting and joining the 1000 lb club, my grip strength was still lacking. All of my deadlift PRs were made using straps, and my forearms simply never kept up with my upper body improvements. Following advice from /r/fitness, I jumped over to /r/griptraining and incorporated a basic routine into my workout on January 1st. Now, with nearly 3 months of progress, there is a measurable and visible improvement in my forearms. This has become one of my new favorite "lifts", and I have already made it a permanent part of my program.

In addition, it also helps in the bedroom. Not only does she run her hands down my back and shoulders, she now grabs my arms during sex. And I can use them effectively for dominance play, being both strong and gentle: a tight grip when I hold her arms above her head, cradling the back of her neck when I pull her to me, or lightly resting a palm against her throat.

How to start?

This isn't just about ordering a hand grip trainer for use at your desk, but performing specific exercises:

- Pinch Lift: Take 2 plates of the same size, facing each other so that the lip is inside and the flat is outside. Now use an overhand grip and pinch them together, then lift and hold for as long as possible (10-15 seconds).
- Towel training: Instead of gripping a heavy object directly to pick it up, wrap a towel around and grip that instead for your lifts. Alternately, wrap a towel around the pull up bar, and build your forearms while training your back.
- Barbell wrist curls: Starting with an empty or modestly loaded barbell, take either an overhand or underhand grip, and hold the bar so that your forearms are at about 45 degrees to the floor, the "back" of your hand is vertical and your knuckles are down. Now flex your wrists so that your hands "roll" up 90 degrees, lifting the weight, but keeping your forearms steady.
- Sledge rotations: Grip a full size 8 or 12lb sledgehammer at 4-6 inches from the head, and hold it out in front of you horizontally. Now rotate your wrist, so that the head of the hammer lifts up and over, and the sledge rotates 180 degrees, then rotate it back to the start position. The entire motion should be slow and controlled. As you progress, choke further down the handle (an inch at a time) to increase the challenge.

With each of these, find a weight that you can do comfortably for 3-4 sets at 12-20 reps, with 60 or 90 seconds between sets. The pump you will feel in your forearms is a reward all on its own, but seeing your skinny wrists thicken up will keep you coming back for more. And people will notice, because thick, vascular arms are a cue for strength and masculinity, even for those who don't pay specific attention to forearms.

43

UPVOTES

Shit tests and main events. They are NOT container words

Rian_Stone · 15 February 2018 · Archived copy · Reddit

When I say container words, they are just that, empty words. You fill them with whatever emotions and meaning you want, and speak them at the other person, as if they will know what you've filled it with. It's like filling up, and writing "fragile" on a box. The other person knows what fragile means, and would assume you put their fragile things into your box. To them, a fragile box is filled with new puppies. To you, it's whiskey glasses. You'll both talk about the fragile box, but you're talking about different things.

Shit Tests and Main Events are specific terms to describe specific events. they are not interchangeable with bitchy, disrespectful, nagging, or cunty behaviour. If you're mistaking one for the other, it's because you want to be further along in your MAP than you are. Don't worry about the shortcuts, these things happen in due time.

Shit tests

A shit test is also known as a fitness test. **Women are hard-wired with something called the commitment skepticism bias** ^ (Taken from Dr Cindy Mestons book Why women have sex). And because of this hardwired bias, they assume you being a man who desires them is a facade. These tests are their way of reconciling that with being desired by a man and willing to give up the poon. She has to want to fuck you before you get this. If she doesn't want to fuck you, it's just bitchy behaviour, a cunty attitude, or plain old disrespect.

A good rule-of-thumb: If this isn't escalating, fucking, or otherwise building and releasing sexual tension, then it's not a shit test.

Main Event

A main event is that moment where a woman internalizes the idea of losing a valuable piece of man meat, and is out of options. It's her hail-mary pass, triggered by a visceral, emotional response. It is not measured by severity, consequence, or situation. It's pure emotion. From your perspective, it's a signal that it's time to give her a lifeline (or not) pull her onto your ship, and show her how to be the good woman.

Women tend to think emotion first, rationalization second. There is no rationalization here. Her whole body is screaming at her about an upcoming rejection. Women hate rejection, and build their entire lives around avoiding it. If you're on a main event, she's probably a shitty shitty first officer, past or present tense. She knows she has, even without the self awareness to articulate or take responsibility for it. And because of it, she's losing attention, affection, and commitment. Of course, those don't mean anything unless the guys absence is a loss. This is also why most men getting divorced don't get these events, instead getting continued rage from their soon to be ex. guys who are fuckable by at least 1 other woman get these events.

If it's an escalation of previous bitchy behaviour, it's not a main event. If it's threats of false accusations, it's not a main event. A main event is not there to hurt you or manipulate you. It's done because none of those womaneese tools are working, and she can feel things slipping. She won't be angry, she will be scared, and the nuance is important. If you're not good at body language, you may miss it. One thing which seems to be constant, by the time it happens, you've 50% checked out already. That checking out can be the trigger of the event.

A good rule-of-thumb: If she's throwing out snot bubbles and you're largely indifferent, it's probably a main event.

43

UPVOTES

Confirmation of Progress

XianMRP · 23 December 2017 · Archived copy · Reddit

So full disclosure, I have been following my MAP with fits and starts. I started getting into some new hobbies: hunting, brewing, building furniture and have put away some childish activities like playing video games. My physical conditioning and strength has improved but my weight hasn't fallen because of diet and beer. I've been getting to my workouts 4x a week but since they start at 545am, I don't always get my 7 hours of sleep. Have taken on new leadership positions at work, but finding myself stretched thin and not always able to fulfill all my responsibilities. I've led at home and on vacation, but have had at least 2 moments of butthurt in the past 3 months and lost frame with the kids and wife more than a few times. Been getting a ton of IOIs and have cheated twice, but have recommitted to be faithful with no desire to end the marriage. Cheating and hiding it from her is Beta and until I am ready to be open with her about it, I will be faithful.

What I am trying to say is that I am not perfect, my journey has not been perfect, my MAP has been an up and down journey and yet the results are evident everywhere. Here's the latest proof.

Wife and I are drinking wine and watching a movie I picked a few nights ago called, "The Family Stone". It's a movie we hadn't seen in years about a female dominated family with a storyline taken from a Shakespearian comedy. Basically, the "strong" (bitchy) women in a family don't accept a new female fiancée and as events unfold, she falls in love with the other brother and her bf falls in love with her sister.

As we are watching the movie, the matriarch begins to tear into the fiancée while her castrated son just sits helpless.

I say to my wife, "She's a bitch."

My wife says to me, "I hope I don't act like that when one of our sons brings a girl home And----"

I immediately cut her off, put my hand under her chin, look her in the eye and say, "Don't worry, I'll put you in your place so damn fast."

She smiles, says, "Good." Then rubs up against my side, leans into me and rests her head on my chest.

Then she says, "You do a good job keeping me in my place and not letting me get out of line."

My brain exploded. This is the same woman who I used to get in fights with all the time. The one whose mom told me, before we were married that she was, "high strung like a racehorse." The woman who once (pre MRP) told me, "Why are you acting like such a baby?" When I was complaining about not having sex.

That same woman is now secure, knowing she has someone willing to "tame" her, someone who she feels is worth being tamed by.

Gentlemen, this is progress.

43

UPVOTES

Differentiating Between Her "Following the Leader" and "Stroking Your Ego"

InChargeMan · 29 November 2017 · Archived copy · Reddit

Some recent [posts and discussions](#) about leadership as well as some real world examples I've noticed (discussed below) got me thinking I should share some not-so-secret insight into pre and post marriage dynamics, specifically regarding the difference between your LTR truly following you because she trusts you as the leader vs. allowing you to think you are the boss while she works you deeper into her frame.

The general point is this: Women (i.e. humans) are generally intelligent creatures. When you show a strong history of leadership and good choices she will recognize and happily fall into her preferred role as the first officer. This can happen any time during your history with her, and your rank as captain can also be revoked at any time (whether you realize it or not). If you are more of a buffoon who constantly feels the need to "mansplain", make shitty choices, or choose the wrong time to pick your battles with the world (like arguing over which chair your alpha ass needs to sit in), she will definitely notice. Depending on where you are in the relationship (i.e. has the trap been sprung yet) she might make you feel like you are king shit, but rest assured, she knows you are a fool, but sees your other benefits (i.e. beta bucks) as her goal, and she knows she can "fix" your foolish behavior when the time comes.

MANY BP guys will assert "I used to be Alpha, but". I have news for you, MOST of you were NEVER Alpha, you were tolerated. When you are in the dating phase, she will laugh at your immature jokes, nod politely as you explain your conspiracy theories, and act impressed when you try to explain how shit works when you have no fucking clue. This is ENTIRELY DIFFERENT from the differentiation between [Chad and Creep](#). In this case, she is laying the trap, stroking your ego, and waiting for whatever her break-even point is to start reeling you in and putting you in her place. This is how you came to find yourself in the position you are now in. This is why you used to get BJs but now have to ask for sexual favor "coupons" for Christmas. She played the part and you fell for it.

Now, you find yourself married with kids to a wife who has no need to stroke your ego. When you have stupid ideas, say stupid shit, and fail to lead, she will let you know, silently kick herself for not finding a better guy and daydream about Chad in marketing. Doing shit like insisting that she get up from her seat because she should have let you chose first doesn't make you Alpha, it reminds her that you are not to be trusted.

Recently I was on a flight next to a young couple. The guy was a complete ass-hat, said the dumbest shit the whole time, talked like a big-shot, mansplained obviously incorrect scientific facts, dressed like a white kid trying to imitate a 90's rapper, and was just straight-up annoying. At one point he made some poorly constructed joke about how she can borrow his headphones ([these to be exact](#)) if she signs a contract to clean the apartment topless. She laughed, "hehe, you would like that, hehe". From a mile away you could hear disgust in her voice. I don't know anything about him, but I'm sure he is NOT her Chad.

Today a married women told me all about her buffoon of a husband, and about how she had to "force" him to do something that was important for the well-being of the family, and how her instincts were correct, and she is glad she didn't listen to him when he said "it's fine, don't worry about it." She even said something like "he needs to just do what the fuck I say, I'm the one who knows what is going on around here, I just let him pretend he is in-charge."

So, the bottom line is: Don't assume that you have "lost" your Alpha, you likely never had it, and you have terrible instincts regarding "leadership". It is important to differentiate cause and effect. She will follow your lead if you have a strong history as an effective leader ([one of my past posts](#)). If you lead her wrong once in a while, no biggie. If you make her [walk in the rain](#) too many times, you will spend your capital and no longer be her captain.

tl;dr: Don't go RP Rambo and start forcing shitty decisions down her throat, it will not assert your dominance, it will assert your dumbassness.

43

UPVOTES

Setting \$250k+ on Fire

MRPFuckMe1 · 15 October 2017 · Archived copy · Reddit

What follows is the story of my boss. I sometimes wonder the utility of these sorts of stories, but I like reading them and it's been on my mind lately, plus it's kind of a way to check in with reality every once in a while, so here we go.

My boss is a somewhat wealthy man. I'd estimate his annual income in the mid-six figures, but he's also very investment savvy and from what I gather, he's got a diverse and well-performing portfolio.

He is a minor celebrity in our city, in the field of health. So it is his job to look healthy--and he does. He's in his early 40s and could pass for late 20s. He's fit as fuck (but not really stacked) and he is a helluva sharp dresser. All in all, I have a lot of respect for this guy and what he does and what he's built.

Then there's his wife. Up until six months ago, her "job" was to take care of their two children--but the nanny does that. So she spends her days doing yoga and going to spas. Fine, whatever. I'm not judging. If I could pull it off, I probably would. But she's a ridiculous bitch. She brags about how she's an "alpha female," talks shit about anyone and everyone who doesn't meet her standards (which is everyone because she has no friends to the point that we, the employees, were paid by our boss to throw her a party once), and generally walks around like she's so busy and stressed even though it's hard to imagine she's ever put in a full day of work in her life.

Well she gets the idea that she's an "entrepreneur" so her and my boss come up with this absurd business idea (I won't say the details for obvious reasons). Over the course of several months, they (meaning he) get this business going. My boss showed me the bill, it was about a quarter million dollars.

So finally the business is up and running. Grand opening, ribbon cutting, the mayor turns up and everything. Good times.

My boss is invested (literally) and being the business-savvy guy that he is, wants to make sure it's successful so he's working overtime managing employees, doing marketing, etc.

Wifey thinks that's an infringement on her supposed alpha status and "fires" him.

Well, he's invested, so he's still handling shit behind the scenes, figuring she'll just think things work out on their own because, let's face it, she's pretty incompetent and useless when it comes down to it.

But she finds out and they get in a huge fight.

Meanwhile, wifey's business has been hiring us employees on the side. We're very much underpaid (another way he's pretty savvy) so we're all looking for side gigs. Myself and another employee start part-timing at the new place. Boss starts coming in and telling us with this terrified look on his face that we can't bring anything to wifey that might "stress her out," which is apparently anything at all.

The business isn't doing well (predictably) so he starts secretly getting involved again. And again, she finds out. They have another knock-down-drag-out over it. He comes in the next day and tells the ones of us who were working for the other business that we should quit because there are conflicts of interest, and that (for real this time), he's going to leave everything completely up to her.

We know and he knows that it's going to tank under her leadership. Rather than informing his wife that she's incompetent--or better yet, telling her it was a dumb idea to begin with--he'd rather let a quarter million get flushed down the tubes.

So what happened? Obviously, he indulges her "Alpha female" bullshit. He protects her from the real world, any stress, presumably to get pussy--which I doubt is happening. He's scared shitless of her. And honestly, even though I know this might alienate a sizable portion of this sub, his stupid Jesus bullshit gets in his way. He could never dread her because Jesus and marriage and everything (they were both virgins when they got married).

And the worst thing. I fucking KNOW that when that business finally tanks (I give it six months on the outside) that she'll blame him for it.

Lessons learned:

- Don't be afraid of your woman.

43

UPVOTES

Turning a shit test into a comfort test (mini FR)

BobbyPeru · 6 October 2017 · Archived copy · Reddit

Mrs. Peru pulled a freak out about an upcoming trip earlier and stormed up the stairs. She didn't like a non-important logistical change I wanted to make. I told her I was going to wash the car, and I'll be back in 10.

After I get back, She comes downstairs about 10 minutes later, fashionably late. Showed me lol

I look at her with a genuine smile (like I would with my teenager), and I say "do you want to talk about this?" She starts going on and on taking things out of context, putting words into my mouth, and pulling info from previous conversations. I just stood there with smiling eyes and let her Hamster run itself out and break the wheel casing.

Than, I say, " that's all you want. Cool , let's do it." I give her a high five.

this is where the shit test subtly turns into a comfort test

she starts to tell me about work and all the changes they are making... She can't handle any more changes.

I just Say, "yeah there are a lot of changes right now."

Then she comes into my frame

Her demeanor changes and she starts to tell me about her rough day (and it was a tough one), And I start to feel her vulnerability seep through. Just by me holding frame, her attitude has gone from me being the bad guy to *me being the rock she can lean on*

I just say " I know babe," and I give her a hug.

Her head is melted onto my chest for the rest of the night (content) cuz she's dead tired. Tomorrow, will be good sex when she's not dead tired.

In my BP days, I would have been lured into a big argument like a helpless fish on a hook. I would have dug into my position, and it would have been a big blow out fight because she was on edge from work.

The battle was unimportant, so I treated it as such.

Pick your battles carefully, and hold frame. But first , you have to internalize frame.

How do you internalize frame Bobby?

Good question - thanks for asking.

- you start by stfu
- stop DEERing
- You read the entire sidebar
- you lift
- you Go through the dread levels
- you *practice*.
- When you make a mistake or a series of mistakes, you learn from it, and you change your thinking and behavior.
- You don't beat yourself up because that's counterproductive.
- when you fall off the horse, You get back on the horse and ride... A little bit better a than last time.

Then one day you find you have some of what all these guys are talking about, but you didnt understand it because you didn't *have* it...

FRAME

You can fake frame temporarily, but you will be found counterfeit eventually.

You can have frame, and then slip, but that's ok. It's a marathon, not a race.

But, Eventually, frame becomes who you are because you've internalized it. But this takes time, effort, persistent, and a continual drive to learn and be the best man you can be.

43

UPVOTES

50/50 v. OYS/Value

Red-Curious · 7 September 2017 · Archived copy · Reddit

The 50/50 attitude shows up quite a bit in askMRP. This post is an adaptation of a couple of my comments there. This is perhaps one of the single greatest discoveries I had made in my marriage prior to finding RP, which has helped me hone the craft.

50/50 is Wrong

Life is not fair. Stop training your wife to believe otherwise. We don't get ahead in life by playing fair with others, otherwise we'd all be communist peons - but even then we'd exist only to support the true alpha dictator.

"You cook, I'll clean" is garbage thinking. It's your house, your food, your dishes, your sink, your time. If you're planning divorce, yeah, don't think that way. But it's a crap life worrying about divorce all the time. If you're high enough value, why would she leave? And if you're leaving her, you have the forethought and context to prepare. Bottom line: treat everything as if it's yours.

OYS as a Mindset

When I see OYS get mentioned, it's usually in the context of what you're doing to take care of the house and improve your lifestyle. Sure, an OYS mentality leads to this as a conclusion. But you can't sustain that lifestyle without actually believing everything in your kingdom is actually yours. A citizen may own land just as your wife and kids may technically own stuff, but that land is still subject to the governing authorities, hence taxes, eminent domain, etc.

To be clearer: don't think about OYS as "I need to be responsible and diligent with *OUR* stuff." Think about it as you literally owning everything in your domain. It's not "some things are hers, others are mine." It's not even co-ownership. Unless she contributed separate value to get it, it's yours. And even then, if you already paid her for that value, don't let her double-dip on the reward.

EXAMPLE 1

My wife did a great job during last busy season at work and earned herself an extra \$500 bonus. I rewarded her by buying her a new oven, which cost well over \$500. When her bonus check came in she handed it over to me, understanding that the family finances are mine - even what she earns. She contributed an extra \$500 in value to the family with her hard work.

I could have **let her keep her \$500 bonus** as her reward and done nothing else for her, in which case **she allocates her appreciation for the reward to her company**.

Instead, **I took the credit for rewarding her**, channeled how I wanted her to be rewarded for that value rather than how she would have spent that check, and now she's overjoyed with appreciation to me at the new oven I BOUGHT HER (as opposed to her company) and I still get the \$500 check to spend however else I see fit. Plus, since I do most of our cooking, extra benefit to me (hence spending more than \$500 on it).

If I wanted to, I could have also just taken her bonus check and given her nothing, and I've done that before too. But most of the time I like to reward good behavior so she keeps up the good behavior. This will remain true for the \$3,500 bonus she's about to get in her next paycheck. I'm not going to go out and buy her \$3,500 worth of crap. I'll find other ways to reward her for adding value.

But if I reward her with my love, affection, gifts, appreciation, etc. and then still let her spend her own bonus money - she's double-dipping, getting twice the reward for the same work, and at my expense.

Contributing Value

In a 50/50 mentality, you both expect each other to do half the chores, half the cooking, half the cleaning, etc. But odds are you don't value those things equally, so no true 50/50 arrangement ever works. If you see everything in your domain as your stuff, you'll realize it's 100% responsibility on you. If she wants to use your stuff she has to contribute value. You're not a benefactor for free-loaders.

How does that value work? Maybe you do 100% of the work around the house and contribute 100% of the income and she just lays around all day waiting to give you the best sex of your life every single day multiple times a day.

Maybe sex alone isn't enough value for you, so if she wants to keep living in *your* house, eating *your* food, and watching *your* TV, while scrolling social media on *your* phone that *you* let her keep in her purse all day - she needs to start contributing other value. So, she cooks you breakfast. She vacuums the floors. She cleans up after the kids. She works a job. Is this enough value to you?

Sex as Value

What if she thinks she can add enough value that she can ignore sex? If she has a 50/50 mindset, sex ends up not fitting into the equation at all. It's not the same as the other household chores, and you should rightly be reinforcing that she not treat it like a chore (unless you like duty sex, then be my guest). In her mind, she's already contributing her 50% (most likely she perceives it more as 80%), so she thinks of herself as a high-value contributor and if you're only doing 50% you're just doing your fair share and she owes you nothing. Why should she care about sexually gratifying you, or even herself? That's not a variable in the 50/50 equation.

If you deviate from the 50/50 mentality to an OYS mentality, you're the one who dictates where you find value. In 50/50, there's a pseudo-objective standard. "You do this, I do that." In her mind, *this* has the same objective value as *that*. But what if *this* has more value to you than *that*? In OYS, your subjective impressions become the standard that she must meet.

EXAMPLE 2

My wife constantly tries to get affection and appreciation for doing things that she values and I don't. I've had to communicate to my wife repeatedly (sometimes even verbally), "That's great that you vacuumed the house three times this week. I'm glad you find value in that. I don't. I'm fine if it's only vacuumed once a week. You did the work, you're reaping your own reward from it. But don't expect me to pamper and reward you for something I don't value. You want pampering and rewards? You know what I value in the marriage. Go do those things instead."

She usually gets all huffy at me and says, "Well, you should value it!" I ignore her. Sometimes she'll add, "It's not fair, though, that if I do that extra work you still get the benefit of it even if it's not something you would have cared to do yourself." Sometimes I'll ignore her and go about my business. Other times I'll note quickly: "I honestly can't tell the difference between vacuuming the carpets 1 or 3 times a week. You're the only one who experiences that value."

In the past, she still harbored bitterness over this against me because I was still flawed in my execution. After refining things since discovering RP, she hasn't brought this stuff up once. Instead, she's focusing more on the things that she knows I value, including sex. That's a huge win.

Effort v. Value

It's also worth noting that effort $\neq$ value. If something takes 8/10 effort for her to complete, but I only get 3/10 enjoyment out of it, that's only a value of 3/10. She feels like it should be an 8/10 because of all of her effort, but

over time is now realizing that value is based on the result, not the work put in.

Decent sex might have a value of 7/10 for me, but only has an effort level of 4/10 for her. Great sex might be an 8/10 in effort, but gives 10/10 in value. When she's contributing less effort than the value her effort produces, she's in her "sweet spot" - **especially when she becomes cognizant of the fact that I reward good behavior based on value, not effort.**

The problem is that most women don't understand this effort-value dynamic. Why? Because they're living in a 50/50 dynamic, not an OYS/value-based relationship.

- In a 50/50 system, effort dictates what you *should* objectively value.
- In an OYS system, you dictate what you actually subjectively value.

If you succumb to the 50/50 mentality, you'll never be able to pull her out of it. Learn to OYS - not just by taking responsibility, but by actually assuming ownership. If she continues in a 50/50 mentality, that's on you. Lead her out of it. *But don't be an idiot in how you make that transition or expect it to happen all at once.*

43

UPVOTES

Start Small, Change Your World

anythinginc · 17 August 2017 · Archived copy · Reddit

The following are the MRP-as-fuck remarks by Naval Adm. William H. McRaven, ninth commander of U.S. Special Operations Command, at the University-wide Commencement at The University of Texas at Austin on May 17, 2014 that I have slightly abbreviated. Frame, AM, OI, DNGAF, shit tests, attitude, vetting, partner adding value, the MRP community, swallowing the pill, always be improving, it is all here, personally, I'm going to start making my fucking bed:

So, here are the 10 lessons I learned from basic SEAL training that hopefully will be of value to you as you move forward in life.

Every morning in basic SEAL training, my instructors, who at the time were all Vietnam veterans, would show up in my barracks room and the first thing they would inspect was your bed. If you did it right, the corners would be square, the covers pulled tight, the pillow centered just under the headboard and the extra blanket folded neatly at the foot of the rack — that's Navy talk for bed.

It was a simple task — mundane at best. But every morning we were required to make our bed to perfection. It seemed a little ridiculous at the time, particularly in light of the fact that we were aspiring to be real warriors, tough battle-hardened SEALs, but the wisdom of this simple act has been proven to me many times over.

If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task and another and another. By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter.

If you can't do the little things right, you will never do the big things right. And, if by chance you have a miserable day, you will come home to a bed that is made — that you made — and a made bed gives you encouragement that tomorrow will be better. If you want to change the world, start off by making your bed.

During SEAL training the students are broken down into boat crews. Each crew is seven students — three on each side of a small rubber boat and one coxswain to help guide the dingy. Every day your boat crew forms up on the beach and is instructed to get through the surfzone and paddle several miles down the coast. In the winter, the surf off San Diego can get to be 8 to 10 feet high and it is exceedingly difficult to paddle through the plunging surf unless everyone digs in. Every paddle must be synchronized to the stroke count of the coxswain. Everyone must exert equal effort or the boat will turn against the wave and be unceremoniously tossed back on the beach.

For the boat to make it to its destination, everyone must paddle. You can't change the world alone — you will need some help — and to truly get from your starting point to your destination takes friends, colleagues, the good will of strangers and a strong coxswain to guide them.

If you want to change the world, **find someone to help you paddle.**

Over a few weeks of difficult training my SEAL class, which started with 150 men, was down to just 35. There were now six boat crews of seven men each. I was in the boat with the tall guys, but the best boat crew we had was made up of the little guys — the munchkin crew we called them — no one was over about five-foot-five.

The munchkin boat crew had one American Indian, one African American, one Polish American, one Greek American, one Italian American, and two tough kids from the midwest. They out-paddled, out-ran and out-swam all the other boat crews. The big men in the other boat crews would always make good-natured fun of the tiny little flippers the munchkins put on their tiny little feet prior to every swim. But somehow these little guys, from every corner of the nation and the world, always had the last laugh — swimming faster than everyone and reaching the shore long before the rest of us.

SEAL training was a great equalizer. Nothing mattered but your will to succeed. Not your color, not your ethnic

background, not your education and not your social status.

If you want to change the world, **measure a person by the size of their heart**, not the size of their flippers.

Several times a week, the instructors would line up the class and do a uniform inspection. It was exceptionally thorough. Your hat had to be perfectly starched, your uniform immaculately pressed and your belt buckle shiny and void of any smudges. But it seemed that no matter how much effort you put into starching your hat, or pressing your uniform or polishing your belt buckle — it just wasn't good enough. The instructors would find "something" wrong.

For failing the uniform inspection, the student had to run, fully clothed into the surfzone and then, wet from head to toe, roll around on the beach until every part of your body was covered with sand. The effect was known as a "sugar cookie." You stayed in that uniform the rest of the day — cold, wet and sandy.

There were many a student who just couldn't accept the fact that all their effort was in vain. **That no matter how hard they tried to get the uniform right, it was unappreciated.** Those students didn't make it through training. Those students didn't understand the purpose of the drill. **You were never going to succeed. You were never going to have a perfect uniform.**

Sometimes no matter how well you prepare or how well you perform you still end up as a sugar cookie. It's just the way life is sometimes.

If you want to change the world **get over being a sugar cookie and keep moving forward.**

Every day during training you were challenged with multiple physical events — long runs, long swims, obstacle courses, hours of calisthenics — something designed to test your mettle. Every event had standards — times you had to meet. If you failed to meet those standards your name was posted on a list, and at the end of the day those on the list were invited to a "circus." A circus was two hours of additional calisthenics designed to wear you down, to break your spirit, to force you to quit.

No one wanted a circus.

A circus meant that for that day you didn't measure up. A circus meant more fatigue — and more fatigue meant that the following day would be more difficult — and more circuses were likely. But at some time during SEAL training, everyone — everyone — made the circus list.

But an interesting thing happened to those who were constantly on the list. Over time those students — who did two hours of extra calisthenics — got stronger and stronger. **The pain of the circuses built inner strength, built physical resiliency.**

Life is filled with circuses. You will fail. You will likely fail often. It will be painful. It will be discouraging. At times it will test you to your very core.

But if you want to change the world, **don't be afraid of the circuses.**

At least twice a week, the trainees were required to run the obstacle course. The obstacle course contained 25 obstacles including a 10-foot high wall, a 30-foot cargo net and a barbed wire crawl, to name a few. But the most challenging obstacle was the slide for life. It had a three-level 30-foot tower at one end and a one-level tower at the other. In between was a 200-foot-long rope. You had to climb the three-tiered tower and once at the top, you grabbed the rope, swung underneath the rope and pulled yourself hand over hand until you got to the other end.

The record for the obstacle course had stood for years when my class began training in 1977. The record seemed unbeatable, until one day, a student decided to go down the slide for life head first. Instead of swinging his body underneath the rope and inching his way down, he bravely mounted the TOP of the rope and thrust himself forward.

It was a dangerous move — seemingly foolish, and fraught with risk. Failure could mean injury and being dropped

from the training. Without hesitation the student slid down the rope perilously fast. Instead of several minutes, it only took him half that time and by the end of the course he had broken the record.

If you want to change the world **sometimes you have to slide down the obstacle head first.**

During the land warfare phase of training, the students are flown out to San Clemente Island which lies off the coast of San Diego. The waters off San Clemente are a breeding ground for the great white sharks. To pass SEAL training there are a series of long swims that must be completed. One is the night swim.

Before the swim the instructors joyfully brief the trainees on all the species of sharks that inhabit the waters off San Clemente. They assure you, however, that no student has ever been eaten by a shark — at least not recently. But, you are also taught that if a shark begins to circle your position — stand your ground. Do not swim away. Do not act afraid. And if the shark, hungry for a midnight snack, darts towards you — then summon up all your strength and punch him in the snout, and he will turn and swim away.

There are a lot of sharks in the world. If you hope to complete the swim you will have to deal with them.

So, if you want to change the world, **don't back down from the sharks.**

As Navy SEALs one of our jobs is to conduct underwater attacks against enemy shipping. We practiced this technique extensively during basic training. The ship attack mission is where a pair of SEAL divers is dropped off outside an enemy harbor and then swims well over two miles — underwater — using nothing but a depth gauge and a compass to get to their target.

During the entire swim, even well below the surface, there is some light that comes through. It is comforting to know that there is open water above you. But as you approach the ship, which is tied to a pier, the light begins to fade. The steel structure of the ship blocks the moonlight, it blocks the surrounding street lamps, it blocks all ambient light.

To be successful in your mission, you have to swim under the ship and find the keel — the centerline and the deepest part of the ship. This is your objective. But the keel is also the darkest part of the ship — where you cannot see your hand in front of your face, where the noise from the ship's machinery is deafening and where it is easy to get disoriented and fail.

Every SEAL knows that under the keel, at the darkest moment of the mission, is the time when you must be calm, composed — when all your tactical skills, your physical power and all your inner strength must be brought to bear.

If you want to change the world, **you must be your very best in the darkest moment.**

The ninth week of training is referred to as "Hell Week." It is six days of no sleep, constant physical and mental harassment, and one special day at the Mud Flats. The Mud Flats are area between San Diego and Tijuana where the water runs off and creates the Tijuana slues, a swampy patch of terrain where the mud will engulf you.

It is on Wednesday of Hell Week that you paddle down to the mud flats and spend the next 15 hours trying to survive the freezing cold mud, the howling wind and the incessant pressure to quit from the instructors. As the sun began to set that Wednesday evening, my training class, having committed some "egregious infraction of the rules" was ordered into the mud.

The mud consumed each man till there was nothing visible but our heads. The instructors told us we could leave the mud if only five men would quit — just five men — and we could get out of the oppressive cold. Looking around the mud flat it was apparent that some students were about to give up. It was still over eight hours till the sun came up — eight more hours of bone-chilling cold.

The chattering teeth and shivering moans of the trainees were so loud it was hard to hear anything. And then, one voice began to echo through the night, one voice raised in song. The song was terribly out of tune, but sung with great enthusiasm. One voice became two and two became three and before long everyone in the class was singing. We knew that if one man could rise above the misery then others could as well.

The instructors threatened us with more time in the mud if we kept up the singing but the singing persisted. And somehow the mud seemed a little warmer, the wind a little tamer and the dawn not so far away.

If I have learned anything in my time traveling the world, it is the power of hope. The power of one person — Washington, Lincoln, King, Mandela and even a young girl from Pakistan, Malala — one person can change the world by giving people hope.

So, if you want to change the world, **start singing when you're up to your neck in mud.**

Finally, in SEAL training there is a bell. A brass bell that hangs in the center of the compound for all the students to see. All you have to do to quit is ring the bell.

Ring the bell and you no longer have to wake up at 5 o'clock. Ring the bell and you no longer have to do the freezing cold swims. Ring the bell and you no longer have to do the runs, the obstacle course, the PT — and you no longer have to endure the hardships of training. Just ring the bell.

If you want to change the world **don't ever, ever ring the bell.**

To the graduating class of 2014, you are moments away from graduating. Moments away from beginning your journey through life. Moments away from starting to change the world — for the better. It will not be easy.

Start each day with a task completed. Find someone to help you through life. Respect everyone.

Know that life is not fair and that you will fail often. But if take you take some risks, step up when the times are toughest, face down the bullies, lift up the downtrodden and never, ever give up — if you do these things, then the next generation and the generations that follow will live in a world far better than the one we have today.

And what started here will indeed have changed the world — for the better.

43

UPVOTES

[FR] Simple and easy, but this stuff works.

atlhart · 28 June 2017 · Archived copy · Reddit

So, it really pains me to put this out there. Reason is, because it's so simple, it's so easy, that it's embarrassing to admit that I ever *didn't* behave this way.

Took the pill a little over 6 months ago. Still a fatass, but I lift heavy 3 times a week, have lost 4" on my waist and probably moved those inches to my chest and arms. I own my shit and hold frame. All the shit you read here. As a result, my confidence is up. My happiness is up. I don't get in arguments with her. I spend less time on shit I don't care about. I'm a different man than I was 6 months ago and I'm **much** happier.

Two things have happened in the past week that are worth sharing.

1)Kino: We were in the middle of an hours long sex session. Taking a break to eat some cheese and strawberries. My wife compliments me on how much I touch her. She said "I've noticed how much more you touch me now and I really like it. It puts me in the mood more, and I like that you touch me all the time and not just when you want sex."

This is so fucking simple that I'm an idiot to have ever not been doing it. I touch my wife all day everyday. We have sexy time 3x a week, but I touch her all day every day. Previously I'd only touch her in the 15 minutes (hell maybe the 1-2 minutes) before trying to get her naked.

I started this months ago, and it's paid off, but it was interesting to hear it from my wife.

KINO my fellow chimpazees, KINO.

2)Step up: Little shit, but step up. Don't be a beta-faggot. Own your shit, own your life. My wife emailed about a special offer she received yesterday. Wanted to know if I was interested. I responded "Yes. Interested. I'll handle it".

The first time I saw her, she ripped my cock out and and bent over in front me. She literally said "I've been wanting to have sex with you since you said the words 'I'll handle it'".

Previously, I put so much of the responsibility for stuff on her that it was a major turn off. I handle a lot, mind you, but the little crap liek this I had always put on her. More and more, I take action. And my wife has notice, and literally said it makes her want to fuck me.

This is brief, I know, and the stuff is so fucking simple. But it works. MRP isn't about manipulation. It's not about conditioning your wife. It's about fixing men. It's about making you into a man that women want to fuck. And yeah, some of it's hard, but so much of if it is so fucking easy. It's about being attracting, and not being unattractive.

43

UPVOTES

A Wolverine History Lesson

RedDreadWolverine · 24 March 2017 · Archived copy · Reddit

I've been away for a long while and figured it was time for me to return. I've been training and building my life into what I envisioned after I realized I had some semblance of choice and power over what actually happens around me. I've put in the work to tweak the minor things that comprise my daily functions. I've automated a lot of basics. I've been the oak for a while now. But some of the lessons I've learned this past year in addition to everything I've learned here have been weighing on me. I've had to realize not every other man knows these things. So let me give a brief history of my exploits since I began here so we have a jumping off point.

I started my marriage as a kept man. Everything my wife knew about me was virtue signalling and lies designed to impress her sensibilities. I lied about everything and misled her as to who I was. After we said I do I began to fall apart and crumble. I gained 100 lbs in our first year of marriage, stopped working, knocked my wife up, and then couldn't be bothered to even help her with the kid at all. I completely bullshitted her as to who I really was. Who I really was... was a guy that expected others to handle my shit for me. Who I really was... was a guy that couldn't even hold down a job because I couldn't deal with even constructive criticism. But God dealt me a hand that most of you could only wish for. Basically a unicorn in a sense. A woman not completely governed by her feelings but a code of moral ethics and somewhat solid logic. And she married me, an emotional manipulating do nothing irresponsible piece of shit. I really lucked out being married to her. She's never threatened to leave me or take my kids. She's never tried to control me beyond just wanting to see me take responsibility for the shit that comes out of my mouth and make something of myself. As far as she was concerned she was only gonna be married once and she had resigned herself to us being a sexless joyless bullshit marriage.

The sexless part for me as for many of you was why I ended up here. Dead bedroom eventually brought me here somehow. And around the same time I found out about the ketogenic diet and paleo. And I lost 165 lbs eventually. I started putting in work. Lifting, running, shooting guns, archery, taking tactical combat courses, enlisting reserves, making my wife stay home with the kids, getting promoted at work, and hell I even changed political philosophies. I went from anarcho commie to fucking balls to the wall Capitalist pig and even started my own business. I've also started a men's group and redpilled plenty of men in person. People have asked me over and over how I did that. I lost my fucking job and started my business and stopped caring what people thought about me.

How did I stop basing my value on external validation? I came in here and was honest. So honest it hurt. And did it over and over until it stopped hurting. Whinoreplease did me a great service. I carried that antagonism that said, "Ego is the enemy, stop being a faggot pussy." I stopped censoring myself. I straight up told my wife what I thought of her shit with no filter. I didn't tailor my words to manipulate people into doing what I want like I was some character on game of thrones or something. I started seeing the truth about how things really work and then spoke plainly about it.

I'm here to tell you that most of the dumb shit in your life is due to you believing some stupid lie about yourself. Most of the things that make you miserable is your truth avoidant attitude. It's the protection of your fragile pointless ego that never did anything for me you but make you a shittier version of yourself. You should hurt every fucking day if you're doing it right. Life is hard for hard men, and we welcome it. Seeking comfort and convenience is not going to lead you down the path to fundamental truths about who you really are. You can pretend to be that person or actually do it but you can't have both.

Once you make that fundamental change, you sit down at the negotiation table with the ability to get what you want as long as you have the balls to walk away from sunk cost fallacy. Once you establish outcome independence it becomes a fun game, instead of a crippling emotional ordeal of life or death. Those of you who are here seeking answers... you can't just pick and choose bits and pieces. If you want that relentless indomitable spirit that comes from actual masculinity, you have to surrender all those comfortable and convenient lies. I've never been in danger of losing my whole family because of my failures. But I was unhappy with who I was. I was unhappy with my

dishonesty with myself. But those of you who are on the verge of losing everything... even if you do you can always start over. I'd give up everything I have right now before I would go back to being the idiot I was before I came here. There's value to what is taught here. So shut the fuck up, read the sidebar, and listen louder when the men speak to you.

43

UPVOTES

Why Valentine's isn't the worst (or at least it doesn't have to be)

[deleted] · 15 February 2017 · Archived copy · Reddit

If you live in an sort of multi cultural part of the world, you'll appreciate that the folks you bump into daily have different beliefs. They have their special days; Ramadhan, Diwali, Pesach, whatever.

Would you ever, for a moment, attempt to convince someone of Muslim belief to stop observing Ramadhan? Of course not. It's their day (or, if you're Muslim, your day). Far be it for me to tell you how to go about your days with your beliefs.

I was wandering through some boxes in our storage unit and came across a Valentine's card I gave my wife a few years ago. This was a couple of months ago. It hit me, right there and then. I don't believe in Valentine's Day but she does. Rather than work on convincing her that it's a misplaced belief or trying to participate in a level that is so far beyond what I rationally believe (huge array of gifts and over the top gestures ie. Covert Contracts everywhere), I tried something different this year. I *went along with it*.

What does that mean? I dropped off some simple flowers and a card saying "Happy Valentine's Day, I love you" while running errands. She was out at the time, came home and seemed to appreciate them. I have no idea if she was thrilled, disappointed or indifferent. It's her day, not mine. Just like saying "I wish you a joyous Diwalhi" to a Hindu guy I work with, it's not about changing beliefs or trying to participate fully. It's just acknowledging some day she believes in is happening. Casual observation.

Let me tell you, for the first time in 20 years, it was a perfect Valentine's evening. No pressure, no disappointment. Great sex, great food and such an air of relaxation.

So as you prepare your posts today denouncing Valentine's Day, give your approach some thought. Is it really worth it to make the point you're trying make? Is the disappointment from an unfilled covert contract worth the effort? We both know the answer is no. Let them have their day. Consider it a great training day for you and your new mental outlook on the home. A chance to happily wander up to the ship's wheel and navigate calmly.

43

UPVOTES

[FR] Catch & Release pt 2

[deleted] · 10 February 2017 · Archived copy · Reddit

I was out picking up my dry cleaning this afternoon. A woman walks in and we smile at each other. I saw her get out of her car, she wasn't smiling. She actually looked like one of those vein popping hell moms that wants to murder her kids. Fair enough, I'll be her fun. Keep in mind, this is the second time I have ever asked for a phone number. I'm incredibly new to this and still scared shitless inside as I try. But as I mentioned before, fuck it, this year I'm ripping down all the safety nets and just going for whatever I think will help me improve.

So I pick up my cleaning and just have that feeling that I'm being watched. I turn and she's staring at me. Women today don't stare at anything but their phones. But she is just burning her eyes at me, smirking. I step aside, allowing the customer in front of her to the till and approach her

"Didn't your mom tell you it was impolite to stare?"

"I wasn't staring at you, I was reading the price board"

And...I'm lost. I reach into my bag of lines I've been mentally working on for weeks and come up with nothing. And here, guys, this is where things in my life have changed. Rather than bumble around or try to make something out of nothing, I just smile, a little nod and walk out. Another example of where STFU is a good default.

I walk next door to buy a bottle of wine. I'm browsing through and you fucking know who walks in. She casually walks to the aisle I'm in and says

"Great minds think alike", nodding toward the bottle of wine I'm standing in front of. It's a \$14 bottle of wine. It's nothing.

the STFU walk away from earlier was what I needed, I was 100% more relaxed now

"I'll be the judge of your mind, I'd like your phone number"

"I'm married" looks at my hand, "you're married"

"yes"

in a little girl, secret on the playground hushed tone

"Married people don't exchange phone numbers, are you crazy?!"

"No"

silence

"You're going to what, txt me some night you're out with your buddies?"

"No"

"But, you will phone me?" with juuuuust that little pang of want in her voice

STFU, smirking, staring right into those stressed out, nobody listens to me mom eyes

"I'm not giving you my number unless you promise you'll call me"

"I can't promise that. Now, Let's have it"

"You're pretty cocky, I don't like when guys are cocky, are you always like this"

And then I realized what was happening, this was her fucking. This was as good as she would let it get, wanting a little banter in the wine store. My plan was always to release, I have no intention of boning this woman.

"Fair enough, enjoy your afternoon"

And I walked up, paid for my wine and left.

Here's what I realized:

- The first time I tried C&R, it was an absolute thrill. I had no idea what would happen, no idea what approach such a hot woman would be like. That was the first time. This time was different. I liked the initial thrill but the fact it pretty much went to script was actually a bit disappointing. Catch and release sounds like fishing, this was almost like buying fish from the monger.
- I asked for a woman's phone number twice and now have exactly what I need, a sense of how abundant available women are. They are everywhere and if I got divorced and actually put time in, I could have plenty. It's like a oneitis vaccine and guys, if you feel yourself being drawn to believe your wife is the only one who will ever love you, I suggest this vaccination.
- The upside of C&R is reaching its end at the moment, I'm not going to bother doing it for a while. When I got back to my car, I realized something, I wasn't interested in trying again. I'll have to think on this a little and figure out what it means but without any other way to say it at the moment, the exchange with this women very quickly became boring. She was maybe a 6/10, 7/10 if she put in some work and that could very easily been why.

43

UPVOTES

Suspect wife is starting emotional affair

justthenewman · 14 December 2016 · Archived copy · Reddit

Gentlemen, I'm in a dire need of advice. Recently *I wrote a post about mate guarding* possibly being a good thing at times. It seems I have been dead wrong.

Background: Married 5yrs. Ltr 10. No kids. We basically grew up together through high school and college. Pre red pill - sex 1 time/week. Lots of drama, spiralling into oblivion.

Wife very emotional, impetuous. 8 when she makes an effort. 0 sex partners before me (well, at least that's what she said).

Lifting 1y+. Red pill apprentice 3rd month in. WISNIFG, NMMNG, PFPFPM done, MMSLP in progress.

Body: Me, wife and mister X work at the same company (Working with wife is wrong, I am aware, pre red pill decision), different departments. Usually don't see her during the day. At the company bash I got drunk and approached X after he's been talking to wife for an hour. Told him I didn't like the way they talked. At the end of the party bumped him, he almost fell. I ranked him at similar SMV to mine but now I think he might be a bit better built, tatoos, hobbies somilar to ms justthenewman. Next day had passionate sex and everything looked exceptionally good compared to my gut feeling.

Next month was a bliss. Wife was really SWEET and I got laid multiple times despite she was sick and then on period (pre red pill 0 sex when she had any excuse). We started experimenting for the first time in years. We had a lot of fun. I had a first unsolicited backrub ever. Lots of compliments all the time (you're now so big, i like your stomach, lots of touching etc). Lots of affection, she comes to cuddle all the time.

Also been out to see boys few times for a night, had a blast. Focused on my career and I expect a promotion. Reading, diet, hobbies on track.

I think I missed some comfort tests but did well on shit tests.

All of a sudden wife starts dressing better. Make up and hairwork. Sex is great. I feel great. She is like a little kitten. I see the light in the tunnel. Life is great.

Then all of a sudden cracks appeared.

- she took her phone out of my hand when I grabbed it once (we shared them often) nervously
- noticed she logged out of work mail (never did that) . Being paranoid I tried to login and found out she changed password
- we play table football at work. Colleague invited me once and I came last. X and wife there. Ahe looked shocked and was playing nervously. It was weird.
- when she was bathing I looked through her phone. Long chat history with X, just got few sentences.

X "wow i didnt make anything to make you upset?" W "not yet"

He proposed to make her a cake. Her reply: "mr newman would kill me if he knew you made me a cake"

Also some personal info. Too much personal info.

I found out they swapped books. She put a piece of paper on his book while it was on her desk at home. At home when i asked what book is that she said she borrowed. Casually asking from who I got uneasy "X"

Today I took a day off because I was giving a lecture. Wife insisted, supposedly so I could prepare.

And guess what. My bro tells me they ate a cake together at caffeteria. Alone. Usually when someone brings cake many people share it.

That's not fucking ending. Employees went out in the evening to play board games. She said she will go with me to the lecture but last minute decided to go gaming. Bro confirms her and X come early and play one on one.

Bonus: Mr X is married, this June apparently.

Even though we spend 95% time together I cannot rule out cheating. Window is small but exists. Last sex 2 days ago, didn't observe decline, she's eager and receptive. Cuddles, talkative, sweet. Does lotta chores.

It seems she is actively trying to spend time with him. Keeps it secret.

I'm preparing to get full chat history and will act based on that. I feel like going nuclear is highly possible.

I don't see how I can save it right now. Maybe you will. Don't know if it's worth it. We don't have kids. I feel like she woke up when I surpassed her SMV. She responded quickly and here we are.

UPDATE

Asked her if anything nice happened in work. She said no and presented detailed review of her day and omitted the cakey-tingly-girly-thingy. I take that as a DIRECT lie in the face. She didn't blink.

UPDATE 2

OP here. Got the logs.

No overt signs of isolation or getting physical, but lots of nasty stuff.

He suggested to drive her back home when I had day off, points out he lives close to us (how does he know where we live? Jesus) . She refused, because I set this up with reliable coworker before.

She wrote she 'had so much hassle to get out of going to my husbands lecture so we could get to play board games', he responds 'for me? I'm flattered'.

One sexual comment about the content of the comic book they swapped. He says that 'fucked up stuff' gets him going.'

Generally - he pushes, she does not remove herself. Lies, manipulation and flirtiness. Personal details.

Gentlemen, decision has been made. I'm off to see the lawyerino. Will be back.

43

UPVOTES

[FR] Last Words and Enduring Death

rf152 · 1 December 2016 · Archived copy · Reddit

It's not often you get the privilege of being present for someone's death. If you've never faced it you will be surprised at the power of the experience. In the past, I had the experience of caring for a close relative in the last days of his life, a man that had a formative effect on me growing up, a good man.

It was a long journey. I drove through the night and got a hotel in the early morning hours. I woke up and drove over to the house where he was dying. I knocked and his daughter opened the door, she saw me and started to cry without a word. I wrapped her up tight and saw the look in her eye that I was needed.

Leading the Weak

I descended the stairs and turned the corner to get my first glimpse at death. This strong and sweet man I had grown up with was now a shell of his former self, gaunt and tired. The moaning when he breathed was haunting and I can still imagine it today. His strength had deteriorated so much that he could no longer hold his vocal cords back.

He was suffering and he was selfishly moved home to die with his family, four women of differing personalities. There was lots of crying, inaction, and emotional moments on behalf of his girls.

I had to stoically take charge from the moment I got there and took it upon myself to make his last moments as comfortable as possible. I had to change his bedding, jury rig broken medical equipment, hold his cock while he painfully peed into a bucket, make sure he was getting regular pain medication, hold his hand and comfort him.

The room filled with a vile smell as a piece of medical equipment failed and I had his fluids all over my hands as I worked to fix the problem without experience. The women wretched. I put them in charge of making sure the aroma therapy machine was stocked with oil. His wife of 40+ years told him that he was always right.

I learned that if at all possible, make sure you have someone you trust to take action for you as you endure death.

Endurance

Endurance is the way of men, the power of enduring an unpleasant or difficult process or situation without giving way. Men do not give way, even when enduring death, and death is inevitable. Your actions and decisions in life will live on well after you are gone, make them lasting!

The dying man still had his brain and intelligence inside his failing body. I held his hand while we talked about his favorite sports in his moments of consciousness, I told him I loved him. Out of the blue and without context he told me,

"I must have wished myself dead 1000 times."

I nodded in agreement and left it unspoken.

You know those times when things don't go right; a project fails, your wife cheats on you, you suffer loss and all hope is lost. I've experienced that hot flush in my face when you feel you can't take one more ounce of stress or can't make sense of the information in your head.

The regrets and thoughts of a dying man taught me that men endure. We face failures, suffering and loss with courage, incredible effort, and resiliency. When you are on your deathbed maybe you will think back on all the times when you wished you were invisible and didn't take action, gave up, or took the easy way out. The clock has always been ticking and there is no one coming to save you.

43

UPVOTES

FR:Lifting is paying off

gettingmymojoback · 30 October 2016 · Archived copy · Reddit

So, just want to add a quick update on the last week or so. It seems like the last 4 months of HARD work in the gym is really starting to pay off dividends. I've been getting more and more comments from friends, family and coworker etc about what is now very noticeable changes in my physical appearance. It definitely helps the motivation in the gym when one of your wife's hot young friends notices and says "damn, you're looking GOOD".

Went out with the wife, some close friends and younger family members recently and all the females were commenting to my wife on how much better I looked. I could practically see the hamster take off when one of them actually said to her, "he's looking FINE tonight, you'd better fuck him later". Considering that 6 months ago not a single one of them ever noticed me physically, and now they were pretty much all commenting that she was lucky to get the chance to fuck me later.

So we all head out and get VERY drunk and have a VERY late night. For most normal people drunk wife = getting lucky, not my wife. For her getting drunk would normally lead to a very early preemptive NO before she'd even finish undressing just in case I wasn't sure. Usually a laundry list of "I'm too drunk, the room is spinning, I'll get sick...etc. etc.", we've all heard the excuses.

NOT. THIS. TIME.!

Despite being VERY drunk, she came at me like a lion looking at a wounded gazelle as soon as we hit the bedroom. Truthfully I wasn't planning on NO being an option, and I had already whispered that in her ear when we were out and I was grabbing her ass, "no is not an option tonight", to which she just smiled and kissed me passionately. Based on her past track record I wasn't expected much.

BUT, all the alcohol on both our parts led to a fantastic, long, hard, passionate fuck....something she normally would have been complaining about 4 short months ago. Now she was actively encouraging me to keep going harder. I feel like regular BJ's are just a few more months away as my BF% keeps dropping.

Amazing what just a few months of hard work in the iron temple and some new clothes can do for a man.

TLDR: Lift, eat clean, and never skip leg day.

43

UPVOTES

Bros, Dogs, & Beer

TheFamilyAlpha · 9 September 2016 · Archived copy · Reddit

Read the full article on The Family Alpha blog <https://thefamilyalpha.com/2016/09/08/bros-dogs-beer/>

Bros, Dogs, & Beer One of the earliest fuckups almost every new 'unplugged' man will make is that he will spew his confused, twisted, sad & angry emotions all over his wife. He will have come to the realization that up to this point he has been wasting his life and his wife is not attracted to the weaksauce pussy he has become. The pill is a bitter one to swallow, but I will always choose the pain of the truth over the comfort of a lie.

Pride will be injured, the ego is too involved, and the desire for immediate results will be alive and well – all ingredients leading towards a hurricane of emotions.

Like a Somali pirate this newly unplugged man will look to his wife and say, *"I'm the Captain now"* to which she will laugh or snicker and say, *'yeah, ok...'* leading to further frustrations.

He will want to weep and apologize for being so pathetic and not leading her or the kids – which is what has caused *them* to be so disgruntled and lost in this life, having never developed their own genuine sense of self.

He will resent himself for letting things get so bad and will decide to make a desperate plea to the world, making posts on twitter & reddit about how he has decided to 'man up' and take ownership of his masculine nature.

He may get drunk and tell his wife he loves her and now that he is a man she should submit to his lead. He will get angry and sloppy and yell about respect and *the way it should be*.

All of this will happen, and **all** of this will work against him.

Myself and several other frequent contributors here at MRP at have shared the message that all of these emotions – **they are for your bros, your dog, & your beer.**

Your wife is not your emotional tampon. She is a woman who is *always* judging your status as a man. Her shit tests are nothing more than checkups on your leadership & frame. To have you come to her spilling your guts about *whatthefuckever* – weaksauce, and she *will* take note.

Here is the kicker, in these initial stages – you have no idea what you need to do or who you truly are or **What's expected of a masculine man**. You've been plugged in and stuck inside a bluepill mold that was forged by some weaksauce white knights over the years for so long that you have no idea how to even 'man'. Because of this the last thing you want to do is lay out a plan that you'll be changing the very next day/week.

For these reasons, you need to just start taking actions, making small permanent changes and then let your results do the speaking for you. There is a reason that **Lifting is Step #1**.

Your wife isn't your mother. You don't need to run to her and say, *"Hey look at me, I worked out three days in a row this week"* She doesn't need another child to be proud of; what she needs is a husband – the masculine man you were and she thought you'd *always* be when she married you. The better way of doing that is to just start working out and during one of your romps in the sack she'll say, *"Wow, your arms are big or Whoa, your back is so hard."* You just shrug it off like that's normal – because being a jacked muscular masculine man IS normal.

Men are the more romantic of the sexes, I'm not saying **don't feel** – what I *am* saying, is be deliberate with whom you are sharing those feelings with.

Read the rest of the article on The Family Alpha blog: <https://thefamilyalpha.com/2016/09/08/bros-dogs-beer/>

Twitter

43

UPVOTES

FR: Why the office girls are getting a divorce

spexer · 19 August 2016 · Archived copy · Reddit

Disclaimer: Talked with a old friend that is a girl and this story comes from her... but even then so many red pill truth bombs were dropped.

So my friend Sarah has 2 girls in her department that are so unhappy in their marriages. one is filing for a divorce, and the other one is thinking she might.

Sarah asks what these husbands have done, as Sarah divorced after leaving a husband that beat her. Their answers really pissed her off, but when I explained the logic of it to her through my red pill lens, she was in full agreement.

Both these girls complained that their husbands are not there for them emotionally. They are not romantic. They are not bringing the love and making them feel special.

Hmm - maybe this is a MRP warning siren. Do you think this is because these men have taken the red pill, and have gone monk mode, have adopted the STFU and grin attitude and are out getting busy making friends and doing hobbies?

Nope. The opposite. Both of these ladies then said how hard their men were trying to win them back, with flowers, back rubs and so much attention they are being smothered.

Sarah called the girls out, sharing how bad her husband was, and how they are both so lucky that they have found such nice guys. Their girls admitted that she was right, and that they felt bad that they just couldnt love their nice guy husbands.

But they couldnt just love their nice guy husbands. Could they?

So both admitted they were flirting with other men. The one who wasnt yet getting a divorce wanted to find Mr. Right first - just to be sure.

And these nice guy husbands? Well of course they are to blame for all the anxiety and stress these wives are going through. They want excitement - love - passion... and these men are not giving it to them.

Maybe a few more apologies and some chocolates will do the trick..

43

UPVOTES

[Theory] The Toga Party Corollary

UEMcGill · 13 July 2016 · Archived copy · Reddit

Party of the Century

When I was in college I was a decent engineering student, and an even better partier. I spent my fair share of weekends drunk at football games and crashing frat parties for dirty sorority girls; “Why yes I’m in a frat, it’s called Delta Tau Chi.” Me and some bros got the idea to put together an epic house party. This would be a theme party on a grandiose scale of Boon and Otter. Kegs to be had, women galore, human sacrifices, it was going to be the highest level of debauchery. I had just broken up with a long term relationship (She said she loved me, but wasn’t in love; *epic foreshadowing*), and I was a man with no commitments.

We hatched a plan, created a theme and in order to entice people there we offered free beer. I made up a few flyers with the shitty free university copier and handed them out to key people. “First two kegs on us just come dressed! Tonight’s theme: 70’s disco. Party starts 10 pm.” I invited a few people, including a couple of the sorority sisters who lived next door to me and my roommate. What was supposed to be a fun bash of maybe 60 people, turned into 200, *at least*. The first two kegs were gone by 11 pm. 70’s disco somewhere morphed into pimps and ho’s; any costume event is really about how women can dress slutty without being judged. My ex showed up with some guy, but I hadn’t a care in the world, as she walked by me she was on ignore because I was busy trying to bed not one but two ADP’s (we called them Another Dirty Pussy behind their back for good reason). By 2 am the party spilled out into the yard next to the house and a total of 6 kegs were had in the end. I remember talking to a guy and he was like “This is crazy we heard about it on the other side of campus, I don’t even know whose party this is!” Somewhere around 4 the police showed up and the party fizzled out under the advice of the men in blue. Me? I didn’t care because I closed and was proceeding to treat my new friend from ADP like a farm animal. Unfortunately I couldn’t close the deal on both of them, but I didn’t care, one would have to be enough tonight. I woke up somewhere around noon with her naked next to me and the smell of eggs cooking. I put some shorts on and went to the kitchen to find a girl completely unknown to me wearing one of my t-shirts and not much else, cooking said eggs. Looking around I saw a couple curled up on the floor and two more girls in the same outfit; “when the fuck did people start raiding my t-shirts?” was all I could think. My buddy I planned the party with had hooked up with an old crush, I had banged a nice slutty chick, and my ex left early in a huff, because she wasn’t the center of attention. It took 2 days to clean up the mess, I lost 4 t-shirts (I don’t know why they were needed or how it got that point) and a week later we got a *stern* warning from the land lord that any damage done to the property would come off our deposit.

I went to class the next week and ran into people I hardly recognized, all congratulating me on an epic party. I got a promise to hook up again with the ADP and I literally felt like big man on campus. Things went back to normal, the ADP chick was crazy and slutty and fizzled out, but all in all it was a good couple of months. My buddy and I hatched another plan; repeat the party.

This time we’d start off with 3 kegs so we didn’t have to drive to the beer store so early again. Instead of 70’s it would be a toga party, and it was going to be awesome. I made up fliers, hit up the same people and we waited for the epicness to commence.

Only this time it didn’t work the same. By 2 am we still had almost 2 full kegs. My ex came and went, this time she

left saying “oh, blah blah blah is having a bash over on such and such” and left taking 10 people with her. The other ADP I hadn’t closed with at the previous party showed up and split within 5 minutes, and left with a majority of the talent. By the end of the night we maybe had 50 people; funny because it would have been a good party in its own right but the expectations of the night far outgrew the reality of it. We ended up having a weekend long party where people would come and go, maybe 4 or 5 at a time, just to get rid of the beer. I couldn’t understand what was different. We literally had the same ingredients to success as the last time, save it was a little later in the semester (it was a large southern school so it was still quite seasonable).

In my entire college career I’d been to maybe 5 or 6 of those kinds of parties. The kind of party where you run into acquaintances 20 years later and they speak fondly of it, “Hey McGill I still remember the 70’s party, I got the clap but it was worth it (true story)!”

In MRP we oft use the axiom from Rollo about rooting around in the garbage in front of neighbors. It’s a good analogy of why you don’t go back to failed relationships.

Iron Rule of Tomassi #7: It is always time and effort better spent developing new, fresh, prospective women than it will ever be in attempting to reconstruct a failed relationship. Never root through the trash once the garbage has been dragged to the curb. You get messy, your neighbor’s see you do it, and what you thought was worth digging for is never as valuable as you thought it was.

In the case of LTR’s this still applies, but I’d also postulate a corollary to that *you can never relive a party*.

You Can Never Relive a Party Corollary

There’s a post from a guy on MRP about his struggles with opiate addiction and how he feels he let his unicorn get away. Now he got the right advice and there’s a lot more going on than just rooting around in the garbage or trying to relive a party, but the idea still applies for those of us that are in a LTR or married. No matter where you are in your marriage, the past has no bearing on the future. You can never relive the party, whether it was the epic slut-sex she gave you when you first started dating or how she was a good submissive girl willing to follow your every whim, you can’t recreate that feeling of when she did those things for you. I think Rollo has a good point, and that’s when shit is broke don’t waste effort to fix it that effort can be better spent elsewhere. Often in a LTR there is a want to get back to basics, get back to the early days. There may not be a need to next, but just reset. In this case it is not about being broke, it’s about some fantasy of reliving that epic party that was the beginning of your relationship. So many men come on here and complain and daydream that “If they could just get back to where they were before they fucked everything up” life would be grand again.

Our first party was new and innovative. People had never been to something like that before (at least college kids in the early 90’s). The second one was a copycat and hindsight showed people saw it for what it was. When you as a man are approaching your relationship trying to unfuck it, you need to be cognizant of what the future holds. You can never relive a party, so too can you never relive a relationship. It takes a big man to realize that he is rebuilding his relationship anew and frankly my personal advice is if kids aren’t involved the default option should always be *next*. TRP and MRP are at discord because of this very fact, and even though I’m the first to tell a guy to move on,

I've battled years of trying to relive a party. I've made the value judgment that the effort is worth it to stay because the cost would be too great otherwise. Kids make a compelling excuse to get back that mojo, but it takes a lot of leadership to say, "I can't make it like it was, but I can make it better *whatever* that means". The real work comes in finding out what it is that makes it better.

We know it starts with you, you need to become compelling and people will want to be around you. Maybe that's your wife, maybe it's your new LTR. Have a new party for what it is, not what it was. Let go of the expectations of getting back to the past and instead embrace what the future may hold, regardless of how it turns out. By time I graduated, I'd been to a bunch of awesome parties. Some were no more than 10 people, but truly the best memories of my life. If I had chased that elusive "giant kegger" my whole college career I'd have been really disappointed. Instead I had a series of great experiences that in sum total add up to more than that one party. I've let go of the past in my marriage too, and found myself better off for it because of that.

43

UPVOTES

This is what happens...

[deleted] · 11 June 2016 · Archived copy · Reddit

[removed]

43

UPVOTES

She already thinks you're a fuck... Own it.

stonepimpletilists · 19 May 2016 · Archived copy · Reddit

Quickie on the lunch hour. Get shot down at 10pm? Don't want her to think you're butmad?

Ever consider that if you're newly unplugging that she already does?

Don't want her to think you're a Pussy, so you don't leave after a rejection. She shot you down, she already thinks that.

Own it.

Go fucking take a walk, hit the Starbucks, take dogs for a walk, head to the office after hours and just cry at your desk. Doesn't matter, the key here is a process.

If you absolutely must manage her perceptions, leave with a smile, come back with a smile. Shower as soon as you get home if you really want to be evil.

If she asks, cant your head and laugh. Remember my post on shit tests, how about no? This is what it's for.

Go be happy, go *pretend* to be happy. Eventually you'll start to believe it.

Won't do this because of some bullshit excuse? Check my post on thinking less, and doing more.

You can't think your way out of a sex shut down. Plus, when you're out side, alone at 10pm, you're able to actually trying something new. Walk into Starbucks, maybe there's another guy in there who Hates his cunty wife, start up a conversation. Make a friend asshole!

Another lady walking her dog. Ask if you can socialize your guy with hers, always guaranteed 10 minutes of company right there.

That social interaction may just cheer you up, and that smile you cone home with might just be real...

And go take a shower, it's filthy outside, spread your good mood to her. After all, girls get cranky when they don't have a good dick in them on the regular.

43

UPVOTES

Married Game - Is your woman improving herself? If so, make her FEEL appreciated, the Red Pill way.

A_Rex · 18 May 2016 · Archived copy · Reddit

TL;dr - if your woman has genuinely improved, provide genuine praise and make her feel appreciated. Reap the benefits.

By now everyone on here should know that you do not reward a woman's shitty behavior. You do not act like a supplicating bitch buying gifts and doing chores in response to a series of hard No's. We should also know that you do not simply reward women just for being women. Bringing home flowers everyday and telling her how great her tits look does not generate tingles. However, if your woman makes an effort and attains tangible, improved results, then praise her improvements.

If you read any survey of employee dissatisfaction, a chief complaint you hear over and over again, and with more emphasis than the long hours or the pay, is that workers hate it when they feel like they aren't appreciated. We can debate the reasons they aren't appreciated all day, but it doesn't fucking matter, because whether they are unappreciated because they suck or because their bosses suck, the point is that that's how they FEEL. Want to keep them happy, motivated and dare I say emotionally invested in the success of the endeavor? Let them know their contributions matter, and that their efforts are truly appreciated (IF, and only IF, they truly are valuable contributors).

Our domestic captain/first mate dynamic is no different. Expressing appreciation for exemplary work is appropriate. Similarly, if your first mate has noticed your example, and taken it upon herself to improve herself, praise is in order. And done properly, will pay dividends.

In my case, I had devolved to a beer-bellied bellicose beta bitch over the last few years. My wife followed my example to a fucking "T", herself becoming overweight and evolving more and more into a raging bitch with each passing month. Well, since swallowing the pill about 8 months ago, she's seen me religiously get up early to hit the gym. She notices how jacked I'm looking in my good-fitting shirts. She sees how women interact with me in public and, gentlemen, she's pregnant - pregnant with the idea that I could have a different pussy in her bed with minimal difficulty at this point if I wanted. She's also seen my change in attitude over the months, and through this dedication she understands that my improving is not a phase. It is real. It will continue. I will keep getting better.

Once it clicked in her head that it was real, she started following. She took it upon herself to join a gym and got personal training sessions (good idea since she would know what the fuck to do in one other than an elliptical machine without a trainer). She now dresses hotter when we go out in public. I don't get hard no's anymore - sex is 4 times a week or more and the quality ranges from good to amazing. Shit testing is very rare and is flirty rather than nasty. Comfort tests have been on a slight rise. She has initiated anal 4 times since my initial FR on the subject.

I praise her efforts at the gym. Her ass is looking much better and I compliment her on that, because I know she's literally busting her ass at the gym doing squats and stuff to get her legs and ass in gear. The compliment is genuine, and she knows it.

Which brings me to this. It was our anniversary recently so I went to the store to get a card and write something thoughtful. First, 99% of the cards had the most revolting BP bullshit I've ever seen. Stuff like "I could never live without you" that damn near had me vomiting in the aisle. So I got a funny one (actually kind of RP too) with plenty of room inside for me to write my own piece. (The card itself said on the front: "I got you the best gift ever this anniversary" Inside: "Me!")

Then I wrote this on the inside:

- I'm proud of the life we're making
- I'm proud of the family we've created
- I'm proud of how we've handled the few bad times that have arisen. Weaker people and couples would not have survived so heartily, and would have had more bad times of their own making (bad times being a miscarriage, and death of a family member)
- I'm proud of how we're raising our child
- Most of all, I'm proud that we're carrying on a torrid love affair after 17 years together.

I gave her the card the night before the anniversary, after we had already basically polished off a bottle of champagne. After reading, she looks at me, and says in a soft voice "Jesus Rex, your making me cry". She then gets up, comes to me and gives me a longer version of the 10 second kiss. I give her another gift - coupons for free "total body pleasure sessions" at the coconut spa. She laughs, we polish off the champagne, and head upstairs. Turn lights all off, I get on top, and she pulls my head in to kiss me and doesn't stop, except to moan, for the whole experience. She lifts her legs as I bang her missionary so I can pound her as deep as possible. She cums twice and soaks the damn sheets. I finish, we kiss for a bit, the eventually roll over to go to sleep. Not 2 minutes later, she rolls over on me and says "I want you to fuck me again." So she gets on all fours and I give her round two.

The takeaway:

Never reward or praise shitty behavior, or just for having a pussy. But if she goes above and beyond, genuine praise is due. If she's really working hard and improving all aspects of herself - make her truly FEEL appreciated. Score a direct hit on the feelz like i did, and the reverberations will vibrate that pussy like you wouldn't believe. You don't have to wait for an anniversary either. Like /u/thefamilyalpha keeps saying - keep her on her toes. Drop this kind of thing on her after a little wine on a random Friday and watch her heart melt while her pussy trembles. Note: be smart do not overuse this. This is a once in a while thing as part of your repertoire to keep her on her toes. Do it too much, and you might as well pay a lawyer to draft that covert contract for you.

Good luck and as always YMMV. Note2: pardon the formatting - mobile

43

UPVOTES

My wife was cheating on me (and I'm okay with it)

PurpleVeteran · 16 April 2016 · Archived copy · Reddit

I started my journey just 2.5 months ago. I've lurked and thrown in a few comments since, and I'm finally read to post my ~~victim~~ ~~puke~~ introduction.

Background

We're both 46. We were both virgins when we started dating in college (long distance). We married shortly after graduating, and have been together for over 20 years now. We have 3 kids, I'm a professional with a decent job that gives me some flexibility, and she volunteers at a local day care.

Sex was pretty good, though we were inexperienced. I was definitely BB and eager to please -- read all the books, learned all the positions, and all the places to touch her. We had a long honeymoon phase after getting married, but fell into routine and I let myself get buried in work and the ship started drifting. I went from 200lbs when we got married to 340lbs, and while I am tall enough that I wasn't a complete blob, I still shudder when I see how beefy I am in pictures from the last decade.

I handle all the money and bills, do all the shopping, volunteer a bit, and cook 2-4 times a week. I spend time with the kids, but I still tend to raise my voice and get impatient -- but then let them slide because I don't want to be the bad guy.

So, yeah, sex dropped off quite a bit. I spent the last couple years in a DB funk, trying all sorts of desperate shit: brought toys into the bedroom, tried to get her drunk, even shaved my pubes. She was always cuddly, so I'd use naps as a pretense to get into her pants. I loved going down on her (made me feel in control), and pulled out all the stops to make her come, but it happened less and less.

By the end of 2015, we were having sex maybe once or twice a month. I figured she was just low libido, and this was the rut that married people fall into. I'd use porn to get off, so that when we would have sex, I could last as long as possible. (Not that I hadn't used porn before, but it was becoming more of a crutch.)

I stopped initiating in January, basically shut down all affection. I was gonna make her come to me. And she did... **once** after I returned from a business trip. Then nothing. We spent many nights lying awake silently in the same bed, not touching or even acknowledging each other.

As it turns out, she was cheating on me.

Confrontation

So, that's a little dramatic. I realized after my trip that she was spending her days off (and her libido) with Mr. Hitachi. It wasn't that she had someone else, just that a couple minutes with the Magic Wand were easier and more reliable than flopping around with a fat husband for 30-45 minutes while he poked and prodded to find the right combination to get her off.

I was pissed. I was hurt. After all the fucking time I spent trying to fuck her, begging to give her orgasms, she didn't even have the decency to tell me I sucked in bed. I'd guess she was fapping 2-3 times a week, which it turns out was what I was doing too.

Bitter Pill

I had found TRP about a year ago, read a bunch of Rollo's blog entries, and while they were very interesting (I love the confluence of psychology, game theory, and trying to decode what women were thinking), I found they often wandered into solipsism and misogyny.

But after dawdling in the DB subs during January, I came onto MRP and that's when I was able to pick out the RP elements that I needed. And on February 1st this year I started my journey and started to own my shit -- regular

walks, exercise, eating better, taking care of my hygiene, and working to reclaim my marriage, my family, and the sex I deserved.

Well, I tried too hard. We had a fight about it on one night, and she gave me some pity sex that weekend, but I realized she was still having her electronic fun when I left for work. I broke down, I sobbed, I gave her the silent treatment, then threw a bunch of insults and tried to negotiate sex (if I clean the bathroom, will you give me a blowjob?). It was pathetic.

The next morning, I decided to do better. I told her the worst part of the whole thing was not that she was getting off without me, but that she didn't respect me enough to just tell me that I was the problem. I told her that she was welcome to get off any way she needed, but I wouldn't tolerate disrespect. I admitted the BJ thing was crass, and I would not negotiate for sex, but I would work to become someone that she'd actually like to fuck. I was taking her off the pedestal, that I would initiate when I wanted sex, and that she was responsible for expressing her needs and finding her own pleasure. Overall, not my best moment, but it was the turning point for both of us.

My Progress

"You don't need to change, I like you just the way you are." Yeah, that's such bullshit. If you had to choose between a post-wall frumpy wife who watches too much TV, or a submissive MILF with an hourglass figure who did chores without prompting, how long would you have to think about it? That's what the MAP is for men.

Since Feb 1st, I bought a home gym, started SS 5x5, and have added accessories along the way. I've fixed my diet and I walk 3 days (twice with my wife), run 3 days a week. From 340lbs, I've lost 55lbs in 2.5 months -- almost halfway to my goal of 220. I'm still "obese", but I'm looking better, feeling better, and damned if she doesn't like the muscles that have started coming back.

I've stepped up my work around the house. While I'm not handy, I've started tackling all of the crap that I'd neglected for years: broken drawers, leaky pipes, yard work. I've set and handled appointments for car repair, dental visits, and more. I bought new jeans (dropped several sizes), a few shirts for summer, and am working to fill out my wardrobe.

As I mentioned elsewhere, she's completely disorganized and kind of a pack rat -- why throw something out if it can be saved for a project or craft later? We have months of dirty clothes stacked, and a garage full of boxes destined for a garage sale in some distant future. I've been working to pick a room, clean it out (right to the floor), and pack/save/pitch whatever I find. She's not always happy with my decisions, but the house is almost done and this week I start on the garage.

And the sex? Well, I began initiating shortly after. I've always been good with kino, and know what turns her on, and had moderate success. On the nights where she turned me down (or starfished), I moved on with only a trace of butt hurt. I even ordered some coconut oil based on suggestions from this group, and surprised her with a tropical massage night that ended well for everyone.

Then came the a night where the whole family had volunteered at a local charity. The kitchen was full of older ladies, and I flirted with all of them shamelessly like I was in college. I was in peak form, and apart from a few light jokes, I ignored my wife most of the evening. We came home, and that night, she gave me the first real blowjob of my marriage.

I began to try domination in the bedroom. Previously I'd do something, then immediately ask if it was okay and do you want to stop. Now, I slap her ass (something she never approved of) during the day, give her a 10-second kiss then walk away, and basically turned my kino game up to 11. I gave her an explicit safe word. I've thrown her down on the bed, had my way with her, and didn't apologize for not helping her get off. I sent her text messages telling her to think of something naughty to do in bed that night, and then we'd do it.

And it worked! We started having sex 3 or 4 times a week -- or more. Holy shit, sometimes she'd climb on top of me and get herself off. She gave me a soapy handjob in the shower, and I ate her out when we got back to the bed.

We did things we hadn't done since we were dating, and damn if she isn't wet and willing more often than not.

My dread game is actually paying off. I have a plan, I look better, I'm dressing better, I have stopped engaging in idle banter. My wife even noted "you have your hand in your pocket, are you trying to be aloof?" I've read most of the sidebar and am applying more advice each day.

Here's what I still need to work on:

- Keep lifting, running, dieting. My goal for May 1st is 280 pounds (halfway to 220).
- Clean the garage. I expect this will take a month, and require a dumpster.
- Still find myself looking for my wife's approval, but I'm doing better.
- I need to *actively* lead my children and wife, not just do all the shit myself.
- I still care whether she gets off.

I even check whether she has visited Mr. Hitachi (she hasn't), but I have accepted that she's responsible for her own happiness.

Contributions

I really appreciate the tough love that this place offers. I've been blessed in many things, some of which I took for granted, but this place has set me on a better path. I'm no longer the fat, drunk captain who let life happen to him (or not).

Yes, I still hold on to my blue roots. If this is the worst trial we face in our marriage, then I'm very lucky. I'm still very much in love with my wife, and I still think she's my unicorn.

I honestly don't know if she ever cheated on me. I doubt it. I know she has a casual crush on a nearby Chad but she'd never make a move and he's never expressed any interest in her. That said, I check her email, social media, and phone GPS... and have seen nothing suspicious. (She's not very savvy, and I have access to all her accounts.)

I suspect she thinks I have cheated, as there have been plenty of business trips and I have often spoken of women co-workers and friends, but I never have. Sure, I've had IOIs and definitely entertained the thought (I could use the validation), but I've been too beta to even try.

My conversations with /u/ex_addict_bro really brought home the damage that an affair could cause to me and my marriage, even if my wife never found out. His story struck me deeply as a cautionary tale, and I've never had less of a desire to fuck someone else than I have since talking to him. Thank you man, best of luck in your journey.

And finally, /u/jacktenofhearts has provided what I consider a critical voice of reason to balance the knee jerk RP dogma that pervades this forum. After seeing the quality and relevance of his responses, I searched back through his post history and found so many gems that struck close to home, that I don't think I could ever repay him for the help he gave me.

Seriously, I learned more about my own covert contracts, codependency, and other flawed models from his dissection of other MRPs than I could have in months or years of therapy. I've never been so indebted to someone I've never met, seen, or even know their name. I appreciate it.

43

UPVOTES

Gentlemen; A practical thanks

Riding_Officer_CCI · 17 March 2016 · Archived copy · Reddit

tl:dr - epiphany leads to forward motion. TRP is neither a sprint, nor a marathon. Let go of the idea of a 'finish line' or fail.

Intro

Early 30's man. Young ish marriage. Young son. Been red pill aware for 3-4 years. (Talk About Marriage forum > Athol Kay> MMSL forum> wider manosphere) Landed at reddit/MRP 6 weeks ago. Have read extensively on masculinity, red pill thought etc etc. Read NMMNMNG and, MMSL, SGM, Rollos's works, etc. The Manosphere seems to me in great part to be outrage whoring on the latest SJW transgression. I get it. The wider world is fucked. Feminism has ruined everything.

Except in my world, my tiny sphere of influence.

I don't live in the wider world. I live in my world. I choose who to spend time and attention with, whos opinions are of value to me, and all the rest of it. My world contains: my wife, our son and my dog. That's it - my duty is to them. I must lead my wife, I must guide my son, and my dog - he's my oak. A woman will never love a man unconditionally - a dog will, always. Friends and family pass in and out, strangers sometimes, but everyone is here by my invitation. It takes much more digging through the Manosphere to find gold than shit nowadays. MRP gleamed like a shiny gleamy yellow nugget to me.

I'm refreshed to find a place where Men are held to high standards by their peers, and they give each other help rather than bleating on about how fucked everything is. I have a son, therefore it is my duty to raise him to be a Man. That's my purpose. He will follow my example, whatever that is- so it's on me to make it an exemplary one. My catalyst to recent changes has been a mindset shift, which I may expand upon in later posts. I've lurked for long enough, I want to thank you for inspiration and advice by chucking my own philosophical hat in the ring and testing a concept.

I'll run with the caveat that as there is nothing new under the Sun, that another man has said the same, more eloquently than I will- however, this was my epiphany and I share it both to thank you for making fireside conversation which has been valuable to me, and as an introduction of a little value as I push my way onto a log with you by the fire.

Body

Only you have the power to end the anger phase - and it is simple, but not 'easy.' Here's how I did it:

Abandon the mental objective of one single 'finish line.'

Why? Because you are a man. There is no finish line, no destination, no prolonged respite. Your wife will not be waiting with a glass of beer, a sloppy beej and a sunny disposition at the tape. She will not be transformed forever into your perfect vision of wifeliness in reflection of your development. This is why you must be utterly at peace with the fact that as a Man, the only validation worth paying attention to is internal. You are a Man. Marching into a headwind is your lot in life, just as her eggs running out is hers. Embrace it. Revel in the sensations of each boot striking the ground in front of you, rather than some nebulous goal which doesn't exist.

How many of us have started this journey, seen progress, gotten complacent, and lost Dem Gainz, all because our mental point of reference is calibrated to the idea of an 'achievement' being distinct, finite, attainable? Study a course> pass exam> rest. Train for a competition> do competition> rest. Life isn't like that - sorry you've been told it is. We all were.

Lesson

My journey started because I finally understood the nature of what I had to do. What is different this time around is

I know what I have to do, and how to do it.

The sooner you accept that your path to being a Man is perpetual, rather than finite, the easier the anger will smoulder out, and you will learn to take satisfaction from placing one boot in front of the next, and revelling in the scenery.

External validation is for women. You must learn to abandon your reliance on it.

‘Alpha’ (Fuck I hate that term) cannot be a destination. For the newly awakened, it is best that you accept it now- your life will always be a struggle. She will always test you.

The game is **always** being played.

Edit: typo, expand on 'my world' point. And F'ING formatting.

43

UPVOTES

'PC' Parenting is Straight Garbage

[deleted] · 18 February 2016 · Archived copy · Reddit

Read the entire article Here: <http://thefamilyalpha.com/2016/01/20/pc-parenting-is-straight-garbage/>

This post has been in the works for a few weeks now. The reason for this lengthy 'write time' is I wasn't exactly sure how I would be able to cover the concept of '*Politically Correct*' parenting without breaking it into a 'series' of sorts. I'm not a fan of series, I write about a certain topic or topics a day, and then I am off to ponder another aspect of masculinity. To write at length for multiple days on a single topic just isn't my style. So, I had to find a way to take *all* of what PC parenting is and strip it down to my specific gripes and what I think parents should be doing in regards to rearing their children. I am not going to tell you how to raise your child, as a married father of two I am doing my best and giving my all, but I don't know if my way is the 'right' way, I just know it's the best way that **I** believe they should be raised. With that said, there may not be a 'right' way, but there *definitely* is a **wrong** way. Raising your children under the notion that they should be groomed for blending in with society, not making waves, and tolerating everything – thus believing in nothing is **not** how kids should be raised.

I have a 6 year old boy and 3 year old girl, so that is where I am coming from. For those who are ready to blast me for even suggesting parents could be doing it wrong, fire away – you're retarded if you think there isn't something wrong with raising a kid '*gender neutral*'.

I have had people tell me that I should enroll my daughter in football and baseball to keep her 'well rounded', I'm sure these people will also be sending me space camp, math prodigy, and science summer camp pamphlets for her as she gets older. My daughter loves glitter, her dolls, and all things make-up, purse, and jewelry. She is enrolled in dance/ballet and loves her tutu.

Why is that a fucking problem?

Some feminists and 'Pro Gender-Neutral' parents have a major issue with girls being girls. As if a female, acting in accordance with her female biology is somehow selling out the entire sex and ruining the work that was put in from millions of women before her time. These feminazis tell girls to not allow 'men' to dictate what clothes, degrees, and jobs they should have and instead, take it upon *themselves* to tell the girls what clothes, degrees, and jobs they should have.

It makes no fucking sense that I should make my daughter do and play masculine activities for the sake of 'equality'. That isn't raising her in accordance with *her* wishes, which would just be me pushing the female imperative even further.

Here's an idea, let your kid choose. Let your girl tell you if she is in to science or glitter and support her either way. Same thing with boys, my son is into sports – if he was into the clarinet I'd support that too. But there is no way in hell I'd even consider forcing him into dance in an attempt to get him to understand that *it's okay* to be feminine. I will watch him and listen to him as he grows, he'll tell me what he is into and I will ensure he puts maximum effort into that thing. But I will **not** use him for my personal agendas.

Read the entire article at The Family Alpha:

<http://thefamilyalpha.com/2016/01/20/pc-parenting-is-straight-garbage/>

Acta Non Verba, Hunter

43

UPVOTES

[FR] My first comfort test that I knew was real

bogeyd6 · 24 June 2015 · Archived copy · Reddit

Last couple of days from my wife has basically been a sex fest and us pleasing each other. Yesterday she was a bit tired and stressed and I passed every single last shit test. Some of the shit tests included when I asked her to put a hot dog bun on a napkin instead of the dirty table we have been packing all night on. She told me I know how to fucking handle hotdogs, I handle yours just fine don't I. In the most shittiest of tones you can believe. I just laughed and told her she was so cute when she gets mad. Now here is where I practice my Amused Apprenticerly (Not yet master)

Her: Why are you laughing, dont laugh at me. Im pissed.

Me: You get so cute when you are mad, you get that little wrinkle in your nose. (smiling the whole time and being playful)

Her: You never take me seriously anymore, Im pissed, and you should blah blah (im tuning her out at this point)

Me: That's whatever you were talking about for ya.

Her: This is fucking bull shit (proceeds to stomp out of the room)

Old beta me would have followed and apologized profusely. Held frame, sat and finished my meal. Went back to packing boxes and then it is time to go to my step-sons house and install closet organizers. Car ride there she is pretty cold, 15 minutes we arrive at the house in complete silence. She then reaches over to me and grabs my hand. Apologizes, and then I start giving her attention again. Still with the shit tests all night. Play them all seemingly perfectly. I have become Neo and I dont even need to try to dodge them anymore.

Last night I went to sleep before her, which is abnormal, and I think her hamster went into overtime. She asks me if I am going to bed, and I respond stoically that "No, I am going to sleep". We both get in bed and I just roll over immediately and try to go to sleep. Some minutes of silence and she scooches over and asks for a hug and cuddling. Says she didn't get a good night kiss. Give her hug, peck on the forehead, and say good night princess. Immediately roll back over and go to sleep.

Fast forward to the next morning and she wakes up and cuddles me in bed. I have to use the bathroom so after like 10 seconds I just get up and go. Make coffee and etc... When I am done with my shower and shave I come out and hand her a pen and paper. Finally doing what I should have done two months ago. I tell her to write down the username and password to the online bank account we share. Also, I want her phone account login information. She dutifully agrees and writes down the information. She comes out to the kitchen where I am reading hardware advertisements.

Immediately she launches into is there something wrong. I just grab her hands and say no dear, since I am going to pay more of the bills I need the information to do that. She keeps asking if something is wrong and I just smile and say no. Maybe after 3 minutes of this back and forth she bursts into outright crying. Asking me not to leave her and stuff like this. I only reply "I gave you clear boundaries on our condition for divorce, if you didnt do anything then why are you worried?". (NMMNG) She then tells me exactly "You are in charge now and you make the rules, and I am scared you will change the rules." Again, I go to "Are you 100% clear on the boundaries" (WISNIFG, broken record) and she says "Yes sir." (had to stifle a moment of pride)

Literally said almost no more than this. She is just staring me in the eyes and crying and crying for maybe 2 minutes. I grab her by the hips and roughly pull her in for a super passionate kiss. She goes to rub my chest, I grab her by the arm and push her towards the bedroom. Lets go. She is basically skipping to the bedroom and starts to just give me a blowjob with her clothes on. I stop her and tell her to remove her bra and shirt. She responds yes sir and does it. Then halfway through I tell her I want to fuck. I flip her over onto her back and just yank her pj's off her. I proceed to pound her as mercilessly as I can. She comments that I should be proud of how wet she is by

giving a blowjob. My back hurts a little bit this morning after that viscousness too, but not telling her that.

You know what? She stopped crying and being insecure. She saw that for once I really was the oak tree. She gave me the respect that I showed, not told her, that I deserve. Actions not words. She agreed to my leadership without even being asked. She has gleefully accepted her role as the first officer. My situation was helped by a woman who prefers that and actually wanted it without knowing it. Over the years when she told me that pounding her was her favorite, I kept trying to make love slowly. When she told me she didnt want me to help her while she ranted about this or that, I kept trying to help. When she goes into super hardcore bitch mode, she actually prefers that she gets her space rather than me offering every kind of help I can. She didn't like getting flowers and gifts at work, and now when I drop off a **redbull and skittles** I get a blowjob that night.

Try as I might, i still run into issues of recognizing the comfort tests. I am working out regularly, taking taking time for my hobbies. NMMNG helped me learn that I don't have to please other people for them to want to please me. It's like crack to my wife. The more I maintain my assertiveness the more its like crystal. The more I maintain frame the more she respects. WISNIFG is teaching me how to be assertive and early on in the book it said people only have so many no's and that is very true.

43

UPVOTES

[FR] Lifting works

MarriedAsFuck · 21 April 2015 · Archived copy · Reddit

Completely unplanned example of lifting working happened last night. Short version: Been lifting for about 4 months now, and I can see gains, and my wife can too, but so far she hasn't had that tingle moment. One thing I noticed is that with the right lighting, gains can be more dramatic.

So last night, she was taking a shower after her workout, and I needed to take a shower, but instead chose to take a bath. In the 5 years that we have been in this house, I have yet to take a bath (only showers), so I was not expecting what happened next. After she got out, she turned on the light over the tub and said "Did you even know there was a light over the tub?", then walked over to do her post shower girly crap in front of her mirror. Well as I stood up and started getting out of the tub I saw myself in her mirror and DAMN... I looked good. So I got the right pose on, and when she stood up and noticed, I saw her jaw drop a bit, and her head pull back a bit. Normally if we do fool around, it's me pushing the gas peddle; not last night. She dropped her towel and led me to the room.

TL;DR: Keep lifting fellow bros... It works.

43

UPVOTES

Reasonable Requests versus Testing - False Positives

part_wolf · 8 February 2019 · Archived copy · Reddit

I'm going to keep this post short and sweet because I'm very new to MRP, but getting started comes with its challenges.

Since I've started applying the MRP principles and observing my wife's behavior, I've found that a few times I've been failing in a different way when my wife makes reasonable requests.

Once I started identifying shit tests, I saw them everywhere in her behavior. Sometimes she would ask me a direct, reasonable question with zero attitude - "Did you bring the garbage cans back in?" and I thought I was trying to agree and amplify - but really I was stuck in her frame. I hadn't disconnected from the validation and I thought I knew exactly what was coming next: a shit test about how I just left something else for her to do. In short, I was seeing a lot of false positives. She had trained me to expect the shit test.

The problem: I was still stuck in her frame. I was worrying about what was in her head. It made it easy for her to gaslight me.

Once I started to understand and implement stoicism and the DNGAF philosophy, I saw those questions for what they were: questions. My wife just wants to know if I packed our daughter's lunch for the day. If I'm handling my shit (I take care of our daughter's entire morning routine by myself), there's no need to get defensive. The shit tests are definitely there (usually even in the same conversation as a reasonable request), but it's so much easier to pass them when you see them for what they are.

Just starting out, having an ego and being a little bitch was holding me back. I was being a sarcastic prick. My wife pointed it out, and she was right.

I've had *way* more success once I identified shit tests more clearly. I'm not passing every single one of them, but my reaction time is better and if I didn't pass I'm making a mental note for next time. At least now I'm looking out for number one every day and staying in frame. She's told me she appreciates that I'm not just reacting, and she's been sweeter and more affectionate toward me. We're making progress because I'm making progress.

Obviously a big caveat here: most guys are probably failing actual shit tests, and that's obviously a greater risk than overreacting to a reasonable request.

The big lesson for me was if I just focus in on the true shit tests, my reactions will become more powerful. For me, right now it's more effective to have a slow transition. If I do fail a shit test, I make a mental note to be ready for the next one.

TL;DR - Problem: if you treat reasonable requests as a shit test, you can do more harm than good. **Caveat:** you're most likely fucking it up by failing shit tests. **Lesson:** get good at reading the pitches: hit the fastballs down the middle, but also don't swing at shit that's outside of the strike zone.

43

UPVOTES

Knowing When To Take A Knee

HunterDrewTFA · 5 July 2019 · Archived copy · Reddit

This has nothing to do with Colon Kaepernick

Instead, I'd like to talk about knowing when to sit out of the Reindeer Games.

As men, we have an innate desire to compete, to be in the mix, and to simply lead things. For myself yesterday highlighted this, around 4th of July I'm expected to lead the party, get crazy with Patriotic Fire Water, and ultimately be the guy making sure everyone else is at that same operating level.

This year I didn't; this year I enjoyed the day with my family and let others go to town on Beer Pong, rocking out to the music, launching fireworks, and getting loud and crazy.

I had nothing to prove, even though I was asked to join I didn't want to. I knew I had a *Morning Brew* to run the next day and it was hot as fuck, so I didn't want to have my body absorbing alcohol just so I could feel like shit today.

You need to know, you don't have to be "*that guy*" at the party, even if it's the role you've filled for years. For those unable to expand on this yourself, what I'm saying applies beyond the realm of house parties; your job, family day to day living, your hobbies - there's a time to push to the brink and make sure you're leading the charge and there's a time to sit back and let others run the show while you take a knee.

So long as you aren't pouting about it, this does not compromise your ability to lead and thus your wife will not be wondering what's wrong with you. Make sure you aren't forcing yourself to be "that guy" lest you burn out and become the guy who "used to" be able to hang.

Intentional breaks and breakdowns are not the same.

PS: Things have changed both layout and content wise, I look forward to getting involved with this group again. A lot of solid work is happening inside these walls.

43

UPVOTES

[FR] Update- on main events and how far I have yet to go

alphasixfour · 12 July 2019 · Archived copy · Reddit

Warning as usual -long ass journal style post ahead. Read it or not. Your call. I think info is important or I would not have included it.

This is in part an update to this post:

https://www.reddit.com/r/marriedredpill/comments/bxih8t/fr_losing_my_religion/

As well as a FR on what I believe to be my main event and an open solicitation of advice, calling me a faggot, whatever the hell you want. Let me have it guys. Time to knock the dust off and grow.

Figured out my religion was bullshit, wife still very religious- she threatened divorce - I immediately lawyered up and began gathering info (stay plan is now same as go plan) but took no action to initiate divorce... just notes.

She found out I talked to atty, had a meltdown, and now tries to re-frame me as the bad guy who is threatening divorce. Don't give a fuck, just STFU and execute.

Phase 1: once she calmed down and realized I wasn't fucking around with her divorce threats anymore, she became submissive, fun, sexual. We've had sex nearly every day for a couple of weeks. Not overly passionate hysterical bonding panic sex but the dread was up and she seemed to respect me and desire me more.

As time went on frequency stayed high but quality slid closer and closer to just above starfish.

The church still pisses me off. Big anger phase that I'm trying to overcome. I'm working my way out and will tell you about it in detail if you want to know. For now, just know that I am leaving.

Fuck I once again see the need to STFU. I lose frame when I discuss my problems with the church with her because she feels so strongly about it and I get angry when she won't look at it logically. Bringing up the church in any way is a surefire way to dry sex up for a day or more.

My inner validation whore wants her to realize I am not crazy but she's going to just have to think what she likes while I lead us to freedom by example. A second 1000 foot rope to pull taut.

I'm so glad I have redpill. Porting the same tactics over from relationships/sex to this aspect seems to be the way to go.

Phase 2: As time has progressed we've entered a new phase where she will be bitchy, try to start fights etc. She will want to critique every conversation I have with people: "you shouldn't have said that" her hypergamy and solipsism

are in overdrive.

Regardless of the fighting and general bitchiness, if I stay cocky- funny, STFU etc, she still fucks me. (you mean this redpill shit works? who knew?)

I also realize that I suck at comfort tests. Maybe it's the fact that with my increased TRT protocol I am at numbers approaching 8-900, or that I am just an autistic angry Rambo fuck, but I just tend to treat everything as a shit test (her comfort tests are shitty, so I have treated them as shit so far)

She is feeling the dread and losing her shit on a regular basis. Two days ago she sits me down and asks if I have been 100% faithful. My responses: "Why would you ask that?" followed by "If I decide to move on you'll be the first to know."

Then she asks if I have been looking at porn. (nope. porn is weak-ass shit for betas) answer laughing: "no, why?"

Now porn is a doubly big thing in the Mormon church. They are fucking obsessed with it. Mormon wives are taught that porn use is cheating and women are taught that bikinis and even bare shoulders can be considered porn. I shit you not.

They recently released 70 anti-porn videos in one day. They have support groups for the men who are "addicted" to porn (because no woman has ever looked at porn) and support groups for their frigid wives to bitch about their husbands who are addicted to porn. They create all sorts of shame which feed the beta male cycle. Gotta keep people sick so they stay in the hospital.

She then pulls up my instagram account where I have exactly zero posts, 3 followers including her, and follow about 20 gun companies and 3-4 weightlifting tips accounts.

Among all those is some gal in another state who posts pictures of kickass guns but also is *gasp* wearing a low cut top and even has some BIKINI PICTURES on her instagram. I honestly don't even recall following her and would laughingly own it if I did. It's a fucking nothing burger.

She gets one straight courtesy answer of No and then its right to asshole mode as she won't fucking let it go. "She's pretty hot babe, do you think she would let me shoot her suppressed m4?"

Cue snot and tears. I hug her but STFU.

Next morning I am trying to leave and she pulls me down onto the bed and makes me late for work. The whole time we are fucking she can't stop talking about how much she would like to watch me with another girl. (standard DEVI threesome fantasy that gets her going)

Outside the bedroom though its back to the shit tests about this girl and bitchiness. Shit test after shit test about this person I've never met over the last couple of days. She can't take the joke when I fire back a witty remark every time. Gets pissed. Cries. Not my problem.

Her hamster is in overdrive. She wants total access to my phone and location. She wants to read all my fucking texts and deconstruct everything I say to other people and tell me what is and isn't appropriate. She rants that she is a prisoner because I haven't let her run the finances for the last 2 years and I have my own account. (she fucked up the finances for 17 years and I make the household money, her money from her job is hers to spend. Deal with it) Telling me she will never have sex with me (ignore what she says and just keep initiating and fucking her when I want to fuck)

She told me yesterday that she feels like she is showing up to work every day not knowing if she has a job or not... (good. dread is working)

I'm reasonably sure this is a multi-day main event.

Yesterday we were working in the yard and after some initial shit tests she became a bit reasonable and we started having a good conversation until a neighbor walked over and I talked to him. As he walked away within earshot she starts tearing apart my conversation and telling me what I should and shouldn't have said.

It's getting dark anyway so I let her rant while I STFU and pick up the tools and head in without saying a word. She can't let it go and follows me around the house trying to start shit. I calmly inform her that I'm not going to have my conversations Monday morning quarterbacked.

She can't let it go. Alternating between yelling and crying and the same old tropes about how bad I treat her and the instagram chick and how she is a prisoner. Fuck if these are comfort tests she ain't gonna get any comfort from me by being a bitch.

I hop in the shower and she keeps opening the shower door. I am trying not to lose it and playfully splash water on her a few times until she follows me into the shower fully clothed. Still yelling.

Now I have a weakness. She knows it too. Not only that, she actively uses it against me. I suppose i should thank her for making me stronger. I've had it since childhood and I probably need therapy. I can't stand being cornered. It's like claustrophobia but only with people cornering me and straight fight or flight response.

So here I am naked, cornered and wanting nothing more than to go berserker and kill every living thing I can touch. I finally raise my voice and tell her to FUCK OFF. She can't stand profanity. I'm not *allowed* to use it around her and especially at her but she needs the verbal punch in the face.

I get out and dry off and just try to STFU the rest of the night.

Again, pre-redpill a curse word would have put me in the penalty box for a few days at least.

Nope. Last night she fucked me good, came hard and I pushed some boundaries/took what I wanted.

It's making my head spin to see it all in action.

If I analyze it I think where I miss the mark is I'm still a drunk captain when it comes to overall vision. She has asked what I want a couple of times and I am so fucking autistic/ blue pill conditioned I can't articulate what I want her to be without worrying about how I sound. I still give too many fucks. I want to be ready to lay out a vision for our relationship and what she should be to me once we hit the snot bubbles and reconciliation here.

Any pro tips on how to explain to her once she starts communicating overtly exactly how you expect her to be and act?

I need to work on that.

43

UPVOTES

I encourage my American friends to be fully stocked, supplied, and able to effectively work from home by Sunday, 3/22, though EOD tomorrow would be ideal.

johneyapocalypse · 19 March 2020 · Archived copy · Reddit

I imagine the majority here have planned accordingly. Those of you who have not would do well to make the most of your efforts over the next business day.

Focus on:

- **Lube. More lube. Still more lube. Anal beads. Anal toys. Bananas and cucumbers. Skip the damn toilet paper 'cuz you're so into anal anyway.**
- Skittles for MCT.

Slightly less important:

- Effective work-from-home capabilities (if required).
- Sufficient supplies.
- Home defense.
- Family leadership initiatives.
- Routines for each of your family members, particularly your children.

Maybe next week will simply be another week.

I have learned it likely will not.

43

UPVOTES

OYS Announcement: Maximize your investment. If you ain't first, you're last.

HornsOfApathy · 5 August 2020 · Archived copy · Reddit

Recently the mods had a discussion if we should change the weekly OYS thread to "contest" mode which randomizes the comments for better distribution since people are posting on Tuesday at different times.

No.

You either post early on Tuesdays, and your post gets voted on and commented, or not, and you don't get feedback. It's natural selection.

This OYS thread is for you. If you care make the most use of it.

I make it a habit to respond to guys more often who post early. It shows me they took the initiative to get up bright and early, are less likely to waste my time, and take it seriously.

Rule 9 has also cut down on the number of "she" posts and reduced the average thread from 500+ responses to < 300, streamlining this machine for your use.

In reality, OYS is the only thread that matters here at MRP. There are plenty of examples of men here that have accelerated their progress by taking OYS seriously and posting early and often.

Get to work.

43

UPVOTES

60 Days of Dread: Style

FutileFighter · 16 November 2023 · Archived copy · Reddit

In looking at past years' 60 DoD about style, the focus was usually on clothing, shoes, and accessories, which I'll call "fashion." They covered the issue well, especially [this one](#), so I'm going to be brief regarding fashion.

Fashion you can buy, but style you possess. The key to style is learning who you are, which takes years. There's no how-to road map to style. It's about self expression and, above all, attitude. —Iris Apfel

I don't know or care who Iris Apfel is, but this quote captures the point I want to get across -- **your style is more than your clothes**. It is your grooming, clothes, shoes, posture, eye contact. Its how you move and how you speak.

Your style is the integrated package you are presenting to the world, and it signals to others who you are, what you are about, and whether you are worth a shit or not. And **signaling matters**.

The rest of this post is broken down into (1) fashion, (2) grooming, and (3) how you carry yourself. I'll leave speaking style and any other aspects for another day.

1) Fashion

Like I said above, other posts cover this topic well, so I'll keep my comments relatively brief.

Don't Be Unattractive

This is most of the job here.

- Step 1: Anything that has holes, pit stains, no longer fully covers your gut, has lost elasticity, or shape, etc. should be trashed.
- Step 2: Anything that you haven't worn in the last year should likely be donated.
- Step 3: Anything that doesn't fit *well* any more should be donated or put up in an appropriately labeled bin.

Ex: I've had to retire all of the button-down shirts, polos, and suits I've owned for more than two years because they no longer fit in the chest. I donated half and kept the higher quality half if it was within one size, but put them in a bin and labeled them as such.

Fit Is Paramount

Not only should you not look like you are wearing your father's (or son's) size clothes, you should only buy clothes that truly fit. Be exacting about it. If it doesn't look like it was made just for you when you try it on, keep looking.

Ex: I bought a dress shirt recently, but I'd look ridiculous if I just bought an off the rack shirt because I'm a 17.5" neck, 41" chest, 31" waist, and I'm 5'8". The shirt would be worthless to me if I hadn't gotten it tailored, but now it looks like a million bucks.

Also, find a brand / fit that works for you and buy a couple different styles. For example, Peter Millar's Crown Crafted button down shirts are tailored enough for me and I've found a few styles of those that I like. For athletic shirts, i found a brand on Amazon that fits me well, and they are 3/\$25, so I have 12 of them in a handful of colors.

Quality Is Also Paramount

You know that shirt or outfit that you look great in, so you wear it half of the time you have an occasion to? It is probably the right combination of fit, style, and quality. If it's not a "fuck yea" it's a "fuck no."

Dress Up a Notch, Not Down

Early in my career I worked at a bigger company that had Casual Friday. It devolved to the point there were some young guys who wore tank tops and flip flops. No one respected them. Don't be them.

Instead, be the guy who takes it up a notch -- a sport coat when slacks and a shirt will do.

Shoes Are A Giveaway

If you look good but your shoes are scuffed and tattered, it ruins the look.

Also, don't wear sneakers unless you are working out or its an intentional look.

If I'm wearing slacks or jeans (my day-to-day and/or office wear), I either wear a pair of nice suede or leather "driving shoes" (moccasins?) or cowboy boots (ostrich). Yes, they are expensive, but (for example) I've had those boots for 12 years and wear them 1-3 times a week. That's absolutely a better value than cheaper shoes I wear once a quarter.

Jewelry

I don't wear any rings, necklaces, etc. That's just not my style. You do you.

2) Grooming

This is somewhat covered by the hygiene DoD, so I'll also be brief here.

Obvious stuff:

- Nails clean, trimmed, and smoothed (no sharp edges)
- Clip, trim, or pluck the errant ear, nose, and eyebrow hairs

Hair Style

Do you even have one? When did you last update it? Does it fit your face? Does it fit who you are? I had the same style for 18 years. Updated it about a year ago. It's still professional, but it's got more of a confident edge now.

Beard / Shaving

Be intentional.

- If you are clean-shaven, be clean shaven.
- If you have stubble, have it because you wanted it and maintain it at whatever the right length is for you.
- If you have a beard, keep it neat, clean and maintained.

3) How You Carry Yourself

This is an area that I think gets overlooked a lot, but what is the point of spiffing yourself up if you still hunch over, avoid eye contact, and generally project weakness instead of strength?

Posture

Two tips that stuck with me:

- Act like you have a **massive set of antlers**.
- Imagine balancing a quarter on your chest (chest up and shoulders back).

Eye Contact

Maintain it. Don't stare at someone who isn't looking at you, but if eye contact is established, maintain it for 4-5 seconds. If you need to, look near the eyes, or at one eye. Don't dart away or move from eye to eye, and when you look away, look away slowly (but not down).

Movement

Do you move quickly and nervously or confidently and intentionally. Do you act or react?

You know why Sean Connery got cast as the first James Bond despite his limited resume until that point? Because he moved like a **jungle cat** -- and because "Connery put on an assertive, reckless and masculine act at lunch". How is that for presence?

An easy way to start being more intentional about how you move is just to walk more slowly (and ffs, don't be looking at your phone).

Smile

This should be obvious.

Action Steps:

- Fashion
 - At a minimum, take the three steps I mentioned above to be less unattractive.
 - Next, focus on fit and quality
 - Get Classy, San Diego
- Grooming
 - Address the basics
 - Be intentional about your hair and facial hair.
- How you Carry Yourself
 - Address posture (antlers)
 - Practice sustaining eye contact
 - Move like a fucking jungle cat, not the nervous prey.

43

UPVOTES

[FR] Best attempt at game so far

The_Iron_Temple · 31 May 2024 · Archived copy · Reddit

Last OYS

The Approach

I attended a business event / dinner at one of the high end restaurants in my city recently. Upon arriving, I met this stunning 9, 25 y/o who was welcoming guests. It later turned out she was a photo model, with 15k IG followers. Not famous or anything but appears in magazines on a regular basis. She made strong eye contact and smiled. I approached later in the evening and opened with this:

“You can’t look at me like that without even introducing yourself, you know”

Immediate shit test “Was I really looking?”

We had a good, 5-7 min. conversation. This is a lot longer than my typical cold approach interaction. I gave her an interesting story about one of my recent business trips, which was enough to reach the hook point. She started asking questions fairly quickly. The biggest IOIs I observed were reinitiating conversation, strong eye contact, smiles. At some point she said:

“You still haven’t introduced yourself”

I smirk, “Just say you want to get to know my name, it really is ok”

We exchanged names and I held her hand just a little longer. There was a lot of flirty banter and playful shit tests that I crushed. Vibe was great. After a while I said:

“I have a feeling we should get to know each other a bit closer. I’m going to take out my phone and hand it over to you. Put in your contact details and we’ll grab a drink”.

She did. What is important is that I didn’t leave immediately after getting the number. We talked a little longer.

Overall, I made guesses instead of asking questions, avoided some of her questions to create a bit of mystery (“I can’t tell you everything, what are we going to talk about when I take you out?”) and generally had a lot of fun.

I stayed at this place for another hour or so. Talked to her briefly again before leaving. I texted her on the way home so that she had my number. She replied almost immediately.

It all seemed super easy and natural. For the first time in a while, I felt fucking alive.

Texting

I went radio silence the following day and started texting her the day after. I began with some clickbait and immediately got a few shit tests. In general texting was initially dry, hardly any smiley faces from her side but she would always come back.

I would text every other day or so. I was aloof, cocky and teased her whenever I could, which she noticed and commented on. No boring, interview style questions. At some point we discussed logistics for a meet up and she suggested she would be out with her friends on Saturday and that we could meet if I was around with my friends. I responded with:

“Ok no worries, my plan was to take you out 1:1. We’ll try again some other time”.

To which she replied: “I didn’t mean I wanted to introduce you to my friends. I could leave them for a while if you’re around and want to talk :)”.

So we agreed to meet up late on Saturday.

Lesson: I generated enough attraction for her to want to meet up with me but not enough for her to drop everything

and come see me. Fair enough. Guess that's what it's like with these super hot chicks anyway.

Mental note: still in A2, I need to continue building attraction and qualifying her before moving to comfort. With the later start on Saturday it will be difficult to close, taking into account the 7-hour rule.

Flakes

I went no contact for 3 days, until Saturday. We had a brief, flirty exchange in the morning. After a while I told her where and when to meet me. She said she would be with her friends and would not have a lot of time for me. So I hit her with a false time constraint and we were good to go.

There was a massive thunderstorm about an hour before our meet-up time. She texted first.

"The universe is ruining our plans"

Me: "It sure seems like it, does this make leaving your friends easier or more difficult?"

"Good question"

From a few texts that followed it seemed she would be late, wouldn't have a lot of time, would possibly want to make me come meet her elsewhere, etc. In other words, totally not my frame.

Me: "Let's move this to some other time"

"Maybe it will stop raining"

This made me think, she must be interested right?

In any case, I insisted we reschedule and we didn't meet that evening. I reached out again on Monday using Roissy's: "Turns out I'm 29% - 31% more incredible today. How's your day?" Started discussing logistics for another meet-up within 3-4 messages. We agreed to meet the next day and 2 hours later she flaked, without giving a specific reason ("something came up") or suggesting an alternative time. So I said:

"Ok, when you have the time and want to meet up just text me"

And left it at that. She sent a heart emoji in response. No contact since then. Maybe she will reach out at one point, more likely she won't. Doesn't matter.

Learning points

This was by far my best attempt at game so far. No hesitation on approach, fun and engaging conversation, lots of teasing. All of that with the hottest girl I ever gamed. I'm really proud of myself. The whole experience just makes me want to do it more. To approach, game and eventually fuck hot women. I am attractive enough to pull it off and it's just a matter of time.

At the same time, I really thought she was interested and there would be much more to this FR. I could go into details of what went wrong and where I fucked up but it doesn't matter. What matters is that I took action and did the best I could. Now I need to go out and repeat this 20, 30, 50 times.

42

UPVOTES

Initiate fool! Or "Passive dread and you."

witnessthenomorebp · 2 December 2018 · Archived copy · Reddit

This started out as a reply to another post, but I thought I'd give a try to explaining how I've been operating even though I'm really a half-tard feeling my way around in the dark with this still.

The guy was asking r/redpillcoach how to handle his wife giving him signals to initiate with the intention of shooting him down for fun. I've always thought that if it isn't an LMR and she is in fact doing that, it's their own way of showing you that their SMV is higher than yours and being cruel, or, punishing you for some perceived slight in order to modify your behavior. Remember, women are told by society that this is their right and even duty, to "Get their man squared away."

My wife did this the other day and her reaction to my response annually caught me off guard. Basically I initiate when I want and this week she gave me a hard no 3 nights in a row. I simply kissed her on her cheek (she flinched away because how dare I push her for *gasp* sex when she says no) and told her "Good night, I love you" and started reading. She knows I'm reading a lot more and so it didn't come off as butt hurt (as far as I know, but at this point that's her interpretation to have)

A little background, I'm fairly OI as of now since I want to fuck about 2 to 3 times a week and by initiating 8 to 9 I am getting what I want. Those 2 to 3 times a week are when I'm going to give it to the next thing that crosses my path no matter what, bull in a China shop, I push past the LMR because I want to and they are fun, involved and getting dirtier. The other times are the next 2 or 3 days after when it happens to cross my mind and she is around. Not really "I'm GOING to fuck no matter what!" moments.

Here is what I think is the reason, and her actions confirmed it I believe. She realizes I am a sex hungry bastard and since she's getting a break when she gives her little pouty hard no 2 or 3 times, she starts having passive dread. When it happened this week I got up the next morning after hard no 3 in a row, hit the reset button and came in behind her with my morning wood while she's doing her makeup and hugged her. Then told her, busy day today, going to hit the gym early and went and lifted. I usually lift later in the day.

I got back home before she left the house (strange, she's usually gone 15 minutes before this). I went inside and was getting coffee and she was putting on her shoes. She came over, kissed me goodbye and then caught me off guard with, come and talk to me outside please, in a pleasant and almost pleading tone.

We get in the garage and she says she knows I'm getting frustrated with her and want to fuck a lot more than she is giving me. I just smiled and pressure flipped, "You think I'm frustrated because I want to fuck more?" and she came back with, "Last night I was waiting for you to keep going, I even stayed up after you stopped.". Now you will think I'm autistic but I'm trying to break her of this notion that remaining awake laying still next to me without touching is a way of initiating. So I AA and give her, "Dang it! I just knew you were trying to blow me!". And she laughed. She knows she's full of shit and that she's capable of being aggressive and initiating and that I see through her repricing l retroactive DEER trying to point the finger and give me the, "You HAD your chance" which I did, I just was more OI than interested.

Then the revelation that her hamster has been pushing the wheel. "Did you meet your girlfriend and fuck at the gym?". She's half smiling and being silly trying to play it off, she knows people can't fuck at the gym (Unless they do, of course) but she is thinking she had better step up or I could give other people. Again AA and give her, "Come on, no way. My workout is too valuable for that.". I can see her relax and she starts to turn towards her car when I add with a laugh, "It was behind the Dollar Tree you know why I bought that extended cab.".

Dirty look and slammed car door as I smile and wave as she backs out. She calls me from work later, which she never does, just to talk. That night I throw the Wedge on the bed while she's brushing her teeth and tell her to get up there and bend over it so I can finger fuck her while vibing her balloon knot. And of course she does and it's on from there.

All of that to say this, passive dread works. It doesn't necessarily have to come from things you do, it can be from her hamstering shit she ISN'T doing. Things you don't explain or get butt hurt about will burn in her brain for days if she knows they are things that you want in a relationship but that she's been neglecting.

If you can't take a hard no without being a little twat, initiate when you don't want it that badly and you will have OI. You initiate 3 times as much and get the no more often then the yes will come more often too. Even if you are still not to where you need to be for spontaneous initiating from her, she knows there's at the VERY LEAST some of the chubsters at the gym who would like to suck you off for the same reasons she's trapped you.

She doesn't want that shit to happen even if she isn't attracted to you like you want yet. Keep working at it and use this as a way to pull the old, fake it till you make it. But also, make sure you make it, too many dudes just doing the faking part full time.

42

UPVOTES

The Myth of the Alpha Female

Rollo-Tomassi · 12 August 2018 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2018/08/12/the-myth-of-the-alpha-female/>

Excerpt:

The Alpha Female is really the woman who best embodies what men's evolved, biological imperatives determine what makes her an attractive breeding and long-term mate choice. Men's criteria is very simple; fitness, youth, assertive sexuality, playfulness, conventional femininity and genuine desire to please him. Beyond this, submission, respect, nurturing (potential mothering qualities), a natural deference to male authority, humility, admiration and an unobligated desire to recognize that man as her complementary partner are just some of the long-term attributes that make a woman someone a man might want to invest himself in a family with.

Unfortunately all of this criteria is counter to the message 'alpha' Females are taught are valuable today. They are taught that anything a woman might do for the expressed pleasure of a man is anathema to the Strong Independent Woman® meme. The presumption is that a desire to meet any of this criteria is a failure on the part of a woman who demands to be the 'equal' of a man. Even acknowledging the innate, complementary natures of men and women is an affront to the equalist narrative. Furthermore, any man who would base (much less express) his own decision making criteria as such is shamed via social conventions. The narrative is that he must be needy, or threatened by a "strong woman" or he must want this woman to be his Mommy substitute. All of this is a social mechanic meant to force fit that natural complementary criteria into the box of egalitarian equalism.

Value Added

I don't write for a female readership per se. In fact, I don't really direct my writing towards any audience, but in this instance I want to end here with a message for my female readers. Take this message to the bank: the sexes evolved to be complementary to each other, not adversarial. But that adversarial feeling you get when you read me describing some unflattering aspect of female nature is the product of your own Blue Pill conditioning that's taught you the lie of egalitarianism-as-female-empowerment. If you truly want to 'empower' yourselves set aside your self-importance, look inside yourselves and ask this question –

What is it about me that a man would find attractive from a naturalistic perspective?

What do I possess that a man would truly believe is Value Added?

That may feel a bit counterintuitive to you, but understand that the reason this introspection is alien or offensive to you is because you've been conditioned to believe that your masculine qualities are what men should find attractive about you. You turn this offense back on men and make it their fault for not finding your 'alpha femaleness' the root of their attraction to you. Is the idea of changing yourself, to add value to your package, for the pleasure of a man a source of anger for you? Why is that?

I see far too many otherwise beautiful women who destroy themselves on the lie of the 'alpha' female and a never ending struggle to perfect an equalist archetype in themselves. They rail on about infantile men, or bemoan that men are afraid to ask them out, or ask "Where are all the good guys nowadays?" Understand that these efforts to shame men into finding something attractive about you based on your masculine criteria for attraction will always fail; leaving you a lonely childless middle aged wreck all because you refused to accept that you need to be someone worth marrying.

Men and women are better together than they are apart. We evolved to be complements to the other. But, feminism,

the Feminine Imperative and an endemic Fempowerment culture have taught you to believe “you are enough”, you are complete, you don’t need a man because you can satisfy all of your own needs. This is the most damning lie ever perpetrated on womankind – that you can be it all – and only when it’s too late do women realize that they’ve been had.

With the increasing awareness of TheRedPill and by association Married Red Pill I think it is important to "clear the air" a bit to help those new to MRP and "outsiders" trying to understand/demonize TRP/MRP in the wake of the #METOO movement. I'm hoping that this post can help to define some of the MRP position on feminism and #METOO plain English using a "case study" with as little rhetoric as possible. This isn't really a post for those who are already on the MRP path, but those who are trying to understand it, whatever that purpose may be. With that being said, I'm asking that those commenting on this refrain from low value content, with the idea that this can try to establish the baseline/balanced position for the group, not a demonstration of an individual man's opinion about the validity of the #METOO movement or individuals who have made claims. Additionally, this is the post by me, u/InChargeMan, who is just one person. I will guarantee that some/many of those reading this will disagree with something, and I'm ok with that.

PREFACE

1. The Married Red Pill reddit sub is not The Red Pill reddit sub. Obviously the origins are related, as are many of the concepts, but you will notice that the moderators are not the same and most of the flaired members are not active in both groups. We are not responsible for the content on TheRedPill or asktrp, which is a neutral comment regarding that content, but making it clear that these are discrete groups. i.e. don't form your opinion of MRP based on something you have read outside of r/marriedredpill.
2. MRP is a subreddit, which is a place where any person on the planet with a reddit account can come and make comments and posts. There is no elected MRP leadership, no general counsel, no advisory board, etc. The short description is that MRP is a place for married men to swap notes on relationships and self improvement, no more, no less. For a more complete picture, refer to the **FAQ: Who Are We?** on the sidebar. Reading the comment of a single person on this sub does not make that the official stance of MRP or any of its members. Additionally, I would wager that most members who find value in MRP intentionally filter the content to things that apply to them, even if other aspects do not. If you are here to find something distasteful to write about in your next blog post, I'm sure you will find it. For reference, other places to find things to be outraged about include your local library and the bible. Good luck, I hope you get lots of retweets.
3. MRP is primarily focused on self improvement of Men, including their relationships, their health, financial security, fatherhood, etc. Nowhere in there did I mention anti-women. The concept that MRP is anti-women is purely ridiculous. We are husbands and fathers, how could we be anti-women? Is TRP, MGTOW or INCELS anti-women? I don't know, go ask them. In-fact, if you consider the concepts of MRP as well as the real-world relationships that most MRP members are currently in, you will actually see that for the most part MRP is pro-women, in the way that not only are the Men happier after "taking the pill", their wives are usually much happier. Considering that I don't represent anyone more than myself, I personally consider myself a feminist, more specifically a proponent of gender equality. I have a wife and a daughter, you had better believe I support gender equality. Keep in mind though, I support true equality, not equal and more equal. This is beyond the scope of this post, but be careful to consider the motivations of those who have co-opted the feminist movement to mean supremacy instead of equality.
4. The moderators try hard to keep MRP on-topic and high quality. They deserve a lot of credit for this. The reality is that part of the "Red Pill" progression is an anger phase. As such occasionally you will see posts that would probably be better suited for MGTOW. The members understand where this is coming from and see it as a part of "the process". While these posts may be more misogynistic, generally the moderators are very careful to remove low quality posts, including anything where somebody is promoting violence or other harmful behaviors towards women. If you find a post you don't like, move on.

#METOO Movement

This is a very complex and dynamic topic, I cannot possibly fully address all aspects with the amount of time and interest I have to expend on this post. I've decided to do a "case study" as a way of applying this to a real world situation, instead of a more philosophical discussion. Perhaps others might want to take on this task. But for me, I feel like taking a current topic and analyzing it point by point is a good way to make this accessible to all, especially the "lurkers" here. Here is goes:

Just a few days ago C-list celebrity Chloe Dykstra **posted an essay** where she described an abusive relationship she claims to have had with celebrity Chris Hardwick. I said "claims" because we don't know and will never know the full story. For the purposes of this post I am choosing to accept her statement as 100% true. I'm not saying I believe it 100%, I'm also not saying I don't believe it. I just don't know, and neither do you. I also believe that "victim shaming" is a thing, in the same way that false accusations and attention seeking behavior is a thing. But, if we are to try to understand how it applies to #METOO, lets assume that what she wrote is 100% true and accurate.

Assuming that you have now read her essay, I'd like to take some of the primary points and apply it to MRP knowledge.

I've struggled with such a great fear of talking publicly about my experience with long-term abuse...Emotional abuse is a very common thing. More common than you'd think.

This is something that applies to men and women. Plenty of men are subjected to emotional and sometimes physical abuse. Many times this is a great embarrassment for them. This is not a #METOO issue, this is a #HUMAN issue. One of the goals of MRP is to help men recognize the signs of emotional abuse that they may be suffering as a result of a toxic marriage/relationship and to learn how to take action. I would assume any reasonable person would support this goal.

Admittedly, there's still an anger inside of me. An anger at him, an anger at myself for letting myself fall into the trap and being naïve enough to stay there.

This is almost directly out of the MRP ethos. Time and time again you will see content on MRP addressing this, which we call the "anger" phase. For happiness in a relationship a man requires love, respect, commitment, and physical intimacy. We also discuss the concept of "falling into the trap" and being stuck. A man holding up "his end of the bargain" as a husband, father, provider, protector while going months or even years without sex will have a lot of anger built up. This is natural and expected.

Within 2 weeks, rules were quickly established. Some of these included:

I "should not want to go somewhere at night". My nights were expected to be reserved for him, as he had a busy schedule. This alienated me from my friends. I was to not have close male friends unless we worked together. All photos of male friends were to be removed from my apartment. This was heartbreaking for me, as my best friend happened to be male. As he was sober, I was not to drink alcohol. Before we began dating he said, "I noticed you have a glass of wine with dinner. That's going to stop." --Note, his is a recovering alcoholic. I was not to speak in public places (elevators, cars with drivers, restaurants where tables were too close) as he believed that people recognized him and were listening to our conversations. Our dinners out were usually silent, him on his phone. I wasn't allowed to take a photo of us. (Eventually, he softened on this rule, but was very stern about me asking permission.)

While it might be convenient to look at these rules as an example of oppression, please tell me which of them is in any way a rule that is abusive within the terms of a committed relationship between consenting adult "celebrities". Especially considering that these are effectively "ground rules" established nearly day 1. If she didn't like it, she could have ended the relationship very easily. We might get a chance to demonize Mr. Hardwick later, but this isn't

it. With that being said, MRP does not promote being excessively controlling.

He went to parties by himself and got a famous actress's number with intention to date her at the same time as me. I found out months later, and couldn't bring myself to say anything because by this time, my self-worth was in the toilet.

A man who's profession is to make acquaintance with and interview famous people got the phone number of a famous person. Stop the presses... Did he intend to date her? Maybe, doesn't matter. Did women interviewing late 90's Brad Pitt want to date him? Maybe, doesn't matter. Again, if you are looking for motivation to get your pitchforks out, this isn't it.

I was quickly pressured to take an on-camera job at his company I didn't want (I do not like to work for my significant others), because he insinuated I would be ungrateful to not accept it. Scared to upset him, I accepted the job, but I refused payment for my work, feeling uncomfortable about the whole thing (though the lovely folks at his company eventually forced me to take a check). By this time, like I said, I was terrified to piss him off- so I did what he said.

"Terrified to piss HER off" is the best way to describe many of the men coming here. Women will often use various tactics to control men, including threats of divorce and withholding of physical intimacy. To the women reader: If you are supporting women find their way to escape "toxic" relationships such as this, then you surely must support men in similar situations, right? Remember, we are pro gender-equality. I support you, will you support me?

Including let him sexually assault me. Regularly. I was expected to be ready for him when he came home from work....Every night, I laid there for him, occasionally in tears. He called it "starfishing". He thought the whole idea was funny. To be fair, I did go along with it out of fear of losing him. I'm still recovering from being sexually used (not in a super fun way) for three years.

Ok, here is the meat of the accusation. To be honest her mention of "starfishing" is what triggered me to write this. While this term was not "invented" by TRP/MRP, it is often discussed here, and I suspect will lead interested parties to MRP to learn more or get content for their next blog post. Quite literally it refers to when a woman puts such little effort into having sex that she lays there, limbs spread, like a starfish. It does not imply forced sex, but it does imply that the woman is not "into it". Many a couple has had this sort of sex at some point. The most common reason is that the woman is just not attracted to the man but is trying to still fulfill her role in their relationship. That case can be as damaging to him as to her, by the way. A man whose wife is not sexually interested in him is often emotionally distraught. Rejection from the person in the world you love the most is hard for any person to deal with.

Probably one of the more controversial topics on MRP is the subject of starfish sex. Lately there has been a bit of discussion within the feminism circles regarding "enthusiastic consent". While I may not agree with the implied transfer of responsibility that this "movement" endorses, I do think this is an important concept. There is a post on The Red Pill provocatively titled **"Every unhappy wife is a rape victim"**. If you are female you're feminism antennae probably just twitched. I get it. I suggest that you try to clear your mind of bias and read the post. I contend that this is one of the most pro-woman posts you are going to find on TRP. This is why the men at MRP strive to have a wife who is actively attracted to them, a wife who WANTS to have high quality enthusiastic sex with him as frequently as possible. MRP in no way supports forcing a woman into sex through coercion or force. Our wives are very happy :)

With that being said, one of the accepted responses to "starfish sex" is for the man to "caveman". I don't mean bop her on the head and drag her home. This is the concept that he show his wife through actions that he doesn't desire low quality sex, he wants high quality energetic sex. This is leading through example. Also, MOST women want sex with dominate and energetic men. Having a weak man flop around on her for a bit then cum is not her idea of a

good time. Many times a starfish sex session can be turned around in this way. He gets into it then she gets into it. We want our women to be active, excited and enthusiastic in bed. What Ms. Dykstra described, especially crying, does not represent any MRP ideals. That is not to say that I believe it happened exactly as she describes, it also doesn't say that Mr. Hardwick perceived their interactions the same way either. What is clear is that he did not force her to have sex physically, so if we are prepping the stake to burn him, consider that she by her own description was consenting, if not in an enthusiastic way.

Is he a rapist? IMO no. Is he a douche? Probably yes. Is he an example of "toxic masculinity"? Hell no. He is not Alpha, his is not Red Pill, he sounds like an overly narcissistic and insecure ass-hat who took the shortcut of using his status to negotiate attraction and his insecurities to try and control his girlfriend.

The last quote:

I believed that, to borrow an analogy from a friend, if I kept digging I would find water. And sometimes I did. Just enough to sustain me. And when you're dying of thirst, that water is the best water you'll ever drink. When you're alienated from your friends, there's no one to tell you that there's a drinking fountain 20 feet away. And when your self-worth reaches such depths after years of being treated like you're worthless, you might find you think you deserve that sort of treatment, and no one else will love you.

Wow, I think Ms. Dykstra needs to get an MRP handle ASAP. Again she hits the nail on the head. These sort of feelings in an abusive relationship are not unique to women. This describes the countless men that find their way here looking for help. We help men "take the pill" i.e. understand the true nature of relationships between men and women, learn how to "unfuck" their lives, set goals, and help them execute to achieve those goals.

"We don't guarantee to fix the relationship, but we fix the man." I believe this part is what makes MRP so threatening to women. The reality is that many women are "happy" with the current arrangement. They get a beta provider who does what she wants without much fuss in exchange for occasional sex and a BJ on his birthday. For many women it is transactional, bottom line. MRP helps a man understand his true value, which helps him reevaluate the terms of these transactional relationships. Nobody would think twice if we helped women like Ms. Dykstra understand her value as a woman and why she deserves better.

Again, women, I support you, will you support me?

But, what about Mr. XXXXXX in Hollywood who forced Ms. XXXXXX to have sex? That is part of #METOO

This is part of the reason I made this a case study. All situations are unique. Undoubtedly there are many women who have been taken advantage of and abused by shitty men of power, men who deserve every bit that comes to them and more. Also, to be fair, there are probably women who have used this as an opportunity to put themselves into the public discussion as a form of attention seeking behavior. I have no knowledge regarding the specifics of any one situation nor the percentages of one likelihood vs the other. I can say, though, that media has used the movement for their own personal gain at the detriment to ALL parties involved, men and women. Literally ANY accusation is treated as fact and with no appreciation for magnitude of offense. Complementing a woman (even if inappropriate) is not sexual assault, if you are reasonable you understand this. I believe women are at risk for flying too close to the sun with this movement. At a certain point it will be excessively risky to have women work with/for you. When a single unsubstantiated allegation results in serious financial and personal loss, in the eyes of some rich/famous men, any woman he interacts with could potentially be a ticking time-bomb.

My suggestion is for women to be careful that you are promoting equality, not equal and more equal. I also think that finding resources similar to MRP could be useful for women, as it is in the interests of all people to have a high sense of self worth and purpose. Remember, pro-man is not anti-woman, just as pro-woman should not be anti-man. If you are taking your social cues from people who are anti-man, perhaps you should reevaluate their motivations.

42

UPVOTES

I don't need sex

MAGAManARFARF · 16 March 2018 · Archived copy · Reddit

Last night I was talking to my wife about a book I was reading, part of a men's group (blue pill church thinking). I was frustrated with it. They were steering these men in the absolute wrong, and terrifying, direction. "You struggle with sexual immorality simply because you were born into it, because men are pigs (see, all the wives agree), and you need to monk-up to protect yourself and please your wife. You need to be more like your wife, look how pure she is, like snow." Wrong answer. Wrong problem.

Our discussion was brief (less of a back and forth, and more of me sharing some thoughts), and at the end I said simply - "I love sex, but I do not NEED sex". Cool, seems like a strong stance. I'm happy about my frame here - not my frame just in the moment, but in life. Its a good frame. I am not a slave to sex.

This, admittedly, is a new concept for her. She knows beta me. Shackled to sex, leg humping me. Following her around, pleasing her for sex me.

That's not me anymore. Because I have removed my need for sex. Not my love of or desire of, just my need.

Enter Hamster.

Wife goes to the restroom, comes back, agitated. "Anon, I don't know about all these changes, I cant keep up with you." Nervous, hamster, nervous.

What happened?

She lost power. And she knew it, in that instant, she lost power. And it terrified her.

I held frame, joked with her, picked her up like a child, kissed her, and put her in bed. This morning I was greeted with the most passionate kiss from her I have ever received in the morning. She needed me. So I told her I would have her tonight.

Men. **YOU ARE NOT SLAVES TO SEX.** Own your shit, all of it.

EDIT

This concept of not needing sex was an internal acceptance, which I realize would have been better kept internal. Is there a benefit I will see from sharing this with her? Possibly, but at my point in the journey I accept that it is probably better to not take that chance. Trying to throw curveballs when you can barely hit the mit consistently.

Also, the concept isnt that a man shouldnt desire sex, but that a perceived need for sex does not control you. Sex is not a finite resource that we should be chasing after, dedicating our lives to. Sex will come as you become better.

42

UPVOTES

What It Means To Be A Leader

drty_pr · 21 November 2017 · Archived copy · Reddit

I've seen a lot of comments lately about what it means to be a leader. So often men think being a leader means micro managing every detail of your household. This isn't leadership. It's coddling and yes you can coddle your wife.

I work in the industrial sector. Sure security isn't at an all time high, but I make good money doing it and I like what I do. In typical fashion, we go through a fair amount of supervisors. There are 3 different types.

The Dumbass(drunkin captain)

- This is the guy who really has no concept of what's going on. He can't really organize anything. He defers to everyone on what he should do. People like him, but they don't respect him. So predictably, he gets taken advantage of. People use his kindness as weakness to get what they want.

The Micro Manager

- This guy has a good concept of what's going on. He over organizes everything. He steps on people's toes trying to make everything run as smooth as possible. He pisses his employees off with his pretentious attitude. People don't like him or respect him. None the less, his ship sails and it gets to its destination, because people have been clearly tasked on what needs to be done.

The Leader

- This guy also has a very good concept of what's going on. Unlike The Micro Manager though, he gives people the space they need to do their jobs, while also solving any problems that they may encounter. People both like and respect him. There is an unspoken agreement between him and his employees. The workers know that he is accountable for failure, but because they respect him so much, they do their best in an attempt to keep him as their supervisor.

You can probably guess which one is the most successful.

Becoming The Leader

As with the leader in a managerial sense, you need to take responsibility. Your wife needs to know that if she makes a decision and it fucks up, you'll own it. You still need to reward when she does well, but you can't punish for mistakes. The punishment for a mistake is you doing it yourself next time. If your dread game is on point, this will be enough.

Over time you will cultivate a confidence in her that she can make decisions on her own and because she knows you'll fix any potential fall out, she makes them out of a positive frame (your frame) and is more likely to succeed.

If your wife can't get a vehicle to a mechanic and get it fixed because you're unavailable, then you're failing. Maybe she makes a mistake? Is fucking up your plans to come wipe your wife's ass better than fixing it when you are around next?

If you think being a Leader is making every fuckin decision in the household, you got your shit twisted homie.

42

UPVOTES

Can you be alone?

AustralianArm · 3 November 2017 · Archived copy · Reddit

"I think it's very healthy to spend time alone. You need to know how to be alone and not be defined by another person." — Olivia Wilde

Before finding MRP, in your deadbedroom blue-pill marriages, many of you probably felt more alone than you have in your life even though you were still surrounded by people.

Have you ever been truly alone?

But have you ever actually been alone? No one to talk to, no Facebook/Twitter/email to keep you occupied, no gaming consoles, etc.?

In this modern age, we seem to be always surrounded by ways to connect to people, ironically so it seems as many of us have forgotten how to interact with people. So what happens when you disconnect from everyone and everything?

Could you do it?

Soon after discovering MRP and beginning of my unplugging, I found myself with a weekend where my wife and kid were away and I was at home alone. Holy crap was I lost. It took me 1/2 day to realise it, but I felt like I needed people to be around to validate who I was. If that had happened before I would have rushed off to the gaming console for some harpy and guilt free shoot-em-ups, parked in front of the TV watching something dumb or been trolling Facebook to see what everyone else was doing.

Instead, I set about finishing a few unfinished projects, took care of some home maintenance, read a couple of books from the sidebar, lifted, listened to some of my favourite music loud, cooked up a couple of great dinners, enjoyed a few quiet scotches on the porch and just found time to rediscover what being alone was about. Although, I still felt that need to game/Facebook/etc that I didn't indulge.

That weekend is the moment I realised that I wasn't living a life for me and that MRP is definitely the truth. I need to fix myself before I fuck up everything in my life completely. And fixing myself wasn't going to happen if I had no clue who I was.

Make it happen

If you can't spend time alone with only you as your company, you're not living the life you want.

Make it part of your MAP to spend time alone. Truly alone. Benefits of alone time:

- Decision making
- Trust in yourself
- Getting stuff done
- Enjoying a hobby
- Time of introspection
- Sparks your creativity
- Consume the sidebar in peace
- Become your own source of validation

And most importantly...

- You get to spend quality time with someone awesome

42

UPVOTES

[FR] More Unintentional Dread

theunconquored · 25 July 2017 · Archived copy · Reddit

[removed]

42

UPVOTES

FR: Testosterone and Righteousness

CaptainJackSorrow · 21 June 2017 · Archived copy · Reddit

I'm 44, LTR is 33 and we've known each other seven years and have been together 3.5 years. We were both married to other people when this started. I swallowed the pill probably 5 months ago. NMMNG. MMSP. WISNIFG. Black Phillip. Lots of Black Phillip. If you need help with DGAF, he's your master.

Sex stopped four months ago for reasons, some legit, some not. The past week it returned with a vengeance. 5 times in the last week. In an effort to figure out what I did right, here are the biggest contributors IMO.

Testosterone. I can't say it enough. Get this shit tested. I am three weeks into my second round of TRT. I have claw marks on my neck and arm. I have a gigantic bite mark on my chest. She is equally scarred. The last time I had this level of primal sex? The first time on TRT. Confidence is higher. Dick is bigger and harder. DGAF muscle is primed. Last week I fucked her in a hot tub over looking the city. With steam radiating off my body I felt like goddamned Wolverine. Placebo? Maybe except that I spent 9 weeks shooting stuff into my body that I thought was testosterone but turned out not be. Never experienced anything like this on my fake T. I am sexually aggressive now. Before I'd put my (metaphorical) toe in to test the waters and back off at any sign of resistance. Now there might be resistance, but it's token, at best, and I'm too busy turning my girl on to notice.

Righteousness: Black Philip preaches this a lot and it finally clicked. My first wife left me for another guy. Her reason was, "He just takes care of things." So in subsequent relationships I'd take care of things and expect my dick to be worshipped as a result. Covert Contract Ignored, bitterness and resentment full speed ahead. Now I do shit because it needs to be done. It's the same shit I was doing before, just for different reasons... righteous reasons. I went to her place and dish washer was full. I unloaded it. Not to get laid. Not so she'd notice what a great guy I am, but because it needed to be done. I didn't draw attention to it or expect praise. Just saw something that needed to be done and did it.

Fun. I have it. I'm an overthinker. I analyze everything. Who did she look at when she laughed for validation? What are we going to do about ISIS in Syria? I don't burden her with problems. I fix them. I don't tell her about my insecurities. That's unattractive. I don't mope and keep to myself hoping she'll notice and ask me what's wrong so I can victim puke all over her shoes. I smile. I laugh. I tell stories. I'm the kind of guy I would want to spend time with.

Manned the Fuck Up. The two lessons of intergender dynamics I was taught growing up, "If mamma ain't happy ain't nobody happy," and my dad saying, "I'm the boss and your mother gave my permission to say so." Fuck that. I make plans. I choose where we eat dinner. I'm calm and level headed. I don't talk about what I'm going to do. I don't ask permission and I don't aplogize. This trickles down to the kids too. Everybody goes along and has fun. If something goes wrong, I own it. It's my fault. It's liberating living life as the one in control, the one who makes things happen, not the one who things happen to. I'm in 100% charge of her finances. I have her debit card. I pay what needs to be paid and budget out the rest as spending money over the pay period. This was at her request.

Plates. I spun em. During this dry spell I went out with four other girls, Tinderellas, and Facebook friends. Had fun flirting my ass off and getting text pictures. Slept with one, made out with another, but in all cases enjoyed OI and could see them as silly little girls playing silly little games. Old me would have played their silly little games until I got laid, but it just didn't seem worthwhile. Again, righteousness. I wasn't entertaining these girls to get back at LTR. I was having fun, crossing things off my bucket list, and doing what I wanted. LTR benefitted.

To LTR's credit she gave me a lot of the direction here that I didn't digest because I was too set in my BP ways. Over the years she'd say things like: It's hot when you let yourself be the man. It drives me crazy when you throw me around like that. You have to say no and stand up to me every now and then.

TL;Dr Get your testosterone checked. Do things for the right reasons. Be fun.

42

UPVOTES

"He can do better"

SirGaetanDugas · 15 April 2017 · Archived copy · Reddit

I love good FRs. I love long, thoughtful theoretical essays. But most of all, I love usable and transferable tactics that many men can instantly apply

Your old friend Cad is at a 5 Star resort for Spring Break with the family and there is a recently divorced Movie/TV star here with his kids and a woman and her kids. She is bangable but hardly the best he can do. If I had to guess, her lifestyle (family) matches his for LTR and he has dimes back in LA, NYC, Miami for fucking. Guys like this "get away" with whatever they want.

My wife is a stargazer and comments on how pretty TV stars new woman is. I said :

"Eh...he can do better."

Cue the feigned outrage and subsequent tingles.

Men are the gatekeepers of commitment and its fine to Lord that power when you get the opportunity.

Most men today would be too afraid to be caught *thinking* these thought crimes so be the man who realtalks and cares little about fake hurt feelings as it applies to sinking female SMV, male dominance, and general misogyny.

Strong men are the prize. Go ahead and take your victory lap when you see the chance

42

UPVOTES

60 DoD 2017

SorcererKing · 31 March 2017 · Archived copy · Reddit

Greetings, gentlemen. I have been away for a month or so, which in internet time is equivalent to a century. Some of you may not even recognize me; such is the flow of our interwebz.

I am here to inform all interested parties that a new round of 60 Days of Dread is upon us! This will begin on Monday, April 3 and extend out to June 2, 2017. This will get you ready for summer.

If you weren't around here last year for 60 DoD, I will explain:

60 DoD is a simple program whereby you focus intensely on changing your habits and improving yourself for 60 days. You set goals up front and learn to ingrain new habits so that by the time your 60 days are up you have both made some kind of noticeable improvement in yourself, and, more importantly, developed lasting habits towards self-improvement that will be sustained and sustainable.

The sidebar contains last year's posts and serves as a guide to the areas upon which you should focus. Maybe you don't think you need to focus on some of these areas. Maybe you're already the shit in one or more of them - FUCK YOU. Set a goal anyway. You can always be better. I'm going into my third year on this sub, and if there's one thing I've learned for sure it's this: YOU'RE NEVER DONE.

So here's how we're going to work this, this year:

1. You all look at the sidebar and see the areas for improvement.
2. Starting this Monday and every Monday through June 1, I will create a 60 DoD thread where I will place the link to the content from last year, and invite all members to *publicly* state their goal for that area, and how they plan to achieve it.
3. Profit as a man with new powers and new habits.

Questions? Didn't think so. Get to work!

[Edit - [here](#) is the starter post from last year to help new guys understand all this.]

42

UPVOTES

MRP end game

vincedecola · 17 March 2017 · Archived copy · Reddit

I woke up late, its 11 am already. My chest is throbbing in pain, pain from the ribs I cracked in the martial arts fight a week back. I don't see sweetie at home, she must be off to work.

I freshen up, make myself a protein shake, light a cigarette and put on the Black Phillip show. I hear Patrice screaming "Bitch. I am better than you!". For the next hour, in my mind, women are hardly on a pedestal. I wish I could have that mindset all through the day, every single moment.

Its time to hit the gym to do some chest reconditioning work and heavy isolated leg work to stay in the game. I look athletic in my gym wear, but I still feeel fat. I used to be fat. I look in the mirror and I give a sigh of relief. I am not fat. I am muscular.

On my way to the gym, I grab a coffee, her favorite one and surprise her at her office. I recently worked on being a charming man and realized that to be charming means to not try to be charming. Sweetie is excited and rushes down the floors to meet me. She calls it a cute-coffee-date. We banter. I make fun of her. I make her notice bird sounds in the neighborhood. I make her act like a little chirping bird. She looks happy, but something is off. I remember Dante Nero's words: "If you feel a tingling in the nuts, you are about to get kicked in the nuts". I stay stoic.

Its been quite a while I took her out. I plan for a movie night and a circus the next day. Something is still off.

She comes home. She wakes me up from my after-gym nap like I am a burden in her life. I wake up and pull her close to me. She has fresh lip-balm on her lips. Very weird and she is chewing gum like she just robbed a bank. I ask her about her evening lip balm, minor insecurity reeking out of my half built frame. And there it comes: "I want a divorce". Bam!

I shrug an "ok".

She starts weeping and tells me how I don't care about her and tells me about all the ways I am wrong. She tells me how I am not putting in any effort to keep the relationship.

I tell her: "You just asked for a divorce. I give it to you. There is no discussion anymore."

She grabs her purse storms out of the house, weeping.

I start thinking about the last few months. Sex frequency had gone down like a bad performing stock. I started seeing the red flags. Her shaving right before business trips, long(er) office hours, office friends I had never met. I calm myself down. Even if she hasn't cheated yet, she is still crossing a boundary. I start scanning the house for stuff. I need to move out. I start packing.

45 mins later. Ring! She is back home. I let her enter while I continue to go about packing stuff.

And the blame game is back too. She blames me for letting her leave the house. In the past, I would run behind her. This time, I didn't.

I assert: "Sweetie. You leaving the house means you have another man waiting for you. What were you expecting from me?"

She has a look of shock on her face. She starts DEERing.

I ignore.

She wants emotional closure. She doesn't want to be an alpha widow, yet again. To get closure she wants you to act needy and helpless because that means her new boyfriend is better and she made the right choice. That's why she wants to talk, its her job to fuck you, emotionally and mentally. But as a man its my job to keep my pride.

42

UPVOTES

MRP Truth from Wife of Robert Greene, Author of "48 Laws of Power"

RP_SuitScholar · 7 December 2016 · Archived copy · Reddit

Stumbled across this interview with Robert Greene wherein his wife gets pulled into the interview towards the end. The article itself is interesting if you want to know some of the history behind the author and how the book came to be, but I wanted to point out some RedPill truth that came out from his wife.

Article

Apparently Mr. Greene is quite manipulative and exercises subtle control on his wife of 16 years. When asked by the interviewer if she does not like this behavior from her husband, this happened:

“You’re pretty manipulative,” says Biller. “But that’s not a bad thing. I used to get bored with men very quickly. The fact that I’m still here is because he’s so clever at keeping a step ahead of me **all the time.**”

I think some of you think that one day your efforts are going to get you a perfect little wife that cooperates with you fully. One day you can stop lifting. You can stop reading. You can stop having to work so damn hard.

Here's the Red Pill reality: **That day will never come!** You have to keep ahead of her for now until the end of time. Her hamster will never rest so why would you? If realizing this reality makes you tired, frustrated, or sad then go fuck yourself because there's not an alternative. You fucked up when you took the Red Pill, you were probably happier and better suited for Blue Pill reality instead of this. Leave this forum to the real men.

TLDR: **LIFT!**

42

UPVOTES

Occam's STFU: Cognitive tool to calibrate how much or little to speak when in doubt [Repost TRP]

MentORPHEUS · 24 November 2016 · Archived copy · Reddit

I mostly lurk here at MRP, but today I wanted to say I am thankful for your work here and appreciate your contributions to the body of Manosphere knowledge.

STFU, or lack thereof, is a common thread on MRP, in problems brought and advice dispensed. I hope you find this post useful.

Occam's *Razor* is a cognitive tool which states that when there are competing theories or explanations for a given thing, the one requiring the fewest assumptions is probably correct.

Occam's STFU is simple: When men communicate, the way requiring the fewest words is probably best.

Talking, *lots* of talking, is a woman's stock-in-trade. Women are even perfectly content to have entire conversations where no conclusion or resolution is reached. Much of the communication is emotional and nonverbal; the words sometimes don't matter at all.

Men, on the other hand, tend to be more goal-oriented in their approach to life, which is reflected in their more parsimonious and direct, often blunt conversational style. Form follows function; short and to-the-point communication is expected, and introducing filler material or emotion into the message is a faux pas, particularly in business.

In attracting women

Avoid the friendzone Women enjoy wordy conversations with each other, but don't make the mistake of thinking long conversation *alone* will get you into any panties; this will entrench you into the friendzone. If attraction is your goal, use fewer words and more nonverbal flirting and plying her emotions to make the connection you're seeking.

Active conversation is an essential element of push-pull, attraction, and escalation. Guide the conversation, but don't dominate it; keep a healthy banter going. Lots of women are quiet and shy at first; the solution isn't to filibuster all evening, but draw her into the conversation, with her 3:2 you being the golden ratio. People can see from across the restaurant when a woman wishes her date would STFU and let her get a word in edgewise; shouldn't you from right across the table?

Relationship talk is the woman's prerogative. I prefer LTRs, even at the plate level, and used to babble on about how important relationships are to me, how I wanted something long-term etc ad nauseum. I honestly thought this was exactly what women were waiting to hear from a man and was necessary to get them to sleep with me. Instead, I learned the hard way that this is an attraction *killer*. As the man, your job is to build attraction and escalate *physically*. **STFU and Let her bring up relationship discussion; you might be surprised how late it comes and how little is demanded.**

Never talk about your problems to a woman unless attraction doesn't matter, like with a relative or colleague (about relevant business matters.) Sparingly seek commiseration and advice from your bros, but complaining to women signals weakness, thus worthlessness to them according to Briffault's Law.

In managing LTRs and conflict

Lead more by example than decree. Acta, non verba becomes more important when establishing boundaries and roles in longer term relationships. Being the type of Captain who upholds in himself the high standards he sets for his First Mate and subordinates inspires loyalty and respect with few to no words. A hypocritical or unjust leader can talk and shout till he's blue in the face, and only inspire grudging compliance at best, which will be undermined or abandoned absent his attention.

You'll never win an argument with a woman using words and logic. Once things have escalated, words don't even matter; she's operating in the emotional realm. This is why an air of Amused Mastery is so important, and techniques like fogging so effective- they let the emotions run their course and exhaust their energy, and keep you from being drawn into her frame. When she's presenting an attack that is total BS, don't engage; STFU and let her exhaust her energy, then quietly and briefly state your position verbally *and nonverbally*, then stop.

You can't negotiate attraction. Whether sex quality/quantity has been slipping, or if you've got a dead bedroom to turn around, *lots of words will not fix it*, whether through arguing, begging/pleading, or counseling. Where a simple discussion and leading fail, employ Dread Game, and if necessary, invoke other options available to you.

At work and in business

Your colleagues are NOT your friends! Everything you say will be stored and catalogued away to be used against you someday. Be careful what you disclose; adopt a "security culture" mindset. Fit in with the established *quantity* of small talk (below established average, but above conspicuously out of element), but make sure your *content* is devoid of details that can be turned against you somehow.

Avoid developing a reputation as the office complainer, and don't let the existing ones draw you into their frame. Pick your battles, by importance and fixability mainly, and when you do speak up about legitimate problems, bring at least one workable *solution* to the table. You absolutely will NOT successfully whine nor complain your way up the social or corporate ladder.

When someone in a superior position is stonewalling, such as a displeased supervisor, unenthusiastic sales prospect, or hardball negotiator, the temptation is to filibuster in order to keep the silence filled. While this may be appropriate in certain particular situations, a power move is to present a strong and/or appealing position or offer, then STFU and stonewall yourself. Let the silence go on beyond the discomfort zone, before yielding to the temptation to babble a conciliatory amended offer. One of the tenets of power and negotiation is, whoever speaks first *loses*.

Limits and exceptions to Occam's STFU

This is not a prescription to avoid naturally lengthy conversations, such as early dates with a new partner, long road trips, intimate vacations, weekends getting to know each other, at social functions etc. When conversation is flowing naturally, enjoy it, wallow in it; this is indeed the stuff of (social) life.

Occam's STFU applies primarily to situations *where you're UNSURE or IN DOUBT* about how much to speak.

Use finesse, especially when you're newly unplugging and changing your patterns in established relationships. Often, the prescription is for 10-20% less than you'd normally speak, not 90-100% silence. Overdo it for the context and you might come off as butthurt, socially inept, or fail to make your case sufficiently.

Part of Leadership is knowing when to take the initiative speaking to another or a group. When nobody else seems to know what to do, be that man and step up and take charge of the situation. Bystander apathy can be steered toward a decisive solution to many a crisis; timing and choice, not quantity of words is what matters in these

situations. People respond well to short commands in a crisis, but you can quickly cross the line to haranguing annoyance and being ignored if you keep laying it on. The simple corollary here would be, **Speak up, but not on.**

The lesson of Occam's STFU is straightforward. As a man: when in doubt, USE LESS WORDS rather than more.

42

UPVOTES

[Theory] Know your walk away point

UEMcGill · 12 October 2016 · Archived copy · Reddit

Everything is negotiable

Early in my second career I took a 5 day class on negotiation. It was pretty good and started the foundation of my current career to where I'm at now. I'll do a write up on it in a sooner or later, but the biggest take away I can talk about here is two points: everything is negotiable, and know your walk away point. In a sense it was another view on the age old *Abundance* mentality.

I've stated over and over again, that every man should know the terms of divorce in his marriage. It may have been a mistake to get legally married but it's an even bigger mistake to not know how to undo it once you've become Redpill aware. Time and time again, noobs come to this sub and state some form of "I can't stand my marriage but I can't get divorced." If you are unwilling to get divorced, you have no walk away point and will always be under the will of the other party, remember the one who cares the least has the most power.

I started down my path of improvement with the goal that I would have a great marriage, with or without my wife. Gym, check, home check, career check; All of these were in order and she still wasn't towing the party line. The story ends that she came to me a few weeks before I pulled the plug, and we've been on an upswing ever since. But it's a good lesson and something I keep in my back pocket to remind me not to let me or her get complacent.

Logistics

So what do you need to do to get divorced? Operational security should be your highest priority. In my house I'm the IT guy so for me it was relatively easy, my wife does not use the house laptop and I have a non-existent IT policy from my work. My work laptop is secure with a password login used at all times. I use two pieces of security software, KeePass and TrueCrypt (Truecrypt is unsupported now, but there's other options). The key here is to not tip your hand. If you pull the trigger, it should be a complete legal surprise. Get a burner email address and a google drive for keeping documents. If you don't have control of your phone or good privacy, get a google voice account with the burner email address. Google voice can be forwarded to any phone line, so if you work at a brick and motor office you can use, forward it to that. You can also use it to forward to your cell or whatever. You now have a clean cell phone bill with no ties to all the phone calls you'll be making. Be aware, if you use the cloud and iPhone that these apps may show up on all the i-devices on the common account. I knew a guy who got busted because he installed tinder on his phone and it showed up on his wife's phone. Only use the incognito version of web browsers, and clear memory and passwords every session. If she's already suspicious you are cheating beware of key loggers. There's ways around these but that's beyond the mission scope for this discussion. Be aware of your wife's abilities and how to look for them and you'll be safe.

Your next step should be to start going to lawyers for visits. I work out of the house when I'm not travelling so I can do this relatively easily. If you can't because you work at a regular brick and mortar office, take a personal day, a vacation day or whatever it takes. Set up a consult; be prepared to spend some money and visit as many of the local lawyers as you can. This is a legal tactic called conflicting out, and it has its plusses and minuses. The upside is you just made it hard for your soon-to-be-ex to engage a local attorney. The downside is you can force them to choose an attorney who is a poor negotiator a tactic that can draw out the proceedings. I ultimately settled on a lawyer that specialized in men's divorce and made me feel confident they understood all of my issues, and weren't looking for billable hours just for the sake of billing.

This is a good place to find out what the divorce environment in your state looks like. I'm from NJ and it's not very favorable to men. We have long term alimony and no fault. She can be a cheating whore and you're still fucked if you're not smart (on a plus side, you can be a cheating whore and it's not going to affect the outcome substantially).

My state uses guidelines for all its calculations but these are not mandatory. Realistically I was hoping for short term emergency alimony and child support. It was possible to face long term alimony and child support; 10 years for the former, and up to 15 for the latter. Child support is actually pretty favorable in NJ and is heavily weighted based on percentage of custody. Based on my six figure base salary I was looking at \$1000 a month in child support and up to \$3000 a month in alimony. My goal was to get out with temporary alimony and child support at \$3000 a month for 2-3 years. My opening window was 1 year.

Money is a tough one. You need to build a war chest to get through this. I don't know how your special snow-flake would go on this one. I've had friends who had their ex over the barrel legally and financially and they still went into divorce thinking "Ima get paid!" and I've had friends go into it thinking, "She's a reasonable woman only to end up in a royal cluster fuck. Your lawyer will tell you what this thing may cost you, so you need to be ready to pony up. In my state, I was looking at up to \$10,000 in legal fees. This was before any assets were divided, house sold etc. At the very least you need a slush fund for legal consults. There are lots of clever ways to keep this out of view, things such as visa gift cards, cash back on purchases, etc. IANAL so my simple advice on this is, don't get caught hiding assets. If you have more nefarious attitudes proceed with caution. It took me about 2 months to save up a thousand dollars. That covered my initial consults.

Your finances should be addressed because that's part of your MAP. You should absolutely know that status of every credit card, mortgage statement and bill coming in and out of your house. If you can have an alternate email address assigned for statements or when a password changes do this. Get a standalone checking account. Personal finance can advise you on several good online versions. Find out your direct deposit policy and in particular how many cycles it takes to get it changed. My office can do it instantly but my old work, it was like one pay period, and verification time.

Once you've settled on your lawyer you should have them draft two things, a temporary separation agreement and a divorce agreement. The first is so that you can start the process without being accused of abandonment and as a legal separation for things like finances and child support. In negotiation we have a term and that's the "opening window". It basically means setting your terms in a realistic way that you know wont offend your counterpart yet doesn't betray your intended outcome. If you walk into a car dealership and announce, you'll pay five dollars for that 7 series BMW they won't take you seriously, but if you walk in and tell them you're looking to buy and you'd be willing to pay a fair value based on how the test drive goes, you've opened up a window that they may see a possibility through. It's not about fair at this point; it's about getting the best possible deal you can without spooking her. In my case I was willing to accept minor debt and trade home equity for my 401k. To me that was the thing I wanted protected most, and was willing to protect it or trade away other things. She was going to get a portion no doubt, but the portion she got I wanted to minimize. So I offered the house equity in lieu of 401k equity. On paper it looked like a fair trade, but for me it was future money versus present money. The alternative would be to sell the house and split the equity and other assets equally, which would be disruptive to her and the kids. I had a good bet which she would take. As a skilled negotiator I knew all of the alternatives and had gamed out how it could go.

Sitting across the negotiating table

Now I never got to the point where I needed to pull the trigger but I was damn close. She came to me and saved herself, so I put it on the back shelf. If it had gone down my plan was simple. I was going to serve her myself over lunch at a public place; she was a SAHM. I was going to ask her to get a lawyer and push for arbitration. I was going to make it clear that long legal battles would mean losing the house and disruption for the kids. At this point I would have had my check direct deposit changed and all credit frozen and cards frozen until the separation agreement was met. There would have been cash in the main account for household maintenance and food. For custody I was looking for: kids in school with her, shared weekends and summer with me. My intent was to find a place nearby and be available outside of my travel for work. My goal was to leverage the fact that she's a good mother and we need to keep that as undisrupted as possible.

Every person has their pain points. My wife was a product of divorce, and her biggest fear in life probably stems from this. She absolutely despises uncertainty and no safety net. She told me how embarrassing it was for her to try and buy groceries as a teenager but the credit card her dad gave her was declined. She absolutely fears being in that place in life again and in particular for her kids having to go through that. She blames her mom for that as much as she does her dad, because in her eyes, her mom's constant legal battles fucked her dad to the point he was destitute. It's a powerful negotiating point that was going to be the main focus I highlighted. I intended to use it to mask my biggest risk, garnishment of future earnings. Go into it fully knowing what your risks are, and more importantly what hers are. If she's a stay at home mom, lifestyle maybe her biggest pain point. If she's a career woman, her upward mobility maybe her pain point. If she's a family girl, her reputation with family maybe it. Everyone has it, so know what everyone's is. This is high stakes poker and you need to mask your intentions. She may very well be fair, but once lawyers and bitter divorce girlfriends get involved it can all go to hell.

Be prepared to protect yourself. Get a cheap voice recorder and try to keep all conversations over email or recorded (know your local laws, NJ is a one party consent state). If she becomes hostile, don't stay in the same room alone with her, and don't turn that recorder off. Even in two party consent states, it may get your ass out of a false assault claim. If you have a BPD wife or the like I can't tell you enough how important this aspect is. Do not tread lightly on this one.

My wife came to me in tears. The dread was showing, and more importantly it was *authentic*. A woman's nature is she's a covert communicator and she knew the jig was up because of my actions. I had left emotionally and couldn't 'fake it till I made it' that level of dread. She was genuine about making it work, not compliant. She confessed her lack of involvement and owned up to her faults and actively agreed to fix them. She's near close to the woman I married; kids make that a different proposition, so in the end I'm happy with the outcome.

From my part the deal was pretty clear. Divorce would cost me right out of the gate \$10,000 and most likely about \$100,000 in alimony. I don't consider child support on this one because it's money gone either way. So for me I put two hard years of work into myself and saved \$100,000 grand. Could I find a better woman? Always. Do I need to? As long as my wife holds her end of the bargain, no.

In the end the guys on TRP are correct, the first instinct should always be to *next* a woman. If I wasn't married to my wife it would have been a much simpler value proposition. But I had already made the critical mistake of legally getting married, so now I needed to make the best decision I could, *given the game I was given, not the game I wanted*. In another adventure I found that yes, AWALT; no matter how good they are in bed or what they tell you, all women are the same. They end up pulling the same shit, and giving you the same problems if you aren't on top of your game all the time. So I decided that the wife I was with added the most value to my life. Did I make the right decision? For me, yes. My mission is still intact, and my wife is back to adding to it.

42

UPVOTES

FR: Evidence the helped me detect a comfort test

saint_chalet · 23 September 2016 · Archived copy · Reddit

So the past 5 days, my wife has been in a hag state, just not a lot of fun to be around. I've opted, as a result, not to be around much. Doing stuff on my own, doing stuff with the kids, doing stuff with the dog.

I play a weekly tennis match with another woman. She's a state level player, quite nice and we get along. While there's zero sexual chemistry, my wife doesn't need to know that. Playing tennis with her has been going on for about 4 months. I know my wife doesn't like it. I also know that doesn't change the fact I enjoy it. As I said, this woman is a great player and it's a good match.

Last night, I'm walking toward the bathroom and my wife says,

"I washed your tennis stuff, would hate for you to not look your best for your girlfriend tomorrow".

Shit test, right? I'm smirking to myself. Then, for whatever reason, I think, "geez, when was the last time she was on her period?". I glance at the garbage, sure enough, pad wrapper...

So as I move along this path, I've come to notice things I hadn't before. A big one, I used to treat any sort of resistance as a pure shit test...but this, this was a wife seeking comfort. Rather than STFU, my standard practice, I opted to say:

"I know you don't like me playing tennis with another woman, do you?"

her, hardened face, softening right away, "no, I don't"

"well look, I understand...If I was married to me, I'd be worried all the time...I'm pretty incredible. It's a tennis match, versus an excellent opponent. I enjoy it. Now go put the kettle on, let's have a tea and watch something on TV"

She smiled, her body language relaxed and the air in the home become instantly less...haggish. My future dread is still in tact, my tennis match is still in tact and...

Blowjob last night and my lunch was made and waiting for me in the fridge to take to work this morning.

BluepillProfessor · 20 August 2016 · Archived copy · Reddit

42

UPVOTES

The real problem with me on r/Deadbedrooms, I waited too long.

CasperTFG_808 · 12 August 2016 · Archived copy · Reddit

Following up from the post, [The problem with people who post in r/DeadBedrooms - and how you can avoid it](#). I too had spent 3-4 years posting on /r/DeadBedrooms before finding /r/marriedredpill. In the past 3 months I turned shit around real fast.

1. I worked on myself. I have been improving myself for a few years now, lost 40+ lbs put on good lean muscle mass looking more fit than when we met. I also started going out with my friends and making new friends with no excuses for wanting to live my own life.
2. Told SO I can't make her want to fuck me, I can only decide what I want to do about it. If she doesn't want to fuck me then we are roommates and I have no interest in having a roommate. I want an intimate partner, so I will give her a few months to decide what she wants before we discuss the final direction of this relationship.
3. I decided to stop feeding her anxiety and her bullshit. By that I mean I stopped enabling her to be lazy and feed into her anxiety by making decisions for her. I called her out on the fact that she is a failure as a SAHM and If this was the work environment I would fire her today, I also told her that she is an adult and she needs to start acting like one and take on responsibility I was no longer going to shoulder all the responsibility.

As a result;

1. She has been working on herself, actually sticking to diets and doing the actual fucking work that her therapist has been giving her to do to work out her own shit because I am not putting up with it anymore.
2. She also started fucking me again, 2-3 times a week. She even had a really bad yeast infection for a week and gave me 2 BJ's that week. The more important thing is she has actually said yes when I initiate.
3. She is off her ass, off the couch, off of facebook and getting shit done around the house. She is even talking about looking for a full time job, after 10 years she is finally admitting to herself that she hates being a SAHM, she liked the idea of it but hates it in practice.

The problem,

1. Now that I am looking and feeling great, I passed her big time as far as scales of attractiveness. I kinda feel like I could do a lot better as far as looks, attitude and overall sexyness.
2. I waited too long, I had to get so low and soo pissed off with her to actually stand up for myself and speak my mind that I really don't give a shit. I get sex, okay well it's sex but I don't really find her attractive anymore, she is not sexy anymore and well I think 8 years of her being a cold fish totally turned me off of her.
3. I am finding myself happy that she is thinking about getting a full time job not because it will help our marriage, but because maybe I will have to pay less Alimony?

Summary, If I had done what I am doing today 7, 6 or even 5 years ago our marriage would have been saved, but I am so deeply scared by this relationship that I don't think I even care if it is getting fixed. This is not turning into the marriage that I want, it is turning into a marriage that I can find bearable which is sad.

42

UPVOTES

Because of an Air Conditioner....not really

ReddJive · 22 July 2016 · Archived copy · Reddit

I bought an AC. First one for the house. My house is older....really unique, but it was built some decades before AC was considered standard for homes. It really didn't need it. It was perfectly situated in the wind, and there were some other structural advantages. When I replaced the roof a few weeks ago that changed and we lost most of that, other than the wind, but it wasn't enough with high humidity. The breeze didn't flow like it once did. The family was getting too hot during the day, and I figured an small AC unit would be a good idea. The electric bill isn't bad in the summer.

Install it. It's running for a few hours when she gets home. She goes into orbit About it, which then is a spring into other things, I am untrustworthy, how I didn't discuss things with her, how I just do and never talk, then of course it spirals into how controlling I am, I got the speech about how marriage is 50/50, she doesn't know what I think and feel any more... I kind of lost track from there.

I knew this was not about the AC at all or any of the bullshit. It was about the news she got at her physical yesterday.

I patted the couch where I sat. She came and sat down.

Held her for an hour.

She got up. Got something to drink, and sat back down

She smiled and said, "So what movie are we going to watch?"

"James Bond. Spectre"

The rest of the night was pleasant.

Practicing Frame Control

This post is about Frame Control, not building a Frame. When we talk about holding/maintaining Frame we are talking about maintaining mental acuity and awareness within yourself and focusing on the items that are important to you. One of the more redpillsciencey articles you can read is located at <http://www.returnofkings.com/29943/the-essence-of-frame-control> and is a more metaphysical approach. I prefer a more direct easy to understand approach. One of the best I have found is:

"This is your party, homeboy, you're in charge of the direction. You are above her, she is beneath you; she is lucky to be out with you. You keep things moving in the direction that you want. Tease her if she gets bratty; tease her if she doesn't, always with a smile, always having fun. Don't lose your sense of authority, don't question yourself. Think of Frame Control as the ultimate display of overt confidence." from /u/LastRevision

Let's face it. Once the time comes to "maintain frame" its often in the heat of the moment and shit just got real very quickly. This might be the worst time ever to try and maintain frame. The more intelligent beginner will realize its time to STFU and leave. Frame control needn't be this hard. You can practice it on your terms. Lay the trap, set the wire, and bait the hook. All under your conditions. As you begin to adjust to realizing what is happening around you. Once your mental awareness gets sharper maintaining frame is just something you do.

The married man's frame is more than just control. It's building a life people want to be part of. For sake of brevity take a look at some of these practice runs and see if you can start working on maintaining your frame.

Poking the Bear

Aluded to from an earlier post by /u/stonepimpletlists wherein we "poke the bear" to get a reaction. The setup is simple. Perform a lesser pet peave of your wife and let her get pissed. Then tease her about it with good humor and A&A. Have fun, and when she goes off the deep end don't follow her. An example would be to unload the dish washer and when she is in the kitchen with you, put in a dirty cup. When she flips her wig and asks why you put a dirty cup in the clean load. Just give her a playful smile and a chuckle. When she flings the door open and checks. Time to game her with a hip pull, laugh, and a quirky smile. "You think I would let my wife handle clean dishes? Not on my watch!".

ProTip: I have used this so much, my wife just starts laughing at me and says "I am onto you by now mister". Yet she still plays along for the fun of it.

The Careless Planner

This one is best done on errands day. Make a plan of all the errands you need to get done without her. Don't tell her the plan. When she insists you need to make a list or whatever you guys do, refuse and tell her you are going to handle it. When she snips at you, laugh it off with A&A or AM. Ask her about the next stop and then do what you planned. The key is that your plan should be working well. At the end of the trip let her in on the secret that you had a plan all along. You must pull it off with humor such as "Wow baby you seem frustrated! *wink*, I had this planned since last week, *big smile*".

ProTip: Whoa is the man who has the fucked up plan, then you will be practicing frame control on her terms ;)

The ol' Surly Sailor (a nod to stone)

Come home in a snippy in a mood. When she starts calling you out on it, start A&A on every single jab she throws at you. When she moves in for the kill, pick her up and swing her around with a kiss. Then liven up the mood with an announcement of something exciting for her or yourself. Double extra bonus points if you can carry her up the stairs to the bedroom!

The Morgan Freeman

When she is mad at you start narrating out her actions or thoughts in a silly or playful voice. I do a good Morgan Freeman and it drives her nuts. As she is huffing or puffing around the house, slamming cupboards, and the like, I call it out as if I am narrating a nature documentary. If you go too far and you get the silent treatment that is the golden window. "The mother lion has resorted to silence to attract her mate. She knows it's success and often uses this ploy to arouse the male".

Cold as Ice

When you come in from the outside and your hands are basically frozen solid. Come up from behind her and run your hands up her back inside her shirt. Illiciting hoots and hollers. She is gonna be pissed and go off on you. A&A the results but keep trying to touch her with your cold hands. Thank her for warming up your hands and just walk away chuckling.

Fashion Mogul

On date night or going to a big event. Hopefully she isn't always late because you don't put up with that any more. When she is dressed to the nines and looking hot coming out of the bedroom. Look her right in the optical fibers and ask "Is that what you are wearing?". Prepare your jimmies because she is about to rustle them. Then when she gets all worked up, laugh, tell her she looks amazing, and walk away. This one is a double, because you also spin the hamster wheel for the rest of the evening.

There it is. Six ways you can practice frame control and if you fuck it up, the damage is minimal anyways.

42

UPVOTES

Married Game - The Coconut Spa

A_Rex · 20 January 2016 · Archived copy · Reddit

TL;dr - Buy extra virgin unrefined coconut oil, like, yesterday. But do not just break it out in front of the wife out of nowhere and expect her to be DTF. Use it to create an immersive experience and lead her to want it.

This post was inspired by the number of questions I got about coconut oil from my last post, so here you go.

Boring but necessary facts - extra virgin unrefined coconut oil (never buy the refined stuff) is an outstanding massage oil and lube, provided no one is allergic. It is a solid at room temperature, but melts quickly in your hands. The price tag may seem a bit high at first (\$8 - \$12 a container), but a little goes a long way, so that it is actually cheaper than specialty massage lotions and oils that you will run out of and need to replace more quickly. CAVEAT - because it is an oil, you cannot use it with condoms or latex/rubber toys. It will degrade the latex and reduce the efficacy of a condom. Be careful. Otherwise, it can go everywhere and is a fantastic lube. It smells great, but the oil itself has little flavor (wife complained that it tasted like, just oil, which wasn't pleasing)

How to use in creating an immersive experience

I'll assume that my readers know their MRP shit. They are lifting, improving their SMV, and know how important it is to game the Mrs. In that regard, we all learned that it is our duty to keep it interesting and unpredictable in order to turn our wives into the secret sluts we know they are. So here's how I did it.

After gaming your wife, suggest she come to bed for a special massage. When she asks what makes it special, say you read some article on Yahoo about how coconut oil is great as a massage lotion, moisturizer, and lube. Convey that the massage will be "inappropriate". Do not just spring a massage on her without prior game, then get butthurt when she rejects the sex part.

To make it an experience, I replaced my bedroom light bulb with a red bulb, put the towels down on the bed, and was nude. Tell her to remove all clothing and lie on her front. Any resistance at this point should be a flirty, easy shit test. The responses that worked for me were to Stay In Character. She balks at getting fully nude? You - "management insists in a strict no clothing policy". She keeps testing? "Ma'am, we can talk if you want but this time will be counted against your massage time". Stay in character and be fun.

Then, start by giving a good, real massage. /u/BluepillProfessor had a post about how to do this. Pick your favorite things out of that (or a legit massage you've gotten) and do them to her. Of course, when you get to her ass, pay special attention there and touch everything as part of the massage. Pass her shit tests as described above. When you are done with this side, have her roll over and rub her front down. Be legitimate and inappropriate at the same time. Focus on her tits, then her pubic mound, and eventually rub her pussy until she's horny as hell, then you fuck the day lights out of her. Since getting the coconut oil two weeks ago, the sex has been almost daily, with her requesting "coconut massages" (her way of initiating lately), and her offering to coconut massage me, leading to her telling me to fuck her ass for the first time in four years as mentioned in my last post. My naughty massage parlor

even has a name - the Coconut Spa.

Understanding the why -

One of our sidebar books (on mobile so can't link or verify exact reference) mentions immersion as an important aspect of sex/gaming. This is the key. Instead of just throwing coconut oil in the counter when I came home, I created an experience in the red light, naughty massage parlor where she can unleash her inner slut, because THAT'S WHAT THE SPA IS FOR, and only that. It also ties into a common fantasy about the woman getting rubbed down by her "Hawt" masseur, getting so turned on in the moment that she fucks him senseless and "doesn't know what came over her". Be Chad, the Hawt naughty massage therapist, and reap the rewards.

I will continue to create new immersions to keep this from getting stale, but will keep in in the repertoire. When I find new successful ones, I'll post again. Already have an idea. My wife loves cop outfits and I have one that makes me look jacked as hell. Maybe next time she comes in for a massage, my unlicensed massage parlor gets "raided"...

Note: forgive my spelling/format as I am only on mobile.

Edit: fixed username link

42

UPVOTES

Every morning you have a choice

TrainingTheBrain · 30 December 2015 · Archived copy · Reddit

You wake up *every* day with an opportunity to do it better. Each morning you wake up with the choice of *Weak* or **Strong**.

It's time to choose **Strong** and it's past time to make that your habit.

If you do not have enough time in your day to workout, read, pursue your hobby then you are choosing the path of weakness.

The reason being is you could go to bed later or wake up earlier; you manage your time like a pussy and are choosing comfort over necessity.

- Why can't you wake up at 0400 instead of 0530 (whenever you wake up) so you can get your workout, reading, or writing in?
- Why can't you write out a meal plan and adhere to it?
- Why can't you read the posts on TRP & MRP and actual **apply** them to your situation instead of just reading and then suffering analysis paralysis?

Because you're weak and you're used to choosing the path of weakness, it is sad that *many* husband's default choice is that of the *Weak* path.

So Fix It!

I fucking hate when people say they are making a 'New Year's Resolution' as it implies they are waiting to improve themselves instead of taking immediate action and ownership. Since we are wicked close to New Year's, fuck it, make it a 'resolution' or whatever you have to call it, but **make a change**.

Wake up earlier or go to bed later.

- Will you diminish some of the gains you could make in the gym?

Probably.

- Will the added time allow you to accomplish more goals than you could have otherwise?

Definitely.

I'd rather be a little more sore and maybe a little less shredded if it means I am able to get my blog more active and complete the book I've been writing. You do whatever it is *you* need to get accomplished that you couldn't otherwise during a 'normal' day. Most of you have used up all of your 'Zero Days'. It's time to make a change in your default choice making. Choose the hard path, set that goal and then write down the steps you will be taking to reach it, then take the necessary actions.

If you need a buddy to help with accountability I will do that. I'm looking to create a means of keeping in touch with a few people who have already messaged me. But even a PM back and forth will work. If you need that, message me. If the mods have any ideas to keep guys progressing, tracking, & keeping accountability with others throw it out to the group.

I'm not the most tech savvy guy, but there is a way to do *anything*. Find out what you want and let's come up with a game plan to make it happen.

You want to read 30 books this year? Get a visible six pack? Deadlift 400lbs? Write a book? Fuck your wife in a Target changing room (is that just me?)? **Whatever** the fuck it is you want, get it out there and fucking **Make it**

Happen.

For further motivation

42

UPVOTES

[FR] MRP and MMSLP work even when you are 52

Olderpillr · 21 September 2015 · Archived copy · Reddit

TLDR: A natural alpha confronts becoming beta after a 30+ year marriage. Initiates changes after reading rep pill reddit and MMSLP. Very positive results, solving issues that have dogged the relationship for 30 years.

Background: I am an engineer and an entrepreneur having owned a number of moderately successful businesses. Met my SO in College and have been together for 35 years (married for 29), we have four kids and my wife is also a very smart professional who has worked with me in my businesses. I am used to leadership being the CEO and owner and am normally fairly aggressive and perceived as an alpha by my peers. When my wife confronted a significant health issue about a dozen years ago I flipped to absolute supportive beta in our relationship because I thought I had to put my needs on the back burner to support her.

Once the health issue passed she became more and more focused at work just as our business was doing better. We both worked 90 plus hours a week in the early days and then spent the rest of the time was on raising four kids. In effect the business was our mistresses for both of us, taking significant focus away from our relationship.

The Change: Our sex life was always OK (2 times per week average) and I was lucky that she was always in great physical shape (BTW a hint to the younger red pillers out there take a look at the mother of your prospective LTR if she is not in good shape in her thirties or forties the odds are against your future wife being able to keep her figure). I had slacked off on exercising and had gained about 30 pounds even though we always ate relatively healthy because I love to cook and we both hate fast food.

The problem I was confronting was how my life was going to look like with the last kid leaving for college. The business was in decent shape, I reduced my workload to about 50 hours per week and had great flexibility to go out and vacation often. Our financial position was very good, and I was looking forward to enjoying my time. My wife was still addicted to work and despite numerous arguments over the years never figured out how to reduce the workload. She would work late into the night in her office at home, checking and double-checking the work of her employees. This was not a traditional affair but it still stood in the way of my happiness.

I discovered red pill and MMSLP and read through it voraciously in April of this year and realized that the first thing I had to do was fix myself. I started lifting and working out every day in our home gym. I stopped acting beta towards my wife, if she asked for a glass of water I would no longer “be a gentleman” and rush to get her one but pretty much ignore the request. There were some shit tests earlier on along the lines of why are you working out so much? It quickly escalated to “is there someone else?” I could not apply direct dread since we worked together and I did not want to shit where I eat by hiring a 25 year old “executive assistant” so in addition to just swatting the shit tests away I casually mentioned that a few of my friends were so happy after their divorce and had cute younger girlfriends.

The sex life increased dramatically and quickly we were up to 10+ times per week and I was seeing the payoff of the testosterone shots I was taking. As a result of MMSLP the sex changed, I was much more demanding feeling comfortable telling my wife that I wanted to start the morning with a good BJ. Unfortunately my wife would still get up after sex and go back and work in the office until 1 or 2 am.

The Event: I continued to improve myself, gaining confidence and losing weight was down to about 210 my wife would join me on morning walks stating that she needed to get fitter to keep up with me. However even after two months of reading and applying MMSLP the underlying dynamic of my wife's attachment to work did not change. I was fed up and did not want to waste the rest of my life sitting around the house while she worked. I explored restarting my hobby of flying but fundamentally wanted a partner that would be there to enjoy the fruits of our hard work. On a weekend walk in June I dropped the bomb on my wife, I told her that I was opening a separate bank account and moving a significant amount of money there. I told her that I wanted to separate and move out, that divorce was fine and I had no problem with her continuing to work as many hours as she wanted to make my 50% of the business worth more while I take vacations and enjoy my life with someone else.

For the first time in her life she began to see her work as the addiction it was and she spent the rest of the day crying and apologizing for the last decade. I proceeded to open the bank account on Monday morning. She met with her department that day and told them that she was going to change and distribute her workload among them. I really believe that my increase in self-confidence and a true OI attitude on the choice she wanted to make was the key to achieving something that decade plus of arguments, beta covert contracts and bitching did not.

The Result: What prompted me to write this post was not just gratitude for the impact that MRP had on my life but my wife's comments in the shower this morning. She said she had one of the best weekends ever with a college football game on Friday night, comedy show on Saturday followed by drinks and tapas, an eight mile hike on Sunday as watching some football with me. The weekend ended with us sitting in the yard and watching the sunset on Sunday while having a drink followed by the 3rd time we had sex that day. She is walking around the house in either lululemon stretch shorts or a something lacy, is not allowed to wear panties to dinner and enjoys when I give her great ass a good spank.

I know that I need to keep up my game, so I am amping up the outside interests taking up SCUBA to enjoy on our week in the south pacific at the end of October.

42

UPVOTES

The Cockroach Theory for Self-development Response Vs Reaction. (aka Frame Simplified)

whinemoreplease · 15 August 2015 · Archived copy · Reddit

At a restaurant, a cockroach suddenly flew from somewhere and sat on a lady. She started screaming out of fear. With a panic stricken face and trembling voice, she started jumping, with both her hands desperately trying to get rid of the cockroach.

Her reaction was contagious, as everyone in her group also got panicky.

The lady finally managed to push the cockroach away but ...it landed on another lady in the group.

Now, it was the turn of the other lady in the group to continue the drama.

The waiter rushed forward to their rescue. In the relay of throwing, the cockroach next fell upon the waiter.

The waiter stood firm, composed himself and observed the behavior of the cockroach on his shirt.

When he was confident enough, he grabbed it with his fingers and threw it out of the restaurant.

Sipping my coffee and watching the amusement, the antenna of my mind picked up a few thoughts and started wondering, was the cockroach responsible for their histrionic behavior?

If so, then why was the waiter not disturbed? He handled it near to perfection, without any chaos.

It is not the cockroach, but the inability of the ladies to handle the disturbance caused by the cockroach that disturbed the ladies.

I realized that, it is not the shouting of my father or my boss or my wife that disturbs me, but it's my inability to handle the disturbances caused by their shouting that disturbs me.

It's not the traffic jams on the road that disturbs me, but my inability to handle the disturbance caused by the traffic jam that disturbs me.

More than the problem, it's my reaction to the problem that creates chaos in my life.

Lessons learnt from the story:

- I understood, I should not react in life.
- I should always respond. The women reacted, whereas the waiter responded.

Reactions are always instinctive whereas responses are always well thought of, just and right to save a situation from going out of hands, to avoid cracks in relationship, to avoid taking decisions in anger, anxiety, stress or hurry.

42

UPVOTES

Update -Wife wants to go work at a bar

thegr8b8m8 · 4 July 2015 · Archived copy · Reddit

I have been meaning to update for anyone who remembers my wife suddenly out of character wanted to go work at a bar. I asked MRP and you guys confirmed I was not crazy and this would not end well. I don't know how to post a link to the old thread with baconreader sorry.

So I told my wife in a nice way no she can not go work at a bar. At first she was ok with it but then things started deteriorating. This became less about the bar and more about whether she was going to respect my decision as captain. Things got really hairy alot of yelling and tantrum throwing on her part. I remained strong and unmoved. Alot went on over a 3 week period and I don't want to write you guys a novel about it but the end result is great.

I just really turned on the Redpill theory as much as possible in everything especially over the last few weeks. Me and my wife believe in the Bible and when I have shown her the passages saying "wives are to submit to there husbands" she has scoffed at me and basically told me because I don't act like Jesus 24 hours a day that's why she won't show me that respect. So after almost coming to the brink of divorce it was like something changed in her. I could just tell something was different about her.

She has been wholeheartedly my first mate and she allows me to be the captain. Any time she plans anything for the family she doesn't just assume I am OK with it she calls and asks me if it's ok. She turned over our finances to me. Her attitude is much improved. We are both way happier with these new roles. When she leans on me as the captain of our ship it makes me much more loving towards her. Now she says she finally "feels" like I love her which she always complained that she didn't feel loved. And so I plan to keep things going as we are both much happier in our natural roles as Man & Woman.

42

UPVOTES

Alpha at Work for Your Career and Your Wife

CaptainWasHere · 6 April 2015 · Archived copy · Reddit

This sub is about upping your Alpha mating game in your LTR. As you should know, this game is played 24/7. Here are some things I've read, learned, tried and accomplished that help my Alpha'ness at work, which also helps at home. Of course, not every thing here applies to every person, job or event. Use your discretion. It doesn't matter how important your title is, it's how important you make yourself.

- **Walk Tall** - Cock first, shoulders back. Doing Lat Pulldowns and Overhead Press are great exercises for this. Walk around with purpose wherever you go.
- **Dress Well** - There's a 20-something guy here that always wears a button-down and slacks (which is on the upper end of our style), but the shirts are baggy & wrinkled and the slacks are loose-fitting & out of style. Point is - Dress nice! Polos aren't white-collar work-chic, I don't care how many tradeshow you've been to. Slacks and a button down are my go-to. Make sure your clothes are fitted, clean and pressed. Get metal collar stays, they work. Spend more upfront on wrinkle-free shirts and save money on dry-cleaning. Get shirts that fit your frame (hint, they're not in sizes S, M, L)! If you're fit, then you need "Athletic/Slim Cut". Consider tailoring them. Get a work-sexy sportcoat and have it perfectly tailored. That will dress up any outfit. Get your shoes shined and have an insta-shine sponge in your desk. I wear a tie once a week. I only see the owner in a tie on occasion, so I'm mirroring him. Point is, look like you are a top dog or should be considered for the position. The right clothes, the right fit, the right care. Trust me, your SO will appreciate it as well.
- **Talk with Everyone** - I'm not saying to spend your day gabbing. Do NOT be that guy. But have a good rapport with anyone you come in contact with at work. Remember their name, position and some personal fact. Alphas tend to be extroverted. Amass your allies all over the company.
- **Up Your Skills** - Take a class on one thing that's important to your success. In our \$100M firm, I am the known as the Excel master. It's almost more important than my degree. Find an online class or video series to learn more about some software or process that can make you more valuable in your current and future roles.
- **Cleanliness** - Whether your subordinates or bosses come into your office, what's the impression they get? Do they see a clean desk from someone they can trust to stay organized and on top of everything? Or do they see a mess everywhere, conveying that you're not on top of your responsibilities?
- **Lead** - If you're a manager with an assigned team, then make sure you're "leading" the people, not "managing" their numbers. Humans want a boss they can trust and follow. The majority of American workers would rather get a new boss than a pay raise. What kind of boss are you? If you don't have a team beneath you, then create one around you. I don't manage people now. But I did create a weekly meeting of our mid management. They were all whining about direction and clarity but no one was standing up. I'm the newest and youngest here, but I Alpha'd up, created and manage these meetings. If your leaders aren't leading the way you want, please accept that as the reality and choose to lead by example. Someday, you may actually be the boss.
- **Take Notes** - Always, always write down notes. Notes on your phone look like you're just playing. Notes on a pad are faster and let you keep your eyes on the audience. Never walk into your boss's office without a notepad. Whether you're an operator, sales or managers - we all know what it's like to forget a key part of task/meeting OR to try to tell someone else what to do, watch them not take notes, and watch them miss something crucial. Be reliable.
- **Take the Pressure Off** - Your goal for your bosses/customers is to take something off of their plate. Everyone is overworked and stressed. Let your bosses/customers know that when you touch something, that it's as good as done. They can rest easy as soon as they know that you're on it.

- Be Entrepreneurial - Start a side business at home or lead like an entrepreneur/boss at work. Unless you're in a company of 1/2 M employees where any step outside of your perfectly worded job description results in pandemonium. I've found that most customers/bosses want someone that knows how to get their assigned role done AND has a leadership/entrepreneurial quality to them. Why? People don't just turn into leaders when they get a new title, they are leaders 24/7 regardless of title and position. When you genuinely want to see the company grow, take unique steps to get there, are willing to take risks for what you believe, and see your projects through to completion ... then you're a leader.
- No Rough Drafts - A successful buddy of mine gave me this tip. There's no such thing as a rough draft. If you're showing a draft to team mates or bosses, it better look good. Make sure there are no typos, that it's visually close to the final and that you know what the next steps & feedback are that you need to complete it.
- Complete Things - Too many employees bounce between activities without finishing them. Be the team member that is known for finishing projects. In school you could get something "mostly" done and still earn a B. Here, it's either complete or worthless.
- Let Your SO Watch You Work - She supports you through the long hours, sleepless nights and career stresses. She believes in you. She trusts you to support (on some level) the family. The women love to watch us do what we do best. I used to work at a vacation place. There was no greater power than walking around a group of bumbling tourists while I had a clipboard and walkie-talkie. I could get away with anything. It was glorious to watch the ladies tingle when I barked orders to everyone. I'm now doing the white-collar corporate stuff. Even now, my SO loves swinging by and seeing my cool office or chatting up my boss or sitting back and watching me finish up report. Point is, she supports you and (to some level) she gets the tingles watching you work.

All our MRP activities are meant to improve us from the core of our being. They're not something you turn on and off depending on whether your wife or kids are around. I used to work and crave validation for my projects as they were ongoing. RP me doesn't need those little cookies. Work with confidence that you're heading up the right path. If you're unsure, then seek clarity. Manage expectations and meet deadlines. Practice leading, maintaining frame, outcome independence and more at work. Build your careers so that your wife can get the tingles thinking about the impact you're making at work, how well you provide for the family ... and still find time to ravage her like a caveman.

Essay:

<https://therationalmale.com/2019/03/20/the-existential-fear-men/>

Excerpt:

Patriarchy & Monogamy

Socially enforced monogamy was the least barbaric of those compromises, but in this century destroying that monogamy has been a priority for the Feminine Imperative. In theory, socially enforced monogamy was the most beneficial mating strategy for largest number of (low SMV) men to solve their reproductive problem. But the fact remained that it was still an exercise of control over women's Hypergamous natures. In essence, monogamy worked for men, and it was beneficial as a compromise in parental investment for women, but it also assumed direct a control over women's sexual selection process.

Patriarchy and monogamy answered a woman's Hypergamous doubt for her, and that is the crux of women's *Existential Fear* – to have the control of her Hypergamy, her selection process, and ultimately the cost associated with that choice determined for her. This fear is exactly why the primary goal of feminism has always been the maximal unlimiting of women's sexuality and the maximal restricting of men's sexuality. It seeks to replace the social-scale compromise of the *Cardinal Rule of Sexual Strategies* with the total capitulation of the male strategy. Today, the Gynocracy has achieved this almost entirely.

But for one sex's strategy to succeed, the other's must be compromised or abandoned. For a gynocentric social order, only men's abandonment of their own strategy is acceptable – and this abandonment insists men deny the evolved imperative of their own *Existential Fear* – insisting on paternity.

In the evolved scheme of things men's reproductive best interest involves sacrifices. When a man commits to parental investment with a woman he takes on sunk cost risks. The time he spends investing himself committed to one woman and the children they produce comes at the cost of reproductive opportunities with other women. Women's sexual strategy necessitates he compromise or abandon his biological imperative. Naturally, both men and women have adapted ways to circumvent monogamy to optimize their sexual strategies (infidelity, short-term breeding schema), but the basic equation is the same; if a man is invested in one woman it limits him from seeking other (potentially better) reproductive opportunities. If you want to know why *Plate Theory* irks women so much look no further.

The only way this compromise of sexual strategy can be advantageous to men is if he can be relatively assured that the child he's raising is his own. This is where men's *Existential Fear* of paternity fraud begins. He cedes his own strategy and the sunk opportunity cost for reproduction in exchange for the certainty that he's invested in a child that bears his name and his blood.

I call this men's *Existential Fear* because denying men the certainty of paternity presents the same existential anxieties as a woman's control of Hypergamous doubt taken from her. Women fear the idea of being forced to birth and raise the child of a suboptimal man not of her choosing, while men fear the idea of being deceived into raising a child not of their own genetic lineage. And until the advent of DNA testing only a woman could be certain that the child was her own.

This is root level stuff here. So important was the determination of paternity for men that an obsessive concern for it was written into our mental firmware. The risks of falling for paternity deception was *that* important, and the men who evolved this compulsion were selected-for. The reason we *Mate Guard*, the reason our hindbrains default to jealous suspicions, the reason we cannot bear the thought of another man mating with *our woman* is rooted in the

fear of investing ourselves in a child not our own.

In the previous essay I mentioned the natural revulsion response humans have towards things that are inherently harmful to us. A reservation or revulsion of snakes, spiders, feces, rot and necrosis are part of the evolved firmware we're born with. I would also argue that the revulsion women feel towards "creepy" (low SMV, Beta) men and the revulsion men feel towards "slutty" women is part of this. Both these revulsions are adaptational protections against our respective *Existential Fears*. Each represents our ***Instinctual Interpretive Process*** letting us know what our ancestors had to avoid.

42

UPVOTES

Container words, and you

RStonePT · 30 April 2019 · Archived copy · Reddit

A blurb to you guys here. This ones a bit more existential, but I do find it important. The kind of guy who comes here out of pure desperation, then lashes out to the guys helping because they aren't respecting him enough when they do... take heed.

Everything we discuss is a little vague, and unfortunately, it's fungable too.

- Stoic means 'I let my wife berate me without crying'
- Alpha means 'I am mean to that bitch because I can!'
- Beta means 'co dependant pushover'

Whether you know you do it or not, everyone builds their narratives, everyone builds their mental models. You picture yourself as an archetype, and act in accordance with that archetype. This is frame, essentially, and the difference between a good frame and a bad frame is important to understand. That and once you start to see how middle aged chicks argue and berate a guy, it's good to know how and why they are doing what they do.

I normally add something actionable to the end of anything I write, this is the one exception I've ever done.

narcissism

I've often suggested a healthy level of narcissism is required by men, in fact I've often suggested it's one of the hallmarks of the concept of masculinity itself. Healthy is a vague term that we can take to mean anything we want it to, so in the theme of this post I will look to make it a little more objectively.

Unhealthy narcissism involves a few characteristics. Create an archetype, persona, or life script, which I condense into the term deep narrative; emulate the characteristics of your surface level understanding of this deep narrative and respond with rage towards any person who does not recognize your deep narrative as their deep narrative. I use the term rage purposefully, anger is a social reaction to a perceived injustice. If I break my arm from an accident it hurts, if you break my arm on purpose it's anger. Rage doesn't have a grievance, it's an ego defensive measure to remove threats to ones ego investment. Whether it's accidental or purposeful doesn't matter. Only the deep narratives integrity matters.

And it's built on a foundation of sand.

So when I say a healthy level of narcissism, I define it as a level of narcissism that does not require rage in order to sustain itself. The reason I make this specific is because of the concept I am introducing here

Container Words

I use an analogy to describe this. A container word is a box, a box with a label on it. You take this box with a label on it, and fill it with emotions, feelings, and ego. You seal the box and throw it at someone else. they have their own box, and it's filled with their own emotions, their own feeling, and their own ego. Since your box differs from theirs, and everyone box benefits themselves, they use their box as a cudgel against your box. You must adopt the contents of their box or else suffer narcissistic rage.

The labels are pretty common: Alpha Male, Beta Male, a Real Man, a Man of Integrity, Playboy/Pleighboi, HighIQ, Real G; you can easily think of many more once you know what to look for. Women and men both use container words to bully you into doing something for them.

- You're not a Real Man if you don't do the dishes
- Only highIQ men understand this

- I would never put up with that, I only sleep with men who have Integrity!
- Real G's only fuck 9's and 10's

I've spent way too much time arguing with middle aged soccer moms online during my learning phase of The Red Pill, and it's something prevalent that isn't discussed. Luckily once a man gets it, they learn to develop frame. Frame encompasses the final strategy in this essay.

[more here](#)

When you get back, keep in mind the following bullet points.

1. Masculine/rp models of the world versus Femenine/bp ones
2. How container words can be very manipulative if you're not aware of them (similar to open and closed communication)
3. Better understand and apply the concept of frame to build a more successful you.
4. Define your terms, otherwise you'll bullshit yourself about your suceses and failures

42

UPVOTES

Heirs of the Blank Slate

Rollo-Tomassi · 26 July 2019 · Archived copy · Reddit

Essay:

<https://therationalmale.com/2019/07/26/heirs-of-the-blank-slate/>

Excerpt:

The Human System

I use the term “*evolved mental firmware*” a lot in my writing. I look at it like this; we have the hardware that is our biological reality, a firmware that is our in-born, evolved proclivities (and the psychological aspects of how men and women’s hardware affects it) and the software that accounts for the social programming we learn from our environments and circumstances. From the perspective of my theory on perceptive processes (*Instinct, Emotion & Reason*) our firmware influences all three of these processes.

Blank Slate equalism would condition us to believe that our biology (hardware) is insignificant, our firmware is non-existent or inconsequential, and our programming (social learning) is the only thing that makes us what we are. If this sounds like *progressivist* boilerplate you’re not too far off. Modern concepts of social justice use exactly this social constructionism to justify their positions on a great many issues – and especially gender issues.

However, it’s a mistake to think the Blank Slate is a religion only for leftists and feminists. Equalism is the starting point for the beliefs of many well-meaning Blue Pill conservatives too. Feminism depends on egalitarian ideals setting the intersexual ‘*Frame*’ for selling its ideology.

“If only men would cooperate and help smash the Patriarchy we could live in an ideal state of egalitarian equalism.”

The cover story of a ‘push for equality’ all depends on the Blank Slate notion that men and women are functional equals and all this inequality is the result of social doctrines (and plenty of *evil* men). If it’s all about social constructionism then all that’s needed is to change everyone’s programming and thus an idealized gender neutral world ought to be possible.

Male feminists, Mens Rights Activists and Masculinity Apologist organizations all have this in common – they buy into the Blank Slate and the feminist lie that gender equality is an achievable goal based on it. Most of them don’t realize they’re carrying feminist water in their egalitarian beliefs. They just believe in the hope of an “equal partnership” in their marriages and ignore or demonize the influence our evolved firmware exerts in themselves and their wives. So even when they accept intersexual differences and the influence of our firmware, the next defense of the Blank Slate is moralism.

42

UPVOTES

A Man and His Struggle

Blarg_Risen · 21 August 2019 · Archived copy · Reddit

A man from a remote village walks 5 miles each day to get water from the nearest source for his family. The walk is not treacherous as he doesn't fear for his life, but it does place a burden on him physically, as the blisters on his feet hurt during an especially rocky part of the trail, mentally as he struggles with the load, and wishes for an easier way, and emotionally as it takes him away from his sons and daughters, his wife, and his village.

But over time, the man adapts by fashioning some shoes, or by creating a new path easier on the feet...by accepting that struggle is a part of life and by gaining an appreciation of the struggle, the trail's beauty, and the purpose behind what he does...and by understanding that there's a time and place for joy with family and friends, as well as joy in solitude.

The man has come to equilibrium with his task, knowing at all levels of life there are tasks that test us, and in rising to meet them, we find ways to either bring ourselves enough value to make it worth it, or reduce the burden we bear from it such that, again, we balance or tip the scales of value the other way.

Little does the man know, but there is an underground aquifer a half mile from his hut. And if he digs a well there he will find water just as clean to take back to his family. Inevitably though, the extra time he finds for himself will result in a longing to fill it. For it is the human condition to fill that time with something. And in finding a goal to fill it with, he will again face struggles.

Do you tell him about the aquifer? In absence of you telling him, should he search for the aquifer? Is time spent searching for a solution to a problem he is already at equilibrium with time well spent?

Now let's say there is no aquifer, but he is searching for it. Do you tell him there is no aquifer? In absence of you telling him, should he not search for it? Is the struggles he faces searching for something he will not find better than the acceptance he had not knowing about it?

42

UPVOTES

The Coma Victim

010 - 9 October 2019 - Archived copy - Reddit

I see a lot of posts on here from guys who say something along the lines of "I was in a dead bedroom for years and then I found out my wife cheated on me years ago. Now I've gotten my shit together and we're having great sex but I'm angry at my wife for cheating on me years ago when I was a faggot."

These posts bother me a little bit because the poster is upset at his wife, when in fact AWALT. Any other woman would have done the same damn thing in that situation. If you stop being a man for years, of course the wife is going to run off and get some action on the side.

If you fell into a coma for a decade, and the doctors said "We don't know when or if he'll ever wake up" would you really be mad at your wife if she had sex with somebody else five years into your coma while you were effectively dead to the world?

If it makes you feel better then go get some of your own cheating action on the side to "get even" but don't be upset at women for being women. It seems to me these posters are upset that "their wife did something wrong" and don't realize that all women in that situation behave that way. It's not a case of "your wife is defective" it's a case of "you were defective."

Channel your anger into improving your lifts.

42

UPVOTES

A letter to my BIL

RPeed · 28 July 2020 · Archived copy · Reddit

I'm won't beat about the bush: I heard she hit you. Broke your glasses.

Story of your life these days.

Ya got two kids. One on the way. Are they even fucking yours?

You work forty hours a week. Commute fifteen hours. You take the kids when you're back.

You have no fucking life. No friends.

What. The. Fuck.

I heard you slept in your car for a week?

You live at your mom's now with the kids?

The fuck is she doing in the new house you bought her?

And you want to know how to use Meetup??

Didn't you tell me you actually thought of hurting yourself because of the stress of that mortgage and your life?

So what, you can't move? You can't live abroad? Change your career?

But why exactly?

You would rather be dead than do any of that?

You are 35 man.

What can you do?

Kick that bitch out.

What would you actually miss about that relationship?

Like literally: what facet of your life could conceivably be less well off if you left?

You think the kids benefit from growing up around... that?

You'd rather, what? Hang your self? Than tell your mom you got a divorce?

If a guy mugged you, wouldn't you agree to divorce to prevent a bullet in the face?

Better yet: if a 20 yo smoke show did it, would you?

So you have to date?

No matches on Bumble: cut your fucking hair.

Don't want to fuck a fat bitch: lower your standards.

No time for dates: fucking work less.

Shat yourself on the first date you had with SBXW... well fuck. Just don't do that again.

Jesus motherfuckers. PSA: do not. I repeat: DO NOT. Consign yourself to a life of fucking misery over some girl that gave your tummy butterflies in college.

Do not. Repeat: DO NOT. Fucking kill your self to prove a point to people.

Why?

Nobody fucking cares.

No slow cap as you and your katana blade are cremated, your ashes scattered across the bay from a single fedora to the tune of “leaves from the vine”.

I know at least two fuckers that wouldn't shed a tear.

I personally do not care about you and I'm glad I got to tell you that before you kill yourself.

But maybe I'm wrong, maybe it's a terrible tragedy...

42

UPVOTES

So you have ED, What are you going to do about it?

Just_Some_Guy_RP · 26 July 2021 · Archived copy · Reddit

I got a lot of PM's after posting my field report a while back asking me about the issues I had when I was struggling to get it up with plates. Turns out there are a lot of guys who struggle with this and it can really get inside your head and mess with you if you don't face the problem. There's currently nothing on the side bars here or for the main RP reddit for this, so I decided to make the thread so you don't have to. The purpose of this post is to help you start addressing the problems if you are struggling to get it up and actually keep it that way to enjoy it.

For my background, I ran my MAP and ultimately decided my relationship wasn't right for me. Regardless of how much I loved my partner in the past, staying in that situation was not what I wanted in life. I suspect most of you still in your marriages probably don't have this problem, but based on the messages I received there will be a lot of you in the same boat. It's not an easy topic to talk about and that's probably part of your problem if you are finding it difficult to enjoy sex with new girls.

There are a couple of things you need to figure out when looking into this. The main one; Is this a physical problem or is this a psychological one? If you think its physical don't be dumb and go see a Doctor and get professional help. If it's the latter, the good news is **That you can beat this**. A good check to see which camp you're in: do you still get morning wood, or do you rise to the occasion when you jerk off? If the answer to either of those questions is yes, then you know its psychological. It's going to take work, but if you went through all of the effort lifting, figuring out your finances, leading, dressing well, building charisma and actually going on dates, what's a bit more work to actually have the sex you wanted but wasn't getting from your wife?

There are quite a few areas your problem could come from. I can't cover everything in a single post, but I will give you a rough idea of where to start. The main issues usually come from these issues: -

Pre-sex nerves/performance anxiety

You matched with that 24 year old hottie on Tinder, you have the date set up and sex is on the cards. Fantastic, except you start to think about how you could fuck this up and start to feel nervous. Feeling nervous and excited is almost the same thing, but a lot of the time we can get the signals mixed up and end up worrying and pacing around before the date rather than pumping out *Ride with me* by Nelly on your Alexia as you get ready to live the chad life you've earned. This is a frame issue, you haven't internalized that you actually deserve to have fun and that you have attracted this person.

You can't keep it up during sex

Maybe you get a solid semi but can't seem to get it all the way or keep it. I actually have this problem when I use condoms. When I was with my Ex, we used other contraceptives and I hadn't put my glove on in 9 years. I was fortunately blessed with great equipment which comes with a consequence that I can't get my size condoms over the counter and have to order them online. For my size they only come in industrial can't feel shit thickness (so if your rolling up with an average one, you can laugh at this as you buy your ultra thin "am I actually wearing one" condoms). The catch is that you should always be wearing one with plates, you're playing with fire if you don't. It was a weird feeling and the first time I tried plating I was trying to do the job with a semi which starts to get in your head and makes it more likely you will lose your erection or it pushes you to want to end the session as fast as possible so your partner doesn't find out your struggling (**hiding the bad**). Part of this issue comes from "spectating" meaning all of your focus is on your dick and you're panicking every time it goes down slightly. Normally your level of hardness fluctuates but you don't notice it because you're in the moment enjoying all the different sensations. This is overthinking. If you haven't internalized the things you have learned here and have to think of your exact response to X shit test, you will live in your head and not your body. A bad experience like this starts to lead into the next problem: -

Getting out of your head

If it doesn't work out and you can't get your dick to stand at attention with a girl, it can start to get into your head and the problem will get worse. The first time it happened to me I was in my early 20s, just out of a year long relationship and my ex hit me up because she wanted to be fucked down. I remember going back to hers after a drink, and my guy decided to check out on me. I tried foreplay, going down on her, using my hand but my dick wasn't going anywhere. She got up and said you're such a fucking disappointment got dressed and kicked me out of her house. I had never had the problem before and that really messed with me. For weeks after all I could think was that she had probably told all of her friends and they were all laughing at me. That was long before I found this place and the real truth was I just wasn't into it. I went there for validation that I was still attractive after a break up. My mind set should have been, well these things happen and it's nothing to worry about. I wrongly focused on how I failed and that experience stayed dormant for a long time because I didn't have the tools or the willingness to address it.

You have a loose pelvic floor/ tight pelvic floor muscles

Yea who knew guys had these too. Ask yourself the following questions: -

1. Have you stopped getting morning wood?
2. Do you have blood in your piss?
3. Do you have pain when you pee?
4. Do you ever have the urge to piss, but when you try it won't come out?

If you answered yes to any of these, get off this reddit and go see a doctor you dumb mother fucker and make sure you're not actually dying.

1. When you start taking a leak, do you find it hard to stop the flow?
2. When you've finished peeing, do you leak a few drops even though you thought you were done?
3. Do you have difficulty holding in piss/stool/farts?

If you answered yes to any of these questions, you may have a loose pelvic floor which can make it hard to keep an erection.

1. Are you struggling with any pelvic pain? (Anywhere from your genitals to your abdominals)
2. Do you need to piss more often? Or have poor flow when you do go?
3. Do you feel any pain when or after you cum?
4. Do you have recurrent bladder infections?
5. Have you had an STI?

If you answered yes to any of these questions, you might have a tight pelvic floor, which will make it hard for the blood to get where it needs to.

There are a couple of exercises you can do for either situation. For a loose pelvic floor try these: -

First, find the right movement. These are muscles you might not even know how to use. Stand in front of the mirror naked. Take a normal breath, and as you breathe out, imagine you're trying to stop pissing. Clench the muscles. You should see your balls lift slightly. If this doesn't work, try imagining you're holding a fart in instead. Again, clench the muscles and look out for the lift.

Start with 50% effort:

1. Begin by standing up. Clench your pelvic floor. Make sure you're not holding your breath or clenching your glute muscles.
2. Hold it for 5 seconds, then relax for 5 seconds. Aim to hold it 10 times in total for the exercise.

You will also need to practice this sitting down and laying down. If you are still having trouble with this after 3 months of training, go see a DR.

For a tight pelvic floor, you're looking to do different kinds of stretches, I'd recommend going on youtube and searching for "mens tight pelvic floor exercises".

Your mental models are fucked up

You may be the guy that took your vows seriously and believed you would only ever be with your wife for the rest of your life. In a weird way, even if she cheated on you, you might feel guilty being with anyone else because you think you are cheating on your wife. This is a tough one and it links to being your own mental point of origin. If she is still the focus of your life it's going to be more difficult for you to switch from that to railing multiple Tinderella's. You should go back through some of the content and really work on making sure you have internalized everything.

For your benefit, my models were terrible while I was in my relationship. Because I had no frame and I took everything she said seriously, over the years it got to the point where if I wanted sex I felt bad and could only get it if she initiated. This happened over time because I wasn't putting my needs first. It started with "I feel like you're putting too much pressure on me for sex and I feel bad when I cant perform for you", which progressed to "Don't stare at me when I'm getting changed, I'm not putting on a show". To "why don't you initiate?, I'm sick of being the one who has to decide if we have sex" to "I don't feel safe as a women having sex in a world where Donald Trump can be president" onto "I feel like I'm betraying myself when I have sex with you". My body over time learned that I could only have sex when she decides she's ready. I thought that my sexuality made girls uncomfortable and I should shut the fuck up and be grateful for when she came to me. I let this happen to me, If I had set my boundaries early, there is a chance none of these would have ever have been issues. If they were, if I was willing to walk away, I would have never have built these mental models that affected me later down the line. You should look into why you feel weird about sex with new people, you have to rebuild new mental models that puts you first and doesn't feel the need to fucking apologize for being a man and having desires and needs. Anyone telling you to put these away does not have your best interest at heart and shouldn't be someone who gets your commitment.

What else can you do about it

The first thing, unlike other areas of your life is to **NOT** beat yourself up about it. It helps to look in the mirror and say man you are fat get your ass to the gym and get motivated, looking in the mirror and saying I'm a failure as a man if I cant rail a bitch, will actually set you back. The community I found had a great quote, it was "Be careful what you say to yourself because you're listening". If you have gotten to this point where your getting dates back to your place, getting her all worked up and in the bed and its not working at the last point, you are in fact doing better than all of the guys slinging one off the wrist, playing call of duty and complaining that women aint shit and only want to fuck chads while they look over a 50 page power point about what an attractive guy is. Think of this problem as an internalization check of all the content. Go back over it and see if you really are who you say you are.

Frame is everything even in this situation. You can be honest with your partner before you even get to the bedroom, you can open the conversation and say "Look, I'm a little bit quirky and I don't always get it up. It's not you and we are still going to have a fucking good time, just don't worry about that if it doesn't happen, its not you at all." Here you are being vulnerable but at the same time leading and taking ownership of the situation. If the girl opts out, no worries, you avoided a potential set back and if she accepts (most will) then you can relax knowing that she knows what she signed up for and is OK with it. Another way to frame it in a more joking way is to say "My dicks like Thors hammer, only she who is worthy can get it up". Say this with a cheeky grin on your face and watch her reaction. Here you're taking ownership of the situation and also aren't being shy about it. You are also challenging the girl in a playful way. A Tinder date I said this too gave me the best blowjob of my life because she got really competitive, when I got to full attention she was so turned on because she thought she had earned it, I felt relaxed because I took the pressure off of me.

Try meditation and breathing exercises. Sometimes this will feel like magic crystals and all that bull shit, but it helps lower your anxiety and check in with yourself. Knowing how your body works and being able to find the calm will help you relax before you are the guy at the Cancun foam party that the girl will be thinking of when she's having duty sex with her husband in 15 years wondering why she's not "Happy".

Talk about it with your guy friends. You're not less of a man for having trouble, it's not a case of not being alpha. If you refuse to address the problem and carry it around for years that's you not taking charge in life.

Take a shower. Try this exercise, when you shower, how much do you actually feel? can you feel the heat, do you feel all the water hitting you. Focus on each of your senses one at a time. get out of your head and actually experience the multi sensory thing happening. Some guys only focus on their dick during sex, a lot more is happening with the smells, tastes and feelings of hands running over you, her legs squishing your hips, her moans. If you are thinking only about having a hard dick, you are not feeling all of these other things happening. Learn to use more than one sense to enjoy sex.

Join the site I worked with. It's called Mojo, it helped me and a lot of the content from above is what I learned from there. I still don't have all of my problems sorted but I'm a lot further along and am retaining the 4 plates I have, (for me it's now pretty much finding the right condom so I can really enjoy sex with them because going raw with strangers is a terrible idea).

If I can beat this thing, then you sure as fuck can if you put the effort in. Remember, if this is the last hurdle then you are way ahead of where you were when you were getting the Ilybinilwy rejection from your wife as you tried to win her back.

If you have a story, throw it in the comments, it will actually help the guys who are worried talk about it and actually start facing their issues, I think you would be surprised how many people choose to suffer in silence who could be helped if they just took ownership and see others facing their issues.

42

UPVOTES

Just want to say thanks.

Jack_Wraith · 16 January 2023 · Archived copy · Reddit

You fucks can't do what I've done. You can't do what I do.

I hated myself when I peaked into this sub. I needed everything contained here. Don't need to check in for measurement.

Every time I miss a workout, I think about this sub.

Every time I start to feel small, I remember this sub.

Every time I doubt myself, I check my perspective against my goals, and then I think about this sub.

Stronger, better, from your own perspective is living within your own frame.

I'm not in this world with you. You're in this world with me. Good luck, fuckers.

Also, oyster caves and mushroom caps to all of you gentlemen and aspiring not quite men who need a push. You're a weak, uninspired, spineless douche, until you realize that you aren't. And then... no one can tell you shit. Keep growing. My pact with you, is that I won't stop. Neither should you.

42

UPVOTES

60 DOD: Week 7 Career - Understand the game, choose your purpose, gratitude for enough

Persimmon_Dazzling · 12 December 2023 · Archived copy · Reddit

The Illusion

You spend most of your waking time working. If you want to live a life of purpose and self-control, then there is no choice but to take charge of this time and find a way to make it fruitful. The very first step is control over your mindset, or frame.

There are people that are slaves to their jobs, reinforcing behaviors that keep them tethered to others for money and validation. Helpless victims, coming from unlucky circumstances, flailing around paycheck to paycheck, blaming the world for their uselessness. There are no opportunities, they say, or I don't have this degree, or just one more hit, or my boss is mean to me, or maybe I'll do something about it next year. Excuses are infinite.

There are career plough-horses, subsidizing a stay-at-home mom lifestyle for their princess wife, forgetting themselves and sacrificing their dignity as part of the Nice Guy covert contract. There are people who make millions a year, and spend it all on dumb shit so that others think they are fancy, shackling themselves to golden parachutes and imagined retirements far in the future, while hollowing out into boring shells.

You can choose to live in the trap of employment, believing in the sacredness of the structure created for you by others. Have you seen how your kids will do things in school for stickers and good grades, to gain approval from teachers and authority figures? Yep, that's you, working for money and a promotion, the adult version of plastic trophies for being a good boy.

Or, you can realize the bullshit for what it is. And once you know the map of this arena, you can choose your next action, for yourself. The point isn't to play the game that has been provided to you, but to realize that there are many games, and then participate in the one you are most likely to win.

Winning is gratitude, the feeling that what you are doing brings pleasure, and that you are lucky to have it, and that you are happy to be in your situation. Financial abundance is a required, but not sufficient, part of winning.

The Games

You can get a lot of advice about the "right" way to build a career. There is no right way to success, each is a learning curve mapped onto the person that is doing the learning. An experienced man can tell you how to fuck women in general, but not the right way to fuck your wife. That's your pleasure. An experienced man can tell you how one looks for purpose and learns to add value to the world. But not the right way to live your life or choose your job. That's your pleasure. Choosing your job based on peer pressure is like choosing how you have sex based on consuming porn.

I can tell you some of my motivations. I got into the schools, passed the tests, and won the recruiting games. Collecting gold stars from institutions, called prestige, was very important to me. I arrived in finance based in part due to peer pressure, put on the suit and was a well-behaved analyst, only to watch every investment bank shatter into a million pieces in 2008. Every stressed managing director making up stories about money and ego while Bear and Lehman fell apart.

Corporate work is good, safe, and prestigious, until it isn't. I haven't gone back there since.

Here is a useful distinction.

- You can be the creative energy behind some endeavor, generating value, ideas, and revenue. From here, there is opportunity in every direction and in every market.
- Or you can be the assembly line executing on someone else's vision. Great salespeople, lawyers, doctors,

developers are people at the top of their craft, but are still constrained by their bosses and the hours available to them every day.

- And then there is the long ramp to become a professional, a grind in which most people are running on the treadmill of salary and debt.

People seem to be confused about capitalism. Capitalism is one of the greatest mechanisms for the discovery and allocation of economic value, even when it makes mistakes. The atomic unit is the company. Each company has something they do which is valuable to others, who pay for it. When enough people pay for things, you get revenue larger than your cost of production, and the company doesn't die. Most employees are the cost of production. Some employees are revenue-generators but are still fungible with other mercenaries. Even fewer are the leaders that know where value hides in the market, where to go, how to extract it.

You are never "safe" in a company, not when they say you are family, not when you work overtime and bring in extra, not when you are friends with the boss. It is a market transaction and should be treated as such. If there isn't enough revenue, because of a recession, your being fired is just a business decision. I've had to gut out departments when times are bad, and it is just a game of spreadsheets. Someone maybe played internal politics better than you, there is no fairness involved. The most you can do is generate resources and control them in such a way as to be indispensable. Use the company as it would use you, and it will be a bountiful partnership.

It is alright to take on any of these roles, and the abilities of different people are different. For me, I have always wanted to be in control to the maximum extent. Opportunity should flow from me to others, and this is done by focusing on creating things, rather than consuming things. Consumption is living off the work created by others, chasing pleasure and comfort. Creating is the journey in the wild, exploring the fog, building the skyscraper. There is a reason nobody is remembered for their record consumption, while we carve monuments to the explorer.

Upskilling

Another area of focus is to develop your skill. It is hard to develop a skill for which you have no interest or passion. But for the things you like, you will put in the necessary 10,000 hours. It is paramount to select the thing that brings you pleasure. Having a hard skill, or multiple perfected skills, is required to truly develop a career. A career is different from "work", which you can phone in by clocking in and out during the 9 to 5. A career is the accumulated work product you have done over time so that there is a reputation, a brand, and a network. You stand for something.

One hack to do this well is to specialize in 2 or 3 areas, and then to be the best in their overlap. If you are pretty good at lounge music, restaurant food, and franchising, then you can be billionaire Jimmy Buffet. Another hack is to get really good at sales and marketing, learning how to get attention through social media, newsletters, or podcasts. Once you have an audience, it gives you leverage everywhere else in life. Another approach is to be deeply technical in an area that hasn't hit the mainstream, but could in the next decade, like the combination of artificial intelligence and bioengineering or 3D printing.

Take the discipline developed in your fitness journey, the incremental progress of lifting, or the mental fortitude of an ultra-endurance event, and paint for yourself the picture of your career marathon. Who will you be in 10 years? What are the steps necessary to get there? What have similarly situated people done before? Why are you pursuing this goal in the first place? Having the right mission in place makes everything else easier. While difficult, it will feel like being on the right path. That will let you dig yourself out of any financial or personal hole you find yourself in. Find a reason.

You find the reason by doing. For me, my patience runs out every 5 years or so, and I end up resetting my goals. Once I have climbed one particular metaphorical mountain, let me climb another. I take the time to assess, aim, and fire in the direction of who I want to be. Then I push, walk, run, fight, and kill to get there.

Enough

The money is important, as are the titles and the prestige. But at some point, you will have enough. With strength and fitness, there is a standard for your own self-respect, there is the meat fridge, and then there is enough. With sex and women, there is what you need, what you want, and at some point there is enough. The same with money and power. To be infinitely hungry is a disorder.

When you have enough, what will you do? Buzz Aldrin became an alcoholic after the moon landing because nothing else in his life could top this early achievement. Once you reach your own proverbial moon, will you fall apart, unable to have new goals or new purpose? What you actually achieve doesn't matter for your happiness over a longer time period. Rather, it is the incremental feeling of progress that makes a person fulfilled.

Realize that you may have enough right now. If so, where do you go then?

If you could create anything today, what would it be?

42

UPVOTES

The Lighthouse and the Tide

ProofLegitimate9990 · 14 January 2026 · Archived copy · Reddit

On a rugged coast, where the sea was wide and unpredictable, there stood a solitary Lighthouse.

It was built on a cliff of black stone and had stood there longer than anyone remembered. Storms came. Ships wrecked. Tides rose and fell.

Yet the Lighthouse never moved.

Its light did not chase ships. It did not beg them to come closer. It simply shone.

One day, the Tide noticed the Lighthouse.

The Tide was curious by nature, drawn to whatever stood firm against it. It swelled toward the cliff, whispering as it rose.

“Why do you stand so still?” the Tide asked. “Everything bends to me eventually.”

The Lighthouse replied calmly, “I am not here to bend. I am here to shine.”

The Tide laughed and surged higher. It pressed against the rocks, curling around the base.

“You should lean,” said the Tide.

“If you soften, I could wrap around you. We could be closer.”

But the Lighthouse did not move.

“I do not lean,” it said.

“I do not chase. I do not reshape myself to hold what comes and goes.”

The Tide pulled back, confused.

So it tried something else.

It became gentle. It lapped softly at the rocks. It reflected the Lighthouse’s beam and made it shimmer.

“See how beautiful we look together?” the Tide said.

“If you just adjusted a little, we could be perfect.”

The Lighthouse continued to shine unchanged.

“I am already whole,” it replied.

“What reflects me may be beautiful, but I will not become the reflection.”

Now the Tide felt something unfamiliar: not control... but pull.

It began to return every night. Sometimes calm. Sometimes wild. Sometimes testing the cliff with furious waves.

Each time, the Lighthouse remained.

And slowly, something shifted.

The Tide realized that the Lighthouse was not rejecting it but simply wasn’t being led by it.

It was not afraid of the Tide’s absence. Nor intoxicated by its presence.

So the Tide began to orbit the Lighthouse.

Not because it was told to. Not because it was trapped. But because it felt safest where something didn’t need it.

Ships soon followed the same pattern.

They didn't come because the Lighthouse called out to them. They came because its light was steady.

And one night the Tide asked quietly, "Will you ever leave?"

The Lighthouse replied, "I will be here whether you stay or go."

And for the first time, the Tide stayed.

Such is the nature of the sea. And such is the nature of stone.

42

UPVOTES

You Don't Have What You Think You Have

Teh1whoSees · 25 April 2026 · Archived copy · Reddit

It doesn't matter whether it's your relationship with your wife, the ride or die you think you have with friends, the bond with your kids, or even with your dog. The vision of who you both are and what you want to grow into, that happily ever after, or that secret Dom/sub thing is all a happy little lie you've concocted in your head.

I wrote a [reply](#) years ago highlighting the absolute chasm between who someone else is, and who you think they are. It was centered on the idea of "genuine desire", which is one of the final issues a lot of men who get through MRP grapple with. And often repeatedly bubbles up as we forget the fantasy we've concocted about our relationships and then either through re-realization, or a difference between who we expect someone else to be, and who they present themselves as, appears.

The reply is relevant because if you cannot know someone else, then you cannot realistically create a "we" in your head of who you both are. You can, however, pretend.

And we all do pretend. And to a degree, *that's okay*. Creating this "we" or "us" vision is something we need to do in order to step into the future and act toward a goal. And as we all have an ego of some form we are forced to contend with, it's okay to allow that ego to play in games and illusions it wants to make up about the world that allow us to experience the depths of things like love and passion and desire.

The reason I write this post is not just a reminder to us vets to check on our tether to reality as we allow ourselves to play, but because it's very clear, especially recently in OYS, that guys are falling into the trap of sacrificing who they are and what they want, in order to keep the game going.

It's kinda like...if you're literally playing a game with your wife, let's say checkers, and she says "I don't want to play anymore." And you say "No no, please let's keep going. In fact, I'll allow you to make two moves for every one of mine if you keep playing." Though the grand game of relationships usually isn't given up in such large changes as this...it does morph slowly over time if we allow it. A concession here. An overlook there. And suddenly guys find themselves backed into a reality where panic starts to set in. Where they find themselves allowing behavior or letting go of desires...and not even to play the game anymore. Because as you slip far enough down this slope, your mind starts blaring sirens that "you aren't being rational. This isn't who you are" and you find that you're no longer trying to hold onto that perceived reality, but that you're trying to save your own ego and think "If I can right this ship from here, I can erase the thought that I allowed myself to get so far off track". And it becomes a desperate mission to save face...masked by a story arc through your MRP journey.

I'll give an example from my own journey with my ex that at one point, I actually agreed to the potential of buying a farm and raising cows one day. And started budgeting for it. Im not a farmer. I don't want cows. But it was a little glimpse of passion from her, which was rare to see, and I bit off on it because I envisioned us as a passionate couple chasing our dreams.

And I'm not writing this saying the best advice is to intellectually or emotionally let go of dreams of who you and her are. That's the nihilism one can find at the top of the rabbit hole where nothing means anything and everyone else is just stuck in delusion.

But don't get me wrong either...because right now the entire world is stuck way too far down the rabbit hole in this meta "answering games with other games" where we're literally fighting wars, directing policy, and stuck in this grand tit-for-tat delusion that manifests when we get lost so far down the rabbit hole we forgot what we were doing. We aren't even aware of an up-down anymore. We're struggling to even orient ourselves.

My main point is, allow yourself to believe in...whatever it is you want to believe you are. You're the "power couple". You're prince charming and his princess. You're the kinkiest mother fuckers on the planet. You're madly and desperately in love. You're college sweethearts, different from the rest of the world with something unique that needs to live as a bulwark against the insane stupidity modern relationships are. But tether yourself to the reality...that those thoughts are just a game you're allowing yourself to play.

Because as is written and has been known by wise men of every background, one day the game will end. The music will stop. In the Hindu story of the four Yugas, first there is the divine purity of our game. Then the cracks begin to show, but we simply look away. Then the facade begins to crumble, but we try and hold it together with wishes and desperation. And then comes the dance of destruction. The cleansing of thought. And the ash provides fertile soil for growth anew. And the degree to which you allowed yourself to be pulled into the fantasy is the degree to which you are rent when it falls.

What's that mean? How is that relevant here? I saw this pattern 2-3 years ago and realized then: If there was a way I could allow myself to believe in all my sincerity in my illusion when it is good, and simply dismiss it as an illusion when it is bad, then I can literally live in bliss. When my girl is begging to be fucked, I can indulge in the belief that she really needs me, my cock, and my being alone. And when she disappoints me, I can simply venture back to the surface and remember that what we have isn't real. In time I've learned that I don't always need to even make the journey back to the surface. But simply remember that the tether is there. And that is enough.

For you all then and noobs especially, understanding what I've written will give you the maneuverability to shift your perspective on what's happening in your marriage such that it always benefits you. And you can remain focused on that which brings you joy. Whether she's going to Vegas or staying out late, or doesn't *really* seem to worship your cock or just gives you a couple hard no's in a row. You can always choose to fill your life with the things that, in the moment, allow you to live in a world of perceived value. And when that value isn't there, you remember that it never was. The value was in playing a game where you could pretend it was.

Direct your attention to those things that allow you to play that game. And to the others that don't...you didn't have what you thought anyway. So how could you lament the loss of what you never had?

41

UPVOTES

Marriage, A Game of Frames

Hunter_DrewTFA · 4 September 2018 · Archived copy · Reddit

Frame > Everything Else

I was introduced to the concept of “frame” early in my discovery of The Red Pill subreddit. I remember reading about the concept and thinking, “*well duh, if you think like everyone else, you’ll be operating at the same standard as everyone else* ***and who wants to be average**?***”

I have written thousands of comments, replies, messages, and tweets stating *Frame is Reality*, it’s literally **everything**. But, I’ve never written a formal piece on the topic, so this will be my well overdue piece on *Frame in Marriage*.

Later on in my readings on the ‘sphere I discover Rollo Tomassi’s writings at **The Rational Male** and it was here that I saw another man giving this aspect to existence as much focus and intentional attention as myself.

That is not an exaggeration either, read his **#1 Iron Rule**:

“Frame is everything. Always be aware of the subconscious balance of whose frame in which you are operating. Always control the Frame, but resist giving the impression that you are.”

Let the fact settle in that a man who’s been labeled as *The God-Father of The Red Pill* decided that when penning his *Iron Rules* he chose **frame** as Rule #1, it’s *that* important.

When I say that frame is reality, I mean that in the literal sense. As Rollo states, this goes down to the subconscious of the human mind. It’s how you perceive the world, the lens from which you experience reality.

Let’s take a modern example:

Man A is busy at work and his boss asks him for a favor. Instead of letting the boss know that he is busy, Man A says “*Yes, I’ll take care of it.*” This stresses him out, requires extra hours in the office, impacts his personal life, and when he delivers his boss shows no recognition. He is upset, left with a feeling of not being appreciated, and goes on to repeat this episode another day in the future, perpetuating cycle of being a “*Yes man*”.

Same scenario for Man B, except Man B says, “*I’m pretty busy with my project, I won’t be able to pick up the extra work right now.*” Boss says, “*Ok, keep up the good work*” and moves to the next person. Man B finishes his task at hand, heads home, and comes to work the next day with a smile on his face and a boss who thanks him for knocking out his original task.

Who do you think has the stronger frame?

The man who is not afraid to say *no* to his boss, at the risk of there being confrontation or the man who always says *yes, always placing himself last*?

The answer is obvious and this example is but one of an infinite number of everyday moments where frame is tested, established, and *can be changed*.

Your frame is the point of origin from which every decision will be made in every aspect of your life.

There isn’t an area in our lives where frame is not the determinant of outcome in regards to life and self-satisfaction. Frame is the most crucial factor of a man’s mental health. It’s the difference between having a winner’s mindset and that of a loser’s; it’s what gives you an air of abundance or living with a mindset of scarcity.

So where else can frame be clearly observed as being the difference between those who come out on top and those who continuously fail?

To name a few:

- Your professional life

- Your friendships
- **Sexual relationships**
- Parenting

We're focusing on the *Sexual Relationships* piece to frame. Everything up to this point was to prime you on the fact that your perspective on **everything** in life is dictated by the frame you've built.

The optimal marriage is achieved when your wife sees the vision you've created inside her own frame.

How does frame play into marriage?

When discussing the role frame plays in marriage, it is imperative you realize that your frame should be established and your selected woman should enter it *without opposition*. As a man looking to start a family (*why else would you get married?*) your frame should be impenetrable, nothing changes when you are courting your lady.

A quality woman will eagerly make herself whatever she has to be in order to gain favor and keep your eyes (*and hands*) **on her**.

As you are going through the dance of vetting, testing, and developing the roles of what is to potentially become husband and wife, you should **not** have to work to "*break her in*". When you are completely confident in your frame and as previously stated by the first *Iron Rule*, this is occurring on the subconscious level. Your body and mind will act in complete accordance to your frame and the reality you've developed without you consciously thinking about it.

If you would never tolerate someone who was lazy, consumed with social media, or addicted to drama in your "*sphere of relationships, friendships or anything else*" then you would immediately remove a woman who exhibited these behaviors from any potential selection as anything more than a ONS without giving it a thought, it would happen as your brain made the decision *based on your frame of reference*.

Once this point is acknowledged and understood, it is clear to see that when the vetting process has reached an acceptable point, all factors have been considered, and the risk is assumed by you *the man*, only then can you move to the phase where you don't entirely know where you'll land when you jump.

No man knows what marriage is like until he is married, this is a simple fact which I feel is missed due to the staggering number of unmarried men telling me how marriage "*should*" be. If we are to acknowledge that every man **walks his path alone** and that men should be developing their own frame, then so too does it stand to reason that while marriages may be equivalent, they are not equal nor would the man and woman all be interchangeable with one another.

The frame established in marriage will be comprehensively unique to that man and woman and the history they have together.

When you transition from LTR to marriage, there will be another critical moment where you will once again have to define the previously adhered to *rules of the roles*.

Like any woman, your lady will test the waters and look to see where the boundaries of her new title (*wife*) can be found. I previously stated that frame is reality, this is again where you defend the boundaries and maintain the standard which you deem to be acceptable. While I did state that you were *jumping without knowing where you'd land*, I was intentionally exaggerating to make the point that life before marriage and after is different, for better or worse is going to be **entirely decided** by what you do when the boundaries are tested.

Are you going to be a man who relaxes once he "*gets the girl*"?

I most certainly hope not as you never "have her", **it's just your turn**. With this mindset you can keep a sense of self-imposed pressure on to keep you from getting complacent.

Your marriage can be one which all others are compared to and you can avoid the common tropes associated with the married man.

1. **Your sex life doesn't have to decrease.**
2. **Your physical health doesn't have to deteriorate.**
3. **Your children don't have to lead to your early death due to loss of drive.**

All of the negative aspects to marriage which are heavily promoted (*and condoned*) throughout society are the result of men with weak frames. It is absolutely true that by taking on a commitment to a woman for life you are taking on a risk which will forever alter the trajectory of your life. Whether it's for the positive or negative, *that comes down to you*.

When you look at the frame of your marriage, do you see the picture you want or the one someone else has placed in there?

You decide the picture in that frame

The frame in which your marriage resides will be decided by you. If you allow your wife to become a slug who stays at home, contributing nothing to the relationship or family, it is due to your poor leadership. The warning signs are there, during vetting you can always see where a woman is headed.

If your wife gains weight, you've got to look in the mirror and recognize that you could have prevented her from becoming 50lbs overweight by saying something (*as a leader of a family should*) after the first 10.

Remember **Man A**? He is the guy who avoids confrontation.

Be **Man B**, maintain a standard by defending boundaries and having the difficult conversations. Being a leader doesn't mean being a dick, you want to be a dominant man, *not a domineering one*.

In your marriage you are not allowing your wife to spend countless hours on her cell phone or tablet "scrolling".

- In your marriage your woman has a role *with defined jobs*. These tasks she performs are tasks which the two of you have agreed upon early in the vetting process. If she is a stay at home woman, she is to keep that house clean, tend to the laundry and dishes as well as any other necessary actions which supports you from having to do it after working your job.

In your marriage your wife does not continue to have a "*Girls Night Out" weekly.****

- Going to clubs and bars with "*the girls*" weekly is **not** what married women do. To go out on occasion for a celebration is fine, but to make it a habit where weekly your wife goes out with other women to locations where men are on the prowl, *what woman would want to do that?* **Answer:** One looking for attention from other men.

In your marriage there is no scoreboard *as you're on the same team*.****

- Again, you want to be a dominant man, not a domineering one. **You should be enjoying your wife's company.** The two of you should be having a great time with plenty of laughs, love, and joy. Remember, you never "have her" so you should always be in "pursuit mode". The mantra I've told married men time and again is to *Always be Gaming*. Flirt, have fun, tease, and don't be so serious now that you're married. There will be stresses, but even those can be positively managed by a man who doesn't let emotions get too high.

In your marriage books are read, the gym is part of your routine, and you develop as individuals as much as you do as a couple.

- Your woman is a *part* of your mission, **she is not the mission itself**. She married a man who was driven and had goals, she should be driven and have *her own* life objectives as well. The two of you should be pursuing

your goals; she should be a complement to you achieving yours, *not a hindrance*. If neither of you develop as a person, then what will you talk about at the dinner table? You'll become stale and boring, which is a death sentence for attraction. Develop apart and grow together.

In your marriage your wife is complementary to your mission.

- *Using myself as a "real world" example:* There is no way I would be able to maintain the tempo I've set for myself **without the complement of my wife**. Between running the **Fraternity of Excellence**, this blog, and The Family Alpha Podcast my time is stretched thin. If I did not have a wife who had a home cooked meal for me every day when I got home from work, took care of the kids while I wrote, or could not maintain a standard of cleanliness in our home then I would be too distracted and required to maintain my home life and could never grow the electronic resource you are reading today. She does all of this while working 32-36 hours a week. Being a SAHM is not difficult when you just do what you have to do, the fact that my wife outperforms some SAHM's while working almost full time proves exactly that. Again, in *my frame* a working woman puts her wife/mother duties first and because I'd accept nothing less I have a woman who can do exactly that.

In your marriage, your children are held to a higher standard.

- We always hear about how terrible the youth of America is. Here is the real fact of the matter, most parents are sub-par in every facet of living. Most parents are lazy, overweight, dumbed down by the consumption of conformist promoting mind numbing media daily. Your children will follow your **example**, not your **advice** and they'll rise to the standard you **accept**, not the one you **expect**. Be a father whose wife sets as high of a standard as her husband and watch how your children will follow your lead. Instead of being raised by electronics and becoming *tablet toddlers*, they'll outperform their peers and live life the way humans should live, active and full of eager wonder and desire to explore our amazing world.

If and when you decide that you want children and that you want a marriage (*whether it be contractual or private*) you must accept that you are a player in a game where you are tested each and every day, *to the grave*.

The easy path is constantly promoted and rewarded. You've got to withstand the barrage of signs and support that is directly aimed at getting you to become a complacent (*numb*) man. You must remain steadfast in your commitment to the frame you create and the standard you've maintained prior to courting your woman.

Marriage changes nothing, the frame built prior to the ring being placed on her hand is the default operating mode that your girl will fall back to. Once married and once tested, how you respond will seal your fate.

Craig and I will be releasing a Podcast in the near future on how to "*rebuild frame*" and how you can transform yourself under the ever watchful eyes of your woman.

Remember, very simple things can derail a marriage and very little adjustments can save a marriage. You are the catalyst for both, as *you* are the one living in your frame or out of it; you are the cause and the problem to your relationship, you are also *the solution*.

Acta Non Verba,

Hunter Drew

[Twitter](#)

[Blog](#)

41

UPVOTES

[FR] Weekend alone...

suprathepeg · 11 June 2018 · Archived copy · Reddit

This past weekend the wife has been away at some BS training. This left me alone with the dogs for the weekend.

Friday:

-Had some lite plans with couple dudes that fell through so I said fuck it and went to a movie alone (probably first time alone in my 38 years). Enjoyed the movie.

Saturday:

-I fasted from 8pm friday till about 7. Felt good to discipline myself like that. I already do time restricted eating which helped

-Buddy came over and we started mocking up the rear diff in the race car project, I'm getting excited to see things start to come together on this.

-Did a few hours of house/yard work groceries etc. OYS

-Good bro who is also on a RP journey of his own came over for dinner, we had a fire out back and talked about life till about 1am. Only had one drink. Good times.

Sunday:

-Slept in a bit.

-Did some chores.

-Took the dogs to a car show then to a park where I hung out and read a book in the sunshine. Alone again but felt really chill.

-Said fuck it and went to Deadpool 2 in the evening.

-Its cruise night here so all kinds of cars and bikes out Sunday evenings it was cool to drive around a bit.

-Was gonna go home but said fuck it and hit up a local blues bar. Ended up having a convo with some dude from out of town for a bit watched some awesome music and was home by 11:15 and asleep about 15 mins later.

Last night it occurred to me I literally did everything I wanted all weekend and nothing I didn't. If people were with me it was cool, if they weren't it was cool. I don't know that I've ever lived like this and I fucking loved it. Did I fuck the wife or some random? No. Did I just chill in my own frame? Yes.

I guess the moral here is that I've spent so many years modifying my behavior/desires to match what I thought someone else (often wife) may or may not want, that I don't even know what it is I really want sometimes. Haven't felt that content with shit in a long time.

Did everything I wanted and nothing I didn't...

41

UPVOTES

[FR] - One party, two women.

red-sfpplus · 7 May 2018 · Archived copy · Reddit

TRP is amoral – I know this, and you do as well. This weekend I decided to go ahead and break an 18-month long streak of monogamy with my wife. I don't have much to complain about in terms of my marriage. I love my wife and my kids. She is an 80% FO and does a good job around the house and sex is not an issue.

The older I get, the older my kids get the less and less I see the value of marriage and knowing what I know about marriage now – I would never get married or advise someone to do it.

But being married, is not going to stop me from getting what I want out of life and doing the things I want to do. As a result of that I have to accept being both a moral and amoral person is necessary.

I am on week ten of my current stack, so my hormone levels are at mares levels. I am in the 1200# club for bench/squat/deadlift, and TBH I look juicy AF. My physical appearance is 100% on point right now. I have a PL competition coming up in Sept. 5'10" at 215 this morning. 38 years old. I walk around like a brick house.

This weekend there was a crawfish party we were invited to. Pool party, kids, etc. You know the drill. I do not miss these events. It was also on the 5th, so you know it was going to be a good time. Wife was out of town this weekend, so it was the kids and I.

The party is at the home of the Mormon married MILF (let's call her Shelly) I used to fuck a few years ago, but other than heavy kino between her and I when we see each other there has been no sex for about 18 months. She is my age and is married to an obese highly beta 50 year old guy that is 100% her BB. She is a solid 7 for her age.

Kids and I show up around 6pm and the party is going. About 30 adults and kids there, so I work the room. Shelly re-introduces me to her friend Rene (HB7 as well) that is also our age, recently divorced and with her rebound boyfriend at the party. I have seen Rene a few times before but no major conversations. I chat with them for a few minutes, show off my new tattoo sleeve and talk about kids. Shelly closes on me and puts her hand on my ass while we are talking 100% in view of Rene. Right then I knew what she wanted.

Later on, I am outside by the pool playing with kids and Shelly comes up and gets all up on me again. I have not paid her much mind at this point, but I start to return kino to her. Keep in mind, that her husband is in the front driveway working some crawfish boiler machine. Eventually we are alone for a minute, and then I just grab the back of her neck, pull her in and give her a nice, deep kiss. 10 minutes later I was upstairs with her in her guest bedroom cave manning her. 10 minutes after that we are back to the party and she is as giddy as a school girl with soaked underwear and my smell on her.

Did I feel bad? No. There is something about a woman who has to have you that just drives me crazy. I can do whatever I want with this woman. My wife is the same way, but it is different with her. The way she talks "I need your come inside me" "You are so addicting" all those things, it really blows up your confidence – I am not going to lie. You want abundance – this is how you get it.

The great thing about Shelly is that all she wants is to get fucked. She is exactly like me – no emotions, no BS. But Shelly is a perfect example of the type of women we talk about here. Her solipsism, how she will cheat, how she knows that she wants to be fucked by me but provided for by her husband. And above all, how quick the cheating happens. The old days of people going and getting hotel rooms and doing all that is BS. It takes 20 minutes for me to meet Shelly in the parking lot of Krogers and fuck her in the back of my car.

We return to the party and keep going about our business. A short while later Rene comes up to me and is giving me the eyes now. Rene is in heat and I can see it, just like I can size up her boyfriend. It's about an hour later that I take Rene into the same guest bedroom and cave man her as well. You would think I am making this shit up, but I am not.

I just met this woman seriously a few hours ago. Sure, I have seen her around, at other kid's parties and such but no

serious conversations. That didn't stop me from pulling her hair and choking her while I had her pinned against the wall.

I know Shelly tipped her off, or at least made it well enough known that I was DTF and all Rene had to do was show some interest. My intention at this party was to just have a good time. I didn't intend to go there and pick up women, but I was also not going to say no either. Before I left for the night, I took Shelly back to the room one more time to top the night off. I am going to promote Shelly back to plate status for a while, after she gets her girl parts waxed like I told her.

TRP is amoral, there is no doubt about it. I simply cannot stress how important the physical parts of TRP are. Lifting is critical to both your physical and emotional states.

Women (people) are going to cheat. Some will say I am a SOB for cheating – and that is fine. I also loved the fact that there were two women walking around that party bowlegged with soaked underwear and wearing my smell because of me.

I also had zero issue talking to either the husband of the boyfriend of both of the women I just cave manned upstairs. Weird? Fucked up? Perhaps. I figure if they are going to cheat – they are going to do it anyway, so it might as well be with me...I don't judge these men, they are what they are. It is emotionless for me. They are both good guys (nice guys) that do nothing sexually for their women.

It is my decision and I own it. Like I said, I love my wife and kids but as I get older, and my kids get older the arrangement of marriage becomes less and less valuable to me.

The hard fact to face is that if you are in a dead bedroom, or you are with a woman on the first date and you can't f-close then you simply are not attractive enough. And ensuring we are attractive is why we are all here.

41

UPVOTES

FR: "You're making me jealous"

DownVoteForDickPic · 6 April 2018 · Archived copy · Reddit

33yo, 5'10", 175lbs, 11% BF Together 6.5 yrs, married 2.5, no kids

Our relationship is pretty good. I'm out of town one week a month, I do my thing with plates. She sends me nudes while I'm away, takes care of the home/pets, and makes it clear that she "misses me". We had sex immediately on my return but it's kind of duty-ish again. She been pushing me off a lot, or is a starfish, so I wanna turn up the heat a little. I give her lots of comfort and cuddles for the first day because I know what I'm going to do is gonna require some comfort to pull off.

So last night I'm going to a party that her work is throwing. I know her friends and co-workers are gonna be there so let's instigate some jealousy. I come in and she gives me a kiss, but sort of perfunctory one, no passion. As I'm talking to her, an unknown woman comes up behind me and puts her hands on my shoulders and says "Hey DownVote!". I assume it's one of her female co-workers so I grab her hands and bring them down around my trunk and pull her into a hug, flexing my abs and running her hands over them. Spinning around it's the "hot co-worker" and she's giggling and smiling to see me.

Well after that moment my wife followed me around the entire party like a bloodhound. But since she also had to work the event, I was mostly alone and made my rounds to talk to every beautiful girl. At which point my wife would suddenly show up and put her hands on me until she had to go back to work. I spent most of the night at a table with 7 very attractive girls who were all asking me questions about what I do and openly flirting with me. One girl in particular - a HB9/10 - asked for my IG handle and I follow her back.

Early on at the party the wife said "You're making me jealous" in a teasing sort of way. But later that night after we fucked, she started saying it in an accusatory way (basic comfort test). Normally this is where I provide comfort but I decided to A&A and AM. She says "How would you feel in my shoes!" To which I respond, "Your shoes? Babe you know I could never fit in your shoes!" She goes to bed supposedly angry at me, but clearly she knows she's the one that lost ground.

This morning she takes a shower, pulls her tights up over her tits and comes to show me. I initiate but she pulls away, which she does constantly. She teases or implies sex and then when I kiss her she acts like I'm some kind a sex pervert. So after she pushes me off, I switch on IG and start browsing the HB9/10 girl-from-last-night's profile. I chuckle to myself and wife says "What?" I show wife the first post which is her in Miami wearing a red swimsuit ala Baywatch and running slo-mo with her tits bouncing.

I tell wife that me and this girl were both in Miami last weekend and isn't that funny? Holy shit, the wife didn't find that funny? Cue a 20 minute convo on her feelings. I take it to DL10 and tell her it's okay if it's over, that I'm not mad if she's just not a very sexual person. "I mean it's getting hard to push off other women when my wife is pushing me off at home." No guilting, just accepting that she isn't as sexual, while demonstrating my options. She just begged and begged for me not to leave her.

Well it all ended with a unsolicited blowjob, a pussy pounding, and I finished by draping her head over the foot of bed and cumming down her throat to which she swallowed and smiled.

I do DL10 about every few months. I hate unnecessary drama, but I've learned that my girl needs to be put on the edge. She treats me better for the next month or two afterward. All women love push/pull but the dosage and delivery varies. A steady DL8-9 with a quarterly dose of DL10 is what works for my wife. YMMV.

I'll be rebuilding comfort again tonight... *because there's a birthday party on Sunday and who knows who'll show up?*

41

UPVOTES

She Doesn't Deserve the New Me

bogeyd6 · 17 November 2017 · Archived copy · Reddit

She didn't deserve the old you either but you served it up on a silver platter everyday. Many people think that this feeling is part of the anger phase and I postulate that it is a different thing altogether. /u/SorcererKing wrote this fascinating post https://www.reddit.com/r/marriedredpill/comments/2xi8sc/moving_past_the_mrp_anger_phase/ damned near three years ago. The idea that you can move past the anger phase is a very important cornerstone of the MRP program. The anger phase works like this:

- Get pissed.
- Do something smart about it.
- Realize she was being a woman.

Did your wife deserve some of the blame of how your marriage ended up? To hear some around MRP tell it, it was all your fault. She was blameless in the marriage. The answer is a blend of yes and no. She acted like TRP thought she would, but she also had a conscious choice in how things ended up. When you look at it from this direction you can see why you would hold a grudge for shouldering all that responsibility. When others tell you to shut up about it and work on you, that's because in reality its the only thing you control most of the time. You can't set about fixing her, but by changing your ways into an attractive man. You are subtly manipulating her.

She got worse as you did, she improves when you do.

Usually around this time in the relationship you have probably gotten through the anger phase. Or, at least, we hope you have gotten there. Then when you have kind of hit your stride and things are going good in your life. Why are you looking at her with disdain? My story is a bit like that. I spent the past three years figuring out how to be more MRP and less beta. When I hit my stride, I was looking back at her and wondering why she didnt improve with me. She didn't ever take up any of the cooking, she only went to the gym because I did. Hell, it seemed like she was doing the bare minimum to keep my paycheck in the bank. Flash forward to today, and she is everything I need at the moment and I look elsewhere/inwhere to get the rest.

My first thought that really this was a double secret probation covert contract. That would make some sense because it explains that you start MRP to improve your marriage. What it does not explain is why you suddenly think you are better than her. So the covert contract wraps up the problem, but it fails to make a solution. Even upon realizing the contract you still feel that way. Should this have been anger, it would fleet as anger tends to do. Your wife/ltr/plate is doing everything you want but you just aren't satisfied with it. Trying to find a solution just shows you cannot be pleased.

I am going to call this The Warrant Phase or some other equally stupid name if I can figure out just exactly what it is.

41

UPVOTES

Male Control

Rollo-Tomassi · 9 October 2017 · Archived copy · Reddit

Read the whole essay here:

<https://therationalmale.com/2017/10/09/male-control/>

Excerpt:

In the end, Han Solo and Indiana Jones get the girl and she genuinely desires him – not because this is some odd fantasy of the writer’s imagination, but because this is (was) a standard aspect of women’s genuine attraction to men. The aberration is the idea that the attraction and affair would go any other way. Only in this feminized generation does thousands of years of male-female interaction seem at all unsettling.

So, here we have conventionally masculine archetypes – sometimes rakish, sometimes bold and dutiful – following their own path, making themselves their Mental Point of Origin, and making their mission (not their woman) their priority. Whether it was Captain Kirk, Han Solo or Conan the Barbarian the mental order was always firmly focused on the individual man and his action. Between the time of the Sexual Revolution and 2017, the Feminine Imperative has systematically erased the conventionally masculine archetype; so much so that the gender-loathing men of this generation are either appalled at displays of masculinity or they simply have no frame of reference with which to contrast it with the distorted and blurred ideas of what masculinity should mean to them.

For some ‘men’ the notion of conventional masculinity itself is rejected altogether. It doesn’t mean anything to be a man for this generation, so conventional archetypes of men are offensive.

As a result of these four to five generations of progressively more feminized men we now see the confusion and disgust at conventional masculinity coming from this generation of men. We see a generation of males who have no positive association with their own gender. They become increasingly more isolated because they are convinced that anything that might be gender-exclusive to men alone is, by default, a form of misogyny. There is nothing ‘positive’ about being a man, yet for all of the misconceptions about gender being social constructs, exclusively female organizing of women and fempowerment is still viewed as beneficial; a sign of society ‘evolving’.

I recently read an article in the Boston Globe about middle aged men’s increasing social isolation. I would argue that for all of the raising of awareness about this phenomenon it is primarily generations of men’s inability to interact with other men that is at the root of this isolation. For decades now men have been discouraged from meeting with other men in any formalized fashion. Men are either suspect of misogyny or homosexuality if they get together for the sake of being men. What we’re seeing now is generations of men who no longer understand how to socially interact with other men.

Furthermore, when this isolation becomes a concern of women, those men are again berated for not interacting with other men in the ways that women do. Women talk, men do, but a feminine-primary social order only approves of one way for men to associate with one another – in the way that women do. Thus, we see the confusion of women that men don’t call each other up to schedule a coffee date for the express reason of conversation. Men and women have different forms of communication, but the socially approved form is only ever from the feminine context. Men interacting “as men do” – in a conventionally masculine way – is always misogynistic. Thus, we see overseers in the locker room, if only symbolically, to regulate what and how men communicate with each other.