

/r/RedPillWives

TOP POSTS

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ABOUT THIS ARCHIVE

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

About /r/RedPillWives. A place for like-minded women to discuss sexual strategy from an anti-feminist, traditionalist, and/or evolutionary psychology perspective. TheRedArchive has archived 4,047 of its posts, collected since April 2016 and still growing.

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

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

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

Best regards,

/u/dream-hunter

Founder of TheRedArchive
August 21, 2026

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UPVOTES

What is RedPillWives? How does it differ from RedPillWomen?

Flatwormmm · 23 September 2020 · Archived copy · Reddit

I was asked by a couple of members here to pin a post explaining the difference between this sub and [/r/RedPillWomen](#).

In short -

RedPillWomen is run by TRP men,

RedPillWives is run by women.

Up until a few years ago, the RedPillWomen sub was technically part of the TRP network, but with an active female mod team who wrote all of the content and made all of the rules. This worked fine while the men stayed in their own lane, and there was a thriving community led by married women. Eventually the TRP men started throwing their weight around - making posts and enforcing rules that went against the female imperative - so all of the original mods left en masse and created this place.

RedPillWomen has since been run exclusively by TRP men and the two female mods they personally approve of. If a woman goes against their narrative, she is de-moded and banned. It is unmarried TRP men, not women, who have the final say on the direction of the sub.

RedPillWives on the other hand has always been run by women, for women. It is a place for us to gather and discuss our relationships/marriages through a red pill lense without unnecessary male input and censorship. It is red pill, but in no way connected to the [/r/TheRedPill](#) subreddit or their mods. There are no male mods here, and any theory/advice is written from the female perspective and to help women pursue the kind of relationships that they want. We don't believe that a man, especially an unmarried TRP man, will ever be able to give the kind of advice that a married red pill woman can give from her own experience.

Do you need to be married in order to participate here?

No. As long as you are red pill, a woman, and see the value in marriage you are very welcome.

Are men allowed to participate?

If you must. If your advice is red pill and beneficial to a woman and her relationship then go ahead. Incels, MGTOWs, MRAs and TRP-flavored men on a crusade against marriage will be banned on sight.

Hope that clears it up a little, and we're happy to have you here!

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UPVOTES

Remember to make the effort for the one guy who matters MOST! This image is not a "teehee cute and funny" way to live.

Suzanne_by_the_River · 4 April 2016 · Archived copy · Reddit

108

UPVOTES

Why we should admire men

woowho-vintage · 23 October 2019 · Archived copy · Reddit

<https://i.redd.it/2foxghy2r9u31.jpg>

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UPVOTES

Attempting to look/feel more put together daily. Eyeliner is VERY new for me...something my husband likes but I never felt confident enough to do...trying new things.

kmfry333 · 22 June 2020 · Archived copy · Reddit

<https://i.redd.it/ua7kqniq0j651.jpg>

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UPVOTES

So, We've Decided to Ban the Men

ChamomileMist · 12 April 2024 · Archived copy · Reddit

For way longer than my time as a mod, we've seen debates in both RPW and RPWi about the inclusion and participation of men.

As RPWi transitions into a sub that no longer exists to oppose RPW but to compliment it, the mod team has been searching for ways for RPWi to uniquely fill the needs of all of us redpilled women.

The first thing we're putting into motion is a **weekly OYS**. This will be a space for journaling, self-reflection, and community.

The second thing we've decided on is to ban the men. I personally believe it would be hard for OYS participants to be honest and open if they know there's a chance some dude comes to weigh in.

We've had a lot of great participation from men over the years. We've also had a lot of not-so-great involvement. For those in the former category, I sincerely thank you for your time here, but as RPWi adopts MRP's OYS, it makes sense we adopt their ban policy for the opposite sex as well. This is now a women's locker-room type environment.

The **ONLY** exception to our no-more-men rule is anyone who has earned endorsement status from TRP, MRP, or RPW. Even for these ECs, comments will be held to a higher standard. Any other men will know be banned on sight. The rules for male participation at RPW will remain unchanged.

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UPVOTES

Feeling like a proud SAHM.

Nobunnyashh · 22 April 2022 · Archived copy · Reddit

My husband had some coworkers over the other night and they all commented on how well kept the house was, and how my husband was so lucky to have a wife like me! It made me feel so good!

I take a lot of pride in keeping my house clean. I feel like your house should be your sanctuary, and if you're looking around at clutter everywhere that it can contribute to your anxiety and stress. I have a cleaning schedule where I only spend 30 minutes to 1 hour each day cleaning. I used to not do this and my house was always a wreck and so was my mind!

Anyway it felt really nice to have people notice all the work and effort I put into my home especially with having a toddler that is like a mini tornado always running through the house lol.

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UPVOTES

How to Get Hair So Shiny It Will Blind a Bitch

QueenBee126 · 23 August 2016 · Archived copy · Reddit

Hello ladies! :) Today's post concerns RPWi beauty, specifically hair. On The Rules Revisted Blog, the author makes several posts concerning the importance of a women's hair to their SMV.

- [How to Improve Your Hair](#)
- [The Importance of Hair](#)
- [A Hair Experiment](#)
- [Controllable Aspects of Physical Attraction](#)

How shiny a woman's hair is seems to be indicative of a woman's health to men; here are my tips!

1. Figure out what kind of water you have! Hard water contains minerals which coat the hair, leaving a dull whitish-gray cast - essentially scaling on hair! To remove this scaling requires extremely harsh clarifying or chelating shampoo, which roughens up the cuticle and strips hair of everything bad (scaling) and everything good (natural oil for shine)

HOW TO REMEDY HARD WATER

- Use a water filter to remove minerals and "soften" the water. This can be an entirely new system (\$\$\$) a water filtering shower head attachment (\$\$) or the easiest way which is filling a water filter jug & rinsing with that (\$)

TIP: WHEN GOING FROM HARD TO SOFT WATER it is a good idea to chelate your hair for one last time, to ensure you are starting with fresh and clean hair with your new soft water :)

2. Use sulfate free shampoo!! OMG This is going to change your life! My hair is like silk now. Here are [7 Reasons Sulfates are Bad for your Hair](#) with a bunch of fancy shamancy research that I would otherwise be copying-and-pasting here.

MY FAVORITE SULFATE FREE SHAMPOOS:

- OGX teatree & mint hydrating shampoo (I think everything in the line is sulfate free and available at most drugstores!) - \$6
- L'Oreal Ever Line (available at drugstores) - \$6-\$10

3. Disguise your existing hair's damage with a hair glaze. Heat tools and environmental conditions can cause wear and tear on the cuticle hair shaft, causing it to break, weaken, and split in spots, leading to a dull appearance. This is happening all the time and there really isn't anything you can do to stop it; it is a con of having long hair. This is where a hair glaze or gloss comes in! Essentially the hair you have now is akin to an unpaved road, bumpy all over. The hair gloss fills in the bumps and smooths and even things out. By smoothing the cuticle, the surface reflects more light!

HAIR GLAZE vs. GLOSS

hair glaze = temporary, lasts a week, can be done at home hair gloss = fancy term for clear hair color, semi-permanent and lasts 3-4 weeks, can be done at home or at a salon

[Here](#) is article that recommends great hair glazes or glosses, depending on how often and how much you want to spend.

MY RECOMMENDED PRODUCT IS THE JOHN FRIEDA HAIR GLAZE BECAUSE IT IS READILY AVAILABLE AND YOU CAN GET IT IN CLEAR IF YOU DON'T WANT TO USE A COLOR!!

EDIT: OMG I CAN'T BELIEVE I FORGOT THIS PART

4. Use a glossing serum/mist! I see in the comments people have mentioned there use of oils, which I LOVEEEE but using a specific glossing serum is my favorite. This is great for people with dry ends, and glossing mist is essentially a shiny hairspray so it's great for ponytails (If you need more hold just spray your hairspray, wait a few minutes, then spray the glossing spray to add back the shine). For glossing mist I like Frederick Fekkai Sheer Shine Mist (I also like the Glossing Creme) and Kenra Silkening Mist. **Please note:** I spend I quite a bit more on products I leave on my hair and skin, rather than spending on products that I am essentially washing out/off. PM if you need more budget friendly options :)

Which brings me to my next point: **THE SECRET OF MAN CRACK** a/k/a Kenra Silkening Gloss. **PLEASE NOTE THIS IS A HAIR SERUM MEANT TO BE USED EVERY DAY, IT IS NOT A GLAZE/GLOSS EVEN THOUGH IT HAS GLOSS IN THE NAME LOL** It is a bit pricy (\$20) but a little goes a long way and one bottle usually lasts me 9 months. This is a special hair serum I have found that 9/10 will have every man, woman and child (but especially the men) around you asking what you put on your hair. Basically, it makes your hair smell like STRAWBERRIES, UNICORNS AND MAGIC. I have had men follow me from checkout lines to ask what it is, make me write it down so they can buy it for their wives/GFs **THIS STUFF IS A GRENADE OF MAN CANDY**, use it with caution!

EDIT: Some more tips I found. Essentially the smoother your hair cuticle, the more light it will reflect.

5. Rinse with freezing cold water. The cold temperature blasts your hair cuticle and closes it, making it the smoothest surface possible.

6. Use a microfiber towel or old tshirt to dry your hair. A regular towel's rough fibers roughs up the cuticle you have just closed and made smooth from the shower.

7. After any heat styling, blast your hair with the cool setting on your blow dryer Frizz = not shiny hair. Frizz can be caused by a variety of things, two of them being heat and friction, which are involved in heat styling. The cold air (or, if you're style is complicated and will be messed up by the wind, stand in front of your freezer for a couple minutes.) will set your hair style.

8. Use a satin or silk pillowcase. Again, prevents friction roughening up the cuticle. *BONUS: You skin won't be pushed up against rough cotton and you'll have less wrinkles!*

****TL/DR:** Get a water filter, use sulfate free shampoo, apply an at home hair glaze/gloss regularly, rinse with cold water, use a tshirt to dry your hair, use a Kenra Silkening gloss serum and Silkening mist as leave in treatment and hair spray, set hair style with cold air, sleep on a satin pillowcase.

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UPVOTES

My Grandmother's Rather Wonderful Advice

ThatStepfordGal · 1 April 2021 · Archived copy · Reddit

So for the last few months I've been visiting my grandparents weekly and me being there motivates them to go and have walks since it's with me. I also just love talking with them and learning their stories, which I'm compiling together in a single anthology.

I was speaking with my grandmother today about families and she suddenly brought up a very interesting topic: men and cheating. For context, we come from a cultural background that does have stereotypes about womanisers. She did say, "Do you know why your grandfather never cheated?"

"How do you avoid men cheating?" Definitely he's a great man and with her smile I can tell she's joking a bit, since she knows he does have great character. It's also referencing the culture we have. Guys do cheat a lot and it used to be more glorified but not anymore.

Here's the reply.

"You bring your children nearer to their father."

She doesn't mean literally, she means emotionally. I know the stories, she was a housewife and she would always tell her children to pay more attention towards their father rather than her. They always had dinner together and my grandfather would call if he can't make it, no buts and ifs. When he'd come home from work, she created a routine to a T, they would all come to the door, greet him and help put his jacket, shoes away and give him the newspaper until dinner starts. She would always encourage them to give him hugs and kisses and to thank him for his work. Even until now she always reminds me to be affectionate with my grandfather.

I asked her why and it made sense. Many people think about their relationships as just two people and if somebody cheats, it's seen usually as an affront to the partner, but when the children are close to him as well, it truly makes a husband think before doing anything not-good, not just cheating. In general as well it's just good for children to bond with their father and have a more respectful, understanding relationship, especially since he's not around during the day at home, like the mother. He feels more valued and solidified as the provider/man/leader in the family. Apparently her mother (my great grandmother) told her this advice.

Not many people do this nowadays! The more I think about it, I realise it's so healthy. Great advice for a marriage with children regardless.

(Note: Well, definitely your husband/partner must have proved himself a good captain first before all this. The advice is considering you already have a great marriage with two mature people.)

What do you all think?

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UPVOTES

On the importance of marriage, and why we're "RedPillWives"

whitebunny87 · 26 June 2018 · Archived copy · Reddit

We've had a few questions about the name of our sub, and why we call ourselves RedPillWives when we accept all likeminded women (married or not).

The long and short of it is that **a good marriage is the ultimate goal in RP female sexual strategy**, and that anything less than that should be considered a compromise on the woman's part.

Marriage has long protected women and mothers from abandonment, and when you hear TRP men cry that it's risky - well, *that's the point*.

If a woman is going to give up her most attractive years to a man, undergo pregnancy and permanently change her body to give him children, and then nurture and raise those children, the unique public and legal status that marriage provides is her protection. If marriage was flimsy and easy to exit without social and financial repercussion, that protection would vanish.

Let me be clear - this has nothing to do with "divorce rape" or alimony (which is all but nonexistent these days), we urge women to get married and **stay** married. In the same way that we don't recommend going out and sleeping with the entire football team, demanding marriage is about being aware of your value and not giving it away for free. A wise, quality woman will not allow a man to talk her into being a girlfriend/top plate for the rest of her life.

It's no secret that wedlock rates have trended down in recent years. However, there is one class of men who are still marrying and perpetuating legacies through their children. Educated, upper class men have carried on tying the knot, as marriage increasingly correlates with higher education levels and socioeconomic status. Essentially meaning, the one group of men who are consistently still marrying are the "high-value" ones.

I'm interested to hear your thoughts on this, and the points raised below!

From City Journal Magazine - Why Marriage Is Good For You

Surprisingly, the piece of paper, and not just the personal relationship, matters a great deal. People who live together, for the most part, don't reap the same kinds of benefits that men and women who marry do. Something about marriage as a social institution—a shared aspiration and a public, legal vow—gives wedlock the power to change individuals' lives.

Because marriage is a partnership in the whole of life, backed up by family, community, and religious values, marriage can do what economic partnerships don't: give a greater sense of meaning and purpose to life (a reason to exercise or cut back on booze, work harder, and to keep plugging even in the middle of those times when the marriage may not feel gratifying at all).

Married people are both responsible for and responsible to another human being, and both halves of that dynamic lead the married to live more responsible, fruitful, and satisfying lives.

Marriage is a transformative act, changing the way two people look at each other, at the future, and at their roles in society. And it changes the way significant others—from family to congregation to insurance companies and the IRS—look at and treat that same couple.

Sexual fidelity, an economic union, a parenting alliance, the promise of care that transcends day-to-day emotions: all these are what give a few words mumbled before a clergyman or judge the power to change lives.

The benefits to children are clear:

Mountains of research tell us that children reared outside of intact marriages are much more likely than other kids to slip into poverty, become victims of child abuse, fail at school and drop out, use illegal drugs, launch into premature sexual activity, become unwed teen mothers, divorce, commit suicide and experience other signs of mental illness, become physically ill, and commit crimes and go to jail. On average, children reared outside of marriage are less successful in their careers, even after controlling not only for income but also for parental conflict.

But they (married women AND men) also live longer, healthier, happier, sexier and more affluent lives.

The top ten reasons why marriage is good for you:

It's safer

even after controlling for education, race, age, and gender, people who live together are still three times more likely to say their arguments got physical (such as kicking, hitting, or shoving) in the past year than married couples

It can save your life

Nine out of ten married guys who are alive at 48 will make it to age 65, compared with just six in ten comparable single guys (controlling for race, education, and income)

Nine out of ten wives alive at age 48 will live to be senior citizens, compared with just eight out of ten divorced and single women

It can save your kid's life

Children lead healthier, longer lives if parents get and stay married

You will earn more money

Married men make, by some estimates, as much as 40 percent more money than comparable single guys, even after controlling for education and job history. The longer a man stays married, the higher the marriage premium he receives. Wives' earnings also benefit from marriage, but they decline when motherhood enters the picture.

You'll get richer

At identical income levels, married people are less likely to report "economic hardship" or trouble paying basic bills. The longer you stay married, the more assets you build; by contrast, length of cohabitation has no relationship to wealth accumulation.

Infidelity is less likely

Cohabiting men are four times more likely to cheat than husbands, and *cohabiting women are EIGHT TIMES more likely to cheat than wives.*

Marriage is good for your mental health

Married men and women are less depressed, less anxious, and less psychologically distressed

it is not just that happy, healthy people marry; instead, getting married gives individuals a powerful mental health boost

It will make you happy

married persons have a significantly higher level of happiness than persons who are not married, even after controlling for gender, age, education, children, church attendance, financial satisfaction, and self-reported health

Cohabitation, by contrast, did not increase financial satisfaction or perceived health, and the boost to happiness from having a live-in lover was only about a quarter of that of being married.

You kids will love you more

Adult children of divorce describe relationships with both their mother and their father less positively, on average, and they are about 40 percent less likely than adults from intact marriages to say they see either parent at least several times a week.

You'll have better sex, more often

Married people are the most likely to report a highly satisfying sex life.

Contrary to popular lore, for men, having a wife beats shacking up by a wide margin: 50 percent of husbands say sex with their partner is extremely satisfying physically, compared with 39 percent of cohabiting men.

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UPVOTES

I FINALLY get to be a Housewife!

kmfry333 · 23 July 2020 · Archived copy · Reddit

My husband and I have been together for 10 years (since we were 19 years old) we have both worked throughout that time and I completed a college degree. We have had 3 children (ages 8, 5 and 7 months) Today he came home from a work meeting and told me he got the promotion that would let me quit working. I am so excited! Ever since we had our 5 year old I have been begging to stay at home but we just couldn't afford to live on only one income (or he thought we couldn't)

Other than just coming here to share my excitement I'm here for a little advice. What are some of your favorite homemaking resources/guides? I never got to figure out how to be an adult before I was forced to be one. I've always struggled to stick with keeping my house clean and tidy and cooking 2-3 meals day.

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UPVOTES

Teaching your children to be neat and organized

Retro-Housewife · 31 January 2020 · Archived copy · Reddit

<https://i.redd.it/eox84u8ckid41.jpg>

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UPVOTES

Best day ever

CheeseMonger96 · 26 September 2021 · Archived copy · Reddit

It's 7am, I thought that yesterday, my weddingday, would have been the best day of my life. But now I am here, in a beautiful hotel room, and my gorgeous new husband is sleeping right next to me. I have to wipe away a tear of joy. This. This right here is the best day of my life. I am truly the luckiest woman alive.

Edit: Thank you for your upvotes and comments, another day on and still so happy. Really enjoying this feeling.

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UPVOTES

[Homemaking] I made our place spotless and organized, then my husband paid me the greatest compliment he's ever given me!

Spider_Gwen_Stacy · 17 September 2017 · Archived copy · Reddit

I spent two days cleaning and organizing everything. The place looks much better and I love it. He calls me pretty and likes my food (yada yada), which are great things.

However, yesterday he said that this place feels "more like a home than an apartment" then he kissed me . I tell y'all I just about cried. It was beautiful. I feel so happy for the both of us and I just wanted to share it with a subreddit that'd care. He's in bed right now getting some Sunday rest and I can't wait to make us pancakes in our clean kitchen. I'm so happy and fulfilled.

Also I didn't know what tag to put it in, but this felt most appropriate given the main subject.

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UPVOTES

FR: Don't assign him motivations

HappilyMrs · 15 July 2021 · Archived copy · Reddit

I'd like to tell you a little story of my morning. I was sat in the bed after my shower, towel dried hair everywhere. He came in to talk to me and was looking at my crazy hair thoughtfully. My immediate reaction was "Oh he thinks my hair looks really awful and he's going to make a jokey comment about it". Normally, I would immediately try to preempt that to protect my ego with either a joke of my own or an accusatory "You think my hair looks awful!"

But I tried to just pause, not run my mouth. Instead he asked where a brush was, which again I instinctively felt could be a criticism. Instead of being defensive, I asked why. He told me he was wondering because he was going to offer to brush it for me (which he knows I love). So I told him, and he spent five minutes lovingly and slowly brushing my hair, and then kissed my crown. It felt really good, and so intimate. It built closeness.

I could have been a bitch. I've often been a bitch. And simply through my own reaction I'd have made him not want to do it, and have made us miss out on a really lovely little moment.

So the lesson is, assume the best of your husband, and don't assign him thoughts and feelings he likely isn't even having. You'll only end up being the loser from it.

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UPVOTES

Man Friendly Beauty: Makeup Dos and Don'ts

SleepingBeautyWokeUp · 24 April 2016 · Archived copy · Reddit

Hi ladies! There was some interest in makeup tips, which got me thinking about how *terrible* so much of the beauty advice on the internet is. I mean, one of the top websites is called *Man Repellant*, for goodness sake. Meanwhile, there are virtually no guides on how to create a look men actually like because turning men off seems to be one of the explicitly stated goals of feminism.

This is why a lot of men say things like, "I prefer a woman who doesn't wear any makeup." It's the misleading advice equivalent of women saying, "I prefer a man without big muscles."

What a woman who says that means is that she likes **this** more than **this**, but a lot of lazy men hear that and hammer it into believing she's attracted to **this**. Same principle applies to using cosmetics to enhance your appearance. When most men say they don't like makeup what they mean is that they prefer **this** to **this**, not that they are into **this**.

I want to be clear, since I'm using pictures of real people, there is nothing wrong with the makeup looks I'm putting in the **don't** category. Some of them show off tremendous skill, and are pretty cool! But, if you're into them, maybe wear them for a dinner out with your sister who will be impressed by and appreciate them, not a date with your man who will not "get" them. (Added bonus: men probably won't approach and bother you while you're enjoying dinner with your sister, lol!)

Man-Friendly Makeup DON'Ts

- **Dark colored/"smokey" eye makeup.** This is a classic example of a look that women think is "sexy", and men just read as aggressive. Want proof it's a "masculine" vibe? It's **hotter on men**, lol!
- **Brightly colored, "Coachella" eyes.** This might say dreamy hippie chick to you, but to most men it says "paint accident." I will give that this can be a fun, even feminine look, but save it for hanging out with your girlfriends or going to actual concerts rather than wearing it for romancing.
- Bright colored lips. When men see something like a **bright red lip**, or a **neon pink pout** all they think is that if they kiss you that stuff is going to get all over them. You want to look "touchable" and this is the opposite of that.
- **Matte lipstick.** It looks (and usually feels) dry, flaky, and entirely unkissable. Avoid anything that is sold as "liquid lipstick" to prevent getting this look.
- **Huge fake eyelashes.** Lashes are definitely good, but these look heavy and fake. There is a reason fake lashes are usually on the top of the list of makeup men feel "tricks them", and it's because they actually notice/know they are fake! Things like brow pencil and concealer are never on the list, because they usually don't see those things.
- **Matte Skin.** As we age our hormones change, and this results in skin being more dry. Simply put: matting our skin with makeup makes you look older! Avoid any foundation with words like "anti-shine" or "matte" in the name.
- **Power Brows.** Honestly if it has "power" in the name you should probably not wear it for date night, lol. (Second example: power suits!) Huge, dark brows might be trendy, but they are also masculine looking.

Man-Friendly Makeup DOs

- **Smooth, even complexion.** Contrary to popular belief, how much coverage you need in a foundation should be determined by your skin needs, not whether you want to look like you are wearing makeup or not. If you have very little redness, no dark spots, no acne, and no substantial unevenness you can get away with a tinted moisturizer or BB (beauty balm.) Popular ones are Laura Mercier Tinted Moisturizer (high end), Jane Iredal Liquid Minerals (*naturalish*), and Maybelline Dream Fresh BB (affordable). If you have some minor blemishes, you should probably skip the BB and go for a medium coverage foundation. To get a natural look like the one in the picture look for keywords like "luminous" and "glow" in the description. Good options here include YSL Touche Eclat (High End), Bare Minerals Complexion Rescue Tinted Gel (*naturalish*), and Maybelline Fit Me Dewy + Smooth (affordable.) If you have serious skin concerns, first, see a dermatologist, then until they are sorted use a full coverage foundation. Try Bobby Brown Skin Foundation Stick (high end), Tarte Amazonian Clay Foundation (*naturalish*) or Revlon Colorstay (affordable.)
- **Bright, awake eyes.** You need concealer. I don't care how much sleep you got, you need at least a tiny bit under your eyes and on any blemishes your foundation didn't hide ([this](#) is a great video for how to cover blemishes without looking like you've caked on makeup.) Good options are Nars Creamy Radiant (high end), Tarte Amazonian Clay Concealer (*naturalish*), and Clinique Airbrush (affordable.)
- **Rosy, glowing cheeks.** Scientifically, women's faces flush during ovulation. It's no mystery why this look is appealing to men, lol! Liquid and cream blushes are touted for being "more natural looking", but they are also much harder to use. Stick to a sheer, slightly shimmery powder formula that is close to the color your cheeks are when you pinch them. To apply it tap a big fluffy brush in the blush and then sweep it on the area of your cheek that puffs out when you smile. Good blush options include Nars Orgasm (high end), Tarte Glisten (all natural), and NYX Pinched.
- **Dark, defined lashes.** The idea here is to make lashes look thick and dense, not heavy or clumpy. Wiggle the brush at the roots of your lashes, then sweep one or two coats of any mascara that works for you in black if you have dark hair, and dark brown if you're a redhead or blonde through to the tips. Some of my favorites are Mark Jacobs Velvet Noir, Tarte Lights Camera Lashes (*naturalish*), and Maybelline Great Lash (affordable.)
- **Groomed Brows.** Having well defined brows frames your face so your pretty eyes can stand out. In order to get the look first pluck any stray hairs that fall well outside the natural lines of your brows (or go get a pro to do it and teach you how if you're totally new!), then use a brow gel to fill them in. Good options include Benefit Brow Zing and.... I don't have any more, lol! If anyone knows of a good natural and drugstore option, let me know and I'll add them.
- **Glistening, kissable lips.** Skip dry, stiff looking lipstick and go for a pinky-peach gloss with a little shimmer that tastes good and feels nice on the lips (it will feel good on his too ;0) Just sweep it over top and bottom lips, then toss it in your purse to reapply throughout the day. My favorites are Chanel Constellation (high end), Boxum Trixie (a bit more natural than the other) or Loreal Color Rich Gloss (haven't tried this one, but have heard it reced!)

I'm not sure if this is helpful to anyone, or it's all sort of "duh", so let me know in the comments! I can happily do more posts like this if people find them valuable :o)

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UPVOTES

9 Empowering Quotes for Women

ANIKAHirsch · 6 July 2019 · Archived copy · Reddit

<https://i.redd.it/qyqtzoiq15731.jpg>

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UPVOTES

I'm officially a wife!

DancerInTheFlowers · 2 September 2021 · Archived copy · Reddit

We legally tied the knot yesterday, now just waiting on our less official ceremony and party next year. I wouldn't have made it here without RPW. Thanks y'all ❤️❤️❤️

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UPVOTES

Why Won't Men Commit? Oh...Yeah, Because Women Are Ballbusting Shrews That Steal Their Dreams.

[_wingnut_](#) · 5 April 2016 · Archived copy · Reddit

At the blog [What Men Are Saying About Women](#), the proprietor posted one of a series of fascinating videos, this one called [Sex Differences: Why Won't Men Commit?](#). It points out the shockingly obvious in retrospect point that for a woman Marriage is normally the fulfillment of her lifelong dreams, whereas for a man it normally spells not only the end of sexual freedom but the literal DEATH of his lifelong dreams. The man's lifelong dreams almost never entail marriage and kids, but great feats of individual courage and skill in front of admiring crowds. For men, coming to terms with the fact that he is NOT going to be a race car driver, astronaut or the star quarterback is called "growing up", for women growing up is defined by her ACHIEVING her lifelong fantasy of marriage and kids.

Obviously, this in itself makes "commitment" much less desirable to men than women, but there is another aspect as well. A great deal is made of women's much vaunted ability to commit to another person, but little is said about the nature of this commitment. The ability to commit to something isn't laudable in itself—it is the ability to FOLLOW THROUGH on one's commitments that defines the quality of the person, not the ease with which one make a promise. Women fall into "commitment" easily but also SHALLOWLY and OFTEN. They are quick to "fall in love" and just as quick to break up when things don't suit them or when the going gets rough:

http://www.dailymotion.com/video/xneess_tod-crashes-while-drag-racing-from-parenthood-1989_shortfilms

At around the 1:45:52 mark a young wife confronted with a bad situation in her marriage seeks immediately to bail and has to be put in her place by her unhappily divorced mother. In the storyline of this couple in the movie, the wife is trying to force her young husband to give up his dream of being a drag racer to become a house painter because "that's his future". This speaks for itself

So women commit shallowly and often, what about men? The little discussed truth is that men, while they ARE loathe to commit at the outset, commit more truly and fully to their marriages once they finally do and are apt to be completely devastated when their wives inexplicably rip their homes, children and themselves and everything that NOW DEFINES THEM AS A MAN away from them. Because that's the key. The way men give themselves permission to choose marriage over liberty is to create it as a new definition of "being a man" they can hang their hats on as they give up their adolescent dreams. Once they commit to that course it becomes WHO THEY ARE, not just an episode in their lives. More often than not he then devotes himself* to his new "dream" of being a classic Husband with the same single-minded focus with which he pursued his career and his hobbies. So when the wife suddenly announces she is bored and leaves, she is leaving him now not only in the shattered wreckage of his early dreams but now ALSO in the molecularly vaporized particles of his ENTIRE self-image.

So the next time you're thinking about why men won't "commit", think about what you can do to make a man feel safe committing to you, because it's a big risk and a sacrifice for him to fulfill YOUR dreams. Instead, never punish him for this sacrifice--help him to fulfill his new found dream as a Husband and a man

*I can already hear the objection that "how can you say men "commit" more when they so often cheat?"—that is a topic for another post but I think most people recognize that for men a type of cheating that doesn't involve actual relationships with other women but mere sexual variety rarely undermines HIS commitment to his marriage from HIS perspective.

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UPVOTES

[NSFW] Well duh!

iwasawasp · 22 September 2017 · Archived copy · Reddit

<https://i.redd.it/va38aks89gnz.jpg>

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UPVOTES

Welcome to RPW! Please Read Before Posting

TempestTcup · 3 April 2016 · Archived copy · Reddit

Welcome!!

Red Pill Wives (RPW) is a subreddit where like-minded women discuss sexual strategy from an anti-feminist, traditionalist, and/or evolutionary psychology perspective. We also explore related subjects such as culture, current events, science, history, and philosophy!

The community is centered around "Red Pill" ideas, which are rooted in the observable and innate differences between male and female nature. We acknowledge that men and women have competing sexual strategies, and we offer the tools for women to make the best decisions. Our focus is on long-term goals that bring long-term happiness. We stress self improvement, self awareness, and self discipline. In addition, RPW prioritises understanding men and masculinity, which is essential for a harmonious relationship.

We look forward to the insightful, thought provoking, and all around awesome content that everyone will contribute! Please familiarize yourself with the [wiki](#) before participating in the community. The information is required reading for all. Quick links to the posts are listed below.

- [RPW Rules](#)
- [All About RPW](#)
- [How To Ask For Advice](#)
- [Guidelines On Male Participation](#)
- [All About User Flairs](#)
- [All About Link Flairs](#)
- [Reputations, Interactions, And Respect](#)
- [IRC Channel Rules](#)

The wiki also contains a section for [essential RPW guides](#) and [recommended resources](#). Both are under construction but take a look, get excited, and let us know if you have any books or websites to add to the resources list!

If you have any questions or suggestions please leave a comment!

Welcome to /r/RedPillWives!

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UPVOTES

And that's the gospel truth.
Astroviridae · 13 June 2018 · Archived copy · Reddit

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UPVOTES

How to preserve a husband

Astroviridae · 14 July 2018 · Archived copy · Reddit

<https://i.imgur.com/7v7vRsx.png>

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UPVOTES

6 Things I've Learned in 6 Years of Marriage

ArkNemesis00 · 17 November 2025 · Archived copy · Reddit

As a romantic who married young, these are some things I learned through experience in this early phase of my relationship.

1. It's important to be able to make yourself happy

When I was a newlywed, I thought my husband was going to want to spend his time outside of work with me doing the things that I wanted to do. While he was happy to do mutually enjoyable activities, or happy to invite me along to whatever he wanted to do, it took me a couple of years to realize that if I wanted to do something I should just do it on my own time and let go of the expectation that he would want to come along. That just because I thought it sounded fun to watch a show I liked together, doesn't mean it didn't sound like work to him.

Sometimes when we ask our spouses to do something out of obligation, it's implicit in the request that we want them to do it happily or without complaint. I find this to be unrealistic. Now when I consider asking my husband to do something for me, I ask myself how much I care if he performs the task unhappily. If it's something that I'd only want if he wanted it too (like say, going out to dinner), then I don't force the issue if he doesn't feel up to it.

Ultimately, I'm the only person who can make myself happy. When I let my husband's actions dictate my mood, I am giving away my power over my happiness. I don't need him to buy me a birthday present or take me to brunch on Mother's Day to enjoy my day. I can do things that I find fun, eat food that I feel like, or whatever else I can think of that will improve my mental state without relying on someone else. Learning this has helped quite a bit over the past years, and my husband usually wants to spend time together whenever we can.

1. Thing you agreed on when dating aren't completely settled

It turns out that things my husband readily agreed to when we had been dating a few months and he really wanted to sleep with me were things he wanted to discuss again once we were married with kids. Huh, who knew that could happen? In hindsight it seems silly, but at the time I was frustrated that it seemed like he was going back on his word.

People cannot accurately predict how they will feel years or a couple of life phases away. Things change. People change. Minds changing is a sign of intelligence. If I go back to some of those conversations we had rehashing old decisions, I would tell myself to focus less on feeling threatened and more on listening to what my husband was saying and explaining where I was coming from.

1. When you most need help is sometimes when he most needs help

When I was young and thought of marriage, I thought about how nice it seemed to have someone there for me in my times of need and how I would return the favor. As it turns out, there are:

- Times that are good for both of you
- Times that are good for one of you
- Times that are good for neither of you

In the doubly bad times, there really isn't much to do but grit your teeth and push through. It sucks very much. It's very unfortunate that sometimes my husband will be going through tremendous work stress at the same time I'm not doing well and could use an extra hand. Times when the whole family is sick I consider to be little previews of what Hell is like. I'm wary to not fall into the trap of having unrealistic expectations for how my partner will perform for my benefit in these times. You push on, hope these times are far and few between, and put some effort into preventing future hard times when you're more able.

1. Men are attracted to competence

I knew the boss babe thing wasn't most men's cup of tea, but I underestimated how much my husband would enjoy and celebrate displays of competence when it's in relation to something he values and cares about. For my husband in particular, that tends to be household management, health and wellness, family, education, finances, social skills, conflict management, sexual performance, achievements in mutual hobbies, and more. Things he doesn't care about...well, he doesn't care much about but will still occasionally celebrate competence for its own sake.

This isn't to say I feel the need to perform well all the time else my husband won't be happy, but rather that I've been pleasantly surprised to see how much I can be appreciated for a job well done.

1. People like to help people who help themselves

I used to think people would help me based on when I thought I most needed it. Now, I understand that people are more likely to help when they think their time spent will pay off. I have always had more luck getting help and sympathy from my husband on the days where I can push myself to get some things done, take some medication, or make myself something to eat as opposed to the occasional days I feel like I can hardly motivate myself to get out of bed.

While my husband has been there for me through some hard times when I wasn't able to contribute much, most noticeably when I was on bed rest for one of my pregnancies for a few months, I know it puts a lot on him when I'm having an off day and he has to pick up my slack while maintaining his responsibilities. It means a lot to him to see me trying and I've found that me doing whatever I can manage makes him more likely to help carry the load.

1. Miscommunication happens often and stating the obvious is more useful than you think

I can't tell you how helpful it's been to state things like "I'm feeling a bit cranky this morning" or "I have a slight headache". So often we rely on "showing" our moods rather than "telling", but telling seems to be the preferred method of communication for the recipient. I know I would rather hear a neutral "I'm in a bad mood" rather than my husband being snippy or standoffish.

When it comes to disagreements or reconciling after an argument, a statement like "right now I don't want to argue, I'd just like for you to listen to how I'm feeling" has been very helpful for us to get into a different, more empathic headspace.

Minor miscommunications happened when we were dating and they still happen to this day. It's worth clarifying things whenever you feel there's a lot left to interpretation. Saying something like "I need your help with a task and would like to get this handled in the next ten minutes" can lead to a lot less frustration than leaving the timeline open-ended and losing patience when it doesn't come together right away.

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UPVOTES

A Comprehensive Guide To Vetting Men

Camille11325 · 30 April 2016 · Archived copy · Reddit

A Comprehensive Guide To Vetting Men

This post was written with /u/PhantomDream09. It can also be found in the [Essential Posts](#) section of the wiki (along with the best RPW content to date!). We had a blast writing together and we encourage other users to collaborate on projects for the subreddit :)

Does this dating advice sound familiar to you?

- “Don’t worry about the future, you’re young and have plenty of time!”
- “Just go with the flow!”
- “Sleep with a man as soon as you feel passionate about him, if he likes you he will stick around!”
- “You’ll meet ‘the one’ when the time is right!”

Each statement gives women a false sense of security and misrepresents what it takes to obtain lasting, exclusive commitment. Female sexual strategy is more than just looking good and showing up to the right place at the right time. Anyone interested in a long term relationship or marriage with a quality man must prioritise this goal and put in the requisite time and effort. Not only should you make sure that you are the best woman possible, you must actively search for the best man possible.

Women date to filter through eligible men and find who they want to spend the rest of their lives with. Sexual attraction and having a connection are extremely important, but a relationship will not succeed if arousal is the *only* factor you base your decisions on. If you have an idea of what you need and what you can’t handle, you will be able to date with a purpose instead of wasting time with men who are fun, but not viable long term options.

What is vetting?

To vet a man is to actively figure out if he has the qualities that you want, as well any deal breakers. Not only should he have a compatible personality, the two of you should share the same goals and vision of the future.

Why is vetting important?

It’s your first line of defense against ending up plated, strung along, alpha widowed, or tied to a man you really can’t stand. Properly vetting reduces your chances of needlessly increasing your N count with men that have zero intention of building a future with you. It is in **every** single woman’s best interest to fully vet each man she dates before agreeing to be in an exclusive relationship with him.

Am I shallow or entitled if I vet a man before commitment?

No, it is smart to have standards and adhere to them. The vetting process takes the entire person into account, not just a handful of traits. A comprehensive assessment of someone’s compatibility not only with your personality but with your life goals is essential for future happiness.

Does taking the time to vet a man mean that you don’t like him very much?

Absolutely not! In fact, putting in the effort to be more selective with who you commit to demonstrates how seriously you take relationships, and how much you value the man you ultimately end up with. If you sleep with

every man who catches your eye, each encounter is worth less. A man knows your commitment (and sex!) means something if you don't give it away easily.

If you are single or in the early stages of dating, grab a notebook and a pen and follow the steps below!

First, reflect on what you truly desire. How soon do you want to get married? How many children would you like to have? What goals and milestones would you like to achieve yourself and with your SO? What lifestyle and relationship dynamic do you thrive in? Keep these answers in mind as you think about the traits that your future SO should have.

Next, you must distinguish between wants and needs. Needs are the essentials, the things that you **must** take into consideration and cannot compromise on. Some characteristics to consider when assessing what you need in a man:

- **Age** - An older man is more likely to be established in his career, mature, ready to settle down, and secure in himself. But he may have baggage from past relationships, and it could be harder to relate to each other. If he is younger, there may be less pressure and more fun. However, you may fall into mothering role and/or find it hard to respect him. If you are in your early 20s, men in your age range may still be figuring themselves out, struggling financially or not interested in settling down. If you are in your 30s or beyond, you will be competing with younger and more attractive women if you go after your peers.
- **Socioeconomic Status** - It makes the most sense to focus on men of the same or neighboring class. He'll have similar values, expectations, behaviour, and more. Another benefit is that you'll be able to navigate social situations without feeling uncomfortable or pressured. It will also be easier to meet men and go on dates, since you'll be in the same area and enjoy the same things. Of course some women can find success without considering class, just be realistic about how well you will be able to handle a major shift either for you or your man.
- **Ethnicity and Culture** - Similar backgrounds will lead to more harmony. The closer your cultures, the lower the chance for conflict when it comes to questions of lifestyle, childrearing, relationship dynamics and more. This doesn't mean that you can't look outside of your own ethnicity and/or culture, but you have to consider how well you two will actually mesh when it is time to build a life together.
- **Religion** - Both of your religious backgrounds are important, even if neither of you are currently religious. This ties into the importance of culture as a whole - the upbringing of a Catholic woman is completely different from the upbringing of a Muslim man, even if they are both Americans of the same race, class, and location. If you want to practise your faith, be sure to find a man who supports that or at least won't interfere. And don't assume that you can convert him in the future!
- **Marriage** - If you want to get married, make sure the man you are dating is interested in marriage before you commit to him! He doesn't have to say that he specifically wants to marry you, just get a general sense of his life goals while you are in the early dating stage. Don't come on too strongly! There is no reason for you to compromise on the subject of marriage, so make sure this is a top priority.
- **Dominance Level** - Attraction is non negotiable. You cannot ignore how attracted you are to a man, or how much you respect him. If you do, then you're just firing randomly in the dark and hoping that when you land a man, he doesn't end up being too dominant, or too passive for long-term happiness and stability. Marriage is forever so don't commit to someone you won't be able to devote yourself to entirely. **Read up on dominance levels and dominance thresholds** and reflect on what traits you value in a man. Pay attention and screen for the right combination of alpha and beta traits.
- **Children** - You should be clear about how many kids you want, and know if the man you are seeing is on the same page as you. Don't hope that you can convince him to want kids in the future, or to give up his dreams of

having a large family if that is the case.

Other characteristics you may consider in the “needs” category:

- **Education** - When the man has as much, or more education than the woman, it allows the woman to look up to and trust her man. This does not mean reverse scenario cannot yield great results. Every woman must know for themselves how important this aspect is in relation to other qualities.
- **Political/Ideological Affiliation(s)** - if you are passionate about politics, philosophy, culture, or similar fields, you'll want to prioritise finding someone with similar views. Most men interested in traditional relationships are on the right side of the spectrum, and are not interested in debating their beliefs.
- **Desired living location** - If you are tied to your current location, limit the men you date to other locals. Long-distance relationships are likely to fail for many reasons, one of the most common being that neither party is fully willing to uproot their life and move to be with the other person. If the thought of moving for a man makes you uneasy, then keep that in mind as you go out on dates. If someone has close ties to their family, halfway across the world, consider how that will affect your future together (frequent trips to visit his relatives, alternative holidays etc).
- **Employment Status and Type of Job** - When the man makes at least as much money (if not more) than the woman, the woman has an easier time respecting him, as he is the ‘stronger’ partner financially. This is a generalisation of course but you should know ahead of time what your preferences are. Other things to consider when it comes to a man's job is how busy he will be, if travel is required, and the level of danger tied to his position. It does not make you a gold digger to include a man's career in the vetting process. If you want to build a life with someone you need to have a clear idea of what your future together will look like.
- **Appearance** - Major deal breakers only at this stage! For example, you may say you'll love a man at any weight - but if you shudder at the thought of having sex with a 300 pound husband, then you should be vetting for someone with positive health/body habits.

These are just general things to keep in mind, and it is **vital** that every woman personally identifies the basic things that will lead to harmony within the relationship. Once you've identified your criteria, only see men if they meet these basic standards.

Wants are optional; they are pleasant add-ons. You can live without them, but they're really nice to have. A lot of women can get carried away with this category, especially if they are unrealistic about their personal dating worth.

Aiming too high *can* lead you to high value men, but they will not be interested in anything long term or exclusive. It is true that some men are not open to a relationship (or marriage) until a woman comes along that truly changes his perspective about things. Understand that chasing those men includes an increased level of risk. (Read [here](#) or [here](#) to see why it is not in your best interest to rely on “plate” status as a dating strategy).

As you think about what you want in a man, evaluate yourself as well. Would the man you are describing be willing to commit to you, as you are? If not, why not?

- What steps do you need to take to **increase your SMV**?
- Do you need to work on **psychological femininity**?
- Do you have a handle on **your emotions**?
- Are you confident that you can be the best SO possible by **not nagging**, being **enthusiastic and available sexually**,

and avoiding **common relationship blunders**?

While it is good to be firm about what you need, and what is a deal breaker, be flexible when it comes to everything else. You may think you want someone who plays the guitar, but find a deeper connection with a hunter!

Now, on to deal breakers! This list is merely a jumping off point as **it is okay to not care about or even prefer any of these traits**, just know what you are getting into, and accept that your choices have consequences. Here are some common red flags:

- Smokes cigarettes
- Excessive drinking or drug use
- Incompatible diets (e.g. he is a militant raw vegan)
- Poor financial management skills
- Criminal history or current criminal activity
- History of infidelity
- Previous marriage(s)
- Has kids with another woman
- Has a difficult time holding down a job
- Has a history of gambling problems/overwhelming debt
- Hot headed/short temper - prone to overreact
- Serious health concerns
- Overly sensitive and/or emotionally feminine
- Lack of ambition
- Clinginess
- Previous bisexual or homosexual experiences
- Unstable, dramatic or hate-filled relationships with his friends or family

When it comes to dealbreakers and red flags, keep in mind that everyone is flawed. Don't next a guy for being human! In addition, avoid trying to find a carbon copy of yourself. If you love to read and he loves sports, that doesn't mean you two are a bad match.

What do you do if a man you are dating isn't right for you?

If you have only been on a few dates, you can easily put an end to things by not reaching out and declining the next invitation he extends. If you are somewhere in the casual dating phase where you are regularly seeing each other but not exclusive (note: this is not the same as being a plate), it would be better to deliver the news the next time he calls you on the phone, or even in person if things were close to becoming official. There is no need to give an exhaustive list of all the reasons you two won't work out, and it is in your best interest to cut off all contact afterwards. Don't give him false hope or suggest that you remain friends. You don't need to be cruel but there is no obligation for you to coddle him or hide your true feelings.

There are a lot of moving pieces to the vetting process. You have to know what you want and need (as well as the difference between the two!), what you bring to the table, and major deal-breakers. If you are dating without a plan, then you are delaying your chances to meet a quality man you are compatible with, and **increasing your likelihood for stress, panic and loneliness in the future**. Keep the ideas outlined above in mind and you will have an easier time entering into the right relationship!

P.S. For information on dating strategies tailored to your age/life stage, [read this!](#) If you are interested in online dating, take a look at [this guide!](#)

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UPVOTES

Sage advice from a grandmother

Astroviridae · 11 June 2018 · Archived copy · Reddit

<https://i.imgur.com/NojRmJl.png>

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Happy International Women's Day!

BellaScarletta · 8 March 2017 · Archived copy · Reddit

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Boundaries

blushingoleander · 31 July 2022 · Archived copy · Reddit

<https://i.redd.it/8glbvuydjze91.png>

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Lol!
jack_hammarred · 6 November 2018 · Archived copy · Reddit

<https://i.redd.it/68k5x4dg6mw11.jpg>

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UPVOTES

Excluded

melbautoast · 17 February 2017 · Archived copy · Reddit

For a group of people that claims to love women I have never felt more "othered" than I have by feminists. I can't disagree with them and be a rational, thoughtful person. I must be brainwashed by the patriarchy or a victim of internalized misogyny. And since I'm married and never say no apparently I'm a rape victim and have never had consensual sex.

No real point to this post, just needed to rant to people who understand. Facebook is a cesspool.

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UPVOTES

A meme is worth a thousand arguments. LOL (Stop being a degenerate)

woowho-vintage · 10 November 2019 · Archived copy · Reddit

<https://i.redd.it/2ye10ig0kwx31.jpg>

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UPVOTES

Husband Came Home with a Surprise Gift

manolosandmartinis44 · 6 July 2024 · Archived copy · Reddit

He was looking mischievous when he walked through the door with his hand grasping some papers behind his back. I was sitting on our dining table as he did this reading an e-book. He walked up to the table and put the papers on the iPad blocking the book.

First page:

London Heathrow - Buenos Aires Feb 7 Virgin Atlantic Upper Class 2 adults

Removed this to show:

Buenos Aires - London Heathrow Feb 21 Virgin Atlantic Upper Class 2 adults

We're going to spend Valentine's Day in Argentina!!!

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UPVOTES

Something Funny To Brighten Your Day :)

Camille11325 · 5 January 2017 · Archived copy · Reddit

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UPVOTES

I'm getting married next week...

silverliningplease · 17 January 2021 · Archived copy · Reddit

I'm so excited.

I'm so excited to be the best wife I can be. I'm so excited to make my husband happy. I'm so excited to build a family with the man of my dreams.

I feel like the luckiest girl in the world to be his and to call him mine.

I haven't really shared because we're just doing a private ceremony for the two of us but I wanted to post it somewhere because I'm SO unbelievably happy.

Ladies, I LOVE this man.



Does anyone have tips for being the best wife ever? We've been living together for three years already so it's not like anything big is changing but I want to make him as happy as possible ❤️

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UPVOTES

The case against being a plate

LifterofThings · 7 April 2016 · Archived copy · Reddit

So, we've come under fire recently for "censoring alternative red pill viewpoints"-- namely the alternative viewpoint that states that being a plate to a high-value man may be a viable mating strategy for women. (Perhaps unsurprisingly, this viewpoint was largely espoused by male visitors to our female-oriented space, but I digress.)

This isn't entirely untrue-- the trouble is that for the overwhelmingly vast majority of women, being a plate winds up fucking sucking. So here's the tl;dr:

We don't give a lot of air-time to plate-spinning in RPW because allowing yourself to become a plate to a man, no matter how high value, is going to leave most women alone, emotionally devastated, or both.

I should be clear in defining "being a plate", which for the purposes of this post means to have a sexual/romantic relationship with a man which is not exclusive. This is typically presented to women as a means to an end; a truly high-value man won't wait around or promise commitment for sex, because he has other options... so in order to "obtain" such a man, a woman may have to offer sex without exclusivity or commitment.

The best case scenario for a woman who consents to being a plate is that one day, if she's sweet and feminine and respectful and keeps her body tight and her hair done and her wardrobe on point, this highly-desirable alpha male will realize that she's THE ONE worthy of his commitment-- THE ONE worth eschewing sexual variety for. Sound a little unrealistic? Yeah, we thought so too.

Here's the next best case scenario: a plate secures a long-term position within a high-value man's harem. Women in this category can look forward to being required to handle some or all of the following with feminine grace:

- being left to wonder whether her man is with another woman when he's incommunicado
- knowing for certain her man is with another woman who may or may not be more attractive, more stimulating, more interesting than herself
- enduring her man's new-relationship-fueled fixation on and excitement over new conquests
- celebrating life milestones such as a first grey hair, a new wrinkle, or inevitable sag while watching her man admire and pursue women 5, 10 years younger than herself
- living every day knowing that she's offering all of herself to a man who is only willing to offer a part of himself to her

If this sounds like an exciting, character-building challenge and adventure, then congratulations, you are probably one of the small minority of women who might be able to derive satisfaction from being a plate. If all of this sounds to you like a recipe for inducing jealousy and insecurity-fueled insanity, then you're one of the rest of us.

Now that we've covered the possible good outcomes of being a plate, let's have a look at the other side:

There's a very real chance that a plate-spinner will consume a woman's most attractive years with excitement and drama and tingles and then leave her high and dry as soon as her beauty and fertility have declined to the point that she's no longer appealing to him, regardless of how "good" she may be to him. From here, said woman's path may include such glamorous options as dying alone and being subsequently devoured by her cats, or attempting to date again.

If you don't believe that dating as a thirty-something alpha-widowed woman sucks, then I invite you to take a gander at the "where are all the good guys?!" body of literature written by single thirty-something women trying to find partners before their ovaries start puffing dust in earnest.

Red Pill Wives is about cultivating a harmonious, loving relationship which fulfills the needs of both partners, and

is conducive to the self-motivated personal growth of both the man and the woman involved. It's not impossible that a plate-spinning relationship should accomplish this, but it's a remote-enough possibility that we don't feel the need to facilitate a lot of discussion about it.

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UPVOTES

How did you master The Art Of STFU?

JesusBBackSoon · 12 January 2024 · Archived copy · Reddit

I am tired of nagging and criticizing and sighing and having a bad attitude. My husband has had it. Something needs to change because my marriage is suffering.

Please give me all your advice on how you learned to stfu. I don't just want to be good at it for one or two days. I want it to be a part of who I am, for the benefit of everyone in our family.

I've read The Surrendered Wife when we got married but it's been almost 10 years now and I've still so much to work on and improve.

edit: I just got permanently banned from a motherhood subreddit for posting on redpillwomen.. what is wrong with reddit?

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UPVOTES

What happens when I deny my husband sex and other thoughts on the Red Pill

margerym · 2 May 2016 · Archived copy · Reddit

My husband and I have the agreement that I can, at any time, deny having sex with him (and visa versa). Before I get more into that I want to express a few things:

- Sex is important in a relationship. Really important.
- Sex is important to men. Really important.
- Sex is more complicated for women but still important to us.

That said knowing all of the above I don't take sex lightly. Meaning "I'm just not in the mood" is a poor excuse to not give your husband affection. Men do better with physical affection, women not so much. This is why it is so easy for women to brush off. "They don't *need* this because women don't *need* this in the same way". Not true. Understanding that men and women are different, express themselves differently, "feel" love and affection differently and through different processes, is the cornerstone of Red Pill.

So back to my little story- when I say to my husband "no sex tonight, please" he says "okay". He says "okay" because he gets that I understand the importance of sex and don't take it lightly. He says "okay" because he knows I am not the type of woman to opt out because "yawn I just don't feel like it". He knows I know that denying him affection is as bad as the reverse, is the "big guns" pulled out only for emergencies. He doesn't just say "okay", though, he often adds "everything alright?" for the reasons stated above. "I'm not feeling well." or "I am having a horrible horrible day and I need to cry" With both his response is to cuddle me instead and let me have my emotional dump.

What a misogynist, am I right? Totally Beta.

Actually, it is totally Beta. Which brings me to my next point- married game is different than single game. This has been stated here ad nauseam but apparently it needs to be stated again. You need a healthy dose of Beta in an LTR/marriage to keep it running. This is affection, this is safety, this is another thing women need.

So my husband Betas out on me and gives me all these tender kisses and hugs while I cry-it-out instead of rocking his world. Then I just end up wanting to rock his world all the more. We feed off of each other's affection. It's that simple. And because he is willing to give it to me I am willing to give it to him. That's what sets Red Pill marriages (and more traditional marriages in general) apart from female dominated ones- we value our men and their needs. Contrary to popular belief that doesn't translate into us being forced, coerced, or neglected. Quite the opposite, actually.

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UPVOTES

Why I submit to my husband like it's 1959

GratefulWifeandMama · 17 January 2020 · Archived copy · Reddit

<https://www.bbc.com/news/av/stories-51113371/submitting-to-my-husband-like-it-s-1959-why-i-became-a-tradwife>

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UPVOTES

So thankful to you ladies from helping me get from RPGirlfriend to RPWife!

MrsRaulDuke · 31 December 2018 · Archived copy · Reddit

I'm mostly a lurker, but I just had to say thank you to this sub for enriching my life and helping me become the best first mate possible. **He proposed!!**

Edit: Sorry about the typo in the title! Too excited to pay attention ☹️

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UPVOTES

Engaged!

fumblesRPW · 7 September 2018 · Archived copy · Reddit

Just wanted to drop a quick note to let y'all know that my SO proposed earlier this week! It was lovely and romantic. I'm still on cloud nine ❤️.

Edit for relevancy: applying RPW principles is what got me here. He cited my agreeableness, femininity, and 'letting him be the man' as reasons for putting a ring on it. Thanks y'all, for everything.

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UPVOTES

Saw this on the front page of reddit just now, it's so cute!!!

Zombies_InTheSnow · 11 October 2017 · Archived copy · Reddit

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UPVOTES

Please join us in welcoming /u/Irisandoleander as our newest mod!!!

TempestTcup · 16 March 2017 · Archived copy · Reddit

I'm thrilled to announce our newest moderator, Iris! She is a long-time contributor, a valued RPW, and an excellent role model.

I look forward to ~~ruling with an iron fist~~ working with her :D

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UPVOTES

The Mods And Women Of This Subreddit Were Right About 3 Years Ago...Right As The Split From Red Pill Women To Red Pill Wives. You Cannot Have A Drunk Captain. A Cautionary Tale:

9021SomeRandomPerson · 23 August 2019 · Archived copy · Reddit

I followed Red Pill Women and was there when the split came about to Red Pill Wives. I only posted once, and I quickly deleted because it was a truth I could not handle.

You cannot have a drunk captain was pretty much every response, and I chose wrong.

After doing everything, I handed over the finances for my husband to control because I was getting abused. At the time we had stocks, a diversified portfolio, I tried to get him to max out his matched 401k (I am a longtime user of reddit).

One example of what I accomplished with the finances is credit card churning where our availability went from 5k to over 100k in less than 5 years. Meal prepping, cooking and sewing, making sure everything was done, even the trash. Nice dinner spreads, taking care of yourself, being available ect.

Well, you mods and women were right.

You Cannot Have A Drunk Captain (and I chose wrong).

I haven't gotten the financial declaration yet, but it seems as though all the credit cards are maxed in less than 2.5 years...savings gone. I was cheated on with at least one man (many more, probably), and many women as well as sex workers.

I am going through a divorce (I petitioned for it) as I'm hitting the wall and I have a child in wedlock. Take care of your skin, take care of your babies, and still make goals. I actually have pretty good genes, but I don't look 18, I look about 23-26 (it's mostly my genes, diet, and skincare routine), but it is very clear my age on my elbows and when I look in the mirror naked after having a child...so it can only go so far ☹️

This is a cautionary tale, as I chose wrong, but opening up the finances to someone with at least one substance problem and a very lavish lifestyle, there is little left. I'm not responsible for what he did, but I was responsible, and I still hold my vows, even if he didn't.

He put my health at risk and I may not get money, but there will probably be a settlement when it's all over due to what was done to me. Towards the end my child and I were isolated to one room at night and he didn't want me to even speak to my family (projection because of his infidelities).

I'm okay, but I have a long road ahead, and my life has drastically changed.

I'm not interested in dating, just moving forward.

I need to apologize that I didn't follow the advice and my cognitive dissonance was a big hurdle.

Please do not choose a captain that has a substance abuse. Everything will be "your fault" and the cycle of abuse happens gradually.

It wasn't physical, so I want to emphasize that, unless you count that he put my health at risk with being with other people and coming back to me.

Divorce was NEVER what I wanted, but I have to choose my child over a pathological liar, even if it means working many jobs.

I am now going to be a "single mother", but at least one that will no longer have prototypes of abuse perpetuated to our child.

I know men age like wine and women like milk, but the “women” he was with...weren’t very pretty, smart, or even talented. He told me “He wasn’t looking for a relationship, and it’s all about numbers”. This is what was said to me just last week and I’m his wife and the mother of his child.

This post may be against the rules, but it is the truth; I should have listened and found this community before I said my vows.

I apologize to the women I did not follow your knowledge.

I’m sorry and have to move forward.

On the positive side, I did take care of myself, and even though I do not want to date, I can look myself in the mirror and be proud of being a person who survived yet another chapter in my life, so beauty in, beauty out.

I hope and wish you all good luck, and again, I’m very sorry I did not follow the advice because if I had, maybe things could have been different, but you cannot change someone, only yourself; as a woman, YOU are the gatekeeper to sex, men are the gatekeepers of commitment.

A special thank you to a specific mod a while ago, she was wonderful and we shared many PMs after I was dragged over to the Blue Pill, and may be again. What will be, will be.

Live laugh love

Just kidding ☹️

Do.Not.Choose.A.Drunk.Captain. <————

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UPVOTES

Breaking Good: Spoiling Your Husband

ThatStepfordGal · 13 July 2024 · Archived copy · Reddit

It's a great thing to be a wife to a good - no, great husband. I talk so much about vetting and dating but what about the after?

When you can see and is committed to someone who really is great?

You spoil him! Not because you worship men and think women are slaves, as feminists and modern women want to accuse you of. It's because this is a good man who provides and protects you, who leads with kindness and is the pillar strengthening your family.

This is great if:

- *If you are already married and your husband looks after you in many ways, providing and protecting.*

- *If you are traditional and domestic, many of these tips revolve around homemaking.*
- *If you enjoy seeing him smile and feel like home is a safe haven.*

Note: These are mostly literal, physical tips, but feel free to check my profile and other articles for more in-depth, emotional and discussion-based content.

How?

1 - Make it your duty to make his drinks (Coffee/tea/alcohol in moderation, etc)

This is something my grandmother always did, even if she didn't have to (and she knows that everyone has arms and hands to make them) as a small gesture of love. This carries a double benefit, as she'd charge a 'fee' everytime, whether it's a little kiss, hug, caress - it become an everyday action that automatically incited affection. Ask your husband the moment he gets home from work, if he looks tired or is relaxing, if he wants a drink, in my husband's case this is coffee. If you are the kind to get shy instigating affection, this is a great gateway.

2 - Have rituals around saying 'I love you' in specific situations

My family always had this habit and maybe you do this already in your way. There's special times that you say it, but there's also 'routines', it keep it a regular thing. Here's when those situations are for us, on the daily:

- At night before going to sleep
- At the end of calls
- Before leaving the apartment/house
- Before I go to bed when he's doing night shift

3 - Create things as gifts for him

I'm very crafty and there's always a special touch to a gift that is handmade. I knit, crochet and dabble in essential oils. I'm currently making him socks and I make special blends using the aromatherapy oils (trying different recipes) so that every now and then when he struggles to sleep I'll mix something up and it's such a unique scent in the humidifier!

Sometimes I also combine it with jojoba and make it into a massage oil, and I'd massage him before I got too heavily pregnant.

Then, I got adventurous when he started complaining about his beard as it got dry (it's winter here) and so I experimented and researched organic creams and then mixed in some oils that are good with dryness with shea butter - voila! Home-made, aromatic beard cream.

Depending what your craft is, is there something you can make for your husband?

4 - Create a menu

If you are the domestic wife who cooks, you can make your mealtimes a little more special when you do groceries. I used Canva to make a menu, categorising foods by culture, base and separate desserts. So anytime we need to go and do groceries, which is not the most enjoyable for us, he can just open up the menu in his phone and choose. It's a reminder also, about meals we haven't had a while and keeps food interesting.

5 - Ensure your home indulges the five senses

To make your space and home a haven, try and appeal to all the senses, especially the moment your husband comes home. Set them up as you know he's already coming back.

Sight: Clean, wiped interiors and minimal clutter.

Smell: Candles, incense and spraying room spray into sheets and rooms.

Touch: Use lotions, especially if you greet him with a kiss and touch his hand, that it's soft and smells nice. *Hearing:* A little background music through speakers, Chromecast, etc.

Taste: Good food!

6 - Improve his sleep

I think anyone can attest to how important sleep is! This is also a mutual benefit since your sleep can be improved too. There's so many sleep tools to utilise nowadays so you can figure out how well you're sleeping and compare with different tools you try.

Lavender, Chamomile and sleep-related oils in the humidifier. Sleep-tracking apps and smart watches that measure your deep sleep.

Apps/machines that create different color noises to help calm your thoughts for sleep.

Determine what really assists in your husband's sleep and give it a try!

Your husband is the man who loves you, looks after you and works hard so you can create your home and care for your children. Comfort, nurturing and love is the very least he could enjoy for all this.

Love is not just in the feeling, it's in the everyday choices you make to make his life better, as he does yours.

He makes a living, you make life worth living ☆☆☆

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UPVOTES

Being your SO's "possession"

sekoiasan · 23 July 2017 · Archived copy · Reddit

Hello everyone :) I've been lurking the Redpill space for a year now, and really appreciate the concise, effective yet warm and polite advice given on this sub :D

I saw an interesting concept on an [old RPW post](#) today, and I'd love for you to elaborate with ideas on concrete steps to do this. The concept was in these following comments:

my husband once explained to me how dumb women are for complaining about men who love their cars and spend time polishing them and looking at them and fixing them. women who say things like "you love that car more than me!". this was a BIG step on my red pill journey. he said "stupid women, he loves that car because it BELONGS TO HIM! look how he treats it? want him to treat you like he treats that car, BE HIS in the same way the car is and he will!" i looked at how he treated his possessions, how lovingly he dusted and arranged them, how he cared for them, and i said, hm, you mean if i belong to him thats how he'll treat me? so i tried utterly belonging to him and guess what? yeh, thats how he treats me

You girls have a hard row to hoe in teaching today's western woman how incredibly wonderful it is being within a man's possessive bubble as opposed to trying to make their own bubbles.

I've never looked at it this way, and I believe there's a lot of truth to being "his". I just don't know *how* to show I am his.

Thanks for your time!

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UPVOTES

Grace: The Key To True Femininity

ThatStepfordGal · 23 December 2023 · Archived copy · Reddit

Grace: What is it?

I have been reflecting upon this recently, **Grace** is the key to channeling femininity within yourself.

It is a way of being that allows you to surrender.

This is not a surrender as in to not do anything about something entirely (not always), but to be less active in situations and let things come to you, as well as acting with gentleness.

In today's society, women are basically groomed to be masculine, especially in mindset and communication. Wherever you look, there's strong and mouthy female characters, and the actresses behind them also encourage this behaviour. Our mothers could also be raised by generations scarred by the 70s, men and have aggress/defensive characters, now it's become quite normal.

Grace: Where is it?

Some women still have such femininity, though they were more common decades ago, like in movies up to the 60s, and grandmothers who were brought up in traditional homes/cultures. Think Marilyn Monroe, Julie Andrews and in both films and real life: Audrey Hepburn.

They speak gently and move with elegance, they aren't easily argumentative and if they do assert themselves, it's with dignity and eloquence. I suppose grace has all these things. Even in the way they move and deal with challenges, there is grace.

They aren't completely helpless but they are clever, choose words carefully and deal with things by avoiding aggression (unless in emergencies). **They bring joy and brightness in the lives of those around them, rather than negativity.**

Grace: How do I...?

First, it starts with mindset. Think about your thoughts and reactions to good and bad things. Stop and 'reroute' your thinking towards **gentleness and surrender**. Directions such as:

'How can I make this situation lighter/easier?'

'Do I really need to do something right now or can I just see what happens?'

'Can I respond in a subtle but assertive way?'

Let me show you some examples in different situations:

Good/normal situations

1. *You're doing your chores but it doesn't feel like you're getting through a lot.* Ungraceful: Mentally complain and keep doing them, maybe even call someone to rant about it. **Graceful:** Set a good song/show/audiobook that lightens your mood and distracts you. Set a reward and then joyfully claim it when you're done.
2. *You're in a call with your friend and she explains to you her mixed day.* Ungraceful: Teasing and saying a funny but mean comment about something she doesn't like, so you two bond about it. Swearing when you are feeling something extreme. **Graceful:** Listening with empathy and giving warm understanding. Encouraging her to look at things in a good light and developing gratitude. Complimenting her honestly.

3. *You're nervous about a date tonight.* Ungraceful: Call all your friends and analyse all the messages between you and your date. Start filling the silence during the date with topics you think are 'interesting'. **Graceful:** Distract yourself during the day before the date and set a good mood through scents/music/atmosphere as you're getting ready, to calm you. Embrace the silence and smile kindly, allowing him to speak in turn.

Bad situations

1. *Your mother/father criticises you about something you're doing in your life.* Ungraceful: Talk back and also criticise them back, even with a comment that is true. **Graceful:** Tell them that they are being hurtful, clearly but without a hostile tone and state that while they're allowed to think what they think, that you'll draw boundaries here and not continue the conversation if they do not stop.
2. *You get catcalled in the street.* Ungraceful: Make a rude gesture/comment back to show them. **Graceful:** Act like it didn't even happen and find something in the moment that makes you smile/happy (maybe a nice Instagram account, a hilarious clip, something cute).
3. *Your SO is in a bad mood about something and does not wish to share and talk.* Ungraceful: Badgering him continuously with questions so that you know what the issue is. **Graceful:** Asking him and if he still refuses to share, assuring him you respect that and reminding him that you're there should he need it, in the way he thinks is best.

Remember...

Grace is not easy, especially in this modern world because most women may not even know what it is. You would rarely see it and barely have examples. So give yourself time to allow yourself to be graceful, to stop and take initiative before you react.

The more you *choose grace*, the easier and more natural it becomes, until you don't need situations anymore.

Grace becomes your default.

When you act and think with grace, life becomes less a struggle because you're not fighting/being defensive about everything, and since you bring joy everyone around you is more happy to help you, deepen relationships with you and think well of you.

I hope this is helpful, and that grace enters your life.

xx

ThatStepford Gal

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UPVOTES

[FR] When my husband made a huge mistake

aTweetingBird · 24 March 2017 · Archived copy · Reddit

Hi all,

I kept debating on whether to write this post, but then I kept thinking back to how my hamster spun and spun and I decided to do it.

I wanted to talk about a few months ago when my husband made a huge mistake and how I handled it.

Short backstory - my husband's work office was shutting down and relocating a lot of the workers. We decided together that we did not want to relocate, as I was pregnant at the time, and we took it as a sign to have him quit and look for something new. Because of that, we got our health insurance through COBRA. I knew nothing about how it worked, and since it was related to his work and business, he handled the paperwork and everything else.

Two months go by, and everything is fine. At this point, I'm 8 months pregnant (and ready to HAVE THIS BABY ALREADY). We had booked a romantic getaway before the whirlwind of life with a newborn happens. We had a wonderful time, and when we came back, my husband realized he forgot to pay COBRA. So he went on the site, and it doesn't work. So then he called to try to pay over the phone...

He found out that if you are even one minute late on your payment, COBRA gets canceled. No ifs, ands or buts. I was in the bedroom when he found this out, and he came in and told me he just lost our insurance. While I was 8 months pregnant. I had an appointment in a few days.

Ladies, when I heard those words, my crazy, pregnant, hormonal hamster spun so quickly, it made liftoff and blasted off into space at warp speed. I sat with my husband on the couch. I could NOT stop the voices in my head from screaming - HOW IRRESPONSIBLE! HOW COULD YOU LET THIS HAPPEN! etc, etc!! I knew he already felt HORRIBLE about this, I could see it in his face, he kept saying how awful he screwed up, and he was just broken. I just STFU while my hamster spun out of control. I couldn't say anything productive at that moment, and that's not what he needed. He didn't need to get kicked while he was already down. So I STFU, and tried to gather my thoughts.

At this point, he noticed I hadn't said anything. He asked me to say something. He asked what I was thinking. I tried to look at the ROOT of my hamster before I answered him. Although first, because he asked me to say something before I was completely ready, I did say I was disappointed that this happened. But then I added that I was scared. Because truly, that was the root of my mind going crazy. We didn't have health insurance and I was pregnant! I was very scared! I then told him that we would get through this and we'd figure something out, and we embraced.

Then, he went into overdrive to remedy the situation. Every day he told me his regret and how he messed up and he would make it better and for me to not worry. So I stopped worrying. Every day he told me not to worry, and every day I told him I wasn't and that I knew we could get through this.

I never blamed him for his mistake, he did enough damage to himself for feeling like he let me down.

We tried everything to get our insurance back, but in the end nothing worked until I actually had the baby and a "life event" was able to trigger an enrollment period for us. Up until the birth, though, we decided we could use our savings, and a credit card to pay for the birth if we needed to, and his parents also wanted to help us in any way they could. But, the birth ended up being covered due to the special circumstances of "life events".

So truly, I didn't have anything to worry about. My husband was doing all that he could, we had the means to pay for the birth if necessary, and he was going to make sure I got the birth I wanted (and the way the birth went is a WHOLE DIFFERENT story lol!)

Going through this rough experience really brought us closer. It was a good exercise in teamwork to experience before our baby arrived. Every day he tried so hard to get our insurance back, and every day my love for him just

grew because I could see how much he cared and loved me and our baby and wanted to do right by us. I wanted to be by his side while he struggled with this experience of failure (in his mind). After all, I vowed to love him for better or *worse*, come good times *and bad*! And choosing love during that moment was the best decision, and really strengthened our love and marriage.

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UPVOTES

Take a look at your husband and consider this...

Mireille-Vintage · 11 January 2020 · Archived copy · Reddit

<https://i.redd.it/6zt2nwmat5a41.jpg>

loading...

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UPVOTES

[PSA] Be careful not to feed the trolls, ladies

TerminalCuteness · 8 July 2020 · Archived copy · Reddit

Since MGTOW, incel, and other similar subs were shut down, they seem to have taken their hate to the women's subs to spew their venom rather than work on themselves. Please do not engage with these sad hate mongers. They are here and they're spouting off in your posts. Do not feed the trolls. If you receive an egregiously inflammatory response on your post, report it. It's likely one of these sad creatures.

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UPVOTES

We managed to book a venue! I'm officially getting married!

CheeseMonger96 · 31 March 2021 · Archived copy · Reddit

I (35f) am marrying my absolutely wonderful fiancée (34m) in September and I couldn't be happier. I am so determined to be a good wife and make sure to always support him and create a nice home for us. I feel like embodying this wish, and really going for it, has made it easier for him to take the plunge and decide to marry me. A few days ago, we saw some friends outdoors and he was low-level bragging about some cool things I made for our home (some plant arrangements, fresh bread, great meals etc.) and it just made me feel so proud to think that I'd made him smile about something. It makes me want to marry him even more and lock in all the juices of a wonderful long marriage. I hope I am not breaking any rules. I just wanted to share my joy with you all, as I find it so inspirational to see amazing women on here coming together to support each other and I feel like this community has helped me. ❤️ thanks all

Edit: typo's

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UPVOTES

3.5 months post-partum – an update

Irisandoleander · 16 November 2017 · Archived copy · Reddit

First off thank you for the PMs and concern I truly love this community. Yes, I did quietly fall off the face of the planet. The truth is the transition into motherhood was harder than I anticipated and I needed to be away.

My labor was hard – the physical recovery was quick but the mental recovery took a large toll on me. When I came home I was trying to do it all. I was still trying to maintain a house and now care for a tiny human who sleeps like a baby – as in, he wakes up a lot... And needs me... Only me. Because I'm choosing to breastfeed exclusively. I can honestly say since birthing this child I have not slept a longer stretch than 3 hours before I'm woken. Seriously, most nights my child wakes every 2 hours. I'm drained. I'm hurting.

I realize that I was naive to think I knew what I was doing going into this. I'm sure many women would read my tweets and think "Oh she'll see" and I do see –I see that this is hard. I was judgy. I thought all women should be SAHMs that this was the one and only path for true femininity. But I was being just as short-sighted as feminists. This life is not for everyone and I'm not even sure it's for me – because it's fucking hard.

I was struggling. I felt clueless. I was clueless. And I felt absolutely horrible because of that. This is what I had wanted – my whole life all I have wanted was children. Now I have one and I have NO IDEA what I'm doing. I was very scared.

I tried to do it all – I tried to maintain the life we had before the child once the child showed up out of some dumb pride. It took my husband forcibly removing dishes from my hands while I sobbed to break that. To accept the help I needed. To accept that I was not in a good place mentally. Motherhood has humbled me.

The thing is – I was scared to ask for help because I didn't want to come off as weak, or looking for a pity party. And I definitely didn't want people to know I was bad at this. One 2am nursing session I posted an emotionally, hormonally charged tearful plea in my bump group's Facebook group. I confessed all the terrible thought I had going on in my head and how I hated my child. How I hated myself more for even thinking such a thing. How I would lie awake at night between nursing sessions with an anxious stomach ache because as soon as I fell asleep he'd cry for me. - Not only was my post met with love and compassion I received tangible advice on how to work through this. How other women had asked for help. How they leaned on their husband or others in their lives. the advice I could put into practice immediately.

Society screams at women to BE INDEPENDENT. But in doing so we're hurting because we have no idea how to ask for help in a healthy way. I certainly needed to learn to ask for help. And I'm getting the help I need, now.

Anyway – I wanted to say hi! And ramble. And let you all know I'm not dead Just attempting to practice some serious self-care. As well as keep a tiny human alive :)

Two articles I've read recently that have helped me a lot so I figured I would share.

<https://sophiemessenger.com/motherhood-fking-hard-not-meant-on-our-own/>

<https://grubbymummyblog.wordpress.com/2017/07/13/accepting-the-reality-of-infant-and-toddler-sleep/>

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UPVOTES

Going to class for a few hours (grad school) so I made this for my fiancée to nibble on until i can get home and make dinner

carrotriver · 17 April 2018 · Archived copy · Reddit

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UPVOTES

Advice that would have helped my parents.

Ebenholz95 · 23 September 2020 · Archived copy · Reddit

<https://i.redd.it/nnu82v179wo51.jpg>

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UPVOTES

Ways to inspire leadership in your man?

gildheart · 28 October 2019 · Archived copy · Reddit

Hello! Longtime lurker, new poster! Sorry for grammatical issues or if this doesn't read correctly, English is not my first language :)

I'm a 25F married to an incredible 28M after 6 years, and we are just about to celebrate our first anniversary! I moved to the United States for him (I'm French) and our marriage is going well.

He treats me right, he works hard, and we're planning on a baby. We're about to buy a house and everything is quite harmonious, except for the fact that I don't feel that my husband is a traditional, manly sort of man... at least, not as much as he could be?

He's a staunch defender of both me and of family values (we're pretty conservative) but he grew up in a largely critical and unsupportive family himself, and I feel that stunted him. Despite his successes and assertive disposition at work, he is always asking me for advice or reassurance on little things in the home. Everything that goes through his head is usually a good idea and I tell him so, I say I agree, but he seems averse to making decisions without me expressly saying I want it too. Don't get me wrong, I'm flattered that he wants my advice concerning big changes (moves, buying big items, ect) but sometimes I wouldn't mind if he had his hands on the wheel more and I followed and supported him more!

I guess I am saying I want to inspire more masculinity/leadership in him but am not sure how! He's not a bad or weak person by any means, but I was not very good at submitting/following him early in our relationship and I think it might have poisoned the well. Is there any hope?

Any advice would be helpful! Thank you, friends!

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UPVOTES

What are your unpopular opinions?

madscientistlove · 30 June 2016 · Archived copy · Reddit

Part of the fun of r/RedPillWives is hanging out with women who share a similar mindset and getting a viewpoint that is often contrary to the mainstream. That being said, I thought it would be fun to ask about some of your unpopular/un-PC/controversial opinions. What can you say on the internet that you might not be able to say around your friends and coworkers in real life?

It might be something anti-feminist, anti-leftist, or even anti-TRP!

I'll start: While I'm very openminded and liberal for the most part, I can't stand alternate pronouns. My best friend is a transwoman, and I have zero issues calling her "she," but when people start getting into zie, hier, and kit pronouns? Nope nope nope, I'm out. "They" pronouns are even worse; it makes my inner grammar nazi twitch with agitation.

Can't we just stick to "he" and "she"? Jumble those around at will, I don't care, but please don't ask me to start referring to you by made up words.

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UPVOTES

FR: How I remodeled my body as I 'reddened'

lady_baker · 21 April 2016 · Archived copy · Reddit

Quick note: this is the first thread I've posted here, and by far the most open I've been about the work I've done on myself. At times, I hesitated to post in the old RPW because it seemed like women who already had it all together - who had picked the best Captain from day 1 and weren't struggling like I was, who were slender and graceful, and it did not exactly feel like home. But I'm here after getting a nudge in another post, and thinking that there have to be others like me. Maybe this will help.

Coming to a head

When I met my husband, I was 22 and around 150lbs at 5'6". Chubby, not technically overweight. As we dated, moved in together and married, we both put on weight. He went from thin to average, and I went from average to fat.

This coincided with the development of problems in the marriage - so many of the problems that you can read about across RP sites, which occur when mate selection is not done well, a self centered wife with a sour attitude does not work on herself, and a plugged in husband does not lead. So by year 5 of our marriage, I was fat and miserable, failing to recognize how much I needed to change about myself, the sex was not good, and my health was actually suffering in small ways. We had fights, and even discussed the D word.

I was fairly delusional at this point in time. I thought that if my husband would just be more X things would work better, that I would be more attracted. More to the point, I knew that I was carrying too much weight in a nebulous, "it isn't ideal" kind of level of awareness, but never took it seriously. My 9 months pregnant high weight was 215 lbs. My nonpregnant high weight was 195 lbs. Way, way too high, obese actually, which I fatlogic'ed away with thoughts like "I'm muscular underneath" and "I have a big ribcage." I also did not connect my low level unhappiness with my body with our poor sex life.

There is not much point in delving further into everything that was wrong then. We cycled through meh-to-misery, and I started looking for real answers.

Enter The Red Pill

Like many married red folks I've chatted with, I first found this part of the Internet by reading Athol Kay's Married Man Sex Life Primer. Someone on TAM, to whom I owe a great deal, told me that my husband needed to read that book. So I bought it, we both read it, and I followed some link or other associated with it to a more hardcore manosphere forum.

Suddenly, I was hit with a blast of rage, directed at women. I felt like I was back in church in my childhood, listening to an old elder preach the Apostle Paul and how naturally sinful and easily misled women are (the kind of awareness that is just *gone* from church and society nowadays.) But what hit me squarely in the face was how FAT Western women were. We were described as entitled, greedy, whorish, FAT and etc. I knew I wasn't whorish or greedy, but I was surely fat, and that I could work on.

For a few months, I began calorie counting, since in the past I had halfheartedly tried low carb and couldn't stick to it, Jillian Micheals workouts and didn't stick to them, really didn't stick to anything. But this time around, I was (1) trying to fix the sudden *massive* blow to my self image that I had taken from reading men's real thoughts, and (2) determined to create the spark between my husband and I. Instead of fighting inertia and thinking "I *should* do this and that," it was going to happen.

I got pregnant with my son just after this revelation, and decided to pursue a zero net gain pregnancy. I was incredibly careful with what I ate - set a fiber and protein minimum and then ate at 1800 calories the entire pregnancy. I delivered at the same weight I was at my first appointment, 190lbs.

In the 16 months since then, I have gotten steadily redder. And my drive to control my eating has gone hand in hand with working on my relationship with my husband. After I dropped the first 20lbs, was no longer obese and started being less inhibited in the bedroom, things began improving there, which makes closeness outside of it easier. Around 160lbs, I realized that there was no reason I had to be even a little chubby (something I had really always been.) So I started jogging, logged every bite that went into my mouth, and also made it a goal to teach my girls that a healthy weight is an objective thing, your feelings be damned (clearly not telling them that last part!) There is some real delusion out there regarding weight and I do not want her to have the defeatist mindset I had.

All the while, I've targeted different red ideas for improvement. Of course, shifting my whole worldview so that my husband is my captain has been first among those. This wasn't hard, as I was raised quite religiously and it feels right anyway! The idea that he deserves an attractive wife was another one that seems "duh" now, but I just wasn't thinking that way. I was thinking about my feeeelz, and now I am *so* thankful for this whole turnaround. When I look at older women, they so often go amorphous and sexless and lose all shape. That is not going to happen to me, and my husband is not going to dread coming home to a fat harpy!

Today, I'm down to 140 (10lbs above the ideal weight of 130, now pondering 125) and I'm still losing 1lb a week. My husband and I are doing P90X3 and I am thrilled - hoping it really turns him on to working out. The whole energy between us is better, because I don't hide from him naked anymore, I don't turn down acts that he wants because of how disgusting I would look from that angle, I have enough energy to do the freaking housework and not be a couch blob.

So I think that is enough rambling. Caring for our bodies and staying attractive to the men we married is so important, and I am frankly ashamed I ever bought into the idea that I could do whatever because "I'm married."

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UPVOTES

Avoid Overthinking a Situation

TempestTcup · 4 April 2016 · Archived copy · Reddit

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UPVOTES

Welcome to All, Not Just the Wives!

Kara__ZorEl · 23 September 2020 · Archived copy · Reddit

Red Pill Wives (RPW) is a place for like-minded women to discuss sexual strategy from an anti-feminist, traditionalist, and/or evolutionary psychology perspective. We also explore related subjects such as culture, current events, science, history, and philosophy!

It's not just for the wives, though! Our name simply speaks to the fact that this subreddit is the only Red Pill space *moderated* entirely by Red Pill Wives. In fact, we welcome all of those who are already married and **anyone who wishes for a Red Pill marriage**. We all need different things in life, at different times, be that nun-mode, singledom, dating, an optimistic LTR, or marriage. If you are in any of these stages, with the ultimate goal of a healthy marriage, we are happy to have you in this space for women, by women.

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UPVOTES

The hot water heater: Variations on a theme.

isharetoomuch · 3 January 2021 · Archived copy · Reddit

Please forgive the silly title, but I thought I'd tell the story of our hot water heater breaking today and our two perspectives on the conversation with the plumber. Long story short, when the plumber came out to investigate, he told us we need a new unit. Because we had already discussed upgrading our water heater, I saw it as an opportunity and said that's what I wanted. My husband turned to the plumber and said, "she wants the tankless heater, so that's what we're going with!"

Later on our daily walk, I brought that up. I was kind of embarrassed in the moment because I thought he was trying to commiserate with the plumber in a "happy wife, happy life" kind of way. Like I was some kind of ball buster, and he was saying, "you heard the lady!"

Turns out I couldn't be further from the truth. To paraphrase, he told me he was actually subtly flexing on the plumber like "this is what my wife wants, and I am happy to provide. I don't even question what she wants, it's hers." He thought it was romantic.

I think this also illustrates a point about the kind of "brainwashing" that is so prevalent online these days regarding relationships and what is, frankly, misandry. Why was this my default reaction? My husband and I take each other's opinions seriously (as we should). If he had an argument against me, he'd give his perspective regardless of the plumber's presence (and would probably be right lol). So why on Earth did I think he was acting like I was bullying him into it rather than being proud that he could give me what I wanted?

My entire point is to give your man the benefit of the doubt in situations like these. In this case, it was a man-to-man interaction I wasn't fully seeing.

Bonus tip and also bragging on myself for doing the right thing for the first time ever:

I was the one that discovered the hot water was out. I told him, and then let him go do whatever the hell he did in the garage for the next 2 hours. I didn't bother him. I didn't complain when I was thirsty and the water was shut off. It took every ounce of my willpower to just "stfu," not hover over him, and let him work. He's the one that decided to call the plumber, I didn't even know he did. Let's just say he noticed (it's pretty out of character for me), and he was highly appreciative!

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UPVOTES

Posted this on r/ask women but Karma was too low! I really need an answer or conversation around this rant :(

Major_Following8268 · 15 March 2023 · Archived copy · Reddit

<https://i.redd.it/x1lo4zr8t0oa1.jpg>

loading...

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UPVOTES

I'm starting to understand men and I'm mad

Brave-Thought6442 · 6 May 2025 · Archived copy · Reddit

Shocker: a woman is mad at men. But I'm not just mad at THEM. I'm pissed that the world lied to me about how men are supposed to be this emotional partner who thinks about you all the time and only wants you. That's just not true. Men want new women, they want more money, and they want their time alone. I get it. But I'm mad because this fairytale idea of a man I thought, isn't real. AND I'm mad at that if you tell people your man isn't being that fairytale partner, any woman will tell you to leave. That's because they were lied to too. Ugh, I'm just frustrated. I know I'll get over this, but right now the red pill is very hard to swallow. Would love to hear your thoughts. Rant over.

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UPVOTES

Clearing Up Some Myths About Marriage

Suzanne_by_the_River · 15 April 2016 · Archived copy · Reddit

So, lately, there seem to be a lot of myths flying around concerning the relationship status known as marriage. Decrying marriage happens to currently be en vogue among some members of a certain community on reddit, which has popularized a lot of exaggerated and outright inaccurate propaganda. As a side effect, there has been some confusion from some red pill ladies. I would like to take this moment to clear up a few of these misunderstandings.

- **Myth: You're a bad person for wanting marriage**

You're not. In fact, you're just a smart person. Marriage is *the* prudent, intelligent, realistic, and respectable strategy for women. Are there exceptions? Of course. But it can't be denied that the ideal RPW strategy is to marry a GOOD man, treat him well, and uphold her wedding vows scrupulously.

- **Myth: If you loved your boyfriend, you wouldn't subject him to marriage**

Marriage is mutually beneficial for both men and women. Married men live longer, maintain better health, suffer from lower rates of depression, earn more money, and receive many further benefits. If you take your vows and duties as wife seriously, there is no reason to believe your husband won't enjoy a pleasantly increased quality of life. Of course, you should screen for men who have the sincere intention and desire for marriage to begin with.

- **Myth: Marriage is doomed to fail**

Your marriage is most certainly not doomed to fail. Not only are divorce statistics exaggerated and skewed due to serial divorcers and factors such as low education and socioeconomic status, the outcome of your marriage is 100% in the hands of you and your spouse. There are two straight-forward steps that almost completely mitigate the risk of divorce:

- 1: Carefully vet and choose a good man
- 2: Conscientiously uphold your wedding vows and duties

It's that simple.

- **Myth: High value men are eschewing marriage**

It's no secret that wedlock rates have trended down in recent years. However, there is one class of men who are still marrying and perpetuating legacies through their children. Educated, upper class men have carried on tying the knot, as marriage increasingly correlates with higher education levels and socioeconomic status. Essentially meaning, the one group of men who *are* consistently still marrying are the "high-value" ones. If you're dating a high value man and he doesn't want to marry, chances are it's not marriage he's against, it's marriage *with you*. There's a high probability you are a "starter girlfriend" he's marking time with as he establishes himself, and you should really reevaluate your relationship status.

- **Myth: Having children out of wedlock is a valid option**

Purposefully bringing illegitimate children into the world is one of the most irresponsible and poorly planned things a woman can do. Hands down. Being a "forever girlfriend" or plate is one thing, if you're into that, you do you. But bringing a child into that mess? Incredibly imprudent.

Children born outside of wedlock perform worse in every measured metric. They perform worse in school, have higher rates of delinquency and incarceration, teen parenthood, low test scores, lower college attendance rates, etc. Is that really how you want to start your family? With no partnership, commitment, shared legal name, shared goals? What will you teach your daughter about relationships as she grows up and asks why daddy never married

mom?

Having children without marriage is like paying a mortgage on a house you don't have the title for. You're fronting everything, investing everything, and have no guarantee or security. It's an absolutely short-sighted idea. It doesn't even make sense from the male perspective, since child support is ordered regardless of marital status. It's not like keeping you in the plate position saves him from being on the hook financially.

- **Myth: Frivoring your husband is a free party funtimes \$\$\$ ticket**

This is a dangerous myth that entices many thoughtless wives into divorcing their perfectly decent husbands. Let us get a few things clear: life as a mid 30s divorced mom is Not. Fun. I'm not one, but it doesn't take a rocket scientist to figure this out. Not only are alimony rates way overhyped (alimony is awarded in only a very small percentage of cases), high value men are not going to be competing to wine and dine and commit to your saggy mombod self. Probably not even medium-value men, let's be real. Not all states have no-fault divorce, further throwing the situation to your husband's favor. Typically marital assets will be shared half and half, so now you're out half your stuff, and have to scramble to support your sorry ass, all the while being hit by the realization that there are no decent guys in your dating league while your ex husband dates more attractive younger women. Sound fun?

All in all, I hope this has cleared up some misconceptions, confusion, and harmful myths. ****Desiring marriage is perfectly in harmony with RPW concepts and goals, and is not something to be ashamed of.**** If the traditional route of marriage and children isn't something that interests you, don't take this post as a personal affront. That's fine! I would caution you, however, to avoid the common pitfall of being the "cool girl" who is so chill and above caring about that lame marriage and kid stuff. It's very easy to not care when you're young and attractive and have your whole life stretching out in front of you. Think long and hard how you'll feel when you're 35 and hear the cats pawing their way in your door while all your friends have houses full of kids and walls decorated with wedding pictures, because by then it will likely be too late for you.

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UPVOTES

Hypergamy, and how I was not like All The Women - until, all of a sudden, I was

Lizalotte · 14 March 2019 · Archived copy · Reddit

Dread and especially *hypergamy* have been really tough concepts for me to grasp. For a long time - 1,5 years into my redpill journey - I thought that they don't apply to me. I've never been tempted to jump into bed with a *chad*, and I'm not at all jealous - my husband can flirt with other girls all he wants, so what. Let him have some fun.

After seeing [this](#) video I thought that I want to tell my story about how I came to understand how hypergamy applies to me. *Dread* is another story, much less painful or humiliating, so also less interesting. So let's start with hypergamy.

Like I said, I have never been tempted by the *chad* type. The guys on my gym are lovely, but not much of a temptation for me. But a couple of weeks ago I was listening to a lecture given by a professor of a local university, a charismatic, intelligent man, about my age. The topic was highly interesting, I was taking notes, listening - or so I thought - carefully, when I started to pay attention to a monologue that seemed to be going on at the back of my mind.

It hurts to write this, it's so embarrassing. But this was roughly how it went: "Hm.. he is very good at this, he knows his stuff.. no ring, maybe divorced?.. very big guy, a bit fat.. doesn't matter, looks really strong, too... Or does it matter?.. I might be the youngest woman in the audience... Let's have a look around... well yeah but she is fat... Why doesn't he look at me? At all? Like, AT ALL??? I must come up with a question, a good one. Very good one. I should challenge him a bit. Not too much. He MUST notice me. Now, a question... Hmm."

It stopped me on my tracks. Why? Why? I am happily married to an intelligent, charismatic, tall man who is not fat! Then it struck me: "*This is hypergamy*". This is *my* hypergamy. It was as if somebody had pulled my pants down. I can never tell anybody about this, I thought.

Yet, here I am.

I never asked that question (but I *had* a really good one, thou!) and after the lecture I didn't go to shake his hand. A shadow side of my female nature was just revealed to me, and I was shaken to the core. I couldn't believe it, yet I now saw similar patterns of behaviour, or, more often, thought, in so many instances in my past.

Would I have acted on it? No. If he had suggested something, I would have acted appalled (and felt flattered probably), but a bit of flirting... I would have been all up for it.

Moral of the story? None. I still don't know if All Women Are Like That, but I certainly am.

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UPVOTES

Something that's been helping me!!!

Medium-River558 · 10 October 2020 · Archived copy · Reddit

Hi everyone! I'm not a wife yet, but an engaged to a lovely man since March and we've been seeing each other since 2016, living together since 2018.

He works like crazy and I'm a student w very little income— but we have a really good balance of home duties—he does trash, plumbing, backyard, and front yard, I do everything else ☺

I really love having the time and flexibility (especially with covid) to be at home and take care of our house, but sometimes I get overwhelmed even though it's just the two of us. He'll get home from work and I'll have been oscillating from homework to laundry to dishes to working out and then BAM it's time to make dinner and I'TS NOT HAPPENING FAST ENOUGH!

When this happens, (i.e it's 6pm, he's gotten home and the table isn't set) my brain will start panicking and I'll immediately start blaming him in my mine. Saying things to myself like “dinner would be set if he would just get up off the couch and do _ **while I finish this** ”

But I realized the other day— HE isn't the one putting this pressure on me!!! He's just sitting down after a long day reading or looking at his phone, taking time to decompress from a day that was WAY harder than mine in a lot of ways. I realized this as I was wrapping up dinner— that I was PROJECTING my own expectations of myself onto him and then asking him (in my head) to fix it. The answer wasn't actually him cutting his moments short, but instead ME being gentler with myself. And then I realized how the negative thoughts all came out of love, how I wanted to have something on the table for him when he got home but (understandably) it was going to be 30mins or so. When I realized this I just took a huge breath of relief— I wasn't “late” I was doing the best I could to show him my love and feed us both.

I don't know if this will be helpful to others, but next time you start to feel that bubble of anxiety, maybe stop for a moment and ask yourself where it's coming from! If the answer is that you WANT to prove the best most loving environment for your family (of whatever size), try being gentle with yourself FIRST, before you assign blame. So much of this comes out of anxiety and expectations we put on ourselves. Dinner will be just as good in 20 more mins, without the resentment <3

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UPVOTES

Curious, isn't it?

Astroviridae · 2 July 2018 · Archived copy · Reddit

<https://i.imgur.com/9U6HBbF.png>

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UPVOTES

The Lost Art of Self Preservation (for Women) - A Guide

HieronymusBoschClone · 5 April 2016 · Archived copy · Reddit

A couple days ago I made [reference](#) to a blog I highly respect by Grep. She wrote this blog primarily for her (at the time) 8 year old [child](#), but this advice is timeless and applicable to anyone. Anyways, she's written a hundred or so "pieces of advice", which I've organized into a few categories below. This list shouldn't keep the interested reader from reading the blog in it's entirety, but an organized list is quite helpful. Note that the bold links below come from her own "best of" list found [here](#). Finally, for those wanting to listen to her, she's on this episode of the Ascending the Tower podcast found [here](#).

It should be noted that not every opinion expressed here aligns 100% with RPW's core position, nor is this an attempt to define RPW in any way. Nothing listed should feel out of place.

It is my fondest hope this helps each and every one of you, both novice and veteran alike!

General Advice:

- Piece of Advice #2: If you're going to prostitute yourself, at least charge
- Piece of Advice #18: Dream little
- Piece of Advice #19: Feel free to judge and Addendum to Piece of Advice #19: Feel free to judge
- Piece of Advice #21: Spend some time in the natural world
- **Piece of Advice #23: Realize that Debt = Slavery**
- Piece of Advice #24: Avoid Advertising
- Piece of Advice #30: Romance novels can be addictive
- **Piece of Advice #39: Hold off on the inking and piercing**
- Piece of Advice #41: Don't poach other women's men
- Piece of Advice #43: Recognize the limitations of male-female friendships
- Piece of Advice #45: Don't get a boob job
- Piece of Advice #46: Expect and accept that bad things will happen
- Piece of Advice #47: Do not attempt to get rich off your everyday unfortunate experience.
- Piece of Advice #48: Differentiate between sexual power and real power
- **Piece of Advice #61: Do NOT embrace your inner slut**
- Piece of Advice #62: Cheat not
- Piece of Advice #63: Don't trade something for nothing
- Piece of Advice #69: Don't make everything into the Girls vs. the Boys
- **Piece of Advice #74: Do not confuse being difficult with being strong**
- Piece of Advice #75: Do not define yourself by what you own
- Piece of Advice #76: Don't have some other guy's baby and try to pass it off as your significant other's
- Piece of Advice #83: Grow old gracefully
- **Piece of Advice #84: Expect and prepare for your standard of living to decline**
- **Piece of Advice #90: Don't sign up to be part of his harem**
- Piece of Advice #94: Put your clothes back on. PLEASE.
- Piece of Advice #95: Grow something
- Piece of Advice #96: Get to know your neighbors
- Piece of Advice #104: Have a back-up plan
- Piece of Advice #109: Don't deliberately sabotage your looks

- Piece of Advice #113: Stock up
- Piece of Advice #116: Don't rely on the government to protect you

Self Improvement:

- Piece of Advice #3: Show some humility
- Piece of Advice #4: Jettison your toxic female friends
- **Piece of Advice #8: Lose the weight**
- Piece of Advice #9: Take a sabbatical to a third world country
- **Piece of Advice #10: Toss your women's magazines**
- **Piece of Advice #11: Cook**
- Piece of Advice #12: Drop the learned helplessness
- **Piece of Advice #15: Soften**
- **Piece of Advice #22: Listen**
- **Piece of Advice #27: Cut the drama**
- Piece of Advice #31: Let the other person have the last word
- Piece of Advice #33: Get a thicker skin
- Piece of Advice #35: Laugh at yourself first
- Piece of Advice #36: When managing others, observe first, then proceed respectfully
- Piece of Advice #38: Count your blessings
- **Piece of Advice #44: Take a good hard look in the mirror**
- Piece of Advice #51: Honor your parents
- Piece of Advice #52: Drop the princess act
- Piece of Advice #53: Cultivate dignity
- Piece of Advice #54: Limit your liquor
- Piece of Advice #55: Keep your nose clean
- Piece of Advice #56: Pay your bills
- Piece of Advice #57: Circumvent your jealous thought patterns
- **Piece of Advice #59: Opt out of consumerism**
- Piece of Advice #60: Say the good stuff
- Piece of Advice #66: Examine your conscience
- Piece of Advice #67: Admit when you're wrong
- Piece of Advice #70: Don't talk about your sex life
- Piece of Advice #71: See people as people
- Piece of Advice #73: Keep learning new things
- Piece of Advice #77: Make it yourself
- Piece of Advice #79: Reexamine your attitude toward cooking
- **Piece of Advice #82: Endeavor to be useful rather than just pretty**
- Piece of Advice #85: Exit the blame cycle and do something useful
- **Piece of Advice #87: Ditch the TV**
- Piece of Advice #91: Know when to walk away (from the targeted criticism)
- Piece of Advice #101: Pencil "Have kids" into your life schedule
- Piece of Advice #103: Don't expect others to make everything all nice for you.

- **Piece of Advice #108: Be prepared**

High School and College:

- Piece of Advice #32: Realize Prom is just a dance
- Piece of Advice #64: Don't go to college
- Piece of Advice #105: Realize that "higher education" is now mostly a scam

Dating:

- Piece of Advice #28: Rethink church as THE place to meet Mr. Right
- Piece of Advice #29: Know when to walk away
- Piece of Advice #93: Don't get into cars with strange men
- Piece of Advice #111: Bypass Craigslist Casual Encounters

Relationships and Marriage:

- **Piece of Advice #1: Stay married**
- **Piece of Advice #5: Don't volunteer for single motherhood**
- Piece of Advice #13: Defer/Engage
- Piece of Advice #68: Keep your wedding in perspective

Family Building:

- **Piece of Advice #6: Encourage your children's relationship with their father**
- **Piece of Advice #14: Realize the clock is already ticking on your fertility**
- **Piece of Advice #34: Reinforce the authority of your children's father**
- Piece of Advice #49: Get some experience with children
- Piece of Advice #78: Mothers, don't rely on the police to do the job of a father and More thoughts on girls, sex, and our society
- Piece of Advice #80: Don't use your Christmas card/letter to beat people over the head with the wonderfulness of your family
- Piece of Advice #81: Put boundaries on your Christmas celebration
- **Piece of Advice #92: Be your kid's parent**
- Piece of Advice #100: Don't rationalize bad mothering
- Piece of Advice #106: Don't let your kids get fat
- Piece of Advice #110: Don't wrap your kids up in cotton wool.
- Piece of Advice #114: Stay together for the children

Christianity:

- Piece of Advice #112: Pray

Political:

- Piece of Advice #25: Say no to the double standard
- Piece of Advice #40: Acknowledge that chivalry is dead
- Piece of Advice #50: Realize that your reproductive "rights" utterly trample men's reproductive rights
- Piece of Advice #58: Say no to sexual harassment hysteria
- **Piece of Advice #65: Aim higher than prostitution**

- Piece of Advice #86: Don't kid yourself about abortion
- Piece of Advice #89: Don't take it personally, we just don't want to pay for your stuff anymore II (public sector edition)
- Piece of Advice #97: Look farther into the future
- Piece of Advice #107: People who live in glass houses shouldn't throw stones
- Piece of Advice #115: Teach your girls not to rape

Best Regards,

HieronymusBoschClone

EDIT: Fixed grammar and misspellings; added disclaimer.

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UPVOTES

Advice for being more attractive to my husband, while in a body he's not entirely attracted to?

cheaperthantherapyyy · 6 January 2022 · Archived copy · Reddit

Confusing title... I have a fair bit of weight to lose, which I'm working on doing. Of course. However, that is something that takes time, and I really want to do things to work on sex/atraction *now*, things I can do immediately to increase my husband's attraction to me.

For context, I am 26, my husband is 35. We are both heavy but working on getting in better shape. In the beginning of our relationship, the sex was off the charts for us both. His sex drive suffered due to life stress, and the feelings of rejection were a big struggle for me. Mentally, I fear rejection and don't feel sexually attractive anymore. I struggle a lot with that.

Can anybody give me advice for being attractive/sexual *now*, as I am, even if my body is less than ideal?

I know the obvious... keep my hair done, light mascara, nails painted, cute clothes, etc., but anything more specific. Like, attitude, how to talk to him, ways to flirt, ways to initiate without initiating (he doesn't like anything "aggressive" or overtly sexual... he's very traditional and likes to be the one pursuing, but I don't quite know how to inspire him to pursue me lol).

Again, a lot of this came easy the first two years we were together, but now my self esteem has taken such a blow over the years that I don't know how to be who I once was sexually... I'd love some help/advice. I want to feel sexy/attractive to my husband. I want to feel desired by him. Anything would help!

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UPVOTES

Total win during the weekend

KaptynEllie · 11 September 2023 · Archived copy · Reddit

Yesterday we had a company BBQ hosted at our house. My husband runs a small GC company so it was a total of 5 employees (we have more but many couldn't make it as it was a last minute event) with their wives and kids. I spent the entire day cleaning, prepping, cooking and hosting the BBQ. All of my food was a complete hit. I had nothing leftover and even the wives were asking me to send them the recipes. I made sure I was attentive and receptive to people's needs; refilled drinks, cleared the table when they were done with a dish, brought out Turkish coffee, handed out dessert. I was exhausted but it was worth the effort. My husband is a "red-pill" man without the "red-pill". He organically came to some of the ideas on his own and implemented it into his life. And one of the things I remember him telling me is that men care a lot of about status. A man's wife is a direct representation of that. And last night he told he always knew he was lucky for having me as his wife and now he's glad everyone saw it, too.

Thank you, ladies. This group has helped me a lot in my relationship. Long time lurker turned poster. Keep safe and wish you all the best!

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UPVOTES

Banned from RedPillWomen for disagreeing with TRP

Flatwormmm · 18 September 2020 · Archived copy · Reddit

Anyone else? 🤔

https://www.ceddit.com/r/RedPillWomen/comments/iudeid/new_rule_leave_him_is_never_the_1st_option

my last comment to /u/CrazyHorseInvincible before he banned me:

There was a time when RPW had a thriving team of active mods who wrote prolifically, and not surprisingly, they all left when TRP started throwing their weight around. The women who "get it" don't appreciate being muzzled by you guys.

Go back to before the split and look at how much content was being produced. It's like night and day. But I guess we aren't allowed to talk about that either?

This has nothing to do with men wanting to contribute more than women do. If you try to enforce a style of RPW that doesn't work for women, the smart women are going to peace out. Imagine if a group of women tried telling the guys at TRP how they should go about spinning plates and censoring their thoughts on it. Do you think many of them would stick around to contribute?

You guys wanting so much control over this sub has ruined it. It worked just fine before you started trying to force the direction, and you've ended up with exactly what you asked for. A bunch of women who just want to consume the theory with zero drive and ability to generate it.

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UPVOTES

He notices... It takes time

WorksAtBank · 1 February 2017 · Archived copy · Reddit

At this moment there is no field report on our front page, so I thought it was high time to contribute!

My husband, as are so many of ours, is the primary earner in the household. All the luxuries and basics of my life are provided by his hard work. I have made many efforts to become more appreciative of my dear husband, and to show it more.

Previously, when I found my husband's pay stub laying around, I would dutifully check it for accuracy and shred it like any other paperwork that had served its purpose. Instead, I began scooping it up and writing a thankful, cute note on it and posting it to the refrigerator. Things like "thank you for the late hours, you deserve this!" or "The puppy and kitty are so thankful to have full bowls thanks to you!" and 'sign' it with a paw print. I know I'm childish!! Sorry, not sorry.

Then when possible, I would catch him with it at the door. I would pore over it (not critically but in awe, maybe) hold it up and thank him (quite honestly) for certain expenses we had had or mention all the times he has to answer work calls after hours. This is really from the heart. Quite often I think of the junker I was driving before and how much nicer it is to ride in the car he bought me, for example.

Anyway, I think at first he wasn't taking me seriously. Maybe assuming I was being sarcastic. But then he started giving me a kiss and saying how it's worth it for you, babe. Things like that.

And yesterday! He didn't have it handy when he got home... I didn't really think about asking him for it... but this morning I found it on the fridge, rather than strewn anywhere. So even though I thought he didn't care, I suspect that it has been making him feel pretty good. TBH I would have kept on anyway because it's an exercise in cultivating my gratitude, but I also feel a swell of love and pride... over this little thing.

"The appreciative woman who learns to enjoy common pleasures around her always has a source of joy near at hand."

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UPVOTES

"I like that you like girly things"

nouvelle_rouge · 17 July 2016 · Archived copy · Reddit

Hey ladies,

First off, I just wanted to say thank you to everyone who helped me i finding this community and responding to my first post, particularly /u/Camille11325, /u/wingnut, and /u/MsSadieDawkings.

I just wanted to share something small that I feel you all might appreciate.

I have always been kind of secretive/insecure around guys about the fact that I use make up, sometimes spray tan, and spend money on pedicures and other things to pamper myself because I guess I'd rather maintain the illusion that my cheeks are naturally rosy or my skin is naturally super silky or that I effortlessly look put together, etc. Though I tend not to wear that much make up at all, I still freak out if he tries to come in to the bathroom when I'm applying eye liner or something. I also sometimes get scared that a guy might think that spending the money I do on make up, skin care products, pedicures, etc. is frivolous and selfish.

So the other day I got a pedicure in this super sparkly cobalt color and I posted a snap chat story showing them off by the pool. I think the caption was something like "my nails are so sparkly!" or something clearly pointing out my toenails.

Later that day, my boyfriend came to pick me up for a date (our first one in months so I was SUPER excited) and he told me he saw my snap chat story and said this (maybe not verbatim but pretty close):

"I like that you like girly things. I really like that you're into getting your nails done and bubble baths and bath bombs and all that stuff and would rather stay in on a Saturday night watching Gilmore Girls instead of taking shots at the club." I think he may have said this over the course of a couple of sentences but these were all things he mentioned- getting my nails done, bubble baths, bath bombs, girly things, Gilmore Girls (except I think he actually *said* Gossip Girl), staying in on Saturday nights, and girls at the club being unattractive.

Then he looked in my eyes and smiled and kissed me and I was just beaming all night about it.

It's not that big of a deal, but it was definitely some positive reinforcement that not only is it ok to indulge a little bit in girly things and to let you feminine side show, it's attractive to him. It also made me feel more comfortable with being vulnerable around him, since I do feel kind of vulnerable when he catches me putting make-up away or something.

:) Side note: he's dropped a few lines about marriage recently. Nothing serious, but just little things like "will you still marry me if I decide to never drink alcohol again?" (I was like...um duh and I'll do it with you if you want) and other "jokey" things like "oh yeah I was telling my friend that when we get married I'm going to be the trophy husband and hang out at the gym 6 hours a day. You're cool with that right??" (tongue in cheek) and other stuff. On a more serious note, he's looking at some pretty ridiculously big houses to buy and I had no idea he made that kind of money.

TL;DR: I got some positive reinforcement that it's ok to let your girly side show and then I started bragging about my bf.

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UPVOTES

Avoid transactional thinking, focus on character.

cxj · 4 April 2016 · Archived copy · Reddit

This was a moderately popular comment I wrote on r/purplepilldebate in response to a blue piller. u/StingrayVC suggested I post it here. In no way do I claim these as original ideas, they come from real life women I know and many of the posts here on RPW.

blue piller wrote:

I believe in giving and taking in a relationship. You give an amount and they give you an amount back. You only give them as much as they will give you back.

Now, on paper, this seems rational, or "fair." It's really not a terrible logical failure of any kind, and I don't believe the poster to be an idiot for writing it. I just think that it lacks nuanced wisdom about what makes real life relationships work, and by work, I mean both people happy. I'll even tentatively hypothesize that in a capitalistic, transaction based society, people are especially prone to this sort of thinking, but the point of this post is not to bash Capitalism or start a *DAE Sweden*??!! circlejerk. It's simply to point out that a "business" view of relationships where giving is measured against taking in concrete ways is not likely to lead to happiness for most people.

So I replied:

This is the transactional thinking that kills genuine connections (if they ever existed) in relationships imo. Its funny because TBP usually harshly criticizes TRP for viewing relationships as a transaction, then pulls shit like this out and shows their true colors. Thinking like this leads to a culture of combat dating, which women usually win at, and this is exactly what spawned TRP in the first place. TRP = advice for how to win at combat dating.

RPW, especially the women I know IRL who think very similarly to the sub but have no idea what reddit is, have helped me to grasp the concept of having character. The happily married/LTR women I know don't think of their relationship as a transaction. They view their treatment of their SO as a reflection of their character, and being a good wife as a goal unto itself that is not dependent on their SO's behavior. Yes, this can hypothetically lead to one sided situations, but with the amount of screening such women typically do for their husbands, it rarely does.

I don't have anything to add to that at this time, but there's no reason the OP needs to cover all the bases, that's what the comment section is for :)

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UPVOTES

It's quite quiet in here

blushingoleander · 28 June 2022 · Archived copy · Reddit

Hi Everyone,

It's been pretty dead in here lately. Maybe we can do something to get things moving again.

Who are you and what brings you to RPWives? What sort of stuff would you like to see? What do you need help with?

I'll admit that I'm a bit of an absentee landlord over here but so many women on *that other sub* crave a female space without too many menfolk interfering. We have the opportunity to be that if we put our heads together.

Tell me what you are thinking...

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UPVOTES

Ladies, are we on cooked.wiki ?

StephanieCitrus · 15 March 2024 · Archived copy · Reddit

This is a tool that cleans up recipes from blogs to see and save just the vital parts. You just add "cooked.wiki/" to the beginning of the url and the site does the work for you.

This site also has a social media aspect, you can see what others are saving and cooking and there is a feature to share photos.

I would really like to add you if you are using it!

You can also add recipes that aren't already online and I foresee this replacing my recipe binder. ...I am being dragged into the future with this one. Or the modern era haha

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UPVOTES

an engagement, and the biggest thank you

whitebunny87 · 21 February 2017 · Archived copy · Reddit

I just got engaged over the weekend am still all squishy and high as a kite, so you'll have to forgive me for this self indulgent post. Mods, please take it down if it's not appropriate.

A few years ago i stumbled across TRP after hearing some people moaning about it. I came back to browse it a couple of times out of boredom, but didn't find anything too groundbreaking. I agreed with many of the principles, but it all seemed to be common sense and way too ranty i guess. I came across it at just the right time though, because about a week later i saw an announcement that a women's sub, RedPillWomen, had been created.

I'd never given feminism too much thought - where I live it's just assumed that you're a feminist if you're educated. I'd never seen anything like a group of women coming together to question that and its implications. I'm used to seeing women my age coming together to party, to gossip, to complain, but never to dissect culture in the way that the mods and endorsed contributors did at RPW.

I haven't always contributed a great deal, and I've changed usernames a few times over the years, but I've always come back to read and learn from you ladies. In RPW I've found a true community of women that I didn't realise I was missing.

I had a couple of false starts where I'd tried implementing "RPW-ness" before fully internalising it. I'd fuss around my ex and wear dresses and pack his lunch and then get mad that he didn't suddenly morph into my totally hawt dreamboat alpha-bux boyfriend. I was like the equivalent of the NiceGuy (tm) who puts in attention and gets mad when she won't have sex with him. I was thinking transactionally and still framing everything in terms of myself and what i wanted.

RPW (now RPWi) has given me so much more than feminism ever did. It taught me personal responsibility, honesty and critical thinking. It gave me intelligent, caring, tough-as-nails feminine role models who are willing to spend hours upon hours on here and their blogs sharing their wisdom. It taught me that there is another way forward than simply trying to emulate men.

I find it so ironic that feminists will call us misogynistic - RPW understand and appreciate womanhood where feminists reject and stifle it. I can finally admit to myself that I am GLAD to be a woman and don't see it as a hinderance or disability. I want my partner and one day our family to be the centre of my universe, and I'm not ashamed of that anymore!

I once read on RPW to "stop trying to find a good partner, and try to BE a good partner." This stuck with me and became a kind of mantra, and it worked!

I've changed so much these last few years, and I know for a fact that if I hadn't found you ladies I would not be the type of woman that my fiance would have proposed to.

So here's to you, RPWi! You've given so much to so many women and I just want to send you all a big fat hug.

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UPVOTES

I'm baaaack - and ENGAGED!!

VintageVee · 8 February 2017 · Archived copy · Reddit

Hello ladies! Wow I have missed you all. In brief, I have had a LOT of internet issues generally at home and log in problems to BaconReader, soooo right now it's laptop only for reddit - I have no idea what the problem is!

I've spent tonight catching up on everyone's news and wanted to share some of mine with you - sorry for the spoilers lol, it's in the title ;) The Mr asked me to be his Mrs on Christmas Day. It was gorgeous, and I cried and said yes!

We've since bought our dream family home (well, he's bought it!) - fast workers! We'll be moving next month and getting married in September. I am ecstatically happy and we're closer than ever.

I started a new job after years as a SAHM, so I work a few days a week in school hours which is great as the kids don't even know I'm gone so it isn't compromising mine and OH's values of me being the FT stay at home parent. I was keen to contribute financially before we move in together although he wasn't bothered either way really and although I earn less than a quarter what he earns, I know I'm contributing in some small way financially so I'm happier. We're both agreed I won't work more than that for the next decade though until the boys are grown.

So yes, just a short sweet post :) hope you are all well and looking forward to contributing more! I have noticed I am a little tetchier lately so hoping being a regular contributor here again will stop that. My IRL friends aren't RP so I value this group!

Love, VV x

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Newly married women speaks common sense - gets destroyed in comments by people who 'know better'.

blushinglilly · 20 May 2016 · Archived copy · Reddit

Daily Mail Article - The REAL secret of a successful marriage? 'Stay hot' for your husband, make sure his friends all want you and wait on his every need, insists this newlywed woman

So today on the Daily Mail there is an article about a newlywed called Amanda Lauren who apparently took a vow to stay attractive for her husband.

It's all fairly standard common sense stuff such as *'While sex can't make a marriage, it can break it... You should want to have sex with your partner. And if my husband wasn't turned on by me, we couldn't have that essential intimacy. 'So while my vow to stay hot seems superficial, it really isn't.'*

She seems like a pretty normal modern women, she is a writer and her husband has a job in the television industry. No one is chained barefoot to a sink here.

The current top comments on this article however are a prime example of what's going wrong with society and marriage today and why so many of us have to come here to discuss our marriages.

Top comment 2 "What should HE do to to keep HER?" upvoted 1770 times.

Well firstly the article says lots of considerate things he does for her. Secondly it's not his article, it's her article saying what she does for him. Why the automatic assumption that he doesn't do anything for her?

Top comment 4 "Wrong century dear" upvoted 1220 times.

Why? Why is it the wrong century? Because being a loving wife isn't something we should do in the 21st century anymore?

Top comment 5 "And, what about when he gets tired of having a doormat wife?" Upvoted 1000 times.

I imagine this man will soon get bored of having a wife who cares about what he thinks and tries to please him. How tiring that will be.

Seriously though there is nothing in the article that suggests she is going to be a doormat. She isn't doing anything she doesn't want to do.

In contrast all the sensible comments have been downvoted to oblivion. 'Smart women' for example was downvoted 90 times. 'This woman seems like a smart person. The husband seems like a lucky guy.' has been downvoted 200 times.

The article is so mundane in some ways and yet it has attracted so much ire. Why can't people be happy for others, why can't we be honest with ourselves about how marriage really works?

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UPVOTES

Relationship Dynamics Part One (Updated + Expanded!)

Camille11325 · 14 April 2016 · Archived copy · Reddit

A New Way of Looking At Relationship Dynamics

An understanding of RP concepts and terms is required before reading and commenting on this post. Please note that this entire theory is limited to describing average and attractive people (5+ on the SMV scale), and of course, these are generalisations, not ironclad universal laws. A series of follow up posts will explore these ideas more, this is merely an introduction.

Our disposition, personality, and behaviour all have a profound effect on the types of relationships we thrive in. A couple doesn't need to be identical, but the right balance of traits is necessary for compatibility. This new RP theory focuses on two important characteristics: the dominance level of each person, as well as the woman's dominance threshold.

Your **"Dominance Level" (DL)** measures attributes such as your natural tendency to assume the lead and how you exercise authority in interactions. DL takes into account all behaviour, it is not limited to actions within a romantic relationship. For the purposes of this post I will use a scale of 0 - 10 to discuss DL, with 10 representing the maximum possible level of dominance one can have. There are separate male and female scales - a woman who is a 6 is not more dominant than a man who is a 5, and a man who is a 10 is more dominant than a female 10.

How are dominance levels expressed in men?

A 10 has 100% alpha traits, and a 0 has 100% beta traits. As you move across the spectrum, the ratio shifts. So a 2 has 20% alpha traits, a 6 has 60%, etc.

- Men who are lowest in dominance (0-3.5 on the DL scale) have the highest ratio of beta traits in comparison to alpha traits. They can be easygoing, empathetic, gentle, and considerate. They can also be sensitive, emotional, unconfident, indecisive, and soft. Keep in mind that these are just a few examples, these traits do not define these men nor are they required to be in this category.
- The 3.5s-6s exhibit more alpha traits but their nature is that of a "greater beta". These men are able to provide comfort and leadership as required in a relationship. Most women have men in this category, especially on RPW. If you are looking for a "medium dominance" category, this is where your man belongs (but to be clear, he is still in the "low dominance" category of this system).
- Men who are a 6-8.5 on the DL scale have a higher ratio of alpha traits in comparison to beta traits. There are many types of alpha men: apex, renegade, patriarchal, criminal, corporate, political, etc. and they all have different characteristics that allow them to succeed and take charge in their respective environments. One thing they all have in common is an immense amount of masculinity, which can be both good and bad.
- 8.5 - 10s can fall into any of the alpha subtypes. They also have the highest amounts of Dark Triad traits, and are the rarest group of men.

How are dominance levels expressed in women?

The alpha/beta ratio does not apply to the female dominance scale. There are no easy, clear cut terms for the spectrum, just various dispositions and behaviours. While the ratio of masculinity and femininity plays a role, the DL is not measuring either of those traits directly. I have chosen both positive and negative examples for each type but again, these are generalisations and only a fraction of the possible characteristics one can have.

- Women who are in the low dominance category (0-6) are non confrontational, sensitive, and accommodating. They are psychologically feminine, not only with their men but in their everyday lives, automatically. They can be doormats, passive, weak, and insecure if they do not learn how to prioritise themselves first instead of others. This does not mean that they are incapable of having any of the traits that high dominance women have, just that the concentration of H traits lowers as you approach zero (and vice versa with H women and L traits).
- High Dominance Women (6.5-10) are more confident, driven, assertive, and ambitious. They can also be more masculinised, argumentative, self serving, and insubordinate. Some women like to think of themselves as “alpha women” but this is a myth, not an RP concept. Do not fall into the trap of thinking that being high dominance is superior. Both categories have their strengths and weaknesses. Feminists have pushed the idea that male characteristics and virtues are a universal ideal that all should strive for so women are encouraged to be high dominance. The only way that high dominance women can have romantic success with a dominant man is if they can master psychological femininity and deference within their relationship.

Your **“Dominance Threshold”** indicates how dominant your man has to be in order for you to feel attraction, commitment, and love. I will also be using the 0-10 dominance scale when referring to the dominance threshold. For the purposes of this discussion it is assumed that all women have a range of 0-2 points past their threshold where attraction is possible. The threshold is the minimum but most women who prefer a 5.5/10 would not be comfortable with an 8 or higher.

How are dominance thresholds expressed in women?

- Women with low dominance thresholds require less alpha, and more beta in their relationships. This means more affection and softness, more obvious and frequent displays of love and care. These women are repelled by or afraid of extreme displays of male aggression, anger, or arrogance. They also do not like strict boundaries or being controlled. They are suited for betas and greater betas.
- Women with high dominance thresholds require more alpha, less beta. They crave arousal, displays of power, raw masculinity, etc. from their man and view the same beta traits the low threshold women love as weaknesses. They are perfect mates for all types of alphas.
- When a man’s DL is way too low for a woman, she reacts with disgust or infantilisation. If it is merely a point or two lower you’ll see shit tests. If it’s slightly too high, she’ll comfort test, and when it’s way too high she’ll be afraid. This applies to all women regardless of their threshold or dominance level.

Taking the 4 categories into account (low/high DL, low/high threshold) there are 8 possible relationship combinations. Not all are optimal or RP but all of the dynamics exist in the real world. Moving forward we will use these labels within the subreddit in our discussions and the advice we give.

By using a combination of 3 letters (all of which are either H or L) we can refer to each dynamic with ease. The first letter establishes the man’s dominance level, the second the woman’s, and then the third is for her dominance threshold. So a high dominance man (H) with a low dominance woman (L), who has a high threshold (H), would be described as HLH. A low dominance man (L) with a low dominance woman (L), who has a low dominance threshold (L), would be LLL.

Now onto an overview of the dynamics, which will be described with an emphasis on the effect on the woman. They are ordered from least potential to be RP to most potential to be RP, with 3 equally RP dynamics, there is not one universally ideal dynamic. Please keep in mind that these descriptions are all generalisations of what is most likely to happen, there are always exceptions. *Note: future posts will help you identify your dynamic, do not fixate on*

labeling yourself from this introductory post.

- **High dominance man, high dominance/low threshold woman (HHL)** - she vies for dominance and feels little to no comfort or security. Possible violence as she is likely to stir up trouble by constantly challenging her man.
- **High man, low/low woman (HLL)** - she needs more beta comfort and can't stay motivated when feeling unloved. She feels he is mean or scary. There is also a strong chance of violence in this relationship which only further discourages the LL woman from being her best and creates a cycle where the man is constantly punishing her.
- **Low man, high/high woman (LHH)** - she walks all over him or bosses around. This is a very common dynamic as it is what usually happens when a woman is out of the CC riding/AF phase and has settled for her beta bucks.
- **Low man, low/high woman (LLH)** - she is repulsed and/or can't respect him, wishes he was more dominant. Whenever you see an RPW post where the OP asks: "How can I get my main to be the captain" or says "I tried captain/first mate but he's not taking the lead" then you know it's an LLH situation.
- **Low man, high/low woman (LHL)** - a lot of feminist relationships are like this, and they can work, and people can be happy in them. There is also a chance that the woman walks all over the man and disrespects him and he just puts up with it. It all depends on how attracted the woman is to her man, and how well he is able to maintain that attraction.
- **High man, high/high woman (HHH)** - potential to be RP if the woman respects the man. "Captain and First Mate" as described by RPW is not an adequate description of the dynamics in HHH relationships. This combination can be a power couple, or there can be violence if the woman does not defer to the man (think Chris Brown and Rihanna).
- **High man, low/high woman (HLH)** - potential to be RPW and a classic fantasy that is not seen as much in reality. The woman is naturally submissive and aware of it. She is drawn to a dominant man and requires power over her. There is a strong sense of ownership and there can also be a paternalistic element to the dynamic. This differs from HHH relationships in that the woman is not a partner in crime, but rather a source of support and feminine energy while the man takes on challenges. At its worst, HLH relationships involve the man taking advantage of and abusing the woman.
- **Low man, low/low woman (LLL)** - this is the most common both in and out of the subreddit. Contrary to what many may assume, most rpw are interested in or already with greater betas! When done right, these relationships are the epitome of the captain and first mate concept. The man leads and the woman occupies the traditional female role, but it may not feel like submission or deferment to her because of the lack of power imposed explicitly. If the man fails to take the lead, the woman may feel forced to assume that role and her respect for her man will decline. If no one assumes the lead, arguments are more likely to happen, and again, the woman will lose respect for the man.

Can you change your dominance level?

You can absolutely eliminate the personality traits that hinder your success. If you are a high dominance woman, you may need to work on being less controlling, argumentative, or disobedient. RPW is great for that! If you are low dominance, you can become more assertive, confident, and more. However, men who want the traditional, RP relationships are not interested in women who do not listen to or respect them, so it's important not to go too far in the other direction.

Can you change your dominance threshold?

Attraction is non-negotiable. It's important to be aware of and honest about your preferences and select a partner wisely. Understanding how men think can help you become more comfortable with a man that has a DL way higher than your threshold. If you are with a man who's DL is below your threshold RPW can help you with respect, loyalty, and all of the other issues that come with those dynamics. Your threshold may change naturally over time based on life experiences, as you learn what you actually like in relationships.

What can we do with this information?

As mentioned earlier, this system will be a great way to have everyone on the same page when it comes to discussing relationships and giving advice. We should all be aware of our biases, and our individual dominance levels and thresholds greatly affect the responses we leave about other people's relationships.

A lot of women with low dominance thresholds can't understand masculine, dominant men, and that contributes to them advising women to leave their men in certain instances or worrying that something is abusive. The reverse also applies, women with high dominance thresholds are less able to wrap their heads around how other women can stay with and be attracted to low dominance men.

It is important to be aware of our biases and work to overcome solipsism. It's not about what we would do in their situation, but what they should do in their situation. Hopefully having the language to identify dynamics will help us all provide suggestions that work well with whatever dynamic a user is involved in.

Thank you for reading, I hope this all made sense and was helpful! I have an entire series planned out so be patient and allow me to flesh out the theory over time. Thank you so much /u/wingnut and /u/PhantomDream09 for all of your help and for lending an ear as I worked on the theory! The next post in the series will be about female dominance levels. I've created a quiz that will help you figure out where you are on the DL spectrum so get excited!

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Wives of "masculine" men report more satisfaction while in fertility days. Also, water is wet.

violetpiecrisis · 15 May 2017 · Archived copy · Reddit

https://heatst.com/culture-wars/study-most-women-like-manly-men-dont-worry-about-toxic-masculinity/?mod=sm_fb_ad

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Why do so many women go thru "ruts" in their 40s and how can I manage mine better?

JoyfullMommy006 · 7 July 2022 · Archived copy · Reddit

I was chatting with a trusted friend yesterday. During our time together, she asked for some perspective on a tough situation with her husband. (We're both red pill wives, both in our 40s.) She said something that hit a little too close to how I've been feeling in my marriage lately. "I totally understand now when couples who have been married for a long time say they just grew apart."

It really got me thinking about the large number of women (mostly blue pill) that I've seen over my life get divorced or make other somewhat negative huge life changing decisions in their 40s. There are just so many.

My husband has Rollo Tomassi's books, Rational Male volumes 1 thru 3. So as I was thinking about all this, I pulled out those books. In volume 2, he talks about the phases of a woman's life and how it impacts romantic relationships. He calls the 40s the "Redevelopment/Reinsurance" phase.

To paraphrase it according to my understanding, this phase is about looking back at your younger years and reconciling what you *thought* marriage to your husband would be like and seeing what the reality has been up to this point. He also mentions that women in this phase usually have children who are older, possibly flown the nest but fairly independent so her drive for security (financial and physical, as I understand it) decrease thereby revealing her drive for emotional/mental connection, which creates a situation where feeling that connection becomes almost more important than the security she sought in her 30s.

So it makes sense to me that women in their 40s are doing some reassessment of their lives and how they want to live going forward.

I just don't want to be one of the droves of women who end up making rash decisions based on trying to make up for things they did or didn't do in their youth or that general feeling of frustration or dissatisfaction. My husband is a good man, a good father and I love him. We've been married almost 19 years, we have 5 children together plus my oldest I had before marriage, ages 23 - 9, with our 5 still at home. Admittedly, I've felt a general sense of disappointment in him and I hate it and didn't really understand where it was coming from. Sure, I could name specific things he has done or not done that I could blame for this feeling of disappointment but it really felt like it was coming from deeper within me rather than from his actions toward me.

The info in the book is helpful in understanding the issue within myself, my biology possibly but now what? Where do I go from here? How do I resolve it and continue on toward a happy and fulfilling marriage for both of us?

I would love to hear your thoughts, specifically if you're over the age of 50 and have gone thru this feeling in your marriage then successfully overcame it.

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This actually WORKS.

baby--bunny · 12 August 2018 · Archived copy · Reddit

Hi all. New account, I used to post here but I realized through comments and posts there was getting to be too much personal info linked to me.

Anyway. I've been really focusing hard lately on ~being a soft place to land. ~ It's been strangely difficult. We've been lucky enough that I was able to step down from my full time job recently, I still work part time elsewhere (much less demanding, and the hours are more in line with fiance's schedule, so I'm able to get up, clean up a bit and pack his lunch before he goes into work, and I'm home a few hours earlier than him to have things ready.

So I felt like I was doing my part. however the transition into part time work honestly had me in a bit of a funk. I felt like I should be doing more *for him. * Or doing more in general. We talked about it. He agreed that cleaning and cooking is nice and appreciated, but it's more "my expected contribution to the household, as I'm working less" and less "a kind romantic gesture." So we talked out what exactly he wanted. What a man... Wants. Because he makes me feel safe and protected, beyond what he needs to. And he said what is said here so often. He wants a soft, comfortable place to come home to.

I've been trying to provide that. At first it felt like I was doing nothing. Just.. be happy and chill and pleasant? That's kind of doing nothing. But he seemed happier. He started being more proactive with other things in his life. He seemed less tense in general. He told me work was stressing him out less.

But then after awhile I thought, perhaps I'm being too soft. I found myself starting to miss when he would boss me around a bit. Miss when he would be romantic. I missed that passion and spark. We've been together awhile, and lived together 3+ years. So I've missed that before, and its come back before. But it had me feeling a bit down lately. It culminated in him farting nonstop the other day, and making a comment about "when he used to fuck." I worried he was starting to see me as too much of a caretaker, and less of a sexy slut. The whole Madonna / whore thing. So I told him. I told him I try very hard to make him feel like a man. And I miss feeling like a lady. For a moment I started to tell him the things I wished he'd do. But I caught myself and apologized.

I told him I love what a good problem solver he is. And I don't want to tell him how to solve this. That he knows better than me anyway. He knows ME better than I know myself. I just missed feeling like a woman around him.

He was comforting and told me it would be okay. I figured he would brush it off. I was planning on coming home and writing a long post here about "how soft is too soft a place to land?????" and reevaluating all of my interactions with him, so that we weren't so comfortable. I figured I would have to fix this.

I walked in the door, he literally had candy leading to the bed, roses on the bed, next to the bed, candles. He has never done anything like this before. My guy is not a mushy or romantic guy. Never has been, not even when we were dating. In the past, when I've brought up issues in our relationship he tells me I am "making up problems because I hate being happy." I was shocked and in tears. I've been doing my best the rest of the evening to treat him how I treated him when we were dating... A bit on guard around him. Careful of what I say, because I want him to think the best of me, instead of talking his ear off about something dumb that happened at work. He told me I've been so happy and quiet, and he loves seeing this side of me again.

I can't believe this. People act like rpw/ submitting to your partner means being a doormat and doing everything they say. Not to say he never respected my wishes before, but before he was Mr. I Do What I Want, Take It Or Leave It. Now he is so eager to listen to what I want and make me happy. All it took was listening to what he wanted and trying to make him happy.... Who knew lol.

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UPVOTES

Self Care is not an Indulgence, it's a Discipline.

whitebunny87 · 6 August 2018 · Archived copy · Reddit

[Full article here](#)

The current portrayal of self-care is backward — it's characterized as an indulgence... Think expensive bath products, luxurious chocolates, spa appointments.

Self-care is not an indulgence. Self-care is a discipline. It requires tough-mindedness, a deep and personal understanding of your priorities, and a respect for both yourself and the people you choose to spend your life with.

It takes discipline to do the things that are good for us instead of what feels good in the moment.

For example, self care is:

- Turning off the TV instead of watching another episode of "The Crown" because the alarm is going off at 5am so you can get to the gym.
- Declining the second drink at the office holiday party. It might even be declining the first drink.

It's taking care of yourself in a way that doesn't require you to "indulge" in order to restore balance. It's making the commitment to stay healthy and balanced as a regular practice.

Ironically when you truly care for yourself, exercising all the discipline that requires, you are actually in a much stronger place to give of yourself to those around you. You will be a happier parent, a more grateful spouse, a fully engaged colleague. Those who take care of themselves have the energy to take care of others joyfully because that caregiving doesn't come at their own expense. And those who take care of themselves also have the energy to work with meaning and purpose toward a worthy goal.

I'm loving this article I came across. It's short and sweet but makes a very important point about the difference between true self-care and plain old indulgence.

By all means indulge every now and then, but let's just call it what it is rather than wrapping it up and renaming it in an attempt to feel good about it!

- What does self care look like to you? How does it differ from straight up discipline or indulgence?
- How do you maintain the discipline to care for yourself in a way that makes you and in turn your family feel stable and loved?
- How do you feel when you fail to take care of yourself properly? What are the effects on your relationship and

family?

- Do you have any personal goals related to self-care and/or discipline?

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UPVOTES

Don't need no man!

lespetiteschoses · 13 June 2018 · Archived copy · Reddit

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UPVOTES

The wonders that STFU can do

thisisophelia · 3 August 2016 · Archived copy · Reddit

Since I discovered TRP and especially this subreddit, I really tried to work on my ability to just STFU. Coming from a family where my mom nagged my dad until he absolutely loathed her, I on one hand know, how important it is to not be the nagging shrew, but on the other hand have this tendency to nag and throw tantrums over little things.

So while I really tried the last few months to really embrace the STFU method, it did not always work out of course. Like after three times that I did shut up, the fourth time I just could not ignore it and made a scene. But it gets better. Now yesterday evening I had a real Aha-moment, which really helped me to realize how important the STFU method is and what it stands for: Being there for your SO and creating a comfortable surrounding even when times are hard.

So what happened: My husband is currently on a business trip and got a letter from one of his business partners. Since those letters are often important, I wrote him a short text stating that he got a letter. He wrote me back that I should open it and of course it was something important which needed a written answer, so he asked me to draw up a letter and send it (he doesn't have access to a printer and only has his tablet with him, so he thought it would be easier if I just took care of it).

Now this is not the first time that I wrote a letter in his name, but since my husband is very prone to detail, I sent him the letter via mail to make sure everything was OK the way I wrote it. (Another problem was that he has almost no phone signal in his hotel room which makes it hard to maintain a phone call, so we just communicated via text which made the whole thing more complicated. But we had a call earlier that day in which he told me how exhausting that day has been and how stressed out he was.)

So, I send him the document and it goes back and forth, because he wants this changed and that changed. Well, no problem, but suddenly he texts me:

Sorry, I have no patience for this right now. I'll try to get access to a printer and a computer tomorrow and just do it by myself.

And that after I just spent half an hour changing this god damn letter a hundred times. I was really close to just writing back something like:

Fine. If you know everything better, then just do it on your own. I'm probably too stupid anyway to write a letter.

But then I simply thought about this situation: Am I really upset? Do I think that he thinks I'm stupid? No, I'm just a bit annoyed. And is this really worth a fight? No, not at all. Plus: I didn't even have other plans, so this half an hour helping my husband out didn't somehow bother me in any way and I knew he was irritated because his day was exhausting. I just wanted to get bitchy because it was my first irrational reaction to this. After thinking about all this, I just texted him back:

Sorry, that it takes so long to write this letter. But I know and appreciate how important it is to you to make a good impression when it comes to business. And you'll be busy with other things tomorrow than to search access to a printer. So bear with me, honey, we'll be done in a minute :)

We finished that letter in about two minutes after that and he didn't have to worry about it the next day.

And when we texted good night yesterday, my husband wrote me:

Thank you for everything. Especially for enduring me during hard times. You somehow always manage to make my life easier and cheer me up. I love you.

(And there, my heart melted ;)) By STFU (or rather saying something nice than saying something bitchy) that day ended with a wonderful compliment instead of ending with a fight over nothing. I think that was really an eye opener for me and it will be easier for me in future to just ignore such small, irrelevant irritations.

TL;DR: Husband was stressed out, instead of being bitchy I STFU and was nice, day ended with compliments instead of fighting.

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UPVOTES

WE'VE REACHED 500 SUBSCRIBERS!!!!

Camille11325 · 7 April 2016 · Archived copy · Reddit

After less than a week, /r/RedPillWives has 500 subscribers!!!!

Thank you all so much for the support and energy you have put in to this community. The high quality posts and comments are amazing, keep it up! Us moderators have worked tirelessly to put everything together and have a smooth transition, but this sub and it's greatness would not be possible without each and every one of you <3

Introduce yourselves in the comment section and also let us know any ideas or questions you have! Also spread the word about our new home!

P.S. Be sure to [set your flair](#), come visit us in the [IRC channel](#), and upvote everything on the sub!!

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UPVOTES

All About RPW

Camille11325 · 4 April 2016 · Archived copy · Reddit

As we move forward as a new community, it is important that we are all on the same page about our focus and purpose. I have copied the "All About RPW" post from [the wiki](#) so that we can discuss! Please also ask any questions you may have. Thank you so much for your support and welcome to /r/RedPillWives <3

The women of /r/RedPillWives are self-aware individuals that work to identify and correct their weaknesses, while increasing their value as much as possible in order to attract (or keep) a quality masculine man. This subreddit is a space where novices, naturals, and everyone in between can exchange ideas with like-minded people.

We align ourselves with the thinkers of the early years of the manosphere, and continue in the tradition of developing theory and strategy, this time specifically for women. We agree with the original Red Pill ideas presented nearly a decade ago, which rest on the differences in male and female nature, as well as the competing sexual objectives of each gender. We believe that embracing traditional dynamics within our relationship yields harmony, and that mainstream relationship advice is unable to provide realistic pathways to happiness.

This community is for women of all ages, who are either married or interested in marriage. It is most applicable to those in the West, specifically Americans, as the issues that Red Pill ideas deal with are a direct result of Western feminism and other modern trends.

What does it mean to be an /r/RedPillWives member?

- /r/RedPillWives subscribers seek to understand how and why men and women are different, so that we can approach our SO's (or dating in general) with open eyes. We prioritise our men, and allow them to be themselves. We defer to their leadership and fully trust them to have the best interest of the relationship in mind.
- RPWs recognize that as women, we have a lot of advantages when it comes to dating, attracting and keeping a mate. We understand and sympathize with the hoops men have to jump through, and the fact that masculinity is often discouraged and attacked in today's world.
- Single RPWs work to minimize negative characteristics, and improve their physical and emotional appeal. Casual sex, FWBs, and no-strings dynamics can be harmful to women, so we encourage women seeking marriage to be cautious, careful, and patient when it comes to dating.
- We emphasize femininity and reject the modern, feminist conception of an ideal woman. **Psychological femininity is the core of RPW.** Your appearance can be a reflection of who you truly are, or it can be a superficial attempt to be something you are not. Authentic femininity starts on the inside. Cosplaying as a feminine woman only prevents true, lasting change.

What is /r/RedPillWives not about?

- RPW is not about being a stay at home mother. If you have a job, handle the finances, or are the breadwinner, that does not mean that you cannot apply RP ideas to your life.
- RPW is not about being a woman who wears exclusively vintage clothing, or wants to return to the 1950s.
- RPW is not a sexual fetish, kink, or lifestyle. It has nothing to do with BDSM, OTK, Gor, or anything remotely similar.
- RPW is not about repressing your sexuality, or being a prude. We advise that women choose who they sleep

with selectively and that they understand the potential consequences of a high partner count or rushing into bed with the wrong person.

- RPW is not about wearing makeup, pink, bows, glitter, or any other superficial indication of femininity. If you naturally enjoy that, wonderful! But it is in no way a requirement to have a successful relationship, and most women need to spend more time improving their personality and behaviour above all else.
- RPWs are not doormats. We only defer to one man, our SO, and we can only do this because we trust and respect him completely. Everyone must earn our trust, kindness, and respect.
- RPW is not about missing out on life. What is most important is that you acknowledge reality, accept responsibility for yourself, and deal with the consequences of your choices. So have fun, use “bad” words, drink, take risks! Be a pleasant and enjoyable person that your SO loves to spend time with :)

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UPVOTES

How to be a more joyful wife?

Fayve27 · 21 September 2020 · Archived copy · Reddit

My husband just started a very stressful new jump in his career as a professor and I'm a stay at home mother to our one year old child. I'm very much struggling to not be the stereotypical "exhausted mom that just complains when her husband gets home". I can tell it's wearing on him and his self esteem - he said last night that he can't imagine having more kids because he can't do much more to help me and it seems like I need more of his help. Looking after a baby is exhausting, but I feel like I'm failing as a wife to provide a sanctuary for my husband. I know that step one is I need to stop complaining to him throughout the day and immediately when he gets home and maybe save it for if he asks, but aside from that, can anyone offer any advice? Thanks!

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UPVOTES

Some advice from a 1918 marriage guide

MissOrion24 · 4 October 2020 · Archived copy · Reddit

So my boyfriend's grandparents were cleaning out their basement recently, and turns out it was basically a museum of 200 year old Quaker stuff. Among various books, I found "Dr Parker's New Marriage Guide" by Dr. Thomas C Parker, MD from 1918.

As a disclaimer, some googling revealed this dude was also into eugenics, and I want to clarify I don't mean this as a serious reading recommendation for RPW. It's just a book related to dating and marriage that has some interesting, amusing, and hilarious-because-they-are-so-wrong bits that I think people here will get a kick out of.

There is some decent advice but also some downright laughable advice. Oddly, some of the worst advice is the medical advice, and some of the best is just his musings. (After reading this I doubt his MD credentials.) Lots of his advice starts okay, but then he doesn't stop when he's ahead.

The book starts with a lot of chapters about male and female anatomy and pregnancy (no sex ed back in the day), but also has a whole chapter about all the ways "self abuse" is bad for your health. According to him it drains energy and is a detriment to your physical and mental health. Sex is too, but it's necessary for having children, so in moderation it's okay. But the amount of sex an adult can handle before it hurts their health depends on their constitution. He says once or twice a month max.

Some other advice on sex and childbearing: - You shouldn't have more kids than you can financially handle (yep); therefore don't sleep in the same bed because you won't be able to help yourselves from having sex (nope): "Married people make a great mistake by allowing themselves to sleep together. This practice leads in a great measure to indulgences. Many men go to bed with their wives with the very best of intentions, but owing to the tempting conditions with which they are surrounded they indulge their feelings and passions. There is nothing that will so derange the nervous system as sexual excess; there is no more tempting condition than sleeping nightly without intermission with your wife. Again, it is not health-promoting." - Avoiding undue sexual excitement is very important to him. Diet is a big component of this. Eating too late at night, pepper, mustard, other condiments, coffee and even strong tea, of course wine and liquor, too much meat, and overly seasoned food cause "undue development of the sexual feelings" in the long term and in the short term "fire up your blood". - When a couple is ready to have a kid, he has figured out how to control the sex: "the right testicle in man, and the right ovary in woman furnish the germs for the male child, and act and re-act upon each other only. The same law applies to the left testicle and left ovary, they act in unison and furnish the germs for the female child. Moreover, the germs elaborated by the left testicle cannot impregnate the ovum of the right ovary and vice versa." He says you could try to rubber band one testicle during sex, but imagines the pain would be too much for most men to compete sex.

As far as choosing a good spouse: - He says that the hymen is, in fact, not an accurate indicator of virginity (hooray); but what is? "The most reliable signs of virginity are—first of all good parentage; secondly, a good mother's training, care, advice; thirdly, frankness of disposition, healthfulness and youthfulness. But this is dangerous ground for the unprofessional to tread upon, and it is far the best to accept your lover as pure than to doubt in any case, as there are no outward signs that can be termed absolute" (overall not terrible). He also thinks the hymen exists to protect a young girls vagina from cold weather. - He says women shouldn't get married too young, maybe wait until they're around 24 (sounds alright); because if you get pregnant younger than 20 the baby's growth will leech energy from your body and keep you from fully maturing and make your life expectancy decrease (nope): "for every year a woman marries inside of twenty, she takes on three years of premature age". - He does talk about holding yourself to the same level of "value" that you hold your partner to; "in one word my advice is: be ye not unequally yoked together". In his example, if you expect a virgin spouse, you yourself should remain a virgin (surprising equality there). - One "science based" reason virginity is important to him is that "young unmarried women who have had sexual connection with some man, either by consent or otherwise, have borne in subsequent marriage, children resembling the person with whom they first had intercourse." (He does not expand on

the “science” behind this one.)

Some more serious advice: - On punishing children: “In correcting children both parents ought to be in the same mind in the child’s presence at least, if they disagree after.” - Looks will fade; find a substantial spouse: “The admiration of one single quality in a woman results in many marriages. A person sinking his imagination into the practical, well knows that a small soft hand, or a beautiful face, or a small waist, or graceful carriage, or good talking, will not in themselves indicate the true character of its possessors, and yet how many unions are formed through some one or other fancy; the result almost invariably being a sudden waking up to a realization of the fact that it takes other qualities other than a beautiful hand or face to constitute a happy married existence.” - He puts a lot of emphasis on finding a spouse you are compatible with as far as daily habits, religion, being introverted vs. extroverted. - After finding a compatible spouse, some adaptation will still be necessary: “Difference of opinion in men and women must exist so long as the world stands, but if mutual concessions could only be made from the first day of married life contentions could not exist if the parties were suited to each other. So let each man study his wife’s nature and adapt himself to it as much as he can. In no case can a loving wife bear neglect or unkindness from a husband. On the other hand let the wife also study her husband’s disposition and peculiarities, and adapt herself accordingly.” - Surrender and the man will want to take care of you. This passage is a little *too* submissive in my opinion, but this is the most RP passage I’ve come across so far. (Based on the chapter this is in, he is talking about sex, but not only about sex, he also means “disagreeable” chores, for example.): “First, to the reluctant wife! For you to yield is to conquer. By showing a desire to do all you can to oblige a beseeching husband, you throw yourself on his generosity, and thereby quell that desire which coldness and refusal would only aggravate. Your cheerful submission to what he knows to be disagreeable, at once excites his pity and gratitude, and thus awakens his higher faculties in your behalf, and subdues desire; because, how can he who dotes on you take pleasure in what occasions you pain? He takes your will for the deed, and loves you therefore too well to insist on so delicate a matter unless agreeable to you also, or to feast himself at your expense. Remember, you must always yield cheerfully, and with a view to please him, or else the whole effect will be lost. Never prove remiss, but do all you can to conform. Thereby you will lay your husband under the highest possible obligations of love and gratitude; whereas the unkind refusal begets increased importunity, and makes him insist on his rights, and threaten you with vengeance if you dare refuse. Abundant excuse, such as the most unreasonable demand on his part, and utter inability on yours, alone should warrant your refusal.”

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UPVOTES

Women don't love men like men love women?

HappilyMrs · 6 July 2020 · Archived copy · Reddit

So I was reading elsewhere discussions about how women love men because we love the things we receive (protection, admiration, resources), whereas men love the act of giving and sacrificing for us. Women love our children in the same ways men love us.

What do you think? Do you feel your love is different to your husband's love? Or do you feel that it is more down to individual variation, as per the Five Love Languages?

A survey done by Hinge showed that both men and women were most likely to have Quality Time as their highest by far, followed by Physical Touch/Words Of Affirmation for men, and Words of Affirmation for women. But a woman selecting Acts Of Service as their love language got 6.6 times as many likes, whereas men who listed Quality Time got twice as many likes.

So how different do you think we are? How do you address the difference, if you believe it exists?

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UPVOTES

Grateful for good men!

rosesonthefloor · 5 April 2021 · Archived copy · Reddit

It is Easter Sunday, and I am in a thankful frame of mind. My family dressed up; my mom and I made a nice dinner and we all sat at the dinner table to enjoy it.

Earlier tonight, my dad, my brother, and his friend moved a couch of ours down to the basement. I am grateful for the strength they have that I don't.

If needed, my mom and I could probably bring the couch down, but it would be difficult. And with good men in our lives, we don't have to. I'm thankful for that too.

Ladies, what are some things the men in your life have done, that you are also grateful for? Let's celebrate them!

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UPVOTES

Handed over control of the money and other interesting things...

anothergoodbook · 1 July 2021 · Archived copy · Reddit

For those of you following the saga of my marriage... last night was a bit of a breakthrough.

Over the last few months or so I have been realizing how controlling I have been over the course of my marriage. And money has been the worst of it.

Last night over dinner I expressed the following: Over the years I've taken more and more control of the finances away from him. I apologized and said I needed to relinquish my control. I said how I was fearful of not being taken care of and that was how I made myself feel better. I told him that I'm not so great at it and we aren't hitting our goals the way we'd like to be.

Earlier I had done what Laura Doyle said which was to write out your expenses and give them over to him. I gave him that and asked how he'd like to handle my spending (cash or something else).

I felt cool as a cucumber last night. Now this morning some panic has set in (what if he doesn't think what I want/need is as important? How will he handle bills? Etc and so forth).

He has been very distant lately. Very closed off. And I've been feeling pushed away. Last night, in bed, I mentioned this. He didn't really respond right away. But he finally told me all of it (which was incredibly painful to hear). He said he is angry that over the years he has provided for us and never complained. He took the role willingly and knew he would be letting his family down (and I would be angry) if he didn't. But I never took on a role. I never cleaned or made dinners regularly or managed the house well so he didn't have to worry about those things. He's feeling very resentful at that. And being told by me that I don't feel loved - he said he did all of that because he loves me. And what more do I require of him while I don't offer much respect in return.

He also said me making big changes has put him on the defense. He said he likes the "new me" but he is wary of things going back to how they were. So he isn't putting much stock in it until he can see it isn't changing and that if things get hard that I will still follow through on what I'm doing. He said this is especially true of money since I've tended to spend over our budget anytime we have set one up.

I cried a lot last night over what I have done and what I have lost. That's been in the forefront of my thoughts lately - getting older answering missed opportunities and seeing the consequences of younger me's actions. I have to say I'm thankful for the grace of God and forgiveness.

Thanks for reading if you got this far!

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UPVOTES

Why do people dislike this community so much?

nbdnpc · 29 July 2021 · Archived copy · Reddit

Context: I'm in a wonderful marriage and very happy. My husband treats me like a Queen, and we have a baby on the way! I recently discovered that the way I treat my husband is very similar to this community and became fascinated with the experiences of other women with similar mindsets. It's so nice to find a group of women whose focus isn't on screaming, "All men are trash!" And instead focuses on lifting up our partners! How nice and healthy! :) My husband does the same for me, and it's wonderful!

Recently, in a mom forum here on Reddit, someone made a comment in response to me attempting to invalidate my advice to another mother by saying I'm a member of this forum. I don't understand why?

As far as I know (and from everything trained professionals like therapists and couples counselors have told me), being kind, forgiving, vulnerable, and never resorting to harshly criticizing or emasculating our partner is a HEALTHY way to behave. It's not just RPW related. But apparently, this behavior is considered "50s housewife" and frowned upon by new age women?

A healthy relationship, according to RPW, comes from compassion first, and sincerely discussed compromise. RPW draws the line when our partners are abusive repeat offenders and we've done everything in our power to salvage the relationship. And yet... this is supposed to be wrong?

I don't get it.

When people cite divorce rates and general marital unhappiness, I can't help but think these people are prideful babies unable to look at and criticize themselves before casting blame on their partners. It takes two to make a relationship work, and from what I've found in this forum, it's nothing but wives willing to work hard on making their home a happy and loving one. What's so bad about that? We aren't victims. We aren't slaves. We're happily working on our homes and treat our relationships with our husbands with the priority and respect they deserve, just like we hope they do of us.

Can someone explain to me why the RPW way of handling relationships is so frowned upon? To me, it sounds like a misunderstanding and unwillingness to even TRY to understand.

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UPVOTES

Most common mistakes women make with men

Ok_Philosopher · 17 August 2018 · Archived copy · Reddit

I'm going to throw in the ones I see:

Sleeping with an ex: A close friend is doing this one right now and I'm shaking my head. They just broke up about two months ago, and she's still spending nights with him. I want to shake her and tell her to have more self-respect. He's not going to get back together with her, so why is she spinning her wheels on a guy who's not going to give her what she wants?

Making snap judgments: A lot of women being too picky with men come from making terrible judgment calls. They'll extrapolate one hobby or trait and assume it means he'll be terrible as a partner. This is true in some cases, sure, but far from all. I've seen women reject guys for drinking too feminine a beer, for using text shorthand instead of full words (despite being very bright), for having too "juvenile" of interests (like kickball)... all sorts of alleged deal-breakers that are far from it. I don't know if dating profiles have contributed to this in which women almost *have* to make such snap judgments before swiping left or right, but it's a trend that should die.

Wanting the right guy to fall into her lap: Men already know what women often seem to miss--finding "the right guy" is, to a large degree, statistical in nature. The odds of finding someone increase when you put yourself out there.... but you have to do that first. I see women reject online dating, which is their prerogative, but it comes at the expense of prolonging the search for a great man. At the very least, women should use online dating as practice for valuable habits like developing quality conversation skills, refining what she wants and doesn't want, and developing realistic expectations.

Acting like a wife too quickly: For men they really like, I see women bending over backwards to paint a picture of domestic bliss in hopes of securing a ring. I agree with cooking for him occasionally... but not every time. I agree with cleaning his place sometimes... but not every night she stays there. It has to be a treat. This is partly why I think it's unwise to move in with a man before marriage.

Spending over 4 years of prime time with a live-in partner/boyfriend: If at the 2-year mark there's no engagement ring *most* women in their 20s (even 30s) should walk. I also think it's very easy to be romantic and idealistic about one's commitment level to each other when a woman is at her dating prime (her 20s), but the true test of commitment is when one is *not* at their most desirable: when sick, when unable to have sex because of illness, when in her 40s when she's not as attractive as the young 20-somethings... this is why marriage is such an important institution. Marriage exists to make both partners think longer and harder before pulling the plug. When a woman is in her 20s and she says her relationship is as solid as any marriage, my response is kinda, "Well duh, of course it is *today*." It's equivalent to a man not wanting to trade in the new car he loves--why would he when he has the latest and greatest model? While I don't mean to literally objectify women as cars here (though I for one plan on trying to age like one of those timeless classic Aston Martins), the point remains that true loyalty is best tested over time.

Not knowing the difference between love and lust: After a few years, the relationship with your SO will look/feel nothing like the honeymoon period. Ideally it'll be a different kind of great, but it will be different nonetheless. This is why I personally don't place much stock in the honeymoon phase warm and fuzzies, other than the fact it established baseline physical attraction and adoration. Nonetheless I think both of these things can--and should--develop over time. A mistake I see many women make is to assume there should be fireworks at first, there should *always* be those fireworks, or that something is wrong if that initial excitement wanes. Underlying feelings of ennui with one's relationship often dovetails with ennui about one's overall life. When women get busy and focused back on their own life, their relationship malaise usually clears up, too. Expecting the relationship to provide all of one's excitement will result in problems.

Do you agree or disagree with any of the above? What else would you add to this list?

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UPVOTES

Miss Vintage 2014: Dress Like A Lady To Be Treated Like A Lady - Thought you ladies might appreciate this :)

causeimnext · 22 June 2018 · Archived copy · Reddit

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First Harvest! Grew them organically from seed.

carrotriver · 20 June 2018 · Archived copy · Reddit

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I had a baby!

Kittenkajira · 14 April 2017 · Archived copy · Reddit

She's really cute and cuddly! She was born at home on 3/29 at 3 in the morning after 7 hours of active labor - a ten pounder!

I was very prepared for labor, and had everything we needed for the baby and a bunch of frozen meals. But no one really warned me how hard the recovery would be! (Or maybe they did, and I just didn't listen.) She's 2 weeks old and I'm just starting to feel better and do things around the house. I needed stitches and couldn't sit until like the fifth day. Had to learn to breastfeed lying down, which was no easy feat! It was two days before I was strong enough to shower. We've had a couple of spats where I lost my shit and embarrassed myself. But even in the midst of postpartum hormones I managed not to say hurtful things and apologized. Neither of us were expecting me to be out of commission for so long. At one point he was like "I just want my wife back", which made me really sad.

I've made sure he was included in all the baby stuff from the start. He thought he'd have to fight me for diaper duty, but he ended up changing all the diapers for the first few days! She loves to cuddle with him. I pump a little milk before going to sleep so that he can feed her when she wakes up in the night. And he's done all the laundry since she was born and nothing has been ruined.

Things I've learned so far:

- Have a postpartum doula (or some form of in-home help) set up for the first few days at least, preferably the first week. They can help with housework, figuring out baby stuff, and breastfeeding. You don't know if you're going to have an easy or hard recovery until after you give birth, so better to be set up just in case.
- We haven't used the crib yet. For much of the first two weeks she slept with one or both of us. Then we tried out the crib and she just wasn't having it. So we bought a rock n play and put it next to the bed. I'd buy used and cheap for whatever sleeping device you're going to get, if any. You or your baby may end up hating it.
- You're going to hurt the baby at least once... They're pretty hardy. My husband accidentally ran her forehead into the bottom of a cabinet. And I knocked her head on a door. Just don't freak out. If the baby is acting normal after you calm it down, chances are it's fine.
- Dads are a lot rougher with babies than moms are, and that's fine. Remember that they have instincts as well. She was only a week or so old when he started swinging her around in the air. Just walk away if you can't handle it.
- You don't need very many baby clothes. Most people overdress their infants. We only dress her for sleep and for going places, and even then it's just one layer. It's easy to keep a baby's body temperature steady if you keep body contact with them. The majority of the clothes we bought were too small! Instead of a ton of clothes just get like 10,000 diapers - you're going to need those more.
- Get a couple of baby wearing devices like slings, wraps, etc. Don't buy girly ones so that your husband can use them too. So far we like the ring sling the most.

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There Is No Gender Wage Gap - Christina Hoff Sommers

TempestTcup · 7 March 2017 · Archived copy · Reddit

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The road so far - or how embracing RPW philosophy got me back the man I fell in love with

[deleted] · 7 August 2016 · Archived copy · Reddit

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UPVOTES

Intro to Girl Game for the Single RPW

BeautifulSpaceCadet · 4 April 2016 · Archived copy · Reddit

BSC's Guide to Girl Game

Howdy howdy fellow RPWs (: We have a new flair category for posts that I know I am rather excited about -- girl game!

Girl Game is a pretty encompassing topic that continues well into how you conduct yourself in a relationship, but for this post I would like to offer my tips and tricks for the beginning stages of girl game for the single RPW, and being approached, rather than doing the approaching, and making sure it is the *right man* that your vibes are pulling in.

Let's begin!

Look Presentable

Fundamentals are the building blocks of fun, and we preach presentation around here an awful lot. They say not to judge a book by its cover, but I've found that to be a pretty inaccurate turn of phrase -- what the heck else are you supposed to judge a book by?? Especially when we depart the metaphor and acknowledge we are not talking about books, we are talking about people, *and people do not come with synopsis written on their spines* (bonus question: what would life be like if they did???)

Nope. Your back will not have a sign that says "Hello there! I am a single woman with traditional values; I enjoy cooking and maintaining a pleasant living atmosphere, and truly believe in the power of a healthy relationship and the role selflessness plays!" -- unfortunately, as far as the world is concerned, you're just another chick in sweats with a dgaf top bun going on. Let's not be that girl, hm?

Actions speak louder than words, and you need to *act* as if you are a well put together woman with a well put together life, and that includes your wardrobe and makeup and hair. You don't need to dress to the 9s ever day (I sure don't). Just don't look lazy, alright?

Be Intentional with your Energy

I don't know who else can relate, but when I have found myself single and in the 'meeting mood', the men -- they come flocking. When I am in a relationship or even just single and sour that day, I receive no attention. This happens regardless of my attire, and no matter how well I dress, if my heart isn't out there then its signals are not getting picked up on.

I would attribute the bulk of this to your approachability energy. I am a very outgoing person, but I know many are not so I will try and explain what it is and how to be approachable. Being approachable can be an intentional effort, or an unintentional one. I know I naturally put out approachable vibes, and actually have had to work on toning down my subliminal messaging. When your single, you want to be intentional with this and use it to your advantage.

It can be in the way you move, be aware of your body and the gracefulness with which you move. I'm not talking full on sensual swinging hips ala Meg in Hercules, but I am talking about the lightness with which you walk, or handle your groceries, or anything. Looking light and aloof will do much more for you than being brusque and laser-focused. Be a part of your surroundings, not a self-contained unit. It can also be a part of how you dress from above; a girl in sweats and a top bun with a resting bitch face looks like she has a purpose and doesn't give a crap about anything beyond that purpose. A girl dressed nicely and in no particular rush looks far less likely to brush a conversationalist off.

Playing off that: Eye Contact

Eye Contact is YUGEEEE. Do **not** be afraid of it. I repeat: **do not be afraid of it**. Eye contact will set you free, ladies, believe me on this one.

I'm not talking full blown staring, I'm talking the quickest of all demure glances, less than a second. So quick, you leave him wondering if you even looked at all...but now he is wondering.

I'm going to come back to this when it comes to having the approach made, but let me stick to your energy for the moment.

This goes for women as well, don't be afraid to strike up a conversation with another woman! In a similar way that men being around women offers social proof, so too does a woman being around women (note: *not men*). Think about a 30 second interaction with a stranger lady in the store. You are looking for one item, she asks if her cart is in your way, you make a light joke about being so overwhelmed you have no idea! She makes a joke about the struggles of shopping and not forgetting the one item you seriously came here for, you both laugh and move along. What have you gained from this interaction? Well, first and foremost, a pleasant few moments and an authentic smile that will hopefully last you at least the walk down next aisle. But perhaps you were being noticed, and your pleasant nature was really able to shine with no concerted effort on your part, aside from being the lovely person you are!

Just keep an openness to you, for men and women, old and young. The benefit of this is not only pleasant interactions that I find really fuel my mood, but also that your efforts will not be so try-hard when it comes time to talk with a prospective suitor, and you'll be loosened up from the diversity of small exchanges here and there throughout your day.

The Approach

Alright. It's time. You've seen him. The hunk in the coffee line that you're a little *too* sure may be the future father of your children, but hey, let's not get ahead of ourselves.

What do you do? He's waiting for his coffee. You're waiting for yours; you have approximately 120 seconds or less to make your move lest you lose him forever. But how can you make a move without being dominating?? HE'S GUNNA GET AWAY!

Time to dial it back, and take it back to basics. Eye contact. It's all about the eye contact. I swear to god, this mindnumbingly simple maneuver has secured me more intro conversations than I can count. If you are confused because it seems too stupid and simple...then you are doing it right. Here it goes.

Keep sneaking glances at Mr. Hunk. No need for them to be long or painfully awkward, just get seen looking over his way. The second you achieve even a split second of contact, look away and allow yourself to smile or express happiness in some small way. Just trust that he is looking at you. Twirl a piece of hair if you're getting really into it (definitely not necessary lol, just thought I would throw it in for the enthusiast). Now here is the closer: *just look back at him*. He will be waiting for this, and if you make eye contact again, give him a direct smile. Just something dainty, not a big ol' toothy grin. I won't work 100% of the time, but I would say a solid 8/10 this is *all* that is required to win an approach.

Talk to Him

You got him to approach you, but you didn't plan any further than that. Whoops! No worries, keep it simple. You don't need any super sophisticated punchlines, or pre-constructed scripts. Just maintain that lightness you've been working on so hard all day. If possible, slip into the conversation just one thing you enjoy. Just one teeny thing.

Nice weather? Mention how much you like walking for exercise when the sun is out. Good coffee? Mention that you love tasting new blends and learning how they are prepared. Something comes up about traffic? Say you enjoy the silverlining of listening to x, y, or z genre while you wait. All you're going for here is to firstly personify yourself a little bit -- you are a person with interests, after all. And two, give him something to grab onto for to bond with you. All he needs is a little seed to lead the conversation and find things you have in common, or could grow to have in common ("wow I haven't heard that band, I'll give them a listen!").

Part Two: Seal the Deal

To end the interaction successfully, hopefully with a number or some way to get in contact again, the above may be all that is necessary. When possible, I suggest *giving* your number rather than *receiving* his. I'm sure there are arguments to be made the other way around, but I like giving him the ability to set the pace of interactions and also quickly establishing myself as following his lead. Start small, he isn't your captain yet, but in low-risk situations it is always best to let the tone default to his leadership.

If he hasn't gone in for the kill, and the conversation is drawing to a close, you have two choices. The most recommended is making a comment like "Well it was a pleasure meeting you, I hope this isn't our last conversation". It sounds more intentional and direct than a "k see ya!", and lets him know you are interested without taking the wheel yourself. The second choice is a little more bold, but I still think it's passive enough to not be overkill: give him a business card and reference something in the conversation like "well, maybe you can let me know more about that hiking trail sometime" and leave it at that. For whatever reason, I do find the tone to be significantly less overbearing if it's a business card as opposed to you thirstily writing down your number and shoving it at him. If you don't have a business card, maybe find some way to keep your number handy. This, however, may be open to some criticism that even that is too forward; I think it's fine done right but perhaps not. Hopefully, the rest of the interaction has been sufficiently pleasant enough that he asked and you don't have to worry about this part at all.

The Last Step

Lather, rinse, repeat!

Keep that openness and approachability to your energy while you're single. It puts you out there and makes you a viable option to the literally hundreds of wonderful men that walk past you every day. Don't be afraid to pass out your number to multiple men, or even going on multiple first dates. For more on that, I would direct you to Laura Doyle's "The Surrendered Single". In fact, I would direct you there either way.

Enjoy those tips for me, they are delightfully useless to me now (:

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Feminine Beauty Is Highly Controllable

Camille11325 · 3 April 2016 · Archived copy · Reddit

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All of you reading this are wonderful people and I deeply care about everyone of you.

Retro-Housewife · 25 December 2019 · Archived copy · Reddit

<https://i.redd.it/0wqkra0s8s641.jpg>

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UPVOTES

In what ways do you spoil your husband and build connection/intimacy?

kze21 · 25 April 2021 · Archived copy · Reddit

I have been married for 12 years and I try my best to spoil my husband,I have recently started massaging and washing him in the shower and it is so intimate! I am curious if other people have stumbled into intimacy in a place they didn't expect? I already do all of the cooking/cleaning/yard maintenance/child rearing, but I love new ideas to show my husband how amazing he is and how much I appreciate him.

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Discussion: What's the source of your femininity?

Cosima_Fan_Tutte · 29 June 2022 · Archived copy · Reddit

Ok, I have a discussion question. I often see women on rpwi and RPW ask for advice on how to be more feminine, or feel more feminine, or develop feminine energy.

These questions always stump me because while I might act in typically feminine ways in my daily life, I only really *feel* feminine when I get external confirmation (examples below).

It doesn't really bother me that my femininity comes from external sources, but I wonder how others feel. Is your femininity internal, external, or both?

- My femininity stems mainly from:

-Romantic/sexual attention from my husband. I feel feminine when I'm desired by him, and I never felt as feminine as when I was most desired by him, like in the first years of our relationship.

-The experience of motherhood, despite all the usual stressors, made me feel super feminine, especially when breastfeeding or snuggling my kids or hearing them call me mommy. I could be sitting on the couch looking like a mess, but when my kids starting climbing all over me (annoying as it can be), I feel so amazed and grateful that I could birth them and feed them and raise them. It's a very earth mother moment.

-Compliments from others. One day I was wearing a pencil skirt, a nice blouse and some heels to the office and a (stylish woman) coworker told me I looked very elegant and it made me feel pretty and feminine, way more than if I had been dressed nicely but no one acknowledged it.

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UPVOTES

Becoming a goddess of light!

JustScrollOnward · 3 July 2018 · Archived copy · Reddit

I discovered this sub a year and a half ago when I had a baby and a husband who worked insane hours. I had recently turned to Dr. Laura's The Proper Care and Feeding of Husbands which turned my marriage around after a low point. This sub came at the perfect time as I realized how much I struggled with controlling my husband and being the "goddess of light" that my hshband would love to be around.

For the past year I have been working on finding that joy. We have moved several times, gone through unemployment, a new job, living with family, moving to a new city, buying a house, having another baby, more insane work hours, and despite all that I've been learning and growing, becoming more virtuous through God's grace and learning to follow my husband and submit instead of making demands and arguing. And despite all our transitions, our marriage is better than ever. It's beautiful, really. The biggest thing I've done is to just say "yes." Yes to what he asks for or wants, yes to sex, yes to his dreams and ideas, yes to the conversations he wants to have. And while feminists might say my husband would become more controlling with all the power it's the exact opposite. He is more confident as a man, he feels secure leading us and providing for us, he has conquered vices without me even pointing them out, he is more generous with his time and helping around the house, he has become holier. Recently I was gone for about ten days, and my husband told me this morning how much he loved me being home and missed me while I was gone. He said the songs "Here Comes the Sun" and "Ain't No Sunshine When She's Gone" were good examples of how he felt with us being home again. How about that for becoming a goddess of light? ;) I thought that was the sweetest thing and I wanted to encourage all of you who are new to this. You will find so much joy and peace as you become the joyful, respecting wife that you were created to be. :)

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1950's A single woman's guide to finding a husband

PhantomDream09 · 14 September 2017 · Archived copy · Reddit

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Staying Fit For Your Husband Is One Of The Best Gifts You Can Give Him

Irisandoleander · 22 June 2017 · Archived copy · Reddit

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UPVOTES

Donald Trump White House Dress Code Policy? Female Staffers Must 'Dress Like Women,' President Says

TempestTcup · 4 February 2017 · Archived copy · Reddit

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Think Like A Team! (A Handy Chart)

Camille11325 · 12 November 2016 · Archived copy · Reddit

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My SO made me melt today.

chairman_mau5 · 30 July 2016 · Archived copy · Reddit

My boyfriend and I have been dating a little over a year now, and I've been consciously making an effort to be the best first mate to my captain. I accidentally called him 'the captain' once and made him chuckle because he's a navy vet. Today we were talking and I was worrying about finances as I still have a bunch of student loans and he is 12 years my senior and well established in his career. Then he drops a bomb on me while we were texting (yay LDRs) , "Mau5, you don't ever need to worry about anything. I will take care of you. If you're sick, I'll be there for you. If you're anxious, let me help calm your worries. I am here and I'm not going anywhere."

I just about turned into a puddle. I just wanted to thank everyone here at r/redpillwives for helping me navigate being in a relationship with a great guy and amazing captain. I never knew that a relationship could be so filled with love and joy. :)

Have you had moments like this that make your heart swell?

Edit: on mobile. Fixed formatting

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BBC tries to be sarcastic, ends up being relevant.

JackGetsIt · 28 March 2018 · Archived copy · Reddit

<https://youtu.be/UCftJ8Hf0kI>

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UPVOTES

Hack - what's cookin good lookin

hollyammo · 27 December 2020 · Archived copy · Reddit

Mandatory apology for bad formatting due to being on my phone. I think I just might have found the solution to the dreaded "what would you like for dinner?"

-"uh idk"

And then you're stuck with limitless thinking, browsing the internet to no avail and alas reverting to your playing-it-safe casserole hoping that hubs won't notice you've rolled it out thrice this week. No more!

I myself overthink my week's menu WAY too much. My fiancé works from home while I work parttime from home & have uni as well, so there is little time to ponder about dinner.

Cuisine Roulette Is my way to go now. So what's Cuisine Roulette? I pick out one cuisine for the week and bind myself to it for the whole week. When in doubt, I just have to check Google for a dish from my chosen cuisine and it's much easier than browsing through random limitless stuff! I know it sounds dumb now... but this has seriously helped me with my uncertainty.

If you are still not sure how this is supposed to look like... tomorrow is Monday, it's going to be Mexican week. Let's say I already have a few dishes in mind.

Day 1: Chili con carne & homemade olive bread Day 2: Burritos Day 3: Tacos and spicy potato wedges Day 4: DIY fajitas

Now on day 5 I will probably run out of ideas, I can only know so many Mexican dishes right? I google "Mexican dishes", pick a nice one and find an easy recipe for it. I don't know about you ladies but I wouldn't have known what a Mole or a Bistec Encabollado is and that they would save me from my culinary creativity block.

Point is.. it's much easier to find good recipes if you know what you're looking for. AND you will really feel like a Michelin Star Chef knowing how to cook all these different dishes from around the world.

Some example cuisines for anyone willing to try: 1) Italian, 2) Thai, 3) Indian (specifically, North Indian), 4) Vietnamese, 5) French, 6) Southern American, 7) Chinese, 8) Middle Eastern, 9) Spanish, 10) Greek

I will share my favorite recipe from each cuisine below.

1) Italian **Pumpkin Risotto** 2) Thai **Coconut Cream Chicken Curry** 3) Indian **Palak Paneer** 4) Vietnamese **Bo Kho** 5) French **Salmon en Papillote** 6) Southern **Catfish and Sweetpotato Fries** 7) Chinese **General Tso's Chicken** 8) Middle Eastern **Lebanese Chicken Fatte with Chickpeas** 9) Spanish **No-Brainer Paella** 10) Greek **Spanakopita with Halloumi Fries**

Happy cooking! <3

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UPVOTES

OYS is Coming to RedPillWives!

ChamomileMist · 11 April 2024 · Archived copy · Reddit

Hello everyone!

RPWi has been a quiet sub for some time now, and the original mods who built this space have since retired. Therefore, the RPW mods have been discussing ideas to help revitalize the Wives sub, and I brought forward the idea to start "Own Your Shit".

For those unfamiliar with the term, OYS has been a thriving weekly thread over on marriedredpill for quite some time now. The central purpose of the MRP OYS is self-improvement and personal accountability. Our RPWi version will keep these same core principles while being tailored to the unique role of a RP woman in her relationship.

Our RPWi OYS Form

Basics: Age, Partner's Age, Relationship Status, Length of Relationship, Kids, Comment Preference (1, 2, or 3)

Here we'll write out some demographic information to help build a sense of community and help inform other women who might like to read or reply to our own comments. Comment preference refers to what type of feedback we'd like to receive: (1) encouragement only, (2) constructive criticism or advice only, and (3) a mix of encouragement and advice.

Gratitude list: Five things in our life we feel grateful for this week

Here we'll list out some positive thoughts, no matter how big or small. Programming one's thought process to focus on the bright side is an incredible skill!

3 Things I Did for My Present: List three things you did to improve your mood in the moment

Most self-care activities will be applicable here, or social outings. Anything we did to boost our moods or take care of ourselves that will come into effect that same day. The goal here is for us to take responsibility for our happiness.

3 Things I Did for My Future: List three tasks you completed that your future self will thank you for

This needs to be a task that can be finished, something that once completed will lighten our "mental load". Mid-sized errands will be most applicable here: organizing closets, updating finances, vacuuming, settling bills, changing water filters, bulk cooking, etc. Bigger tasks, provided we can hit a significant milestone within a few days time, can be even better! The goal is to end the day with a sense of accomplishment.

3 Things I Did for My Partner: List three things you did for your romantic partner to show him your love

This should be something frivolous and loving towards our partner - going beyond fulfilling our side of the household duties. Love notes, initiating sex, gift giving, kind words, massages, talking him up in front of others, and even something as small as a kiss and a "welcome home" when he walks through the door. The goal is for us to value our man's happiness and to make him feel loved.

Relationship Lowlights: Write out your lowest moments this past week

The goal here is for us to reflect on our worst moments and how our actions made our partners feel. Some amount of venting is expected and permitted, but the focus should be on ourselves.

Relationship Highlights: Write out your best moments this past week!

Let us listen to you brag! Record some of you and your partner's loveliest moments here for posterity.

OYS Rules

1. Please comment even if there are weeks where you can't find out the entire form! We're all working to improve here and would love to meet you where you are.
2. OYS is a locker-room environment designed for women's participation only.🔒
3. No criticism unless the commenter marked #2 as her feedback preference. If she marked #3, some affirmation needs to be included alongside the critique/advice. Comments will be removed and temp bans issued for repeated infractions.🔒
4. RPWi OYS is geared towards long-term relationships but single women, especially those in nun-mode, are welcome to participate. However, if you have no interest in ever obtaining or maintaining an LTR, this space is not a good fit. Comments disparaging women for valuing LTRs will be removed.🔒
5. OYS is primarily for journaling, self-reflection, and community. Please make a separate post on either RPWi or RPW if your aim is to receive advice from the community. You can link to your posts within your OYS comment to give people more context for your situation.

This will be posted every Thursday morning starting next week, so please keep this form in mind and be ready to start on the 18th!

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What Men Want in a Relationship

Camille11325 · 5 February 2017 · Archived copy · Reddit

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UPVOTES

Happy Women's Equality Day!

BellaScarletta · 26 August 2016 · Archived copy · Reddit

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UPVOTES

Being Woman

StingrayVC · 14 April 2016 · Archived copy · Reddit

I've seen time and again women coming here and being disgusted with their own female nature. We read the articles in the Manosphere or at TRP and we see a lot of truths about the state of women today. This can cause heartache at what we have done wrong in our own past and even for who we inherently are.

It is not wrong to be a woman. It was what we were born to do. All of those things within our nature that people see as bad today, depending on what we do with them, can also be used as a good. It is our own choice how to live our lives as women and to be good or bad in that life. Being woman alone is not enough.

So, when you want to despair at what you read (and I know what that is like. I've been there), don't. We are not inherently bad. It is the choices we make that define whether or not we are good or bad.

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"The Husband Store"~A Parable Of Modern Female Choosiness

[_wingnut_](#) · 3 April 2016 · Archived copy · Reddit

A store that sells new husbands has opened in New York City, where a woman may go to choose a husband. Among the instructions at the entrance is a description of how the store operates:

You may visit this store ONLY ONCE! There are six floors and the value of the products increase as the shopper ascends the flights. The shopper may choose any item from a particular floor, or may choose to go up to the next floor, but you cannot go back down except to exit the building!

So, a woman goes to The Husband Store to find a husband.

On the first floor the sign on the door reads:

Floor 1 – These men have Jobs

She is intrigued, but continues to the second floor, where the sign reads:

Floor 2 – These men Have Jobs and Love Kids.

‘That’s nice,’ she thinks, ‘but I want more.’

So she continues upward. The third floor sign reads:

Floor 3 – These men Have Jobs, Love Kids, and are Extremely Good Looking.

‘Wow,’ she thinks, but feels compelled to keep going.

She goes to the fourth floor and the sign reads:

Floor 4 – These men Have Jobs, Love Kids, are Drop-dead Good Looking and Help With Housework.

‘Oh, mercy me!’ she exclaims, ‘I can hardly stand it!’

Still, she goes to the fifth floor and the sign reads: Floor 5 – These men Have Jobs, Love Kids, are Drop-dead Gorgeous, Help with Housework, and Have a Strong Romantic Streak.

She is so tempted to stay, but she goes to the sixth floor, where the sign reads:

Floor 6 – You are visitor 31,456,012 to this floor.

There are no men on this floor. This floor exists solely as proof that women are impossible to please. Thank you for shopping at The Husband Store.

To avoid gender bias charges, the store’s owner opened The Wife Store just across the street.

The first floor has wives that love sex.

The second floor has wives that love sex, have money and can really cook.

The third floor has wives that love sex, have money, can really cook and are drop dead gorgeous.

The fourth, fifth and sixth floors have never been visited.

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UPVOTES

Did you improve your marriage by becoming more submissive?

LaneysWorld2 · 12 December 2019 · Archived copy · Reddit

In what ways did you manage to improve your marriage or relationship by being more submissive and more feminine? When did you begin to notice a change and how did you work on yourself? Do you talk about such things with your husband or do you try to be subtle about it, by just changing your behavior?

I know this sounds like an obvious question but it's reassuring for me to know this behavior pays off and makes sense, so examples from your own relationship are welcome! :)

This is a repost of an older thread I did a year ago, I'd love to hear new opinions!

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UPVOTES

An Update to my Last Post (Being surrendered and sex)

anothergoodbook · 15 March 2021 · Archived copy · Reddit

I posted a month ago where I was feeling incredibly frustrated, sad, lonely, etc over the lack of intimacy (physical and emotional) in my marriage.

A few things have happened that I figured I would update on.

First I've been reading Jordan Peterson's new book Beyond Order. He has a chapter on keeping romance alive in your marriage. Holy. Cow. If you get the book and only read that one chapter... it is totally worth it. Yes. It seems like "common sense" type things. But the way he articulates them just hit home for me (and my husband). He has a lot of philosophical ideas about WHY marriage exists and why we should pursue making marriage work. And then he has very practical ideas.

Anyhow. He says we must be honest with our spouses and be realistic in what things will look like when you have kid and work be so on. I decided to stop trying to play coy and work on being honest about my needs and what's going on with me.

We've decided to put having sex on the calendar twice a week. I've not wanted to do this for a very long time. It feels like it kills the spontaneity. But what it does do is give Us both security in knowing our needs are met.

We also are doing twice a month date nights.

We've had a good long look at our conflict resolution skills and realizing neither one of us is very good at it.

I've also had to give voice to the "stories" I make up about myself and sex (if he is saying no it's because I'm fat or he doesn't love me). Instead of stewing in these made up stories I've been honest and say "you know when you didn't respond to my advances this is what goes through my head". To which he said isn't true at all. He said he has trouble just switching modes and if I come on too strong it turns him off. Then I back off feeling rejected, but he just needed more time and to go slower (and if I was honest with him he could have told me that but instead I sulked off and was upset).

So anyhow - I figured I'd let you know how it's been going :).

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UPVOTES

Reducing Work Hours as a Wife

Exciting_Village_809 · 21 March 2022 · Archived copy · Reddit

Hey Ladies ~

I've been married for about a year and a half. I work full time at a hospital and between my commute and my long work hours, I'm away from the home working about 50 hours a week. Because of this, I end up having to rush home and prepare meals for my husband in the evening and spend most Saturdays doing laundry and cleaning my home. My husband does help me out and is understanding, but lately we have been discussing the option of me leaving my current position for a PRN role, which would reduce my hours to about 24-30 hours per week, and it would be at a hospital that is much closer to our house.

I am a little worried about the social stigma that will come along with this. We have no children, and a lot of friends and family members have echoed that since we are young we should work and make as much money as we can. But, I know that this lifestyle shift to me having more time at home to cook, clean, run errands, manage the finances, ect would improve both me and my husband's quality of life.

Have any of you done this? What advice do you have? How did you present yourself at job interviews for part time/PRN work?

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UPVOTES

Being more mindful of the way you talk to him

LaneysWorld2 · 11 September 2018 · Archived copy · Reddit

My relationship has without a doubt improved the most after I started watching my tone and speech when talking to my fiance compared to other improvements I have made.

You can change so much just by cultivating a polite and pleasant tone when talking and by not raising your voice when emotions take hold. He's less likely to get annoyed and actually listens to your concerns.

The same goes for nagging and complaining, it's hard but by just stopping to nag about things and trying to make him aware you are bothered in a more passive way he feels compelled to do it because he cares more about you and your feelings whenever he's not annoyed.

The one thing I learned is that there are things you simply don't need to mention at all if it only takes a small effort to fix it yourself.

Of course it's not always easy but that's the one aspect we should try to work on the most in our relationships. Because it's often what male partners are bothered by the most.

What's your best tactic for keeping quiet when you should or refrain from nagging and complaining?

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UPVOTES

New Sub /r/FeminineNotFeminist For Women To Discuss Beauty Without Worrying About Being Politically Correct!

Camille11325 · 1 February 2017 · Archived copy · Reddit

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UPVOTES

Female Sexual Strategy

Camille11325 · 12 December 2016 · Archived copy · Reddit

Female Sexual Strategy

I've written a comprehensive explanation of the basics of RPW strategy, since existing RP works on the subject were written by men and for men. This post will explore the reasoning behind what we promote on RPW using these two definitions of the word strategy:

- A method or plan chosen to bring about a desired future, such as achievement of a goal or solution to a problem.
- The art and science of planning and marshalling resources for their most efficient and effective use.

The “Desired Future”

Women have developed and adapted over the centuries to extract the maximum amount of security, resources, sex, and love from men. Changes in the economy and culture have made it possible for women to support themselves financially, but we cannot escape these instinctive drives.

Many women use a dualistic mating strategy - seeking sex, thrills, and alpha traits from some and security, comfort, and beta traits from others. This approach may benefit them in the short term but there are many risks and consequences for both the individual woman and the culture as a whole (a subject for a different post!). Finding a man who can provide everything at once is a more difficult task, but it is also the most rewarding.

Today, **marriage** is the highest form of commitment for couples. Not only is it a union of love, it boosts status, secures resources, and obligates men to provide for their families. Divorce can lead to bitterness, depression, social ostracisation, debt, diminished lifestyle, and traumatised children.

As a result of this reality, the objective of RPW is creating and maintaining a harmonious marriage with the best man possible. Achievement of this goal is in a woman's best interest as it brings happiness and fulfilment, both for ourselves and the men we love.

Methods

“Sexual strategy is amoral” is a common refrain across the manosphere, and for good reason. The seduction and relationship techniques that work are effective regardless of the religious, or ideological system you subscribe to. Male nature is observable and theories are developed based on these observations. Any idea about how to get a man to commit is just that, an idea. The idea is neutral, even if putting it into practice is immoral within the context of a certain culture or system.

As an example: getting pregnant so that a man will marry you. This is a valid female sexual strategy because it often works, not because it is moral or ideal. I bet everyone has intentionally delayed their response to a message or phone call from a man to avoid seeming too keen. Technically this is dishonest and manipulative, but it works!

On the other end of the spectrum you have choices such as refraining from the use of “bad words” and abstaining from alcohol. These are popular resolutions that women make when they decide to improve their love life. However, decisions that are in line with mainstream moral codes aren't automatically better strategies just because they are considered more virtuous.

RPW Methods

Even though RP exists separate from moral codes, there are still ways we can evaluate different strategies. The

guiding principle is “**rational self interest**”. We then look at how optimal a given plan is: does it get you from point A to B the fastest, what are the risks, what are the long term consequences, how realistic is this given who you are and where you are, etc. We are not "Team Man" or "Team Woman" we are "Team Harmony" so we strive for solutions that benefit both men and women. An individual's ethics are only relevant when specific advice is being given.

On RPW the focus is lasting marriages, which we believe to be the best arrangement for nearly everyone, and our strategy can be divided into three main categories:

- **Girl Game** is used to attract men and keep them hooked. It encompasses nearly everything related to sex and sexuality.
- **Traditional Dynamics** also known as “male-led relationships” are extremely fulfilling for most women. When a man is respected, deferred to, and given space to be himself, he thrives and the entire relationship benefits. Similarly women report being happier when they're in the supportive position and focusing on being a “goddess of fun, and light”.
- **Good Character** distinguishes you from other women, and it makes you an asset and a source of happiness. Psychological femininity, authenticity, and a love of life are essential if you want to be irreplaceable.

Resources

Women have a lot of skills and assets that allow them to get commitment and investment from men. When these resources are employed thoughtfully, it maximises the chances of happiness and minimises risks. What do we have at our disposal?

- **Appearance.** This is the first thing that men notice, and physical attraction keeps them motivated and loyal. Your appearance also communicates information such as your level of care for yourself, health, class, and lifestyle. When you're in a relationship, how you look is also a reflection of your man.
- **Status.** Success with women gives men higher status, but a man who can score with 3s or single moms is not going to be regarded the same way as someone who sleeps exclusively with models. Education, class, reputation, and lifestyle are all included in this category. Your overall relationship market value (RMV) is an important factor, especially to men with high RMV.
- **Homemaking.** All skills related to making his life comfortable are valuable to men. This includes cooking delicious meals (“The way to a man's heart is through his stomach!”), cleaning, decorating, or anything else that goes into managing the home. Knowing how to do all of these things keeps him satisfied and it sets you apart from other women who lack the skills.
- **Sex.** Sex is an incredible resource and it has been used as currency by women since the beginning of time. Love is a powerful and rewarding aspect of being human but that doesn't change the fact that relationships are an exchange. “Women are the gatekeepers of sex, men are the gatekeepers of commitment” is another common saying across this section of the internet. The importance of sex in securing a man cannot be overstated.
- **Children.** The ability to have and care for children is our biggest asset as a gender. Even if men don't want children, they instinctively seek out women with traits that are conducive to motherhood.
- **Companionship.** A romantic relationship is more than friendship. The almost indescribable combination of love and desire starts as a spark and transforms into the deepest connection. The unique bond that can develop between a man and woman is one of the most fascinating and amazing things in the world.

While these resources are useful, almost all of them can be outsourced today. Maids, restaurants, prostitutes,

women who sleep with men easily, tailors, laundry services, interior designers, gardeners - any man can purchase or otherwise obtain most of what he needs without the hassle of a relationship. This gives men less incentive to marry, or even commit to one woman.

What can't be outsourced? Being the mother of his children, and companionship. Excelling in these areas gives you an advantage over women who don't offer anything a man can't buy. **This is why the core of RPW is psychological femininity**; possessing that suite of traits indicates that you can be both a suitable partner and mother. It means that you are capable of being a Nurturer, Madonna, or Courtesan when the situation calls for it. Men will do anything for the woman who has the right combination of character, sexuality, and personality.

A Crash Course In RPW Strategy

RPW strategy, like all strategy, is concerned with being efficient and effective. We want to get women into solid and wonderful marriages as quickly as possible, with the least amount of friction along the way. The main principles we want women to understand are personal responsibility and male vs. female nature. We encourage women to focus on what is directly under their control, and to make choices that can reliably deliver successful results with men.

Applying RPW strategy to your own life involves combining the theory with your unique strengths. While context is key, there are general RPW guidelines that most women can follow.

RPW For Single Women

Single women interested in marrying ASAP should make finding a man a top priority. Before entering the dating pool they should make sure their life is in order. Having an average or above average SMV and RMV are key for RPW strategies to be effective. For anyone struggling in this area, monk mode is their best option (read more about this **short** period of intense self improvement [here](#).) Women who are 5+ in SMV and RMV can use RPW to learn about male and female nature, understand what men want in relationships, and see first hand what works and doesn't in other women's lives.

Women who are actively dating get to take RPW theory into the real world. They should look for every opportunity to meet eligible men - attending events, going to popular places at prime hours, asking friends and relatives to set them up, etc. **This post** provides a detailed guide to figuring out what you want in a man, which is useful when vetting your dates. Girl game is key at this stage; flirt and develop a rapport that leaves men wanting more. Use RP knowledge to appeal to men and distinguish yourself from other women. At the same time, be thoughtful about sex - you don't want to end up a plate (learn more [here](#), and [here](#)).

The exact way that you exchange sex for commitment will depend on your situation - you may need to gradually increase intimacy *in response* to the relationship developing, or you may need to increase intimacy *to develop* the relationship. The more time you take to vet, the less risk there is when sleeping with him. That being said, making a man wait months to have sex is often as unrealistic as sleeping with him on the first date (in terms of securing commitment down the line). Figure out what you are comfortable with and develop boundaries that are realistic.

RPW For Relationships

Once you are in an exclusive relationship more RPW concepts come into play. While you continue the vetting process, you also get to enjoy the "First Mate" role. Instead of getting comfortable, demonstrate that you are marriage material daily. A general rule on how to use your resources: give more as relationship develops, both as a reward and a natural response. You need to ensure that the man is worth your time and energy, and you need to maintain the value of your resources by being selective. This is different from cold blooded manipulation because you are not trying to exploit any man, you are just matching your level of investment and trust to the relationship's status.

Married women get to use 100% of RPW because their position grants them the highest level of security. They

can take more risks and make themselves vulnerable because they have received official commitment from their men and because the institution itself is a safety net. Many women find RPW already married, and they are trying to fix issues that are present due to poor habits, lack of attraction, not understanding men, lack of vetting, or some other complication that would have been avoided if RPW strategy was followed in earlier stages.

The solution of course is found in the three fundamental categories I mentioned at the start of this post: girl game, traditional dynamics, and good character. More specific advice depends entirely on your situation, but it will always be rooted in RP concepts. There are of course situations that are outside of the realm of RPW - non Western dynamics, legitimate abuse, dealing with men who have serious mental or physical disorders and diseases, etc.

As you can see looking around the subreddit, the women who participate are all in different stages and situations. The beauty of RPW is that you can apply what is necessary to your specific issue, but another real benefit is having a community of women to learn from and connect with. Female sexual strategy is not often discussed candidly, I'm hoping we can have more discussions on the theory and application of various strategies in the future.

Thanks for reading! Looking forward to the discussion and if you need anything clarified don't hesitate to ask :)

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UPVOTES

OMG this has to be satire, if not I nominate this for the 'Worst online marriage advice 2016' award.

blushinglilly · 23 August 2016 · Archived copy · Reddit

http://www.huffingtonpost.com/samantha-rodman-phd/i-save-childrens-lives-yet-my-wife-wont-have-frequent-varied-sex-with-me_b_11644430.html?

In brief this man wrote to a HuffPost Clinical psychologist for advice about his sex life. He is a married man who loves his wife and family. At the moment he and his wife only manage to have sex twice a month, if that.

He has tried different things to try to connect with her emotionally and help her be more in the mood, including taking her for romantic dinners and filling their bedroom with candles and so on. At the moment she is not particularly responsive to this effort and even told him that the romantic evening was cheesy.

Does he get sympathy or some constructive advice?

No.

"I think you sound kind of irritating to deal with, especially when you are not getting your way."

"You likely tend to be kind of a narcissist".

Then he gets told it's his fault for being a children's doctor as his wife has to plan her and her children's lives around him and his schedule. That she chose to have 3 children with this man knowing what his job was doesn't seem to cross this author's mind. Also he's a bastard because people at his job probably think he's cool. It's not explained how this is related to the main issue.

Then he gets told he should wait for his wife to initiate sex because she is the lower libido spouse. No consideration for the fact that his spouse is actually more likely a responsive libido spouse as shown by the anecdote in the man's own letter in which she begins to enjoy sex once he initiates.

Then he gets told that his job and personality make him so awesome that he makes his wife feel bad by comparison. By being romantic with nice dinners and candles he is making her feel that she is also less romantic than him and therefore also inferior which puts her off.

Then, for reasons which are not clearly explained, he has to write a list of 10 things that make him annoying to live with and give it to his wife.

It's got to be the worst, least understanding, least sympathetic, most likely to destroy a marriage by causing resentment, most sneering at a decent man, piece of 'advice' that I've ever seen.

The comments are really split between people who think it's brilliant advice and people who see it for what it is.

I do see the wife's side of things and I do think given the age of the children it was right of the author to cut her a little slack, but not nearly as much as she did and it was bizarre to belittle this man in the way she did.

This is why I think this sub is important. It counteracts all the terrible marriage advice that is out there!

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UPVOTES

If you can't handle me at my worst.....

CoochQuarantine · 17 August 2016 · Archived copy · Reddit

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UPVOTES

I'm sure he'll be proud of his mother ...someday.

whistling_dixie · 11 July 2016 · Archived copy · Reddit

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UPVOTES

The Difference Between Dominance and Abuse

margerym · 2 May 2016 · Archived copy · Reddit

[Man, 45, brutally beat his wife with a wooden spoon because she didn't call him 'sir' in front of their kids]
(<http://www.dailymail.co.uk/news/article-2451647/Dan-Kirby-Kopp-beat-wife-spoon.html>)

I'm posting this to illustrate the difference between a healthy "power exchange" relationship and an unhealthy one. The man in this example was extreme. He was abusive vs. corrective. This is a lose-lose situation. If you can't control yourself to this point your wife will not feel secure or safe and you will lose her loyalty. And rightfully so! A man that loses control to this degree didn't have control to begin with.

Ladies, this is a very important distinction. You want a dominant man not an overbearing man. A dominant man is in control of himself first and foremost. An overbearing man to this degree is still infantile. He wants control so he lashes out much like a child throwing a tantrum to get their way. If he had control to begin with he wouldn't have had to resort to this, plain and simple. Don't confuse anger with control or dominance. These days we have been so misinformed about Alpha men that we think it is the same as abuse so we either loath Alpha men or we accept abuse thinking it's one and the same. No, no, no. Alphas, dominants, won't lose it like this.

Even if you are "into" domestic discipline there is a difference between losing it like this and controlled discipline.

If a man you are considering for partnership displays this sort of spastic anger he isn't an Alpha. Drop him and run for the hills. He needs to really sort himself out.

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UPVOTES

FR - waiting for exclusivity before sleeping together.

VintageVee · 27 April 2016 · Archived copy · Reddit

Hello ladies. Following on from a recent post and at the behest of several users, I'm submitting a field report on the beginning of my relationship, re: how I gained commitment in the form of exclusivity before I slept with my partner. I don't wish to blather on so I will set the scene briefly then discuss the first 3 months of our dating. Questions in comments welcome - this is something I feel very passionately about and has yielded absolutely wonderful results for myself and my partner - with hindsight, he has commented several times that he is *very* happy I "made him wait" ...!

We have currently been together just shy of a year. I was late twenties, divorced with children when we met through mutual friends. I had taken several years to process my divorce, grieve and to work on myself in a major way.

When I first saw my SO, I was immediately strongly attracted and he clearly felt the same way - and says so frequently, still! He had this air of casual dominance and was getting on with everyone and is seriously tall and muscled and my hormones just went *Zzzzzzzing*! A friend introduced us at this party, and I let him approach me, lead from the very beginning, and I did not become shy, flustered or give away masses of info about myself. (this was something I had worked on for years). He asked was I single, I was, and he volunteered that he was "seeing someone casually but she isn't my girlfriend and it isn't going anywhere" (read: plate!) I just nodded and said, I see. Told him then, casually, once, and with a smile, that I don't date casually (read: not a plate). We both later followed this up with our mutual friend and she confirmed he was very casually seeing (read: shagging) an acquaintance of hers and neither wanted it to progress. This lady was his age and lived several hours drive away, My SO and I live in the same town. I saw that the odds were good and didn't feel threatened. I was curious about his openness, pleased by it, if not by the actual plate arrangement. But men will be men and I certainly didn't judge him. I decided that his plate arrangement was unlikely to last long if we started to date - call it a gut feeling, call it confidence - and decided in that moment that I'd only date and kiss until he broke it off with the plate. Nothing more and never use it as leverage or even ever put it that way. Just let it be - he isn't stupid, he would figure it out.

Let me state: this was not about manipulation. It was never overtly discussed and not used as leverage. I wasn't trying to bargain, persuade or hold out. It wasn't even about him, in a way, It was about my values, my boundaries, my happiness. Sex isn't casual to me - I'm aware of my nature, somewhat territorial and jealous in a way, and easily attached. So this was really self preservation.

He took my number and we chatted over text and phone calls for a few days. I kept it short as I wished to get to the date part - I don't think starting a relationship over technology is optimal, especially as we lived so close to each other.

He asked me out and we had two absolutely lovely dates. He led the whole way. I felt I really was my best self and felt comfy, happy and confident in his care and leadership. I screened heavily (subtly) during this time, I realise this sounds deathly serious and dull, but I assure you it came off as casual and sweet (he tells me!) I was looking for: no smoking, no drug use, social drinking only (no dependency), solid employment, close family ties, strong masculinity and ability to lead, following up, not obviously gaming me, not being a white knight or kow-towing to/spoiling me in an over the top way, intelligence/eloquence, how he handled frustrations/inconveniences, and money. Happy to answer more on this if you wish but it's pretty basic I think.

We were very compatible and relaxed and happy in each other's company. We were completely delighted with each other, and yes I did play it cool and not express much of that at all - I was light and happy.

Here's the moment!!

After our second date my man brought up the subject of returning to his and I took a deep breath, pulled on my big girl panties, smiled and said,

"I like you. I don't date casually, and I have to be in an exclusive relationship before I have sex."

Smiled and shut up.

He was visibly surprised and tried to convince me of his way (nicely) for a few mins. I just smiled, and shook my head. I think I even said, no, thank you, once. I am very English! He laughed :) and conceded defeat.

We continued to date, and we did talk about sex over the later dates. Maybe a month in. I made it known I had a very high sex drive and was very experimental - when we had known each other a decent while. He was too. Sex is so important but can be worked on within a good relationship, in a way that character faults can't be. I was prepared to take a chance that we might not be sexually compatible - because if we were, the payoff would be well worth it. I could see by then he was a quality man and we had amazing chemistry. I was mad about him, in a way I haven't been since I was a teenager. I never expected to find a man I was so infatuated with, who was also thoroughly decent. I wasn't going to mess it up!

I baked for him every few weeks. I cooked dinner every couple of dates. I was soft, sweet, and myself (I am rather a quirky sort of person. So is he. It's wonderful).

We were exclusive after about 6 weeks, after about 2 months I requested we both get full blood tests (he was surprised, pleased, and agreeable). After the results we planned a special weekend and slept together and it was wonderful.

It got better and better every time and we are absolutely in synch. The gamble was worth it. I've got the love I've always dreamed of and he respects me enormously because of how I was initially - these things stay in the minds of men. They will forever remember you as you were during the time you were falling in love with each other. Even if I'm having a crabby day, in his mind I am still the sweet, giving, deferential and self-respecting woman he fell in love with. I'm no Maria von Trapp. I'm really quite a narky person. But it's easy to put that aside with him and I have grown tremendously under his care - I am so much happier and calmer now he's leading.

regarding waiting for sex - he's frequently said he really respected me for being up front despite also being deferential and a follower to his leader. He said waiting for sex made him feel fulfilled, and full of respect for me and the best thing he said "I absolutely fell in love with you before we slept together and that was beautiful"

For me, that's what it's all about. I've given us both a gift. I have learned so much from RPW over the years and I really just want to take this chance to say thank you for all the help you've indirectly and directly given me! I hope this post helps a newbie or two :)

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UPVOTES

Insidious Lies Refuted: Sex With Your Husband is NOT Rape.

[deleted] · 3 April 2016 · Archived copy · Reddit

[deleted]

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UPVOTES

High-level comment in /r/askmen about why high-value men won't commit

teaandtalk · 23 March 2019 · Archived copy · Reddit

This comment in /r/AskMen sums up a lot of what people don't realise about finding a good man..

If you want a man with his s**t together, you need to have yours together too - and add actual value to his life. Living with/committing to someone has lots of downsides, so you'd better be worth it.

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UPVOTES

I'm just a woman standing by a pile of laundry asking my man to notice me...

poleywoleywoley · 27 July 2019 · Archived copy · Reddit

The magic of my last post has worn off. Can I vent? Mr Poley is working hard at mo (as he should be and hasn't always) and studying most nights. I know he has to do this. Im pleased he's doing it.

I'm supportive. I bring brews and leave him to it. I take an interest in the subject and listen to him talking out his plans. It's good he's giving it his effort. I really am behind it. I bank rolled it. I did my masters while working full time. I know it's hard.

After the kids are in bed, when I've not got pole class or cardio I'm at home. I do the chores, I pole, I shower, I read, I scroll a bit. I pass out.

But I'm his time away from the laptop, when he's having a break, I'd value some company. But he's just sat scrolling on his phone. Or fires up the PS4. It's what he wants in his down time to unwind. I don't complain any more. He only gets defensive when I have in the past and that's worse for any intimacy right?

I don't watch TV. I don't play video games. I do scroll, but I limit it. My eyes limit it for me tbh! After a bit I just can't see.

So last night I'm sat with him, while he scrolls again. He's showing me lame clips on YouTube he finds hilarious. I could not give a fuck. I'm watching, I'm listening, Im chuckling. I want to be amused. But I'm not. It's moronic crap.

I feel neglected. Fucking put your phone away and talk to me. Look at me! Can you even see me?

Oh he made a big fuss of me when I got back my trip last week. He'd fucking missed the family powerhouse. He was feeling the strain. Since the day after I returned, normal service is resumed.

Sorry babe can't chill tonight got to study. Have you seen this thing I need? Would you mind doing this for us? Sorry babe I don't have time. Can you? Have you? Would you?

I am fucking accommodating. But I am accommodated out. What is in it for me?

He's happy. Our marriage is a dream come true for him. I hear it endlessly how lucky he is to have me. He'd be lost without me. I'm a legend. I'm awesome, thanks for all I do. (Some women don't get this from their husbands I know. I'm lucky too.)

Of course he is happy though. His life is a breeze. He gets to pursue his passion in his job. I have made that possible for him seeing how unhappy he was in his old career.

I pay the bills, he earns pocket money, no financial burdens. He basically just has a debit card and spends.

He cooks. He actively enjoys it. Cooks for fun. Otherwise if it's happening in our family, it's on me. I'm horny as hell these days so he gets all the sex he can cope with. 2 magnificent healthy, confident, high achieving kids that adore him.

As far as marriages go I bet there are plenty men working a lot harder for less.

Sometimes I envy other women. I have a friend at pole. 10 years older than me. She's happy. She doesn't work. Spends her day keeping horses, working out and in the spa. Looks after their teenagers. Always on vacation. Always a great big smile and holding a glass of Prosecco in a glamorous location.

I want her life. Ill never have it. I'll always be the workhorse in this marriage. Everything I want, I'm going to have to get for myself, as I always have, after I've finished looking after everyone else.

I married for love. A man whose company I enjoyed above anyone else's. Who made me roar with laughter. Who

was the life and soul of any party. A man who made me feel cherished. A man that made me want to be a better person. A man that was passionate in the bedroom. A man that other men enjoy hanging out with and other women flirt with. He wasn't a bad choice. He still isn't.

My friends would tell me I'm lucky I picked a good one and remind me of their own tales of woe and poor choices.

Over the years I have wondered if I should have been more strategic. If I should encourage my daughter to be more strategic in her choices.

Left him lounging in bed again this morning while I'm up with the kids. Standard. He's tired. He's grumpy. Told me no sex before he'd even opened his eyes. So I just get up do breakfast, get on with the chores, service the kids. (Not today though, today I'm typing this.)

Fucking notice me. The woman lying next to you in bed. Look at my face. Touch me. See me!

So he has plans to go somewhere with our Son today. So it's me n the girl having a girlie day. Nothing. A. Happen until he gets up though. Then I'll rub his shoulders, stroke his back, make his coffee and sit fucking quietly amusing myself until someone needs something again or it's time to go out.

Self care self care self care.. only goes so far. I'd love some non self care.

Thanks for listening. Advice? Criticism? Sympathy? Clearly I'm going wrong somewhere and need to do yet more differently.

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UPVOTES

Turned our extra day together around!

garbage399 · 21 January 2020 · Archived copy · Reddit

Hi everyone! Just a rant about how using what I've read from lurking (I keep forgetting to switch accounts to comment and by the time I do, I can't find the post anymore!) has changed my marriage. I've been following some of the common advice from this sub and as a result we're having much more fun together and feeling much more comfortable with each other like before birth control killed my ability to be a human being. Today he seemed a bit quiet and distant, which made me tense and anxious. He told me twice he was just tired, but I wasn't sure. We went to see my parents (5-minute drive away), and went home an hour before he needed to work so he could relax for a bit. While he did his thing, I decided to do Wifey things, so I made him a sandwich, put our sheets in the dryer, did dishes, cleaned our kitchen, and folded 2 baskets of laundry. Right before he left, he looked at the nicely folded laundry, the wiped countertops, and the empty sink, and not only visibly relaxed, but smiled and thanked me for Doing Stuff. Normally a day that started like this would've ended in tears and an argument. But I think showing that I'm a good partner and wife helped relieve some of that pressure for both of us. Yay!

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UPVOTES

Struggling with jealousy of a new friend

HumectantMenace · 10 March 2020 · Archived copy · Reddit

Have developed a friendship with my husbands longterm guy friends, girlfriend. So they have been coming over to our house more often. This girl is 4 years younger than me in her early twenties and she just recently scored a job as a property manager soon to be making 6 figures. Yesterday, naturally in conversation she started talking about the stresses of her job, which prompted my husband to politely ask her what she did, humbly she bragged about how she just became a property manager of 30 properties in Miami, replacing someone making 100k a year. My husband is not RP, and he reacted impressed with his friends gf. Meanwhile, I'm busting my ass in a more skillful full-time job making half that. I also am a very skilled homemaker keeping our house in order, raising a one year old, and currently pregnant...I do a lot for the house. I feel like I'm completely overlooked and not praised for the simple things I do to keep this house afloat and our relationship vibrant. I feel 'plain' compared to her. She also brags about being able to get a meal delivery service every single day, she takes really good care of herself with monthly facials & massages, etc. My husband knows all of this. Early on in the relationship he expressed she is cute. She has expressed to me admiration toward my husband too for various things, his handiness. She has tried to come over our house while I was not home so he could fix her phone, we offered to help, but assuming I was there of course. Later she had expressed how impressed she was with his pain tolerance with the comment, "well damn." My first impression of her was an event that I was not even a part of but all of our friends hungout and she wore a very revealing bathing suit, that was later received with my husbands comment of her being cute and him being happy for his friend. Maybe I am reading too much into it, or maybe I should see a yellow flag and not let her get too close into our relationship/home? Idk please direct me. I do struggle with insecurity, any constructive criticism is welcome. On a side note, I also know she is not happy in her current relationship, wanting to break free because, "she wants to move across the country and experience life" and her bf does not. Her bf has a lot of conservative values, she is not redpill at all. I am mostly inviting her in because I value my husbands friend who has been around way longer than her. I do envy her confidence. How do I become better through this?

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UPVOTES

We need to talk about what to do when things go wrong

RPW_throwaway · 15 November 2020 · Archived copy · Reddit

I think it's great that women can talk here about how great their relationships are going and get advice on how to fix their relationships. But I think we also need to talk about what to do when things go wrong, like really wrong.

It's true that people break up too easily these days but there are some relationships that are genuinely un-saveable, even with RPW principles, even if its only 1% of relationships.

The truth is not every man is a Captain or can even become a Captain. And some Captains, through hardship, addiction, or mental illness become un-Captain-like. My mother knew a woman that married a strong, providing masculine husband and was a loyal SAHM for him. The husband was later arrested for sex crimes (not against her). His wife was more upset about his arrest than his crimes because he was the sole earner and she couldn't maintain her middle class lifestyle with him in prison.

Even worse, some men can pretend to be Captains when dating long enough to pass vetting only to become very un-Captainlike during marriage. Psychopaths and con-men exist. Some serial killers were happily married for years and their arrest took their wives totally by surprise.

These are extreme examples but they exist. And if we don't talk about it I think RPW loses credibility since RPW can't fix everything. So how can women give themselves "insurance" in case the unthinkable happens?

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UPVOTES

How do I find married female friends like y'all in the wild?

iHkg31f3 · 3 February 2022 · Archived copy · Reddit

[/r/RedPillWives/comments/sjbezz/how_do_i_find_married_female_friends_like_yall_in/](/r/RedPillWives/comments/sjbezz/how_do_i_find_married_female_friends_like_yall_in/)

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UPVOTES

Mothers, are you worried your role model position is being tainted by various forms of media telling your daughter to "otherwise"

RookeyReviews · 7 March 2022 · Archived copy · Reddit

Young girls are in a much more compromising situation than we were at their age.

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UPVOTES

Six Lessons that Lead to Lifelong Love - Laura Doyle

HappyWifeLifeX · 3 May 2017 · Archived copy · Reddit

Original PDF

Lesson #1: Practice Great Self Care

Lesson #2: Relinquish Control of People You Can't Control Anyway

Lesson #3: Receive Gifts, Compliments and Help Graciously

Lesson #4: Respect Men Especially Your Man

Lesson #5: Express Gratitude

Lesson #6: Strive to be Vulnerable

The full pdf breaks down each point and is a bit long to add here :) Enjoy!

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UPVOTES

Society is creating a new crop of alpha women who are unable to love

ladybug234 · 9 February 2017 · Archived copy · Reddit

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UPVOTES

Has beauty preferences? Doesn't like you in potentially unsafe and compromising situations alone? ASSHOLE!

BellaScarletta · 15 December 2016 · Archived copy · Reddit

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UPVOTES

How dare you try to be better and more supporting to your partners!

OmLiLi · 10 August 2016 · Archived copy · Reddit

I cannot believe you guys, wanting to attract and be good partners!

You see, I have this fantasy, where I am 35 years old, married to a nagging harlot who takes me for granted and doesn't appreciate me at all. You're killing that fantasy, you really are. God forbid, if I am ever stressed out, I would hate her being supportive of me.

My reading comprehension is top level, so my brain built an un-bias image of how you all look. You are all white, young wives, with blonde hair and polka dot dresses, making apple pies, letting them sit in the windowsill. But I am onto you, and I will continue to look for anything that can make you look hateful.

Now because this is *my personal* worldview, it has to be 100% right, because I do not feel comfortable around a feminine woman or a masculine man.

It baffles my mind how you gals can think men and women are different. Like we both have lungs, hearts, ears, penises, vaginas and long beautiful hair!

I am going to continue to look for the worst parts of this subreddit, because if it not 100% perfect, then all of it must be completely awful. Join me at r/TheBluePill, where it is 100% unbiased and perfect!

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UPVOTES

Creating a Soft Place to Land

eliza_schuyler · 21 April 2016 · Archived copy · Reddit

Creating a soft place to land for my SO has been my conscious focus over the past few months, since discovering RPW. It has also been my unconscious aim since I met him. We now live together, and I would like to share a few ideas that I know that he appreciates. Many of these also apply to couples who do not cohabitate.

I have heard some women say they will cook and clean for their husband and no one else. How can your SO know what an awesome wife you will be if you don't show off this side of your commitment to a relationship? Start as you mean to finish.

Home Environment

This is possibly the most obvious. The home environment should be:

Clean: Even a quick tidy as you get home from work will make the home a nicer place in which to live. If you are visiting his home, a simple act like doing the dishes will not go unnoticed. There are some awesome [cleaning schedules](#) available to those who have an hour or so each day free to clean.

Comfortable: Your SO should not feel as though he is unwelcome in your and/or his home. Be accommodating of muddy workboots on clean floors, or suit jackets thrown over the back of chairs. Think about what really matters! There are some interesting points on treating your SO as a [guest](#) in this article. If you wouldn't get irritated at a visitor, why get irritated with the man you love most in the world?

Organised (if need be): My SO is rather disorganised. He appreciates me doing things like sorting bills into paid/unpaid piles and reorganizing bookshelves. Be careful you don't step across the line from helpful to meddling. For those of you cohabitating, or planning to, check out this awesome post on [creating a household binder](#)

Undemanding: Put jobs and chores that need doing to the side as much as possible. They shouldn't be glaring your SO in the face every time he walks through the door. Trust that he will get to them in his own time. For example, if he has agreed to do the dishes but hasn't gotten around to it, rather than do them yourself (which could be considered, as long as your SO wouldn't perceive your behaviour as passive aggressive), just stack them in piles neatly by the sink. If for whatever reason you need help with more chores, have a look at Laura Doyle's [article](#). But don't nag, either overtly using words, or covertly, by purposefully leaving "his" undone chores front and centre.

Your Demeanor

Everyone is different, and your SO may prefer different traits. Remember who you were when he fell in love with you, and try to bring some of those (often fun, girlish) traits back into your relationship. No one is paying him to spend time with you! Make it worth his while. These are my top 3 attributes that I think most men appreciate in their girlfriends/wives.

Pleasant: Be happy, friendly, and a good listener. Don't whinge, whine or bitch. If you want to chat about an issue, frame it in a way where you are approaching your SO looking for a solution, rather than just endlessly going over how you dislike a person/situation. Be a fun person to be around!

Well Put-together: Not every man wants the [50s look](#), [the classy look](#), or even a girl who wears [makeup](#)! But being clean and presentable is an absolute must, in any relationship. If you are young, start thinking now about what you can do to age well in future.

Undemanding: Don't nag, keep score or control. Seriously. These, along with withholding sex and affection, will do the absolute most damage to an otherwise happy and healthy relationship. I'm not going to link here, go and read *The Surrendered Wife*, if you haven't already.

His Needs

I am not going to go overboard here and recommend you do a total 50s housewife welcome [when your husband gets home from work each day] (<http://www.colorado.edu/AmStudies/lewis/film/gdhwife.htm>). Of course, if you believe that making sure the washing machine is not running when he gets home will make for a smoother relationship, by all means go for it! But these are the main needs for most men, and if you choose to provide them, you will generally have a happier, more relaxed and more receptive SO.

Food: Whether you both work, or if you are a home-maker, having food readily available will make your man's day. Whether this means you do the shopping, the cooking or both, make sure this need is being met.

Sex: Remember, this is a need, not a want. It should be treated as such. Do your best to be receptive and understand that this is a priority for most men. I can't stress this enough. If you don't meet this need, expect him to go elsewhere. If you weren't cooking him dinner each night, you wouldn't be surprised if he went to get takeout occasionally...

A Listening Ear: If he needs to vent about a work day, or just talk through some problems, listen closely. Take yourself out of the equation and really try to hear what he is trying to say. **Listen to understand, not to respond**

Time To Himself: If he wants to workout, visit friends, or play computer games he should not have to feel that he owes an apology to you. Make sure you give the impression that his time is *entirely* his own. If you want to spend time with him, arrange a time, date and activity and let him know in advance. Otherwise, you have no right to be disappointed if he chooses to engage in another activity of his choice! Don't be like **this guy's** fiancé...

Lastly, I know you may be a busy, working woman. I personally work part time, as well as study full time. I would love to create another post at a later date about creating a soft place to land for the busy woman. I just couldn't fit everything into the one post! If you possibly could:

1. Post your own tips and tricks in the comments, I'd love to compile them into a master post (with username attributions of course!)
2. If you have anything you think should be added to this original post, let me know also!

EDIT: Formatting

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UPVOTES

An Update on /u/Camille11325 and How To Help

PhantomDream09 · 20 April 2016 · Archived copy · Reddit

[Here](#) is the first thread I wrote about the Houston flood.

Many users have voiced a desire to tangibly help Camille and M in a way that goes beyond typing words on a screen. I understand that desire, so I'm glad we are now able to offer a solid avenue for users that want to make a difference.

Camille has created a [donation page](#) after other users (including myself) encouraged her to do so.

All donations will go directly to Camille and M, so that they can start picking up the pieces and rebuild their lives.

On Monday, April 18th 2016 our apartment and car were completely destroyed by the flood that affected the Greater Houston area. You may have heard about the disaster on the news - the storm and resulting flood left entire buildings and streets underwater.

We lived on the first floor and despite our best efforts, M and I were not able to prevent water from pouring in to our home. The entire street is still flooded and closed off, and the water level continues to rise in our neighborhood because of the way the streets are sloped. Our car was fully submerged on Monday and at this point there is no chance that it will work again when it dries.

Fortunately, we managed to escape in the middle of the night. We waded through waist high water until we reached a shallow area and a family member picked us up. Due to the length of the walk we were unable to take anything with us except for our cell phones, wallets, phone chargers, and toothpaste (all carried in a tiny water proof lunchbox). Now, these are our only possessions.

The insurance companies have made it clear that we will not be receiving any aid. We are homeless and without transportation, although temporarily staying with family.

This page was started at the request of several members of the RedPillWives community (which I moderate) because everyone was interested in helping us out. I am so grateful for the love and support that has been sent our way and I am honoured that so many are willing to assist us in rebuilding our lives.

Thank you so much for contributing and I will keep everyone updated on our progress.

P.S. We have not been able to return to the apartment yet but when I can I will take pictures of the damage and add them to this page.

[Anonymity and personal privacy](#) are always a top concern here, so I am glad to report that you will be able to [donate without disclosing any personal information](#).

The support everyone has shown thus far has been truly humbling, and it is my hope that we will all come together and help make a difference for a woman that has worked very hard to help this community thrive.

Camille is perhaps one of the most patient, considerate, and thorough people I have ever had the pleasure of getting to know. She has invested a tremendous amount of time into helping users both here and in the chat. She always has time for people, and never makes her problems anyone else's responsibility. She conducts herself admirably, and if you have ever found her contributions and efforts helpful, insightful, and sincere - then please take this opportunity to give back and offer support.

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UPVOTES

The little things: greeting your SO

elegance_ · 8 April 2016 · Archived copy · Reddit

I've got to be honest here: **greeting my SO is something I needed to learn.** Sometimes, I would be in such a hurry to catch the train to work, I didn't take the time to properly say goodbye to my SO. When I'd sit down in the train, I'd always feel a little guilty and regret blurting my goodbyes and rapidly closing the door behind me. I wouldn't see him for an amount of time, and my behaviour could definitely be interpreted as not *appreciating our limited time together*. That didn't sit right with me, so I changed my ways and I am never leaving the house again without a proper goodbye. (If it's the other way 'round, and he is leaving first, I insist on a goodbye hug or kiss.)

The same goes for greeting my SO when we see each other again after being separated for a while. I quit whatever I happen to be doing and greet him, give him a welcoming hug or kiss, and ask him about his day.

(I noticed that this little ritual - if I may call it that - corresponds with my and SO's love language profile of words of affirmation, physical touch, and quality time.)

Why has this become so important to me? Because it is my way of showing that I am *not taking anybody's presence for granted*. Because I like *spreading positive vibes*. Because I am *genuinely happy to be reunited*. Because I want to *be in the moment together and be grateful for it*.

A few days ago, I was cooking dinner when he returned from work. I heard his footsteps in the hallway. I opened the door and greeted him with a sincere smile on my face, kissed him and told him I was glad to have him home again. To my pleasant surprise, he said: "This is why I'm always happy to come home." (Needless to say, I was glowing for the rest of the evening.)

The little things definitely matter.

How do you greet your SO? Do you pay any particular attention to greeting/saying goodbye to people?

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UPVOTES

Shit Tests (101)

aZombieKitten · 6 April 2016 · Archived copy · Reddit

Shit tests.

As some 101 RPWives info, the above is a shit test. The most basic definition of a shit test is giving an SO a question or test with no right answer (or where the true answer can be wrong). See the above for an example! The age old "Does X make me look fat" is a classic. If they answer yes, it's wrong. If they answer no, it's also wrong. Any real answer to that question is going to be *wrong*. In most cases, with shit tests, we're looking for one particular answer and want our men to read our minds. But they obviously can't.

Some more examples: 1, 2, 3 (but this is more annoying than a pure shit test)

What do shit tests do? They cause unnecessary fights and strife in relationships. Men are left dazed and confused because they often don't understand how they answered incorrectly. Women are left steaming for no good reason other than to cause drama.

How do you avoid shit testing a partner? The easy answer to this is obviously "don't do it." However, what you really want to do is think about your question, actions, or behavior before it's out there. Is there a right answer to it? If no, it's a shit test. Don't ask/do it. If yes, will he get the right answer easily without reading your mind? If no, don't do it! And will you get unreasonably upset if he gives you the "wrong" answer? If yes, don't do it. If no, go ahead only if you know it's not going to seriously upset *him* if you do/say that thing.

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UPVOTES

How to go from the breadwinner to not working at all?

br2088 · 6 August 2020 · Archived copy · Reddit

For the last decade I made about 3x what my husband made while working in the medical field. Before meeting him I was diagnosed with Ehlers Danlos (a genetic connective tissue disease) and Dysautonomia (dysfunction of the autonomic nervous system). Both were managed fairly well, but all of those crazy work hours and all that crazy call at the hospital wore me down in my early thirties leaving me no choice but to quit. I feel it's my fault for not slowing down more in my twenties and that is my fault for having a hard time saying no when I was younger. It's at a point where I never know if I'm going to have a good health day or a bad one. Sometimes it starts out good and then on the middle of the day I'm curled up on the couch. It's a huge grieving stage that I'm in. My husbands business has been taking off and he is very supportive about me not working, but I think the issue is after being crazy busy for so many years I'm not okay with this and have always took pride in myself on being independent. We don't have kids after three miscarriages over the years (I've made peace with motherhood not being in my future), but with that being said I feel useless. I'm not saying anyone in my position is useless; I'm just saying I feel useless. Has anyone gone through something similar and do you have any advice? Thank you guys in advance!

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UPVOTES

I'm grateful for this group.

anothergoodbook · 7 April 2022 · Archived copy · Reddit

I've been posting on and off for the last 3-4 years. I think at some point I changed my username.

I've been trying to decide when is the right time to post, but after what happened this evening - I thought now would be perfect.

As some (most) of you know, I've been in a seriously rough patch in my marriage for the last 4+ years. Starting with my husband having a prolonged OCD/panic/anxiety episode into him being very unhappy with the dynamic in our marriage. I was upset with the lack of affection and his anger toward me.

And I think I can honestly say that we've turned a corner and things are much better.

We had something of a truce for the last year or two. Less arguing, getting along much better. But there was always that something missing. We rarely had sex (typically initiated by me). But the last 2 months or so I can tell something shifted. He's definitely softened toward me.

Today I had a bad day. I've worked really hard to not "emotionally vomit" all over my husband as I know it's overwhelming to him. But between my period starting and just being overwhelmed with kid stuff, work stuff, etc - I had a little meltdown. He didn't get annoyed or upset. When he got home from work, I asked about his day. He talked for a little bit and then he said - how was your day? I said, "I think you know since I texted you a bunch, sorry". He said, "I know, but I wanted to know how you were." Let me tell you, ladies. That seems small, but for me and for us it was big. There's lots of other little things that I can see coming together and changing.

My journey has consisted of me: - growing up - growing in my faith - taking responsibility for my crap - getting professional help & medication - prayer - patience - A LOT of keeping my mouth shut (but also knowing when to speak up) - forgiveness - respecting my husband

We've gotten in arguments and my husband will comment, "oh I'm sure if you go online and talk to those feminist groups your in, they'll say I'm the bad guy." To which I have replied, "absolutely not - they hold me accountable. The first thing they ask when I whine about not having sex is: 'okay what have you done to fix/cause this problem'"

While I haven't taken all the advice I've gotten, it's always made me think. So I'm glad for this group. Thanks.

As for resources that helped me immensely: The Excellent Wife (very religious), anything by Laura Doyle, the book of James and Susan Heck's Bible study on James, Jordan Peterson, and I'm sure others I can't think of right now.

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UPVOTES

Can I just brag about my husband?

flamin_mamie · 30 November 2018 · Archived copy · Reddit

The week before Thanksgiving, I came down with this unusually awful sinus infection that felt like it was half-flu, which I waited too long to treat. I was useless for days, and the side effects of the antibiotic I had to take were terrible. They also had to put me on a steroid, which coincided with PMS, so I was really touchy and easily angered. My husband was a saint through it all. He handled my emotional instability with perfect patience. He talked me into calling off work to get the rest I needed; also so I wouldn't get the place I work for in legal trouble by being likely to tell asshole customers where to shove it. He made me soup. Then, he prepared an excellent, delicious dish for us to take to my parents' Thanksgiving dinner. He spent all day on it, and everyone loved it.

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UPVOTES

Dare To Be Domestic

ThatStepfordGal · 21 June 2018 · Archived copy · Reddit

Great! You've realised that you want a more balanced life, serving your family and loved ones and you believe that having women more present at home to commit to their domestic duties is the key to having quality time in life.

Now you just basically have to deal with the heavy judgements of society as they tear you down at every step, as the government and similar structures don't even recognise you exist and you start to feel a little alone.

This is the reality of the situation, but you're not alone.

You know what, though? The Domestic Woman from decades ago also faced numerous challenges of her own, in a time where there was real oppression, there was economic instability and a lack of technology and medicine that we all benefit from now. These difficulties take another form now, though they only make you stronger and firmer in your own beliefs and your own way of life, despite how different you may be to the rest of modern society.

First of all, what do I mean by Domestic Woman?

***Domestic Woman:** A woman who dedicates time at home, part-time or full time in order to care for her own family, husband and children. She may or may not have children yet or is responsible for caring for her initial family that she grew up. She could be single with family, married with a partner/husband with/without children. She believes that domestic duties are a feminine strength and that proper time should be dedicated to them, as they are no different in essence to paid employment except that she earns time, quality time for her loved ones.*

This is the Domestic Woman I mean, a type of woman that seems rare in today's society and can be looked down upon by both liberals (who are very feminist and push women to careers) and conservatives (who can be economically paranoid and push women to careers). It isn't really a political stance, it is a way of living and a philosophy that does not support materialism and feminism.

What does she believe in, then?

1. The Domestic Woman believes in the importance of quality time. Time to wind down in the evenings without having to rush and tidy around or cook, time to enjoy their loved ones' company and talk and share things. Time in the weekend to head out and spend time with friends/family or just relax without squeezing things here and there.

2. The Domestic Woman believes in being content in a simple life. This means she is happy with what one (or one and a half) incomes can bring, she doesn't want a big house in the city with two cars and exclusive private schools for her children. She doesn't eat out every weekend. She doesn't want two to three holidays a year and the newest gadget of every brand. She believes in getting things you truly enjoy in small amounts or just every now and then, rather than spending on a whim. She is resourceful and finds creative ways to earn money part-time, from home or even both.

Call this a gut feeling, yet I have met many women who believe these things and I suspect that many more, want to be at home with their families, especially full-time when they start having children. Even if they don't have children yet, there are also women who wish they could have and provide more balance to their lives and their loved ones' by being at home more, doing domestic work to keep evenings and weekends free for quality time to enjoy life.

It's just hard to admit because it is very controversial. The norm is to work full-time, have a career and have it all and as some liberals would say, ironically, society still pushes out those who don't fit the norm.

If you happen to be one of those women, thinking about whether you'd like a more domestic lifestyle yet unsure (or just haven't thought much about it), here are some good reasons to become a Domestic Woman, if that is right up your alley.

You have more quality time. If you enjoy getting time to just sit, take everything in and enjoy simple, yet fun things with your loved ones (talk, watch something together or even just participate in hobbies), being a domestic woman allows more of that time without the rush of life. **Studies show women are unhappier now more than ever**, ever since they started having to juggle the home and work life and everything else. You can have more balance and happiness in your personal life.

You don't support the government's unwise spending. Let's be honest, the government made plenty of money by having doubled the workforce when they encouraged women to join decades ago. You have just become another tax machine for them and if you disagree with what they've been spending tax money on (politicising schools, lowering borders, transport projects that never finish, etc.) this lifestyle is a way to lower your tax contributions and allow more of your money and time to flow to your family.

You want to leave the rat race. Big companies, not just the government, make a big profit from having women work full-time too when they sometimes don't need to. Everyone is pushed to be independent and living alone, away from family and inflating the housing market. As most of society is at work all the time, they are more tired and less likely to think critically about the system. You are likely to spend more on useless things to ease your stress and fatigue from having to juggle it all, the marketing works.

Yet it is also important to note that not all women want to be or are made to be Domestic Women. Some a) truly get more satisfaction out of the actual juggle and busy-ness and others b) feel restless when they have more time in their hands or c) don't live or want to live with family or settle down so they don't really have anyone to look after. If that is you, continue on your own path and I wish you the best. Domestic Women should respect women who are not domestic as we are not all made to be the same (that is boring!) and career women should also respect their domestic fellows. We should, as women, try not to judge and focus on encouraging each other to pursue a way of living that we *truly* want.

So...all that aside, you have now come to the conclusion you are a Domestic Woman.

What now? **What do you do and how do you do it?**

This is where I come in! Over the next few weeks I will release more posts like this one, as this is my new series Dare To Be Domestic. I will soon address topics such as finances, social dilemmas and dating/relationships.

If anyone is interested?

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UPVOTES

Welcome to RedPillWives!! Who are we? Who are you? Let's get to know each other :D

whitebunny87 · 8 June 2018 · Archived copy · Reddit

What is RedPillWives?

We are a community of like-minded women here to discuss sexual strategy from an anti-feminist, traditionalist, and/or evolutionary psychology perspective. We also explore related subjects such as culture, current events, science, history, and philosophy!

We celebrate femininity, and strive to be positive examples of womanhood. Psychological femininity is at the core of RPWives, and we strongly believe that being a woman should be enjoyable, not a curse!

We acknowledge the innate differences in male and female nature, as well as the competing sexual objectives of each gender.

We believe that embracing traditional dynamics within our relationship yields harmony, and that mainstream relationship advice is unable to provide realistic pathways to happiness.

We prioritise understanding men and masculinity, which is essential for a harmonious relationship. We prioritise our men, and defer to their leadership.

We aim to help women to cultivate long-term happiness through self improvement, self awareness, and self discipline.

What is RedPillWives *not*?

RPW is not about denigrating women or femininity.

RPW is not about being a 1950s stay at home mother in vintage dresses and pink bows.

RPWs are not doormats. We only defer to one man, our man, and we can only do this because he has proven himself worthy of complete trust and respect.

RPW is not about repressing your sexuality or being a prude.

RPW is not a sexual fetish, kink, or BDSM lifestyle.

RPW is not about missing out on life. What is most important is that you acknowledge reality, accept responsibility for yourself, and deal with the consequences of your choices. So have fun, use “bad” words, drink, take risks! Be a pleasant and enjoyable person that your SO loves to spend time with :)

But I'm not married!

That's fine!

Any like-minded woman who values lifelong commitment (marriage) has a home here.

In this community you'll find women who are married, engaged, dating and looking - all are very welcome :)

What about TheRedPill?

We align ourselves with the original Red Pill ideas presented nearly a decade ago in the early years of the manosphere, and continue in the tradition of developing theory and strategy, this time specifically for women.

We are not affiliated with TheRedPill subreddit in any form. We became independent of them a long time ago, and choose to remain that way.

“As a man...”

... Go find some other men to hang out with. **Please.**

If you *really* want to comment here without announcing your gender, go ahead. We have a very low tolerance for male-centric advice, so if your posts come across that way they will be deleted. This is not a place for men to write long-winded essays on female nature or to announce the gripes you have with women.

Ok, that's a lot!

Over the next few weeks I'll be reposting some of our original theory that really digs into what we believe. I can't wait to hear everyone's take on it, and continue building on it together. Please feel free to make posts on whatever interests you, and get involved in the community :)

Anyway, let's hear from you! Please introduce yourself. Share as much or as little as you like - your relationship status, age, hobbies and lifestyle are a great start.

Do you have any questions about the sub and what we believe? Ask away!

What would you like to see more of in this sub? Advice? Culture? Books? Homemaking?

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UPVOTES

Disney Part 1: Introduction, and Appearance

PhantomDream09 · 11 April 2017 · Archived copy · Reddit

Introduction

For over 90 years, Disney has embodied the spirit of “Happily Ever After,” achieving personal dreams, and overcoming tremendous odds. The movies Disney creates continue to inspire and mesmerize people of all ages. Despite the company’s overwhelming popularity, there have been times when it’s considered ‘morally upright’ and ‘progressive’ to criticize (and even boycott) Disney. As is often the case, it’s the women depicted in the many animated feature films that are put under a microscope and systematically vilified. Disney has been accused of everything from sexism, seeding insecurity, and setting unrealistic life expectations. It’s also common for critics to wail that “they [women] all look the same,” and are essentially just hollow carbon copies of each other. These are just a few of the reasons why I wanted to sit down and take a closer look at how Disney leading ladies are depicted physically, the values they display, and how their personalities are expressed.

I will work from a specific list of (fully) animated Disney ‘Princess’ movies released between 1937 and 1999. Not all the women are princesses.^1 Characters such as Bianca^2 and Lady^3 are not included because comparing a mouse nose to a human one is both irrelevant and unproductive.^4 Animal characters are best left out of the mix simply because feminists and parents aren’t complaining about **Nala’s waistline** when they raise concerns about unrealistic portrayals of women that subsequently send negative messages to girls about physical appearance and self-worth. The women that will be discussed are also either the star of the film, or one of the central characters.^5 They are all also part of a prominent love story (sorry Anastasia and Drizella). While most of these heroines do get a classic ‘*Happily Ever After*’ ending, that was not a criteria I considered when making the list.^6

The 10 movies are:^7

- *Snow White* (1937)
- *Cinderella* (1950)
- *Sleeping Beauty*, Aurora/ (Briar) Rose (1959)
- *The Little Mermaid*, Ariel (1989)
- *Beauty and The Beast*, Belle (1991)
- *Aladdin*, Jasmine (1992)
- *Pocahontas* (1995)
- *Hercules*, Megara (1997)
- *Mulan* (1998)
- *Tarzan*, Jane (1999)

Mixed movies (when both animation and live action are combined in a film) such as *Mary Poppins* and *Who Framed Roger Rabbit* have been excluded along with digital films.^8 Computer generated movies will not be discussed.^9 Even though *Tangled*’s Rapunzel is both the star of the movie *and* has a central love story, she is simply too physically different from the other women. The proportions and design of computer animated characters are exaggerated in many ways, even more so than the traditionally animated women. This makes it difficult to create a meaningful comparison between the two. Stylistic choices are very distinct and purposeful within any Disney movie, and that in and of itself poses some interesting challenges when studying the characters.^10

The proportions, physical traits, and movements between Snow White and Mulan are significant, and the two women are nothing alike (physically or personality-wise). However, even when you compare two women that *are* more alike in certain ways, the manner in which their physical features blend into the overall impression of each woman varies considerably from one woman to the next.

Each section will examine the movies through a specific lens.¹¹ This will create a more interesting and less repetitive composition. Most of the content that I have come across in the past, addresses each movie separately as though it exists in a vacuum. While there's nothing wrong with that approach, the differences (and similarities) between the characters (as well as the themes they share) become more evident when they are all placed side by side and discussed interchangeably as needed.¹²

Physical Appearance and Voice

The overall style of the movie (setting, clothing, architecture, and appearance) not only has a uniform feeling appropriate to the time period within which the story unfolds, but also that the *audience* in the theater *watching* the film, was able to relate to the characters in part because the women on the screen followed current beauty trends.¹³ Each princess possesses a distinct look and combination of traits that are representative of the unique beauty ideals and trends that were valued at the time. This is one of the reasons why I find the 'carbon copy princess' argument to be so unforgivably misleading. No one with even a *passing* familiarity with **Snow White** and **Ariel** for example - could ever confuse **one** for the **other**.¹⁴

Comparing all the women was a challenge. There's so much material to cover, and a lot of the differences between them are best highlighted when you actually see how they move and comport themselves. When it comes to physical appearance, all the women are so clearly unique to me. The more I examine their features, the more I see how and why those traits were chosen to help amplify their personality. Personality and appearance are so well suited for each other in fact, that at times it's hard to separate one from the other. There are repetitive motions, and poses that are both universal and unique to how the character in question expresses herself.

There is a bit of an evolution that happens to the women over time. Snow White, Cinderella, and Aurora all have considerably smaller facial features when compared to the later movies. **Here** is an album I put together examining the face shapes and outlines for each woman. The facial characteristics for each woman play an essential role for defining her as an individual and bringing her personality to life.

Every woman has to seamlessly exist within the context of her story, while also connecting to the audience in the theater and being visually relevant. *Snow White* was released in 1937, and her makeup and hairstyle are in line with the 20's and 30's. Her makeup is heavier, (her eyelashes almost look like spider-webs at times) and her hairstyle fits in nicely with the **1920's**. For anyone that's interested, you can read more about this **here**. Her ability to blend as a culturally relevant character doesn't stop there however. Although her voice is significantly higher, the style in which she sings is very typical for the time. For example **this** features the same 'wobble' in the singer's voice (but lower) to what you hear with **Snow White**.

Cinderella was released in 1950, and she closely resembles other beauties of the time like **Grace Kelly**. Her hair is shoulder length and has a fairly '**molded**' appearance. Her eyes have thick lashes that give her a dreamy appearance. There's even a point where she is **dazed, and flutters them because she's blissfully happy and remembering her time at the ball**. She is normally clad in simple and practical clothing, but I always loved the symbolism of her glass slippers. The implication is more than just a simple "she's petite" write-off conclusion. Cinderella is so poised and graceful, that she can dance in delicate glass shoes. Personally, I'd be worried about stumbling or cracking the shoes and having glass shards pierce my skin.¹⁵ Her unconventional shoes are just another reminder of Cinderella's extraordinary ability to seem perfectly at ease in uncomfortable situations. Cinderella's singing voice is clear and understated. Near the start of the movie, she sings a song about **dreams** and in the process clearly channels other

popular musical trends of the time.¹⁶

Sleeping Beauty has an interesting background with Aurora's voice. The movie was largely based off the themes and melodies in Tchaikovsky's ballet *Sleeping Beauty*, and Mary Costa was given the role of Aurora after she performed a rendition of "When I fall in Love" at a dinner party in 1952.¹⁷ Costa has an incredible, operatic voice, but her range included more mainstream genres. The film was heavily influenced by Medieval art and many of the artists working on the film actually felt restricted by the constraints created by the overall visual theme. As a result, the animation process was slowed down, though this could possibly also have something to do with the new animation process being used for the film. Nevertheless, Aurora is incredibly beautiful and delicate. She does wear more makeup than her predecessor (Cinderella), which once again reflects the mainstream beauty trends of the time.

For better or worse, *Ariel* is a child of the 80's. She has [perhaps] the most dramatic and memorable head of hair to ever grace the silver screen. It has amazing movement, volume, and length. Even more astounding is the fact that her hair often mirrors her current emotional state or situation. For example, after Ariel gets her legs, we see that for the first time, her signature 'bang' has been ruined. She's been to the surface several times prior to this, so it's not because she's out of the water. The imagery in this scene is so incredible, because her split 'bang' echoes the change she just went through when her tail split into two legs. Ariel is very expressive, displaying a wide range of emotions, she's also very youthful, bordering on immature and naive.

As many before me have pointed out and lamented, *Ariel was a bit of a fashion victim.*, but what you may *not* know is that her outfits were actually the result of combining the outfits of her predecessors. Fortunately, I found a wonderful blog post that does a far better job explaining things than I could, so I'm just going to quote *alafastanzio's* work.

When it comes to Ariel's land attire, not much is original. While the time period is clearly the late 1700's Ariel's outfits are very much misplaced. This being the first Disney Princess film in nearly 20 years the animators decided to pay tribute to the first three princesses; Snow White, Cinderella, and Aurora. Much like Gizelle in the recent film *Enchanted*, bits and pieces of her princess predecessors were incorporated into Ariel's clothing.

Not many people are aware that Ariel's pink evening gown was directly inspired by all three Disney Princesses prior. Her puffed shoulders are the same design of Snow White's dress. The shoulder line and long sleeves come from Aurora. Then the bust cut, large skirt and overlaying fabric on the sides are from Cinderella's ball gown. The soft pink color was chosen not from Aurora's dress but Cinderella's original pink dress that got destroyed by her stepsisters. ¹

The blue dress that Ariel wears to town with Eric is also a woven mishmash of dresses prior. The top half was taken from Briar Rose's peasant outfit, the length of the skirt is the same as Snow White's, the low neck line and the blue color scheme is of course from none other than Cinderella. (who, by the 1980's was being advertised as having a blue dress). ²

But what doesn't scream the 1980's more than giant puffed sleeves? More identifiably 'modern' at the time, Ariel's wedding dress still had features borrowed from Aurora, most notably the lacing trim where the waist meets the skirt and, once again, the long sleeves. ³

Here is a tutorial I found on how to draw Ariel, and it's definitely worth looking at. I love that the artist picks up on the fact that Ariel has an unusually large forehead. This was probably a deliberate choice on the part of the Disney animators, because it means she never looks overwhelmed or drowned by her voluminous hair. Her nose is similar to Belle's in many ways, but it is bigger, and turns up at the end - which ultimately gives her a more youthful appearance. Her eyes are closer to circles than Belle's, and she has fewer lashes. Her lips are thin, and her mouth is wide - which is perfect for smiling and making expressive faces.¹⁸

People may or may not be surprised to learn that Belle's blue dress and white apron ensemble was inspired by Dorothy from *The Wizard of Oz* as well as Maria (played by Julie Andrews) from the movie *The Sound of Music*. Additionally, Belle's physical appearance was based on **Vivien Leigh, Audrey Hepburn, Natalie Wood, Elizabeth Taylor, and Grace Kelly**.

Belle is the only person to wear blue (symbolizing her 'otherness,' isolation, and overall disconnect) in the village. Interestingly, the Beast also wears the color blue at times (and his eyes are blue), visually cluing the audience in on the fact that the two have more in common than one may first assume. Of all the women, Belle's nails have the most definition (and are at time the longest of any woman's), it's possible that this is meant to harmonize her pairing with the Beast and his claws. Her nails do change depending on the situation. For example, when she first meets **Chip**, they are very short and even have a slightly pink appearance. As a result, the image looks more gentle and friendly. When Belle helps the beast feed the birds however, **her nails are much longer**.

I was able to find a fantastic **tutorial** on DeviantArt on how to draw Belle. The artist covers so many important details. I particularly enjoyed the section on her lips. Belle has the most classic and beautiful lips of all the women. They are balanced, with a classic cupid's bow. Belle's feminine, mesmerizing features are perfect for close-ups, and indeed there seem to be more close-up shots of her in this film than any other woman on the list. Similar to Ariel, Belle's eyes always seem to catch the light, which accentuates her features and gives her a doe-eyed appearance.

Continuing with the 'blue' theme, but shifting it to have a somewhat different meaning, we move to Jasmine. The princess lives in the desert, where water is scarce and precious. Jasmine is clad in blue, symbolizing water. In fact, the Genie, the Magic Carpet, Aladdin, and the Sultan all sport the color blue. Jasmine has intensely thick eyebrows, and large cat eyes. The character designs for *Aladdin* were based off simple geometric shapes, which was a drastic change from the intense realism the artists adopted for *The Beauty and The Beast* film.¹⁹

Both Jasmine and Megara have memorable hips. They are also both sexually suggestive with their bodies in a way that the other women on the list are not. While Jasmine has visibly pronounced hips, Megara's movements are often emphasized by (or concluded with) her hip jutting to one side. Although they have some similarities, Jasmine's temperament and physicality is nothing like Megara's temperament and physicality. Comparing the two women really only *highlights* just how different they are in their expressions, motivations, and personalities. While Jasmine seems more sexually aware when compared to the other women on the list, she is not nearly as sarcastic or jaded as Megara. They are both more combative, and sexually mature when compared to Cinderella (as an example); but ultimately Megara seems undeniably 'older' and more mature (and jaded) than the hot-tempered (but youthful) Jasmine.

Pocahontas, unlike Belle and Ariel, has more realistic features. Her eyes are particularly interesting, because they are not oversized in any way. Her lips are her biggest facial feature, but she also has an unusually small mouth. **This** is a wonderful tutorial that breaks down the underlying shapes for each woman. I love that not only does Pocahontas have a shield-shaped face, but also that the center of her upper lip echoes the 'shield' theme. Pocahontas has a very athletic build, perfect for running, swimming, and jumping. It's very pleasing to watch Pocahontas and John Smith tumble across the landscape during the song "**Colors of The Wind**." It's interesting to see and hear just how much older (and more somber) Pocahontas is during that song as compared to "**Just Around The River Bend**" which I think is a very underrated song. Pocahontas is undeniably beautiful, but it can be deceptively hard to pinpoint exactly how she can achieve her beauty without any noticeable makeup. The suggestion is that her eyes are simply that way naturally, without the benefit of liner which we do see **Mulan** get. Ariel is another great example of a woman that's supposed to be naturally beautiful without the aid of any beauty supplies. In fact, *The Little Mermaid* even goes so far as suggest that only **villains** rely on **beauty products**. All the same, Pocahontas visually reminds the viewer of many **90's** beauty **trends**.²⁰ Notice that her **eyebrows** are tapered and thin²¹ and Pocahontas hits a nice balance without going overboard...well, **most** of the **time**.

Megara is not only the most heavily made up woman on the list, she also has the largest facial features. Normally the color purple is reserved for **villains**, but Meg is Hades' servant, so she is a reluctant villain. Meg sold her soul to

save the man she loved, only to have him leave her for another woman. The experience [obviously] jaded her, and it's unclear how long she has been serving Hades by the time she meets Hercules. Meg's features perfectly match her moody and sarcastic nature. She does have **large round cheeks** that at times remind me of **Jane**..

Mulan is a very intriguing case because she disguises herself as a man for a significant portion of the movie. But how did the animators create a character that could pass as both female and male? With a bit of creative liberty and clever planning. By altering her features in certain ways, she can appear more or less feminine as needed. **This** is an album I created to highlight some of the key shifts in her appearance. Essentially, when she is Mulan, her eyes are more severely angled, her upper eyelid has a darker definition, and she has winged lashes. She also has indication of a hooded eyelid at various times. Her face is rounder and wider, and she has an extreme cupid's bow that goes all the way to the center of her lip. Her eyebrows are mostly hidden, and generally closer to her eyes. When she is dressed as Ping, her eyes are less severely slanted and generally rounder. Her eyes have an even lining, and there is no sign of lashes. Her face shapes become more oval in shape, and her jaw is defined. Her eyes are wide, and her brows tend to be higher up on her face. Additionally, she loses any indication of a natural blush, and her lips have a more neutral color. Her cupid's bow is also less extreme.

In many ways, **Jane** echoes Megara in that she has lavender eyeshadow, but I think of her as a spiritual successor to Belle. There are more than a few similarities between the **two movies**.

Hair

I have actually come to think of their hair as a sub-character that moves in such a way that it will amplify whatever the woman in question is feeling or trying to express. The two most obvious examples that come to mind are Ariel and Pocahontas. Long, free, thick hair that always moves in the most visually stunning ways. It's impossible not to think of **Ariel** thrusting up onto the rock as she sings, her hair billowing out behind and around her. Even when she's just **disagreeing and feeling down** her hair is a stunning feature that simply accentuates her disappointment and sadness.²² At the same time, the way **Pocahontas' hair danced with the wind**²³ is equally stunning and powerful. That said, even when Pocahontas is under water - **her hair does not move in a manner that is similar to Ariel's**. So the two women that arguably have the most expressive hair of the group, not only have completely different *styles* of hair but also the way the hair moves is unique to each woman.²⁴

Jasmine also has a very distinctive hairstyle. It's long and black, but has an entirely different presence than Pocahontas'. In some ways, Jasmine's hair has a similar 'feel' to Ariel's at times, **which is perhaps best demonstrated when her hair is fully down after her magic carpet ride with Aladdin**. Yes, it is more 'flat' and calm, but the way her bangs halo her face, and the overall (perceived) thickness of her hair in this scene has always reminded me of Ariel.

Another leading lady with enviable locks is Aurora (Brier Rose). Her hair is thick, and slightly curled - but it moves in **thick ropes that bounce**. Her hair, quite simply, was made for **dancing**. Many of her movements have a smooth, gracefulness to them. Aurora's hair has a personality and appearance entirely unique among the group. The hue of her blond hair is also unusual and singular. Cinderella's blond locks are more golden and saturated than Aurora's. In fact, some people argue that Cinderella is more of a strawberry blond than anything else, yet all images of her outside the original movie faithfully portray her as a classic blond.. Snow White sports the shortest hairstyle of all the women, but the effect is softened by the presence of her high collar. Alternatively, Both Belle and Cinderella generally have their hair tied back, and when they are in their best dresses, the hair is styled up in an elegant fashion. Both women also sport long, elbow length gloves. That said, their hair doesn't move in a similar fashion. Cinderella's hair gives the impression of thickness, moving as a solid, soft mass while Belle's hair is fine, and moves in strands often getting in her face.

Kibbe

I thought it would be fun to end this section with a Kibbe discussion. I owe the bulk of these insights to Camille, and hopefully she will be available to help anyone that has questions about this portion. **Snow White** is a Soft Gamine. All quoted portions are taken from **this** post.

Soft Gamines are a combination of opposites with extra Yin. They are Yin in size (petite) and shape (curvy flesh, rounded features), and slightly Yang in bone structure (angular).

The realistic portrayal of Snow White is a bit of a miss. For one thing, she looks older, more beautiful, and sexually mature. I think the shape of her lips is good, but overall her mouth is too big. I'm glad the artist kept her bust on the smaller side, but her hips seem too big. Additionally, her face is more elongated, and less round. The placement of Snow White's blush is also wrong. In the animated version, her cheeks are colored in the front, and slightly high. In the realistic portrait, her cheeks are rosy closer to her ears. This creates a shadow and contour affect that ages her. Furthermore, the position of her body adds to her sexuality. Her mouth is slightly open, and her head is tilted up a bit. The overall feeling is something between "baited breath" and "flushed excitement."

Cinderella is a Soft Classic. I think her realistic face is beautiful, but I can't get over how weird her bangs look!

Soft Classics (SC) are balanced with a yin influence; they are symmetrical with slightly rounded edges (soft body type and features). Like all Classics, SCs are refined and understated, but there is an additional softness and grace. **Aurora** is a Dramatic Classic, but her realistic version makes her look autistic and masculine...possibly Asian due to how wide and 'flat' her features seem. The realistic version misses in several ways. For one thing her eyes are far too small. Her nose seems to point 'down' too much, while her animated version has a nose that moves straight out. Expanding on that, all her features seem to point 'down' while her animated features simply extend straight forward. Her chin is too small as well. I think her hair should be longer, but I think the thickness is good.

Dramatic Classics are Balanced, with a Yang influence. DCs are symmetrical with slightly angular edges (bone structure and features). In a nutshell these women are tailored and chic.

Ariel is a Soft Gamine. I think her hair is too short in the realistic version. Ariel is supposed to be younger (15/16) but she may be a bit too young here. I also think her tail looks horrible! I prefer **this** realistic version, but there are some issues with it. She's so beautiful, but I think she may be a bit too close to Belle in this version. Her lips are too thick for sure. Her eyes also remind me of Belle too. Overall this picture makes Ariel more of a Theatrical Romantic than a Soft Gamine.

Soft Gamines are a combination of opposites with extra Yin. They are Yin in size (petite) and shape (curvy flesh, rounded features), and slightly Yang in bone structure (angular).

Belle is a Theatrical Romantic. I love her real life portrayal, she's stunning. The only thing I would like to see changed would be for her to have a slightly happier expression. That said, her face is true to the animated version.

Theatrical Romantics are soft yin with a slight yang undercurrent. TRs have delicate bone structure, soft body types, and full facial features. The slight Yang undercurrent comes from the sharpness in TR bone structure.

Jasmine is a Soft Dramatic. The realistic portrayal is a mixture of good and bad. I think her bust is too small, and for some reason she's chunkier than the other women (notice how slender Meg's arms are). Her hair is gorgeous though, and overall her features are spot on.

Pocahontas is a Flamboyant Natural. In her animated form, she has a calming presence that is steady, balanced, and 'still.' She looks more sexual because her mouth is slightly open, and the way she is looking slightly 'up' towards the audience. Her body is also suggestive, the way her back arches forward and up. I think the realistic version does a great job capturing the structure and shape of her face.

Megara is a Flamboyant Gamine. First off, I *hate* her realistic portrait. That pose is truly awful. That said, I think the artist did a great job with her hair, and I like how prominent her cheeks are.

Flamboyant Gamines are still a combination of opposites but they have a strong Dramatic undercurrent. While the FG description Kibbe gives is very wild, many women are FGs that don't have as crazy of a sense of fashion.

Mulan is a Natural. This explains why she can pass as a male, her features are very balanced. This is a very accurate representation of Mulan. I'm not wild about it...but I can't really pinpoint why.

Naturals are yang as well but while Ds are sharp and angular, Ns are broad and more balanced. N women are characterized by their straight and slightly muscular body type; and their slightly wide facial features that tend to be blunt-edged. Kibbe actually got rid of this category and has advised Ns to choose one of the two sub categories but I (and many others in the wardrobe planning community) disagree with this. N women are distinct in that they are softly Yang - there is a freshness to them that isn't as structured or as sweet as the two subtypes.

Jane is a Soft Natural. This is one of my favorite realistic portraits. Her features have been so faithfully captured, it's amazing!

Soft Naturals (SN) are "Soft Yang with a Yin undercurrent". They are also halfway between "contrast" and "blended". Like SDs they are basically angular in bone structure, although this is softened by a fleshy body type and full facial features. But like Ns, they are more horizontal, blunt/broad, and lighter in impression, than women in the D family.

Being able to classify the Disney women is important because it means that they have traits and proportions that definable in the same way everyday women can classify themselves using the Kibbe system. Equally as important is the fact that the real life representations of these women look *nothing* alike. These women are *not* carbon copies of each other.

1. For example, Jane from *Tarzan* and Megara from *Hercules* are not royalty (either by birth or 'marriage').
2. *The Rescuers* and *The Rescuers Down Under*
3. *Lady and The Tramp*
4. It would be interesting to have a discussion in the future that *does* compare the visual treatment of animal characters - specifically to highlight femininity, masculinity, age, and mark them as either hero or villain.
5. For example Jasmine from *Aladdin* and Megara from *Hercules*.
6. Pocahontas does not fit this criteria, and although heavily implied - technically Mulan doesn't qualify either.
7. For anyone interested, the following movies were created within the 1937-1999 timeframe, but were disqualified for various reasons. *Alice in Wonderland* (1951) - No love story featured. *Peter Pan*, Wendy (1953) - while Wendy does have a crush on Peter, and while there's no question that Tinker Bell, the mermaids, and Tiger Lily all fancy him, the story is ultimately about family and what it means to grow up (or stay young forever). *Lady and The Tramp* (1955) - animals. *101 Dalmations* (1961) - animals. *The Rescuers* (1977) and *The Rescuers Down Under* (1990), Bianca - [main] characters are animals. *Who Framed Roger Rabbit* Jessica Rabbit (1988) - mixed film that features both animated characters and live actors. *The Nightmare Before Christmas*, Sally (1993) - this is a clay/stop-animation film that is highly stylized and would be better suited for comparison to other movies like it (such as *Coraline*, *Paranorman*, *Corpse Bride*, *James and The Giant Peach* etc). *The Lion King*, Nala (1994) - animals. *The Hunchback of Notre Dame*, Esmerelda (1996) - excluded because this is a very unusual and un-Disney like film. Although the feminine, masculine, and sexual themes *are* incredibly interesting - there is also a lot of moral corruption and cynicism that is absent from the other movies being discussed. That said, There are several worthwhile conversations to be had about the characters in this movie, it's just not a good

fit for this particular post. Please note that there were *many more* movies made within this time-frame, I have simply listed the titles that I believe are *most likely* to raise questions about why they were cut.

8. In some ways this is unfortunate (but necessary). Particularly in the case of *Who Framed Roger Rabbit*, having three wildly different depictions of attractive women on screen would allow for some extremely interesting discussions about how they all achieve the status of 'attractive woman' in wildly different ways. Watching Betty Boop, Jessica Rabbit, and Dolores cover so many different aspects of femininity in the same movie is something I find to be both highly enjoyable and intriguing.
9. *Toy Story* is the only computer animated movie that was made prior to 1999.
10. Examining women featured in computer animated movies is another conversation I would love to have at some point. *Toy Story I-III*, *Brave*, *Rapunzel*, *Frozen* (even though I dislike the film), *The Incredibles*, *How To Train Your Dragon I/II*, *Shrek I/II*, *Ratatouille*, *Despicable Me II*, *Megamind*...and countless others. This list also only mentions of human depictions of women, as with traditionally animated films, we could also explore another sub-category of computer generated non-human woman that are featured in movies such as *Rio*, *Cars*, *Alpha and Omega*, and *Zootopia*. Needless to say, there are a *lot* of possibilities.
11. (A) Physical appearance and voice, (B) personality and affinity with nature, (C) relationship to family (if applicable) and community.
12. Many thanks to /u/Camille11325 for her help. She was also kind enough to classify all the women using the Kibbe system. If you haven't done so yet, be sure to read her [post](#)..
13. This is an extremely important, and perhaps a somewhat confusing point. There's a reason Disney films have an inherently timeless feel to them, why the women are easy to relate to (or at the very least, understand), and why they so often become desirable role-models to girls. The films present a cohesive and seamless world within which the characters come to life, so it's extremely important that the women not only look visually relatable to modern viewers, but also compatible with their given surroundings. The takeaway here is that the world and the character designs have to work together in an authentic way, while also allowing the characters to connect visually with modern day audiences.
14. I *love* when the princesses are re-imagined. So whether they are depicted as the [seven deadly sins](#), or [post-apocalyptic bad asses](#), or [modern day women](#) - I enjoy looking at all kinds of interpretations, and generally adore any artist that takes the time to create a unique series.
15. In the original story of *The Little Mermaid* walking around continuously felt like shards of glass being jammed into her feet. She also had to cut off her tongue and give up her voice. Eventually she's ditched by the guy, and although she's given the option to kill him and return to living as a mermaid - she opts to die instead (turning into sea foam).
16. "[Tennessee Waltz](#)" sung by Patti Page. "[Dream A Little Dream of Me](#)" sung by Doris Day. [I can Dream Can't I](#) sung by The Andrews Sisters. "[A Tree In The Meadow](#)" sung by Margaret Whiting.
17. [https://en.wikipedia.org/wiki/Sleeping_Beauty_\(1959_film\)](https://en.wikipedia.org/wiki/Sleeping_Beauty_(1959_film))
18. Ariel's, Belle's, and Arurora's lips are compared in [this](#) guide.
19. [Style guide depicting the main characters. The animators designed each on based on a different geometrical shape](#)..
20. Neutral shadow: "...the only eye look was neutral. Think taupes, mochas, olives. These colors created a deeply sculpted effect that was beyond seductive." Nude lipstick: "Nothing's more nineties than a good matte neutral lip" [link](#). Her lips are also [lined](#) in some shots.
21. Unfortunately thin, over-plucked (sometimes resulting in 'sperm' or 'tadpole') brows were very common during this time.
22. [Here](#) is an album I put together that highlights a range of Ariel's emotions, expressions, and movements.
23. Note that her hair is always above and out of her face, while John Smith's hair and clothes bat forward, getting in his way. The entire song "Colors of the Wind" exists to show just how clueless Smith is, while also cementing

Pocahontas as an insightful authority when it comes to the natural world.

24. Pocahontas has long straight, generally more 'controlled' locks, while Ariel's hair always seems to move 'out' around her head in a light, bouncy, youthful, 'optimistic' way.

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I'm 49% Mother and 51% Wife - And it Has to be That Way by Ashleigh Slater

Irisandoleander · 24 February 2017 · Archived copy · Reddit

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Checking Our Female Privilege!

TempestTcup · 13 February 2017 · Archived copy · Reddit

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Young women can't cope with ANY ideas that challenge their right view of the world

StingrayVC · 9 June 2016 · Archived copy · Reddit

Some of the girls were sobbing and hugging each other, while others shrieked. The majority appeared at the very least shell-shocked.

It was distress on a scale appropriate for some horrible disaster. Thankfully, however, I wasn't in a war zone or at the scene of a pile-up - but in a school hall filled with A-level students.

What had provoked such hysteria? I'd dared express an opinion that went against their accepted way of thinking.

'Generation Snowflake' is the term for these teens, one that's now used frequently in the U.S. and becoming more common here. It describes a fragile, thin-skinned younger generation that can't cope with conflicting views, let alone criticism.

Her crime?

But during the final Q&A all hell broke loose. I dared suggest (as eminent feminists have before me) that rape wasn't necessarily the worst thing a woman could experience.

She wanted to *discuss* this and these girls broke down into sobbing tears. What a disgrace. Feminism has turned girls into weak willed, weak minded, coddled infants. /rant

How does any of this truly help women in any way, shape or form?

Read the article. It lists things that are no longer allowed because people are so afraid such as a college banning *clapping* because it might be triggering. Rather they were told to use jazz hands. (Enter curse of choice here &%^\$&#^@ DAMMIT)

H/T

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UPVOTES

15 Simple-ish Ways to Improve Your Diet.

SuperSlavisWife · 23 April 2016 · Archived copy · Reddit

Inspired by u/Suzanne_by_the_River's post "Guide to Healthy Eating Habits".

I am a health and fitness freak. I have only five fields of research I indulge weekly: human society, history, philosophy, homemaking and FOOD FOOD FOOD. Probably stemming from the fact I have been at both ends of the eating disorder spectrum and am seriously controlling about my diet. As I pieced things together over the years, I reached a few conclusions about human health, diet and fitness. And it's a lot of work to write it all down, especially considering I have no credentials other than "bookworm". So, instead, here are 15 things I have distilled from my research that you can apply quickly and easily in your day to day for a fitter, healthier body.

Good diet:

1: If you are largely from one ethnic background, check out what they were eating. Chances are your gut flora and overall digestive tract are still adapted to your most recent ethnic diet! If your ethnicity is very mixed, work out where most of your family came from geographically and look for family or regional recipes from the 1900s for a vague guide. Try and make this diet the pillar everything else is based on. Sure, have a cola once or twice a week, but generally drink water, milk or tea.

2: Humans are meant to eat plenty of plants, to keep us going between kills. Focus on roots, stems and leaves, with sides of tuber and fruits. Your plate should be mostly low calorie foliage and moderate calorie plant matter, with a lump of protein and a bit of starch and fat.

3: Protein is a must for a strong body, as are fats. Consume whole foods forms of proteins and fats, minimally or slowly cooked, to digest them gently and efficiently. Raw proteins are hard to digest, but so are dry ones!

4: Try removing common allergens like dairy, grains, eggs, legumes, nuts and seafood from your diet temporarily, one at a time. If any bother you when you reintroduce them, quit eating them. Sometimes an underlying food intolerance can go undetected a whole lifetime and mess with your digestion!

5: Whatever your diet is low in: supplement it. Nothing beats nature, but if for ethical, health or financial reasons you can't afford to eat a diet suited to you, then boost yourself with supplements.

Weight loss, gain and maintenance:

1: To lose (or gain) weight, try the half a plate trick. One meal a day, serve yourself half (or one and half times) the serving you would normally have. If you get no results, repeat it on another meal. And another. If you end up eating two "half" meals a day or three "double" meals a day, then you might need to adjust your plate sizes in general! And use the same trick when you're the right weight: increase (or reduce) your plates until you are stable again. And keep them there!

2: You can rebalance your calories by making "calorie meals". Come up with a great low (or high) calorie meal that you can eat comfortably and happily and use it to replace another meal. Soups and salads a great for low calorie meals and snacks and hot chocolate make for great calorie boosters.

3: Protein is awesome. It is calorific, but not really. Ketosis, the process by which protein becomes usable energy is started when we run out of sugar. If we have enough glucose, our bodies will use little protein for energy. This makes it harder to gain fat on 500 calories of extra protein instead of 500 calories of extra fat or carbs. It also fills you up more for longer. Always add lean protein!

4: Play the insulin game. Your insulin can be the driver for your appetite, more often than not. So play with it! In the mornings before 11 we can generally still run on our overnight reserves, so have a light late lunch if you want to lose weight, or cram in the breakfast if you want to gain it. Carbs are best had at least six hours before bed, too, so have a nice carby lunch and then keep them lower for dinner if you want to lose weight. If you want to gain it, add a bowl of white rice to your dinner.

5: Learn to spot when you are full. Plugging myself a little here as it's hard to explain briefly:
<https://yourwifeisevolving.wordpress.com/2015/07/09/how-to-know-when-youre-full/>

Beauty:

1: I reiterate: check for food intolerances. They could be messing with your skin, causing you to bloat or retain water, even creating adrenal fatigue, which looks awful on anyone.

2: If you don't eat plenty of fresh fruit and veggies, drink clean water. Drink warm water in Winter. Ever seen a Hong Kong girl's skin? Ever wondered why it was so nice and clear? They drink water all year, even warm water in Winter. You get the right amount of water from foods, but more water = more chance for your body to cleanse. Aim for 1-2l of water or tea on top of fresh plants and thick beverages.

3: Stick it to sugar. Seriously. Nobody has time for acne, sweats, bloating, bad teeth, bad breath, etc. Simple sugars need to stay low, preferably combined with fibre or fat or protein, to prevent insulin peaks.

4: Eat colourful plants. When you eat things with yellow and orange pigment your skin gains a light, healthful glow. Yes, even black and brown skin! When you eat things with blue and purple pigment you get tighter skin. When you eat things with red skins you can improve the overall appearance of blemishes and scars. It's nothing magical, but lots of colourful fruits and veggies can slightly improve your all round beauty.

5: Get your calcium, vitamin D, magnesium, selenium and zinc in extra doses. It's no secret that women's bones weaken as we age. This can result in slowly degrading posture. Although keeping your muscles strong can also improve bone density and posture can be maintained overall, don't neglect the framework! Make sure your body is receiving all the base minerals to build and rebuild your bones.

And there are LOADS more I wanted to include, but I feel like it will never stop once you get me going! Feel free to add anything or ask for references or clarification.

~SSW

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UPVOTES

Stop saying 'Sorry' if you want to say Thank You

tintedlipbalm · 6 April 2016 · Archived copy · Reddit

A cartoon that could change your interactions for the better!

It's very common to fall into the habit of overly apologizing, especially when you are trying to change and self-improve, but you're not quite there yet. But let's reflect on what kind of message we're giving when we apologize too much. Does it actually help the other person? Does it leave a good taste in the other person's mouth?

Sometimes, when we say sorry, we are compelling the other person to make excuses for us- It's all about comforting ourselves. This comic illustrates a way we can change the tone of our message, from being deprecating and about ourselves, to positive and taking into account the other person.

Certainly, sometimes a "thank you" by itself would be awkward and wouldn't quite fit into the situation we want to apply it to. To help that, I found this piece on the comment section of the article made a good point:

I think the point is not to focus on our feelings, but on the other person's. If I feel badly for what I did, I'm focusing on myself rather than taking the other person's feelings into consideration. I can acknowledge them putting up with me best by saying thank you. Otherwise I'm just inviting pity, and hoping they'll dismiss my behavior or make an excuse for me: "That's OK," or, "No, you're not late! I just got here myself!" What about saying something like, "I am sorry I'm late. Thank you for being so patient!" That way, I'm not excusing my behavior; I'm apologizing for it. But I'm also not keeping the spotlight on myself.

I thought maybe others here (especially the overly-apologetic!) could find this helpful.

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UPVOTES

Update. I'm alive, I'm safe. I'm doing better now

janeafraid · 3 July 2019 · Archived copy · Reddit

Let me start by saying, this can happen to *anyone*. Yes, even you, reading this post now, in a million-dollar home, wearing clothes that cost in the thousands of dollars, who has a prestigious education, who's been married for years, who has the kind of life people would look at and call 'perfect', attractive, smart, successful you.

I loved Bill. In many ways, I still do. I still miss him. Most days.

But some days things...slip, and it's suddenly like I'm right back there, in my old kitchen, waiting it terror for his key in the lock. Just days ago I woke up panicking because I dreamed he was on top of me, holding me down and demanding that I cry for him. I felt like a failure as a woman that day, because all I could manage to do was cry in the shower, call my safety contact and curl up under a blanket. Those are the days that, when they pass, I can honestly say I hate him. He took away my ability to put on my big-girl pants every day and go out and do what needs to be done. He made me like a kicked dog---needing to be collared, but too head-shy to even get close enough. Then I hate myself for hating him; he was only human. Was it **really** his fault? What could I have done better? Was I too much like a rabbit, teasing the fox with such easy prey? Would he have respected me more if I'd stood up to him? Would it have made any difference in the outcome if he had? That's the constant buzz of questions and doubts that only meds and therapy can quiet down.

Anyhow. Just checking in. Maybe one of these days I'll be confident enough again to have a 'captain'. But that still seems a long way off, even if I'm no longer in physical danger.

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UPVOTES

Just want to say thanks

organicsunshine · 1 August 2019 · Archived copy · Reddit

A few years and profiles ago I came here with my head up my bum. You all straightened me out harshly and it was what I needed. After years of self improvement, took the onk mode advice, changed my perspective and habits, and I am happy to report that on the 21st I married a man I never thought was possible to lock down.

So thank you all. Harshness and honesty and what is hard to hear comes from experience and love. Soak it up. It does help and there are wise women here from many walks of life.

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UPVOTES

Small Success- thanks :)

anothergoodbook · 14 December 2020 · Archived copy · Reddit

I posted a little while back about balancing chores and work and kids. A few people suggested looking into codependency. I started reading some different books on the topic and it really resonated with me.

I was able to see that I was super irresponsible in the beginning of our marriage (money, following through on things I agreed on, chores, etc). I believe we were both codependent. My husband's eventual way of coping was to not argue with me - just shut up about the stuff he didn't like. Eventually it built up to the point that when we had some major stressors - he couldn't hold back all of those years of brushing it under the rug. He was incredibly resentful, angry, and so forth. It shifted into me coping using a lot of codependent habits. Needless to say we were in a really bad place for 2-3 years. Also add in that he has OCD and the stressors triggered hay that as well.

I've been working solely on me for the last month or so. I've been super intentional with self care. I'm recognizing the things that are triggering my insecurities and being honest about them. My attitude has been considerably better toward my husband. I've been more pleasant and just going out of my way to be kind to him. I have started to really focus on that I can't change my husband. If he is upset or resentful I can't change that. That's a choice he is making.

But onto the win! Last weekend we attempted to go out for our anniversary. I was disappointed because he had been super distant and instead of getting angry, I did the work to figure out why I felt that way. I was able to see that I was feeling scared and insecure because my husband's dad recently left his wife (husband's mom) because of many of the things my husband has been angry about. I shared that with my husband instead of getting angry and defensive.

Fast forward to *this* weekend and it was wonderful. Weekends tend to be hard because we eventually argue just being around each other. But... we didn't. Even when the kids were being loud and frustrating or when things didn't quite go how we planned.

I guess - my take away is to not give up. It's taken a long time to say we had just a great weekend. And that I'm so grateful for this community who helped point me in a good direction.

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UPVOTES

Any wives familiar with Laura Doyle's Intimacy Skills want to start a discussion group (Surrendered Circle)?

RobinG81 · 2 April 2021 · Archived copy · Reddit

Hi everyone! I'm a recent addition to this community.

A little background. My husband and I have been married for 11 years. We've had our highs and lows just the same as any marriage; about a month and half ago we had a real low—I caught him spending money on porn after we had already talked about him not doing it anymore. This has been the third time in our history of being together, and each time he has told me he wouldn't do it anymore.

Right now, in particular, I am feeling very vulnerable and insecure. I'm in my third trimester of a high risk pregnancy and have gained weight due to the pregnancy. So knowing that he is getting sexual pleasure from watching women that have never had their bodies ravaged by childbirth is like a knife in the chest.

I cried on and off for over a week, and I was researching how to get the affection back in our marriage (he doesn't really touch me affectionately anymore unless I initiate first and it seems begrudgingly done at best). That is when I came upon Laura Doyle's blog and her books: "The Surrendered Wife" and "The Empowered Wife".

I engulfed both books in less than a week and have been implementing her Intimacy Skills since. I have been practicing them for about a month now, and since implementing them, my marriage has improved drastically.

My husband has been more affectionate and I have been much happier since practicing self-care. I am even feeling more confident about myself. Yet even with this being the case, I still have days when I feel why am I even trying? Today is one of those days. I've been crying on and off all morning.

I admit, I haven't been practicing self-care as well these past two days as much, which probably isn't helping, but the key part I'm missing is having women to talk to that are in the same situation as me—not very happy in their marriages but definitely not wanting a divorce.

I was hoping some of you had read the books and if so, would you like to start a discussion group with me? We can either do it on Discord or Facebook (whatever everyone else prefers).

I would love to join Laura's group, The Ridiculously Happy Wives Club, but it's too expensive for me especially considering I'm working very minimal hours due to COVID and I have a baby on the way.

So, please respond if you would like to start a Surrendered Circle with me. I really could use the additional support from like-minded women and maybe you could too.

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UPVOTES

Wives and SAHM's, how do you bring beauty and happiness into your homes?

nessdawwwwg · 25 March 2021 · Archived copy · Reddit

Other than the obvious of cleaning, preparing dinner etc. How do you fill your home with that extra... homeiness?

Currently renting while we build so particularly looking for inexpensive and temporary ideas please x

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UPVOTES

I am cackling

jack_hammarred · 18 September 2018 · Archived copy · Reddit

<https://i.redd.it/xssdqcfvcym11.jpg>

loading...

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UPVOTES

Tolkien's Fatherly Advice to His Son on Sex

tintedlipbalm · 4 August 2017 · Archived copy · Reddit

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UPVOTES

Congratulations Iris!!!!!!!

PhantomDream09 · 27 July 2017 · Archived copy · Reddit

As some of you may know, our newest moderator, Iris, just had a baby!!!!

Please send her your well wishes, words of wisdom, and congratulations. :0)

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UPVOTES

'A Day Without a Woman' is a strike for privileged protesters

Irisandoleander · 6 March 2017 · Archived copy · Reddit

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UPVOTES

Be the Soft Place to Land [FR]

m0llywobbles · 11 October 2016 · Archived copy · Reddit

Alternate title: Home is what you *make*.

Background

I am a 24F married to a 25M. We've been together roughly 3.5 years, living together roughly 2 years, married since the first of this month. He works as a programmer in a local hospital system, I am getting a doula business off of the ground, am slotted to start a nanny position in roughly February, and manage the household aspect of our lives nearly completely. (That is, the cooking and cleaning, emotional labor of managing extended family relationships, holidays, etc.)

Theory

With our recent wedding, the phrase "happy wife, happy life" was thrown at me and my husband a lot. In general, the people giving this advice meant it in the following context: "If you do the "right" things to make your wife happy regardless of your opinion on the topic, your life will be easier and more pleasant [mostly because an unhappy woman will actively make your life more unpleasant]." The refrain that my husband should now be bending to my will thanks to our nuptials was a theme repeated at us blaring from every direction: well meaning relatives, jokes about the "ball and chain" of marriage, and wedding tchotchkes bearing epithets like, "Mr. Right and Mrs. Always Right".

I propose that there is some merit to the phrase "happy wife, happy life", but that it is generally taken to mean the opposite of it's actual meaning. For those who are Biblically inclined, Proverbs 21:19 sums it up best with the following:

Better to live in a desert than with a quarrelsome and nagging wife.

Regardless of whether you take on the role actively or let it be something that happens passively, your attitude and actions set the tone for your home. If you dedicate time to making it feel homey in the ways that matter to both of you, if you provide consistent, healthy, tasty meals, if you approach your spouse and your home life with an upbeat, optimistic, positive, pragmatic attitude, the entire emotional barometer of your life will change for the better.

Practice

Set the rhythm.

Regardless of whether you mark it or not, days, weeks, and seasons all have rhythm. I think as a culture we've stepped away from marking time in significant ways, and I think this contributes a lot to that adult-onset feeling of everything blurring together. On a large scale, most people appreciate the changes that the seasons bring. Everyone gets keyed up for feelings that they associate with the change of seasons: in fall, we want it to be cool to dig into our cozy sweaters, to drink hot, pumpkin spice lattes, to feel cozy and at home with a hearty stew and a horror movie. What makes Christmas so special is what we *do* for Christmas. Obviously your associations with the seasons are going to be personal to you: the smell of onions cooking in margarine makes the house feel like Christmas to my husband, because his mother makes pierogi for Christmas Eve, and the first ingredient in 2/3s of the kinds of fillings she makes start with minced onion simmering in margarine on the stove.

Tapping into these feelings intentionally--with the food, sights, smells, and media that I bring into my home--makes it feel more like *home*. It also gives you the opportunity to bring in things that you appreciated about "home" growing up and to build your own, new traditions. Some of these are big and obvious (celebrating anniversaries), some of them include extended family (every Christmas, we make a special night out of watching It's A Wonderful Life with his parents), and some of them are the smaller routines that you build into your life (we read every night before bed, I make waffles and bacon on Sunday mornings). These routines are the things that will keep home

feeling like home in the midst of the chaos, and they help us mark the change of seasons and important things. Generally I find that doing so helps me live with more intention, which keeps me feeling more fulfilled and creates a space for my husband to come home and feel like he has a refuge to really dig into his projects and appreciate home life.

The trope of the frazzled, hot mess of a wife might be cute and funny on TV, but the freedom that comes with some discipline opens up your life significantly more to bigger and better things. Your stress level affects your partner's stress level. In general, I find that focusing on the logistics of our day-to-day functioning leaves space for my partner to a) focus on bigger-term plans and dealing with actual problems as they arise, instead of constantly putting out small-scale fires, and b) makes the overall tone much more peaceful.

In general, planning is everything: it is much easier to accomplish all of the things that are important to you if you break them down into smaller, manageable tasks. My monthly routine is supported by my weekly routine, which is supported by my various daily routines. Being able to roll with the punches on a day-to-day basis is key, but having a plan of what needs to happen at any given time will keep the entire home more on course so that emergencies and unexpected circumstances (and additional obligations) don't throw everything out the window. Spending my time more productively has also left significantly more room for me to accomplish more; if I'm not struggling to stay above water on the most important tasks, I get more done overall. It's not really rocket science, but even something as routine as a meal plan is the difference between well balanced meals that make my partner happy and excited to come home over the stress and mediocrity of dropping \$100 in a single week on takeout that wasn't good for us and gets very boring, very quickly. At this point my weekly routine is set up for success on the touchstones that make my partner feel the most loved:

- breakfast and lunch planned and prepped for his workweek. I usually complete this task on Sunday, so that the rest of the week his breakfast/lunch is easy to throw together the night before. I've invested in a decent rotation of tupperware so that I have easy ways to send a variety of things with him. Chilis and soups, pasta salads, build-your-own-wraps, grownup lunchables--all cheap and awesome lunch ideas, if you put the time into preparing them. Mini frittatas, breakfast sandwiches, breakfast tacos, and smoothies have all been decent breakfast hits so far.
- dinner planned and executed--this one's pretty obvious, but cooking in from scratch is ultimately cheaper (and so much easier to balance!). Eating out all of the time is one of the best ways to guarantee that I'm going to feel physically drained and crummy, and the extra weight isn't necessary. Nail down a few key cooking techniques and experiment. Have at least one meal you can make that seems impressive for when you have company. I'm really biased in that cooking has become one of my very favorite hobbies, but I think it's an underestimated skill that really brings things together.
- send him off and welcome him home. Stop what you're doing long enough to, at the very least, say goodbye or greet him. I like to put out his after-work clothes (he wears the same rotation of things and really isn't picky) and something to drink for him, but you don't have to go that far. (And this might not even be something that matters to your partner...but mine appreciates it.)

Ultimately the touchstones you choose are going to be the things that you remember and rely on. We are what we repeatedly do, and the space we create in our homes and our relationships can either bring out the best in us and our partners or can leave us burnt out and emotionally exhausted. What looks like more work in the beginning eventually becomes the joy.

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UPVOTES

Beware "reporters" and People with *NO* history interacting with this community

PhantomDream09 · 27 April 2016 · Archived copy · Reddit

Just a general head's up for everyone. There have been 'reporters' and 'curious' people that message members of this community asking questions, offering to do 'interviews,' or maybe even just trying to get a bit of information. Do yourself a favor, and do not engage with these people.

If someone messages you - please alert the mods. You don't have to be rude, or respond at all. Please know that anything you say *will* be taken out of context and twisted. We have seen it happen a few times before, and there's simply no winning.

The best thing you can do is tell the mods when someone messages you, and simply tell the user that if they have any questions they can message the mods, or submit a post to the community.

On that note, if you receive bothersome, harassing, rude messages from users: feel free to message the mods. Report comments if they break any of the community rules. Understand that there is an option to block users so that you do not receive messages they send.

Take care everyone.

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UPVOTES

Ten Secrets of Fascinating Womanhood

HieronymusBoschClone · 13 April 2016 · Archived copy · Reddit

Hello RPWives,

"The Secrets of Fascinating Womanhood" is an unofficial sequel based on the classic "Fascinating Womanhood" by Helen Andelin. It consists primarily of 10 parables explaining each of the primary aspects of womanhood. Although obviously written with Christians in mind, it aligns with this subreddit's goals very well. It can be downloaded for free [here](#).

Below I've reproduced an outline found in the back of the book, which serve as the basis of the parables found earlier in the text. I've put in brackets those aspects which don't align 100% with our goals, but which apply to a significant portion of this subreddit's audience. **Do check out the text as it contains exercises which may make following any of these points much easier.**

1. Accept him as he is. Look to his good side.
2. Don't try to change him.
3. Forgive him for past hurts.
4. Allow him his freedom.
5. Admire his masculine qualities. Never wound his sensitive pride.
6. A man's greatest need is to be admired for his masculine qualities.
7. His deepest misery is to be belittled by a woman.
8. Make him Number One in your life. Comfort him tenderly when he is tired or discouraged.
9. Appreciate the heavy responsibility a man carries.
10. Use the great power of sympathy.
11. Comfort him lovingly when he comes home weary.
12. Do not raise problems until after he has eaten.
13. Your husband's [God-given] role is to lead you and provide for you. Allow him to do it.
14. Your role is to be his companion[, a mother, and a homemaker].
15. Let him know your views, but support his final decision 100%.
16. Let him worry about the finances.
17. Men deeply admire inner serenity and goodness in their wives.
18. Your husband wants you to be a better person than himself.
19. Goodness and inner serenity are required in a woman for a man to love her deeply.
20. Inner serenity develops in a woman when she becomes free of pride and self-righteousness, always does and says the right thing, is free of guilt, and has a forgiving heart.
21. [Your God-given role is that of mother and homemaker. Enjoy it.]
22. [Motherhood is the most noble and important work on earth. Enjoy the wonderful satisfaction of raising happy, secure children. Men respect motherhood.]
23. [Allow time to enjoy your homemaking. Homemaking is a woman's life-long career. Do it well.]
24. Cultivate woman friends. Visit together. Do things together. Confide in each other. Develop your talents.
25. [Plan your days in advance by using a desk top calendar planning diary.]
26. Make the most of your hair, your figure, and your health.

27. Your appearance is important to a man. Most men find longer, femininely styled hair highly appealing.
28. Maintain your ideal weight by regular exercise and sound nutrition.
29. A lovely smile is a priceless asset to a woman. Have your teeth looking their nicest.
30. Femininity delights a man, and depending on him arouses his love.
31. To be feminine and attractive to men, do and wear the opposite to what they do. Appear to be helpless in masculine matters.
32. Child-like charm in a woman of any age is delightful to a man.
33. Speak cheerfully, with a melodious lilt in your voice.
34. To obtain your wants from your husband, just ask with a smile, as a young girl asks her father.
35. Just ask submissively, with a smile and a please.
36. Your husband will love you more if you allow him to spoil you a little.
37. Show feminine appreciation in an exuberant, childlike way.
38. Handle anger in a feminine [and childlike] manner.
39. [Men respect a spirited woman. Release your anger as soon as it arises, in a childlike manner.]
40. Show anger against your husband only when you have been clearly mistreated.
41. Express it in a feminine[, childlike] way that allows him to feel manly and protective.

I hope this list serves a rough gauge in helping you determine which areas you excel in and which ones need work. Best of luck to anyone needing help in these areas!

Sincerely,

HieronimusBoschClone

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UPVOTES

Husband is ill, and it's been a gift in disguise

I_madeathrowaway · 15 November 2019 · Archived copy · Reddit

And at first I was annoyed because I struggle with laziness and wanted more help watching baby, not less.

But as I learn more about RPW and am trying to implement it, I found something out.

I really am enjoying taking care of my husband. I fixed up his humidifier on his side of the bed each night and move it to his desk each morning. I'm excited for my small wages to cover the meds he needs to get better, and it delights me to watch our son longer so he gets the rest he needs.

Once I stopped focusing on everything being 'fair', (though not really, since he took half the housework and childcare in addition to his job), I enjoyed my house, child, and husband more. Less time spent watching the clock so I didn't do more work than needed, more time spent laughing with my son, making sure the house is presentable when my husband emerges from his office after work.

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UPVOTES

Book on low testosterone in men - I want Sex, He Wants Fries

rosebyanyothername1 · 13 February 2020 · Archived copy · Reddit

I know this issue is discussed often -- what to do when your sex drive is higher than your husband's, when he doesn't want sex, when he's not as masculine as he used to be, etc. It's a common problem!

I've been dealing with this to some degree and just trying to handle it the Laura Doyle way (with lingerie), but I'm still frustrated. It feels like pressing on the gas pedal repeatedly in a car that is just really low in gas. It definitely does something, but it's not like we are going at full speed.

I decided to go ahead and read I Want Sex, He Wants Fries, and I feel so relieved! It's like I have a sister there walking me through this issue and telling me what to do (since I can't talk to my friends about this). It's a solvable problem! We can start getting tests through walk-in labs regularly (even without a doctor ordering them, since that step can slow things down or be unnecessarily problematic). Idk what the next step is after that but I feel great seeing that there are steps to take.

My husband has already had a low T result (even compared to the reference range where "normal" can be low) in the past but we never followed up on it.

On a related note- -- red light therapy applied to the testicles can be really good for increasing testosterone! See Ben Greenfield, Joovv, etc. It's a possible first line treatment to try before taking actual supplemental testosterone.

Just posting this in case it encourages other women; please don't criticize me for trying an approach other than just being sensual/sexy or sublimating my sex drive.

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UPVOTES

Sub related stuff- a new type of field report

blushingoleander · 20 May 2021 · Archived copy · Reddit

We (u/teaandtalk and I) were chatting about ways to breathe some fresh content into the sub. One thought has been to revamp the concept of the field report. Male "success in the field" reports are not quite the same as women's reports and our subs should reflect the difference.

So instead of "yo bro I got laid by an hb10 within 10 minutes of meeting her", we would create more of a "dear diary" field report. Post stories old and new about your relationship interactions. Post shower thought. Post how you got to the big moments (even of those big moments happened a decade ago) or a mundane comment that has rpw relevance.

Ideally we would begin to build a tapestry of what it means to be an RPW as well as get some more discussion going in the sub.

I'm going to follow this with another post that is *one* example of what I mean.

Let us know what you think, if the community is interested and what we should call these new field reports. Any feedback is appreciated.

Example. <https://redd.it/ngzhdi>

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UPVOTES

I am becoming a stay at home wife/housewife. Nervous about this next chapter and welcoming tips and advice.

Kind_Entertainment_6 · 23 May 2022 · Archived copy · Reddit

Hi ladies in a week I will be a full time housewife. Welcoming advice from other housewives/stay at home moms in any area. I've been working my entire life and this will be new for me - tuning into living a softer lifestyle. Thank you in advance 🙏

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UPVOTES

experienced or young wives: for those of you who married younger and were not as financially sound, what were your first years of marriage like, and what tips can you give?

[deleted] · 23 March 2021 · Archived copy · Reddit

[deleted]

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UPVOTES

I'm failing at home making

killerbarbiexx · 27 December 2024 · Archived copy · Reddit

I have 3 kids, the oldest is 5 and youngest is 4 months. I take pride in cooking and cleaning and keeping a nice house, but I am failing so hard the last couple of months and don't know what systems I need in place.

Big problems: cooking, laundry, daily house "reset".

With cooking, when I meal prep certain things my kids and even husband don't like it as much as when it's fresh so I'm not sure if there are things that work better in a meal prep.

Laundry, it feels never ending and folding and putting it all away needs to happen daily otherwise it snowballs out of control.

Daily house reset: usually I would clean the whole house before bed so we can all wake up to a clean house but I've been finding it so hard to not fall asleep when I'm putting the kids to bed these days.

I get the two oldest to help me with chores during the day, but between their activities and wanting to get them outside, and also letting them do "messier" activities for learning, it just feels like there's not enough time.

I really do hate how disheveled I've been feeling and looking for any and all tips any of you may have.

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UPVOTES

Unlocking Erotic Intelligence: How Can Couples Keep The Home Fires Burning?

jack_hammarred · 7 November 2017 · Archived copy · Reddit

Esther Perel is a psychotherapist who writes, speaks, and facilitates to help people improve their sex lives. I love [this article, Unlocking Erotic Intelligence: Advice from Esther Perel](#) and want to highlight a few things! Definitely give the whole article a read, but I've pulled out what I've found most impactful.

In a nutshell, her thesis is this: intimacy in relationships is frequently – and inexplicably – the enemy of sex. The intimacy Perel's referring to is the romantic ideal of semi-conjoined couples who believe that love means quashing mystery in favor of sweet companionship. In order for couples to remain interested in one another, they require distance, transgression, surprise, and play. We must be able to stand back from our partners, to view them as separate, mysterious people, for them to remain objects of our desire.

In this interview, she discusses the things that get in the way of a fulfilling sex life.

You can't play when you're vigilant. You can't play when you're anxious. You can't play when you're fearful. You can't play when you don't trust.

This makes so much sense. I feel like much of the things impeding a great sex life are all boiled down into too much vigilance, fear, or distrust. If either partner is encumbered by these things, the sheets cool down.

I see couples who want more sex (certainly) but mainly want to connect with the quality of renewal and liveness and playfulness that sex used to afford them. ...Basically I work at how they beat back deadness, which I think is the prime reason for affairs.

Everyone can be the master of their own domain. But renewal, vitality, playfulness? Those things don't happen in solo sessions. Those things are what make great sex great sex.

Many times it isn't so much that you want to leave your partner, as you want to leave who you have become. And it isn't so much that you're looking for another person as that you're looking for another self. (You want) to reconnect with lost parts of you or to discover new parts of you.

I maintain that relationships aren't just about the person we connect with... it's about who we can be, who we can become, what we get to do/see as ourselves when with them. As we lose our independence with our significant others, as we consistently rely on the same strengths and combat the same weaknesses and fulfill the same roles, it becomes possible to get bored with ourselves. We tire of who we are around them if we don't protect some independence, some mystery.

You want to make (your partner) someone that you're curious about... I actually believe that people never fully know the other if they stay curious.

This makes so much sense to me as someone with a penchant for curiosity. If you're struggling to stay curious about your partner, which doesn't make sense to me, I think it can help to consider how you don't even really fully know yourself. Knowing yourself, even though you ARE yourself, is a tall order. What really motivates you? What really makes you tick? What are your truest downfalls? What things mean most to you? How do you make decisions? What are your blind spots? What are the best and worst things that you do, and could do? To think you know all of this about yourself is a little preposterous, because it's impossible to see yourself clearly and objectively and therefore truthfully. It's also a little preposterous to assume you know another person this fully... and even if you feel you do, people change. Look at your person with wonder and curiosity.

When are you most drawn to your partner? When I see my partner passionate about something, when I see my partner in his element, when I see my partner on stage, when I see my partner talking to other people, when I see other people attracted to her or to him, when he plays with the kids... when she makes me laugh, when he surprises me, when he's vulnerable, or when she's vulnerable. [It's when] you see their wholeness. You see them as not needy and you see them radiating.

I've found this in my relationship, going both ways. It's not simply about wanting something that isn't focused on you, it's wanting something that is dynamic rather than stagnant. We forget that our people are more than ours... we need to see them as people.

It's when you look at them as a separate unit. [One that is] already so familiar and so known but that is momentarily illusive and mysterious... So there's still something to discover, so that you remain fundamentally interested in the other person. To want to have sex with them over the long haul, to want to enter them, is to also remain interested in them.

I think this is also why being physically attracted and attractive to your partner is so important, in addition to all the great stuff she discusses.

You know, I think America likes transparency. Americans really believe that honesty is a confessional cure, and intimacy means wholesale sharing. But maybe intimacy is the actual ability to keep things for yourself. Many other cultures do not necessarily equate intimacy with transparency.

The way we talk about subtle sex appeal in fashion applies elsewhere.

When a woman wants a man to ravish her, what she is actually after is two things that are crucial to experiencing excitement and pleasure. One is her narcissistic affirmation that she is irresistible—and his persistence is a proof of that... Second is that it makes [men] not be needy... If care-taking is the biggest impediment in women, the predatory fear is the biggest fear in men.

Makes total sense!

The three most important relational factors in male sexuality are the fear of rejection, the fear of performance incompetence, and the fear [of] whether she likes it or not.

Also makes perfect sense!

So... what are your thoughts about her comments and assertions? What have you found to be true for yourself in your own or others' experiences? What would you like to know more about? What kinds of things does this prompt you to test out in order to improve your relationship?

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UPVOTES

A Simple Joke To Brighten Your Day! Share Your Own In The Comments :)

Camille11325 · 21 May 2017 · Archived copy · Reddit

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UPVOTES

An Introduction to Home Bartending

littlegoosegirl · 12 May 2017 · Archived copy · Reddit

Do you know how to mix a well-crafted cocktail? You should learn! It's an excellent way to 1) save money on bar tabs, and 2) serve your man in a unique way that is also fun! It's a feminine skill that is very under-developed, and learning will certainly put you a head above the rest.

Mixing drinks is something that I have been working on for a little over a year now, and my husband absolutely *loves* it. With a little practice and some up-front investment, you can curate a well-stocked home bar and become your man's (and your own!) personal bartender.

Today, I'm going to cover the absolute first steps: **Research**, **Essential Tools**, and **Essential Spirits** plus a few man-pleasing drink recipes.

STEP ONE: Research

Do you know what kind of alcohol your man likes to drink? For that matter, do you know what *you* like to drink? If not, do some field research. Unlike most field research, this is the *fun* kind, because it involves drinking! Find a nice cocktail bar, the kind of place that your hipster friends can't stop raving about (even hipsters are right sometimes), and look at the drink menu. Order a cocktail that appeals to you and pay attention to what it is made with.

While you're out, pay attention to what your man is ordering. Does he prefer darker spirits or is he more of a fan of clearer stuff? Does he prefer drinks that have citrus juice as a mixer, or drinks that lean heavily on the sweet side? All of these observations will help you stock a bar with liquor that you are actually going to **use**. If you don't do this important research step, you could end up with bottles of alcohol that do nothing but sit in your bar cart and gather dust, and that is what we call a waste of money. And no one likes that.

Keep in mind that a well-stocked bar also includes wine! Getting a basic handle on the differences between red and white wine, along with their subcategories, should not go overlooked. Oftentimes, liquor outlets like **BevMo** will have wine tasting events once or twice a month, so if you don't live near a tasting room or vineyard, all is not lost!

Also, take this time to invest in a highly-reviewed, comprehensive Bar Book. I use **this one** and it has never let me down yet. Look for a book that contains both classic drinks and more froufrou recipes, because you will want both. Amazon is your friend here, and the more reviews on a book, the better.

STEP TWO: Essential Tools

No matter what kinds of alcohol you like to drink, the equipment for cocktail making will stay the same. This is where you can get really fun with it! Feel free to spend as much or as little on barware as you like, but you do usually get what you pay for (up to a point). Utensils that will be going into drinks should be stainless steel, and that quality is going to help things last longer. I swear by **Crate and Barrel** and it's where we got almost all of our barware. It's good quality and largely affordable. If you're getting married soon, *put this stuff on your registry*! It is so useful, and people love to gift fun kitchen/bar items.

- Bar Cart: This is where you will keep your alcohol and utensils. These can be **affordable mid-tier**, **really expensive**, and everything in between. It doesn't even have to be an "official" bar cart. We stained and repurposed **this kitchen cart** and it works like a dream. Get creative with it! This will be the centerpiece of your home bar, so go with something you love that will fit into your decor.
- Cocktail Shaker & Jigger: A shaker is used to shake your cocktail up, usually with ice. You can get as ornate as you like with a cocktail shaker, but the main things you need to make sure of are material and quality. Will it leak? Will it rust? If the answer to these is no (read reviews!!), you're good. A shaker like **this** is the perfect place to start. Most shaker sets also come with a **jigger** which is an odd word for a measuring shot glass. The small side is 1 oz, the larger size 2 oz. Drink recipes are usually written in ounces, so a jigger is an easy way to

measure and pour!

- Mixing Spoon: For drinks that are not shaken, but stirred, you will need a [stirring spoon](#). The twisted handle makes stirring easier. Also, it looks fun - I'm convinced this is half the reason for it. In a pinch, you can use a chopstick to stir your drinks too!
- Mixing Glass: A good [mixing glass](#) will really take the look of your bar cart to the next level. The mixing glass is where you stir your stirred drinks, and while it can be simply a large glass you have on hand, these have spouts and also are heavy on the bottom to prevent spillage.
- Strainer: A basic cocktail strainer looks like [this](#), but you can get something much more [elegant](#) as well. You put the strainer on the top of the mixing glass and pour out your drink, keeping any ice or large ingredients in the mixing glass and out of your cup.
- Muddler: A [muddler](#) is used to beat ingredients like mint leaves, limes, or cherries into a tasty pulp at the bottom of your glass. Wood ones look [prettier](#) but are harder to clean and crack eventually, in my experience.
- Pretty Ice Trays: This is pure vanity but if you want your ice to look like [this](#) you'll need to invest in some [silicone ice cube molds](#). They are worth it! Every drink becomes elegant, including water or lemonade.
- Other tools worth mentioning are of course a bottle opener, ice scooper and a peeler for peeling citrus rinds.

Glassware could be a topic all on its own, truly, but to get started you really only need a few glasses for your basic drinks:

The [rocks glass](#), used for drinks like the Old Fashioned, the [martini glass](#), and the [highball glass](#). These, along with your basic wine glasses, should get you far in your introductory adventures.

STEP THREE: Essential Spirits

The basic list of alcohol (within your preferences, of course) consists of vodka, gin, light and dark rum, blended whiskey, bourbon whiskey (sweeter and mellower than normal whiskey), citrus liqueur like Cointreau or Triple Sec, brandy/cognac, tequila, creme de menthe (mint liqueur), creme de cacao (chocolate liqueur), and vermouth (both sweet and dry). There is a lot more out there, but these will get you far initially. Buying all of this at once is not advisable. We bought 1-2 bottles of quality liquor each month for a while, and within a year we had a very impressive home bar. You don't have to go broke to curate an excellent bar cart!

You will also want to invest in some [Simple Syrup](#), [Angostura Bitters](#), and some basic mixers like Club Soda (fizzy water), Tonic Water (sweetened fizzy water), and basic cordials like [Grenadine and Sweet Lime Juice](#). Buy lots of lemons, because lemon juice is an essential ingredient in many drinks! I always use fresh - it tastes the best, and buying lemons is cheaper than buying a bottle of lemon juice.

RECIPES

The Old Fashioned: Favorite drink of Don Draper (from Mad Men), an Old Fashioned is an excellent drink to learn. It's a classic for a reason! There are a few variations, but this is the one I make for my husband all the time:

Ingredients

- ice
- 2 oz bourbon or rye whiskey (you can also substitute gin for a Gin Old Fashioned)
- 1 oz simple syrup
- 1-3 dashes Angostura Bitters
- 1 piece of orange peel about the length of your thumb

In rocks glass, combine simple syrup and bitters. Fill glass halfway with ice, then stir about a dozen times. Add _____

enough ice to fill glass. Squeeze orange peel over glass to extract oils, add peel to glass, and add whiskey. Stir just until drink is cold and alcoholic bite has softened, about a dozen times. Serve with a smile!

The Gin and Tonic (can also be made with vodka): A Gin and Tonic is refreshing and strong, an excellent drink to sip on pleasant nights with good company: *Ingredients*

- ~4 ice cubes
- 2 oz gin
- 1 tablespoon lime juice
- 1-2 lime wedges
- tonic water

Place ice cubes in a highball glass - the ice will reach about the top of the glass. Pour gin and lime juice into the glass, then top with enough tonic water to fill the glass (about 4 oz). Stir with a long stirring spoon, serve with lime wedge(s). This drink can also be made in a rocks glass or even a pint glass if that's all you have, it tastes just as good!

The Whiskey Sour: A "sour" is any drink made primarily with lemon/lime juice and alcohol. The sour is my favorite drink style, and it can be made with many types of alcohol to excellent effect. Popular substitutions of whiskey include rum, pisco, gin or amaretto. Here's my go-to Whiskey Sour for both my husband and I: *Ingredients*

- ice
- 2 oz whiskey
- 1 oz simple syrup (or less, depending on how tart you like it)
- 1 egg white (can be omitted)
- juice of half a lemon
- 2-3 dashes Angostura Bitters

Fill a cocktail shaker with ice, then add whiskey, simple syrup, lemon juice and egg white. Shake vigorously, about 30-40 seconds. This will ensure that the egg white fluffs up and turns into a magical white froth. Strain drink into a rocks glass (with or without ice depending on if you like it), then open the shaker and spoon out as much white fluff as possible into the glass. Dash the bitters over the top of the froth in little dots. Sometimes I just pour the whole shaker into the glass, ice and all. If you have cocktail cherries, serve with one!

-- Thanks for reading! I love doing this and I thought I'd share it with you all. :) Go forth and mix drinks for your man (and yourself)! It's such a fun element of hostessing, creation, and just plain fun! Please let me know if you want more posts like this, such as what I make in different seasons or for parties. Cheers!!

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UPVOTES

Fewer Young People Want Gender Equality at Home

TempestTcup · 31 March 2017 · Archived copy · Reddit

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UPVOTES

Okay To Be a Housewife With No Kids?

allhailthebitch · 27 February 2017 · Archived copy · Reddit

I only just found RPW yesterday and I was so happy to find so many likeminded women who support being able to stay at home with family. I do have a question though, and I felt like this was the place to ask it. I am a 21 year old woman, engaged to be married, and although I want to stay home and take care of my husband and my home, neither my man nor I want kids. I've found that whenever I tell people that I don't work, don't have kids, and want to stay home, I get a nasty side glare and some retort about being lazy. I just like having a clean and organized home, and having dinner ready by the time my husband comes home from work! What's so wrong with that?! I feel like it's important for him to come home to a wife who is happy and relaxed and a home that looks nice. Home should be a safe place of comfort and relaxation for him. So the question is this.... if I don't have kids, should I be working? I've been made to feel so useless because I don't bring in money, and it would be nice to have some support from a community rather than just my fiancé. I live in a VERY liberal/feminist place, and it's exhausting dealing with the constant hate.

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UPVOTES

Conway shatters glass ceiling as first woman to run a successful presidential campaign

Irisandoleander · 10 November 2016 · Archived copy · Reddit

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UPVOTES

[REPOST] The Beginner's Guide To Building A House Binder

Camille11325 · 17 April 2016 · Archived copy · Reddit

This post was originally written by /u/poorsay 3 months ago! I have removed the personal story she told at the start which explained why she decided to make this guide, everything else is exactly the same. I personally use a household binder and so do many RPW so feel free to ask any questions! For future reference, you can find this post (and other amazing submissions) in the [Essential Guides](#) section of the wiki.

What Is a Household Binder?

A **household binder**, also known as a **home management binder**, is an easily accessible compendium of all the information anyone in your family needs somewhat regular access to. The key to an effective household binder is making sure it is **comprehensive** and **organized**.

Comprehensive

A household binder should hold all kinds of information if you expect it to be worth the effort. For example, my binder has my husband's clothing & shoe sizes. Why would including such a minor detail in my binder be useful? After all, I could just ask my husband what his sizes are. But sometimes you need to know these things right now. Let's say I'm getting ready to head to Target after seeing a commercial that advertise a sweet sale on men's clothing, and OMG, the sale ends today! If I didn't have my binder, I would need to call my husband while he's busy at work, wait for him to get back to me during a break, hear his irritated response as he realizes the urgent-sounding voicemail wasn't an emergency after all, and then rush to Target with only 30 minutes to spare before I'll need to leave and pick up the kid from school. With the binder, I can just look it up before heading to Target, and I can take all the time my little heart desires.

Organized

Aside from simply being a convenient source of information, look at your household binder as an instruction manual. If your family were a business, reading through your binder should supply enough information for a new employee to assimilate with ease. This binder needs to be clearly organized so that even a stranger could flip through it and understand what it is they are looking at. This can be incredibly important in the event of an emergency. If, God forbid, I were to suddenly pass away, my husband would have access to all my information regarding my bank info, my insurance info, or anything else he would need in order to get the resulting paperwork in order. In the event we both were to pass, our parents would have all the information they would need in order to continue caring for our daughter, like her school schedule and medical info.

Note: Some families use a **household notebook**; rather than a binder. I prefer a binder because families are not static. Families grow, their needs and interests change, they become added to and subtracted from. In order to keep the information relevant, it will need to evolve along with them. If you have a notebook, you'll probably end up needing to replace it every year or so in order to keep up with the times. With a binder, you can simply remove one or two pages and replace them with updated information. Additionally, with a binder, you can easily rearrange your categories. This is useful if, for example, you have a category near the back for Travel. You don't use it normally, but now that you're about to go on a vacation, you can move this category closer to the front as you find yourself referencing more often. If you like having a notebook because you need a place to empty out your thoughts without any order or organization, consider keeping a section of ruled, loose-leaf paper in your binder.

What Is NOT a Household Binder?

A household binder is not meant to keep things that are better left in a **fire-safe box** or in your **archived files**.

These do not belong in your binder:

- social security cards
- birth certificates
- marriage license
- titles
- deeds
- 3 years of tax returns and W2s

Instead, write your social security numbers and birthdays down onto the relevant page, and keep the page in your binder. These important documents belong somewhere else, in a location that will be more sensible and/or safer. If the subject is of interest to anyone, maybe I can make a post later on about how to store and organize your archived files.

Who Should Be Included in Your Binder?

A household binder is a tool meant to help manage and organize your home. It can't just be about you; that's what day planners and diaries are for! In order for it to effectively assist you in managing your home, it needs to include every single member of your family. When I say "family", I'm referring to everyone you are responsible for within your home. **Your binder needs to include:**

- You
- Your spouse or common law partner
- Children
- Pets
- Any elderly or disabled relatives under your care

Special Considerations:

- **Boy/Girlfriend.** While I don't recommend long-term cohabiting, your binder should include your boy/girlfriend if you live together. To what extent they are included depends on your situation. For some couples, all you might need is an emergency contact page for your partner. For others, you might need to cover them in your binder just as thoroughly as you would a spouse. This is a decision best left to you. (I'm not judging any cohabiters, btw. Due to unavoidable circumstances at the time, my husband and I ended up needing to live together for a few months before we married. However, I would still advise against it if you have the choice.)
 - **Adult Children.** Your binder should not include adult, self-sustaining children who have moved out, as they should be capable of managing their own homes; they would be better off having their own binders. If your adult children live with you due to disability, they should be included. If your adult children live with you due to life circumstances, such as unemployment, I would recommend that you leave them out of your binder. However, every family's situation is different, so the decision is ultimately up to you and what you think makes the most sense.
-

Which Categories Should You Choose?

“Failing to plan is planning to fail.”

The first step to making sure any organizing project will be a success is to think. You need to have a clear vision of your desired outcome for the project. Before picking your categories, buying your supplies, and even before gathering your information, start by taking some time to think.

The categories you decide to include will depend on two things, and it is these two things you'll need to spend some time thinking about:

1. What kind of job you would like your binder to perform
2. Your family's lifestyle and needs

Family A

Family A likes to use their binder daily, treating it like a second brain. (In many families like Family A, it's actually just mom who uses it daily while everyone else only refers to it occasionally.) Family A probably answered #1 with “any and all jobs it can possibly handle”, and their lifestyle is probably a bit hectic, in which every day is usually filled with the kids' after-school activities and fun weekend events. Mom likes using her binder to help her get prepared and organized for the day.

If you find yourself relating to Family A and you think you'd also prefer your binder to be the ultimate multitasker, your binder will probably have 2” rings and will weigh in on the heavier side, filled with lots of categories. You might want to include a section of monthly or weekly calendar pages, or a section for planning and organizing your volunteer work, so that your binder can replace your day planner. Maybe you'd want a category labelled “Today” or “Just for Me” at the front of the binder to help you center yourself in the morning, filled with yoga poses, meditation guides, dream journaling pages, and inspirational quotes. Or maybe your “Just for Me” category would serve you better as a place to empty out your brain, constantly getting updated with to-do lists, vacation ideas, magazine clippings, or book recommendations you'd like to check out later. You can expect to be calling on your binder so often that it might as well just live on your desk. I hope the binder you bought was a sturdy one!

Family B

Family B is a lot more like my own family. Family B uses their binder less frequently and treats it more like an encyclopedia, only referring to it as needed. Family B answered #1 with “a memory aide”, with their binder containing tons of reminders, helping them keep track of important information and tasks that would otherwise be forgotten during day to day life. And while Family B's lifestyle is just as hectic as Family A's, the members of Family B have too much going on or are too easily distracted for them to bother with flipping through a binder in order to see what they have planned for the day -- they'd much prefer having the calendar and all the to-do lists up on a wall where it's easy to see with a quick glance.

Maybe you find yourself relating a bit better to Family B. Perhaps your brain prefers things to be a bit more compartmentalized, possibly becoming overwhelmed with a binder that tries to perform too many jobs at once. Your binder will probably be fine with 1” rings since it will be slimmer, as some of the potential categories, like the calendar pages and “Just for Me”, are already being handled by other items, like a day planner and a journal. You might prefer strictly informative categories, like Cars to keep track of your vehicle maintenance, or Passwords to keep track of all your websites. You might still enjoy having some more frequently used categories in your binder, like Finances or Holiday Planning, but you also might be more tempted to place those sorts of things in separate binders altogether!

How you decide to use your binder is up to you and what works best for your family. It's okay to add and remove categories that don't seem to be serving you well. Any organizing project requires some trial and error in order to figure out what works best, so don't lose heart if your binder doesn't prove its worth right away. (And don't forget to

purge outdated pages from time to time!)

What You'll Need to Get Started

When it comes to organizing projects, I feel that it's worth splurging (just a little!) in order to get prettier supplies. After all, you'll be more likely to work on a boring or time consuming project if you enjoy getting to look at it!

To help you out, I've link you to some attractive supplies to get you started (or at least I think they're cute). I'm only linking to Amazon since it's accessible to most people, so definitely go look at some other stores. Consider checking out Target -- their clearance section is a treasure trove of adorable office supplies. I always find something useful when I'm there.

Required:

- A Binder ([1](#), [2](#), [3](#), [4](#), [5](#)). Mine is 1" with 7 categories and room to spare. You might need a larger one if you want more categories, though.
- Tabbed Dividers ([1](#), [2](#), [3](#), [4](#), [5](#)). One divider per category. Consider your categories when deciding if you want pockets on your dividers.
- [Sheet Protectors](#). Feel free to buy these in bulk -- it's cheaper, it's better to have too many than needing to buy more halfway through, and you'll probably find a good use for the extra ones elsewhere.
- Pens or pencils ([1](#), [2](#))
- [3-Hole Punch](#)
- A Lot of Patience! Putting the binder together will take a lot of time. It took me nearly an entire month to put mine together. The amount of time it takes you to gather up all of the info you'll want in your binder should really put into perspective just how convenient this tool will be.

Optional:

- Binder Pouch(es) ([1](#), [2](#)). You'll need one pouch (or some other pen-holding alternative) if your binder doesn't have a pen strap (this thing). For certain categories, you might need extra pouches (like under Finances to hold a calculator).
- [Dry-Erase Markers](#). So you can write on the sheet protector instead of on the paper. This is particularly helpful for pages that get updated frequently, like meal plans.
- [Baseball Card Sleeve](#)I only use one to hold business cards. Some people like to use another one to hold coupons.
- Ruled Loose-Leaf Paper. You can also use a 1-subject notebook instead. I don't have loose paper in mine, but it might be useful for those who want a multitasking binder.

Category Ideas

I certainly don't have all of these categories, or even most of them, in my own binder. These are simply some ideas to help you get your wheels turning. If, after reading through this list, you're still finding it difficult to decide on your categories, there are loads of free household binder printables out there that come in packs. Just print out the

entire pack and fill it all in with your info. I actually use some printables in my binder, but that's mostly because they're way prettier than any page I could come up with. I've never downloaded a whole pack of them, though, so unfortunately I can't offer any recommendations. Note: In the future, I'm thinking about making separate posts that will go more in-depth about cleaning schedules and meal plans, so I'm not going to hotlink those here. Other things aren't getting hotlinked due to laziness. :(

- **Finances**- Monthly budget, recurring bill payment schedule, bank account info, credit card info, debts, financial goals. **Tip:** Keep a binder pouch in this section to hold your checkbook, a calculator, and a pen.
- **Contact Info**- Name, address, and phone numbers for your mechanic, plumber, HVAC, doctor, dentist, veterinarian, insurance providers, local police station, local hospital, babysitter, and any other trusted business you need to call on from time to time. I even have my tattoo artist listed. Keep another page here for addresses & numbers of friends and family (in case you forget to backup your cellphone!). **Tip:** Put a baseball card sleeve in this section to hold any important business cards.
- **Travel** - Petsitter notes, babysitter notes, children's morning/bedtime routines, CPR/First Aid instructions ([like this](#)), winter & summer luggage packing checklists, itineraries.
- **Home Maintenance** - A copy of your daily cleaning checklist, monthly & yearly cleaning checklists (or you can keep a [master list](#) that covers all three), [spring cleaning checklist](#), [cleaning product recipes](#), [laundry tag cheat sheet](#), [seasonal maintenance checklist](#), [home maintenance log \(PDF\)](#), [home inventory](#). This category is mainly a bunch of reminders for things that need to be cleaned/fixed but are often forgotten about, like cleaning the gutters or replacing the hot water heater. **Tip:** The printables I've linked here are just ideas to get you started. Feel free to search Pinterest for checklists that better suit your home -- or make your own and share it with us!
- **Cars** - Vehicle info (year, make, model, VIN #, license plate #, tire size, speaker sizes, a recent photo for insurance purposes, etc.), [maintenance log](#), insurance policy, warranties, and perhaps a copy of your insurance card. **Tip:** Keep your title in a safe box, your registration in your glove box, and one of your insurance cards should go in your purse or your glove box. If you have a digital insurance card (like from E-surance), print a copy of it and keep it in your purse/glove box. Some states do not accept digital copies if you are pulled over. Even if your state does accept digital cards, consider printing a copy anyway -- by handing your phone to an officer, you are giving them the right to search your phone.
- **Food** - Weekly meal plan, a stash of blank grocery lists, pantry & fridge inventory. You can keep take-out menus in the pocket of your tabbed divider, in another binder pouch, or in a folder (hole punching them isn't always a great solution). If you don't have many coupons, you can keep them along with weekly sales ads in a pocket, pouch, or folder here as well. **Tip:** For many families (mine included), sometimes Food is better off having its own binder entirely. This way, you can have a section near the front for meal planning that includes all of the items I've just listed, and you can use the remaining space in this binder to store recipes categorized by meal type (e.g. breakfast, lunch, dinner, dessert, etc.) or main ingredient (e.g. pork, beef, vegetarian, etc.).
- **Medical** - Emergency contacts, vaccination records, surgery records, blood types, weights, heights, body measurements, prescription info/schedule, [children OTC dosing chart\(PDF\)](#), OTC medication inventory, evacuation plans.
- **Calendars** - Monthly calendar pages, school calendars, sports schedules, activity schedules (e.g. Girl Scouts, bowling league, etc.), event calendars (e.g. library, museum, concerts, etc.).
- **Brainstorming/Inspiration** - Blank pages for writing ideas down, magazine clippings, inspirational quotes, wishlists, bucket lists, goals.
- **Holiday Planning** - To-do lists, decorating schedule (e.g. when to buy the tree, when to take it down, etc.), activities and events (e.g. ice skating, weekend markets, etc.), recipes, gift lists, family clothing size chart, home

decoration inventory, Elf on the Shelf ideas. **Tip:** This was how I used to plan my gift giving. You may have caught my recent post where I've pretty much decided to move this task to Pinterest. Just an example of how it's okay to reconfigure your organizing.

- **Bible Study** - Lessons, notes, quotes, a list of books for further study. I don't participate in a bible study, so I'm just guessing at what you might put here!
- **School Info or Homeschooling** - Curriculum, report cards, upcoming events, spelling words, parent-teacher conference notes, PTA papers, newsletters. **Tip:** If you don't have a Calendars category, keep the school calendars and the kids' activity & sports schedules here. If you do have a Calendars category, try keeping that stuff here anyway; it might make more sense to keep all of the kids' papers together. Homeschoolers might have better luck keeping a separate binder, since I assume it requires more paperwork.
- **Loans** - Log of items lent to others, log of items borrowed from others, library checkout log, Redbox checkout log, movie and/or book inventory, log of movies/books your children have "rented" from you.
- **Hospitality** - Party ideas, recipes, place setting ideas, mini contact list of preferred guests. **Tip:** You can use this section to plan birthday parties and other special events you might host, like baby showers or engagement parties.

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UPVOTES

The Ban List is Empty--Come Get a Fresh Start!

wingnut · 4 April 2016 · Archived copy · Reddit

Certain other sub activity will no longer be held against you, ONLY badmouthing THIS community.

30

UPVOTES

On Preferences and Requirements in Dating.

SuperSlavisWife · 3 April 2016 · Archived copy · Reddit

I think it's safe to say that when we women look for an LTR or a husband, we have a list of desirable traits as long as our arm. Well, Julie's the same. She's not too old to have children, she's had a few boyfriends but not anything long-term and she wants that to change. She wants a husband, a father for her future children, a captain. So she writes herself a list, considering she will be able to measure it up against friends, co-workers and dating profiles online until she meets "Mr Right".

Julie's List:

- tall (6'2"+)
- handsome (somewhere between Rupert Everett and Josh Groban)
- built, but not too bulky, like a swimmer, not a bodybuilder
- of Mediterranean or Hispanic descent
- knows how to cook and clean
- is chivalrous
- was never a PUA or similar
- never married
- over 35
- owns his own car and house
- not employed in any manual job
- earns enough for good holidays
- wants no less than 2 and no more than 3 children
- likes pets
- no allergies
- doesn't follow some special weirdo diet
- doesn't do drugs, drink or take supplements

Armed with her list, Julie starts looking for a man. She meets plenty of handsome, tall, lean men. But some don't want children, or don't want children yet. Some are still paying off a mortgage. Some ride bikes instead of drive cars. Some want a dog but no cats. Some spend too many hours in the gym and follow diets where you can't have pizza or ice-cream or cheese. Some are not quite brown enough. Some aren't polite enough to her. Some choose "staycation" holidays. Some just aren't attractive and she adds them to her list: no male nurses, no computer technicians, no crossfitters, no reptile owners, no mature students, no travelling businessmen...

After the ninth failed date, the twelfth ruled-out friend and the third rejection from a coworker, Julie returns home alone once again and opens a tub of ice-cream. It's so unfair! She's kind-of reinvented herself, gone teatotal, spent time and money on dates and she still hasn't found a husband. Where have all the good men gone?

A month later her best friend has got engaged. She resents it a little, but reminds herself how important it is not to fight over something neither of them can control. Having written her a congratulating email, right before sending, she adds:

"PS: How do you do it? You must have worked some magic magnetism to attract that man!"

Her friend responds by saying there are plenty of marriageable men out there. But there aren't. Are there?

Lying in bed that night, Julie puts her hand on her stomach and wonders whether she'll ever be able to have children. She may have decades to go, she could freeze her eggs, but... for what? If no man will settle with her, if no man will have children with her, then it doesn't matter what she does.

The next morning, after a partially sleepless night, she calls her friend as she prepares her make-up for work.

"I just don't know how you do it Susan! You dated a few guys and out of nowhere he just appears. You get your second date. Four years later you're married."

"We just 'clicked', you know?"

Julie sighs. "No, I don't."

"It's hard to explain, but when you date with a goal in mind, you eventually find someone who wants someone like you as much as you want someone like them."

"Uh-huh..."

"OK, OK, what I mean is, we started seeing each other and we wanted the same things in life, so we figured we could chase them together. After a few years we've worked out where we want to be and that we want to be there together."

"But how do you find someone who wants what you want? I mean, the list just gets bigger and bigger! How on Earth am I going to find a man who meets all the requirements?"

Susan laughs. "Surely there can't be that many?"

"Wait, I'll get the list..."

Julie reads the list to her friend, who went from affirming and laughing to gradually silent.

"So?" Julie gasps in exasperation.

"Are you serious?"

"What do you mean?"

"You want a fit, allergy-free toned, olive-skinned man over 35 who eats pizza, has never been married or slept around, who doesn't drink or take supplements, who wants kids and pets and who earns the living of a Dr?"

"Well, when you put it like that it sounds daft, yes."

"Woman, you're daft. If there is such a man out there, he's probably the sort of social recluse you wouldn't want to date anyway. Or asexual. Or gay."

"Now that's just rude."

"Julie, I don't mean to be, but listen, if a guy wanted a blonde bombshell, 20 year old Swedish supermodel with an IQ of 150 who wants no kids and pets, will support him for life and spend all day baking and cleaning for him, then I'd tell him the same damn thing."

"Is it really that ridiculous? I'm never going to find anyone, am I?"

"Julie, listen. I don't think you actually need all those things in a man. In fact I don't think you actually want them! I'm gonna pop round your house tomorrow and we'll revise your list together, right?"

"Sure..."

The next day, Julie sits apprehensively staring at her list. Can it really be fixed? Could she really let anything go? This is the man she'd set her heart on. And yet, maybe he really doesn't exist? Or maybe he really wouldn't fancy

her?

A knock at the door. Julie lets Susan in and makes a tea before sitting down to business.

"So, what do you need in a man?"

"Well, make him handsome and-"

"No, no, no! That's not a need. That's a preference, a perk. What do you NEED? What would be impossible to live without, what would need to tie-in with your future?"

"Well... I want children. Two or three. No more, but not just one."

"Good, that's better." Susan grins. "So we need a guy who wants two or three children. What else?"

Slowly they worked through the list. Now, the stripped list looks like this...

Julie's Revised List:

- physically healthy
- is polite
- over 25
- wants no less than 2 and no more than 3 children
- likes pets
- doesn't do drugs

Julie looks at her list and frowns. "But what if we're not a match?"

"Then you carry on dating. It's not like the first guy to walk in will be Prince Charming. Eventually you'll find someone good. There are enough marriageable guys out there."

That same day Julie goes and changes her online dating profile. She starts forcing herself to talk with the men she'd initially have rejected. She even sends messages to ones she'd previously ignored, apologizing and making the odd excuse for her lack of response.

She tries to only have one or two dates a week, to let her think every partner over.

After a few months she meets Dave. She wouldn't consider him gorgeous, but there is something about him that was pleasant to look at and draws her in. He is polite and has interesting things to talk about. He is a little younger than she'd have liked at 28, but she sees so much potential in him. He loves dogs and children. Dave is also half-Hispanic, which she considers a big plus. Now she's going steady with him. She started drinking again, in moderation. They're going to the gym together. He sometimes cooks for her and she makes an effort to cook his favourites for him. She isn't sure if he's the guy she wants to marry, but he's definitely the guy she wants to be with now. He makes her happy and she's finding herself more attracted to his figure and less bothered by his income every day. It doesn't matter. He's good conversation, good in bed, a strong leader and an excellent candidate for future father of her children. And she's thankful she let him into her life.

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UPVOTES

What's the difference between this subreddit and the RedPillWomen subreddit?

eatavacado · 21 August 2019 · Archived copy · Reddit

Hi, I've been following redpillwomen for some time now, and have just discovered this subreddit. After taking a quick peek around, I can't find much difference at all between the two in terms of ideology. I'm just curious- are you guys trying to do something different from RPW? are you in disagreement somehow? are you familiar? Are you familiar of the now quarantined subreddit TheRedPill?

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UPVOTES

Can y'all tell me your engagement stories while I patiently await for my turn?

DancerInTheFlowers · 30 December 2020 · Archived copy · Reddit

We've been talking about it a lot lately. I've been obsessed with watching proposal videos. Definitely getting a bit overexcited🤔

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UPVOTES

I am planning on quitting my 6 figure career to be a housewife and I'm freaking the hell out

iwishiwasa~~mermaid~~ · 24 May 2021 · Archived copy · Reddit

Required info: Him 41, Me 38, together 9 years, married 4. Remainder should be below.

I'm a bit late to the housewife game at 38. My kids are in fact school age. The reasoning behind this change is my job related stress and anxiety are wreaking havoc on our home life. I have switched my place of employment several times but each time after a year of perfectionism and being labeled the perfect worker I can't keep it up. I become consumed by my job and I cannot seem to find balance. Because I am a practitioner I have so much responsibility and cannot "leave it at work." I fret constantly. This pisses my husband off to no end. I come home mentally and physically exhausted and have let cooking, cleaning and even helping my kids with their school work fall apart. I don't know HOW people work full time and cook, clean, raise their kids. I thought it was depression, anxiety, ADHD. I saw a doctor and got put on a slew of medication which has been modified here and there but frankly I feel more irritable, anxious and just cannot find pleasure in anything anymore. I struggle to transition from being the one in charge at work, calling the shots, and having to be very assertive to coming home and being soft, and feminine. I struggle with anger at how I am disrespected at work a lot for being a woman (example: handed a full urinal by patients instead of them listening to my diagnosis and treatment plan, they assume I am their nurse or aide, while the male social worker is assumed to be the provider, it's exhausting and no matter how many times I explain it they just don't get it). I bring this saltiness home and it's absolutely wrong, I know that.

Financially. We have a plan to pay off our IRS debt by pulling out equity of our rental property. Between the remainder of that rental income, and my husband's income we will still have about 100k to live on.

My husband was initially very hesitant about the idea of me not working. He doesn't understand the concept of me giving up 130k and I get that, but he also understands I cannot go on like this. I have thought about part time but I think of I took at least a few months off to recalibrate I can decide about that. My husband has said he will support me in this but I feel tremendously guilty. You know that feeling where he says "It's fine, this is what you need to do so we will do it." But you know deep down it's not what he would want. I can't shake feeling like a failure. I want so badly to prove my value as a wife and mother again. Rediscover my love of cooking, organize our cluttered house, stay on top of the laundry and get my kids off their damn screens and back into reality. But I can't shake this feeling that it won't be good enough and that my husband will harbor resentment for the change in lifestyle/income. I also feel this shame from years of feminist culture telling me to "get it girl" with my career and many of my female colleagues shame housewives and SAHM. I have this awful dual shame. Shitty mom Shitty wife vs Weak and failure at career.

And of course, what if I SUCK at being a full-time wife and mother after all. I've worked my whole adult life, and never taken more than 3 months off after my babies and the standard vacation time.

Any insight, experience, advice is so welcomed

TLDR: Planning on quitting 6 figure career to stay home and be a better wife and mother and feel guilty, scared and fearful my husband might resent me for it.

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UPVOTES

How do you tell your family you're traditional?

Luluofthevalley · 5 November 2020 · Archived copy · Reddit

Hi guys, I'm new here.

31 F Single with a bachelor's degree. This past summer I had the bright idea that I was going to make a name for myself by going to law school to become a lawyer and then buy my own condo and eventually get married and have a 2-income marriage blah blah. But within the past couple months I realized that isn't me - it was just a fantasy i created to meet the standards of my ultra-liberal, ultra academia, feminist family. My real dream is to become a wife and stay at home homeschooling mom and once I accepted this I threw my lawyer dream away and have been spending all my extra time cultivating femininity, homemaking, and mom skills.

But today my Dad tried to start a conversation with me about speaking to his law school professor friend and studying for LSATs. I froze. I wanted to tell him I don't want to be a lawyer anymore, but I knew I couldn't tell him that without telling him the whole story, and I knew he wouldn't take it well. My dad is the stereotype of the counter culture hippie activist college student of the 60's who went on to perpetuate liberal propaganda by becoming a college professor in adulthood. My liberal conditioning came from him.

Has anyone else had to deal with coming out as red pilld to their liberal family? How do you suggest I do it? I know my entire family will not take it well.

EDIT: thanks for the responses. it's good to have support from like-minded women. hearing your words affirmed to me that given my goals and values, im on the right track. there were however responses that completely caught me by surprise. encouraging a 31 year old aspiring sahw/m to go into debt by going to law school when she's not passionate about it was not something I'd expect to see in a redpilled wives thread.

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UPVOTES

I hate societal pressure to work a regular job as a woman.

lightcobaltblue · 14 June 2021 · Archived copy · Reddit

I guess I need to vent a bit. Not sure if this is the right place for it. I just don't know where else I can "go".

I'm back home from therapy today. My female therapist said so much stuff today because I said I may not want to work in my life ever. Because I may want 4 kids.

She said she believes we as women have to be independent and have a job. That an acquaintance of her had her first child at 40 so that's a possibility... Sometimes I feel like the world is f* kidding. I mean if something in your life doesn't go as you wish and you have your child at 40, I'm happy for you, but why go around and tell young women other women are having their children at 40?

I'm 27 and there's no way I will see it as a real possibility having my first child at 40. Why would I? I'm in a 2 year relationship right now and hoping to get engaged and married soon if everything is right. And then I want to try for a baby soon. Having my own family is just so important that I can't care about any job. And it's a man's responsibility to provide financially anyways.

I'm so f*ing tired of unintentionally triggering other women with my non-existent desire to be financially independent. They're just so scared, always thinking about what could go wrong and killing their feminine energy with all this fear. They think they have to do it all. They don't.

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UPVOTES

Where can I find a husband like this?

the_catmom · 3 October 2023 · Archived copy · Reddit

Is there a certain dating site where these types of men congregate? I'm a divorced 30f (I did have biblical grounds, no I was not at fault). I would really love to be a SAHW or SAHM to a man who is actually faithful and I don't mind being submissive so long as I am treated with basic respect. I'm fine with letting him generally call the shots. I'm new here so please be kind! Thanks!

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UPVOTES

When other people recognize what a good man you have :)

fumblesRPW · 4 August 2018 · Archived copy · Reddit

I just wanted to share something small and wonderful that happened yesterday.

My boyfriend likes to help me grocery shop, and we went to a Walmart Supercenter because I needed a groceries and some utility items.

As I was coming out of the restroom at the front of the store by the checkout lanes, my shoe came untied. My boyfriend usually ties my shoes if they come undone because: 1. I'm bad at tying my shoes. 2. I'm almost always in a dress, and he doesn't want me to have to bend over.

I was wearing a midi tank dress with some Chuck Taylors, so he kneeled down, put my foot on his knee and tied my shoe. We did the shopping and went to the checkout.

The cashier gushed: "We all saw your man tying your shoe! What a gentleman! They don't make them like that anymore! He's a good one, you need to hang on to him!"

I was delighted, and agreed with her heartily, throwing in stuff like "I don't have to lift a finger when he's around!". My boyfriend was **beaming**. It was wonderful getting to brag on him in public like that, and we both enjoyed it.

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UPVOTES

Things I Want My Daughter to Know: Your Beauty is Worthless without Kindness

Irisandoleander · 7 September 2017 · Archived copy · Reddit

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UPVOTES

A Cute Way To Connect While Your SO is Out:

rpw111528 · 25 May 2017 · Archived copy · Reddit

So I've just discovered this totally by accident; when you're logged into Spotify Premium, the music only plays from one device, but you can control the playlist from any device that's logged into a given account.

Me, getting ready to do my workout, saw the "listening from another device," namely, my husband's phone as he's driving home from work and decided to have a little fun. I waited until the end of the song and then clicked on one of "our songs."

Just thought I'd share it as an easy and fun way to flirt. Play something sexy on the drive home and he'll know what's up. ;) ;)

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UPVOTES

Being Your True Self in a Relationship Matters Less Than Being Your Best Self

PhantomDream09 · 26 March 2017 · Archived copy · Reddit

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UPVOTES

Laura Doyle: My Husband Forgot Our Anniversary and It Was The Best Ever

[deleted] · 26 January 2017 · Archived copy · Reddit

I found this article and thought I would share. Ok really I subscribe to her blog.... Does that surprise anyone? lol

Somethings I want to highlight are that throughout her story I thought "yes I would feel like that" or "THATS TOTALLY ME!!". Not that I berate my boyfriend for doing those things that happened to her specifically but the sentiments behind how she reacted to the actions the guy was taking, resonated with me.

So I finally got over my whole kitchen issue. I've written on here how there are plenty of times when my SO and I butt heads in the kitchen because he wants to 'control' what I cook. It is laughable now. I cook because I want to take care of my family. Not because I want to control his diet. So him making suggestions or the like aren't him trying to control. They are his way of expressing his desires to me too. I'm usually the more flexible when it comes to food. I don't actually HAVE a preference in what I eat most of the time. But he does. I should honor that.

What I did started at the end of last year. I began saying "ok" to his suggestions, alterations, or enhancements to what I was cooking or what I had planned to cook. It has worked out so well that now he has relaxed and started trusting me more to make the things he likes. So now in a way I feel empowered because I know what he wants and I can just preemptively suggest it so he doesn't have to change it up. We are in sync now. (Insert Bye Bye Bye reference!!)

What really clinched it for me happened Tuesday. This past weekend we had gone food shopping and he said he would like a Taco night this week. So we bought the stuff needed and planned on that. Tuesday I knew I had a jam packed day. I'd be out of the house from 6am to 730pm. LOOONNNGGG DAY! And it was raining. I allowed my man to take care of me so I could take care of him. Here is what happened.

1. I usually walk to yoga but I'd planned on driving. My neighbor blocked me in. I wanted to be polite so I had decided on walking. My man said "no, I will drive you".
2. On the way he realized how much windier it was than he expected so instead of heading in early to work. HE WAITED FOR ME WHILE I DID YOGA!!! I started to say things like "are you sure?" and "you don't have to" but I caught myself and I said "thank you for taking care of me" and scooted on into class with a big cheeseball smile on my face.
3. I don't know what possessed me to call him right after work and say "Hey my love, do you want to order out tonight or wanna have Taco Tuesday?" He went for the tacos. At this point, I'm thinking, dammat why did I offer? I am going to be so hungry and tired already by the time I get home. Well that is done. I was resolved to make the tacos and that was that. I would get a small coffee and it would be ok. Really. I could do it...ahhhhh! Then something surprising happened. He said "I will pick you up from wherever you are at 7pm". I thought at least I could cook for the man. It made it a little better. 7pm rolls around and I get in the car. He said "lets just order out. You must be so tired." My face was like this :O. So relieved.

At this point I have a lot of evidence of him taking care of me. His expression of his love and devotion for me. I didn't beg. I didn't whine. I didn't get angry. I wasn't resentful. I allowed things to unfold naturally and let him take care of me. So back to the original issue of the kitchen.

WHY THE FUCK WAS THE KITCHEN THING SO IMPORTANT???

I have no idea how to answer that. What I do know is that Taco Wednesday was amazing and he is amazing and we are doing amazing :D

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UPVOTES

Bombshell Aesthetics: The Most Attractive Female Body

tintedlipbalm · 24 July 2016 · Archived copy · Reddit

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UPVOTES

Ladies, there is a new way to measure the SMV of you or your man.

OmLiLi · 14 July 2016 · Archived copy · Reddit

I keep hearing about the X/10 scale constantly. I think the X/10 scale is a flawed archaic system made by Frat Boys and Meanie Old Men who want to put a meaningless number on you.

I present the new way to calculate your SMV. By the amount of camels a Middle Eastern prince is willing to trade for your hand in marriage!

The highest SBV(Sexual Bazaar Value) women get up to 200 prime healthy camels for their hand in marriage, the lowliest of women get but a single camel.

Sips Conflict Oil

The scale is simple, travel to any middle eastern country where camels are the main mode of transportation, go to a bar, I suggest one where a lot of handsome stereotypical Arabian princes with Genies.

They will then offer you X amount of camels for marriage. But if you cannot afford to go your favourite Middle Eastern country please use this calculator(translate with Google) <http://kamelrechner.de/de>

I am worth about 60 camels, so if you wanted to marry me, your father would have to a dowry of 60 camels to my family.

How to increase your BMV

The easiest way to increase your BMV is learning belly dancing.

The more difficult way is to carry around dry plants and thorns in your pocket, so it will attract more camels to follow you, thus giving you the illusion of being desired by camels. We call this **Desert Game** and is highly effective for making your man want you.

The problems of rebellious youth can be traced to homes where the mother disobeyed the father or there was not a large enough dowry of camels - Helen Andelin

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UPVOTES

The Grass is Greenest Where You Water It

AliceOxalis · 10 July 2016 · Archived copy · Reddit

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UPVOTES

Hilarious woman game example :D

Lilia42 · 15 June 2016 · Archived copy · Reddit

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UPVOTES

Characteristics Of Feminine Beauty

Camille11325 · 2 June 2016 · Archived copy · Reddit

A core aspect of female sexual strategy is maximising your appearance. Looking as attractive as possible distinguishes you from others; it also increases both the amount and quality of men who are interested in you. Makeup can play a major role in enhancing your best features and minimising flaws, but many tutorials, blog posts, or other resources advocate techniques and mentalities that are counterproductive to an RPW's goals.

The purpose of this two-part series is to explain some crucial factors of female attractiveness and give you the tools to achieve the ideal makeup look. You'll be able to evaluate images, videos, and advice with a more critical eye. And you'll know what to apply to yourself, and what to ignore.

Components of Feminine Beauty

The right proportions and ratios are essential to an attractive female face. Not only should features be a certain size and shape, they have to be in the right position relative to all other features. What are the elements that make up an aesthetically pleasing face?

- **Symmetry** - Both sides of the face should look as even as possible. **Everyone is naturally asymmetrical of course**, but makeup can create the illusion of perfect symmetry.
- **Average-ness** - **If you take all of the faces of women in an area and combine them**, that face will be more attractive than many of the individual faces that went into creating the composite image. It is optimal for a woman's face to be closer to "average" in this sense. And, the less the majority of her features deviate from the norm, the more attractive and striking an out of place feature will be.
- **Femininity** - Feminine bone structure and facial features vary so completely in comparison to male faces. **Here is an amazing, in depth post about the subject..** Please read it if you haven't already!
- **Neoteny** - You may have heard this term if you've read any RP blogs for a while. It refers to the retention of childlike traits in adults. It is believed that these youthful features in women help inspire resource investment, protection, and nurturing instincts in men. Some examples of what this may look like: short and wide face (usually heart shaped or round), large eyes, wide set eyes, small and rounded nose, smooth, and bright skin, small chin, and large cheeks.
- **Sexual Maturity** - This category includes both signs of ovulation, and general signs of aging as well. Some examples: Longer face (usually oval or square), elongated/almond shaped eyes, a longer, straight nose, darker features, blushing skin, defined cheek bones, and plump lips.

The Importance Of Balance

Finding the right combination of traits is key. If you look too neotenous, you'll appear **childlike**. Obviously this won't inspire arousal in men, and it can look unsettling if you mix a childish face with a super sexual figure and/or outfit. You also have to be careful not to go too far in the other direction. **Raw sexuality** (NSFW) arouses men but does not inspire any love or protective instincts, and most of the modern guides to looking sexy lead to drag queen like results. A lot of the changes that women undergo as they age make their faces more masculine. So if you emphasize sexual maturity poorly with makeup, you are reducing your femininity at the same time.

Here are some albums I created to demonstrate the concepts. In **this one**, you can see examples of women who are feminine but more neotenous. **Here** are a few women who have "sexier" facial features. Finally, **this album** shows women who have a blend of femininity, neoteny, and sexual maturity.

A regular PPD contributor and IRC participant /u/lonny_zone submitted a **cool post** that discussed similar

components of beauty and how they contribute to overall SMV. His chart underscores that the most attractive women have found the right balance. I agree with his ideas and hope we can include them in our discussion of this post :)

My personal theory: to get the most out of your appearance you should strive for feminine bone structure, neotenous eye shape, and plump lips, and choose between neotenous and mature characteristics for the rest of your face based on your individual appearance.

The upcoming companion post will show you how to apply all of these ideas to your own makeup look. I was originally going to submit everything as one post but it was too long! It's for the best, now we can explore these ideas and have a more focused conversation. Thanks for reading, feel free to share links to other women who exemplify any of the ideas above!

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UPVOTES

There is no such thing as Perfect

StingrayVC · 18 May 2016 · Archived copy · Reddit

A trend I've noticed here and there in the comments lately is this idea of being a perfect RPW or that the women here should live up to some perfect ideal set by the mods and Endorsed Contributors.

I would like to put this idea of perfect to rest. There is no perfect. There is only improvement.

To give you an example, I've been in the RP world now for about 6 years and I've learned a great deal. I've implemented it into my marriage and it has gone from good to great. This is not to say that I don't have problems from time to time. That I don't have set backs and sometimes just flat out fall on my face and fail. I don't talk about it here very often for several reasons (none of them really conscious until I started to think about this issue) 1. My age. I'm old and I just don't really talk about things like this with anyone. 2. I know what I did wrong and how to fix it. I just failed in the implementation. Or, in other words, I slipped up. 3. I'm very private especially when it comes to my husband.

There are probably other reasons, but there you go. Now, for the sake of exposure and truth, things have been stressful around here lately. We have a huge amount going on and my husband and I are both strung tight and very tired. I have been snippy (more than snippy) from time to time and causing some strife. Not horrible, but enough that we've been upset and angry with each other some over the past couple of weeks.

This is the usual stuff. Letting the frustration bubble up and saying something I shouldn't in a tone that shouldn't be used. My husband responding. I couldn't tell you if he responded as he should or not, because that doesn't really matter. I screwed up. I know I screwed up. After I had time to cool off, which took much longer than it usually does, I could see things for what they were and we moved on.

Things are coming to a close soon and the stress has let up some and things are getting back to normal. But I want the women here to know that there is no such thing as perfection when it comes to your relationship. It is never something to aspire to because it's a false idea. What should be worked toward is continued improvement. There will *always* be something that you can improve in your relationship. It might become more and more difficult to pinpoint, but it is there. The only time one can utterly fail in this endeavor is to stop working to improve.

Perfection is not the ultimate goal here. Continuous work and improvement for life is.

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UPVOTES

Sexual Availability

CoochQuarantine · 5 April 2016 · Archived copy · Reddit

Now this is a touchy subject. How do we talk about sex without it being pornographic in nature and TMI? I've seen a few posts on here about *dead bedrooms* and *waning libidos* and this petulant attitude towards sex... BUT I DON'T WANNAAAAAA!!!!!!!!!!!!!!

Boo *frickin'* hoo ladies.

Aside from medical reasons why you cannot have sex.... No. Wait. Fuck that... there should be no reason why you can't please your man. If your vagina is broken, there are other ways to please a man.... Ahem...

beej....ahem...butt....ahem...hands. So with that little disclaimer I will continue.

What is the definition of a romantic relationship?

re·la·tion·ship /rəˈlāSH(ə)n,SHip/ noun: the way in which two or more concepts, objects, or people are connected, or the state of being connected.

ro·man·tic /rōˈman(t)ik/ adjective: conducive to or characterized by the expression of love.

So. You have two people being connected through expressions of love. What is one of the biggest expressions of love and trust? Sex. Making whoopee. Doing the horizontal mambo. Sure, sex can happen with anyone but there is no connection component to it. That is the line of demarcation. That singular component which makes sex into something beautiful and amazing. I told my daughter sex is not love, but sex is always amazing when done with someone you love.

Here you are in a relationship with someone you love at this point. You're feeling like the sex part is waning. You're always tired from work. You don't have the energy for it. You spend your days with the kids and you just want to sleep. I'm going to explain why you need to knock it off and also tips for knocking it off and being in your relationship..... romantically.

Being available all the time

This is the toughest idea to get through to women. The idea that you should be available to please your man all the time. I'm not saying you need to rush home to blow your man in the middle of the work day because he needs it now (although that would be a good idea if your job allows for just leaving in the middle of the day lol). Don't be ridiculous. I'm saying that when your man is flirting and signaling to you he wants you, you should really be all in. This man finds you sexually attractive? Can you blame him? You're one hot chica! Own that.

Argument 1

I shouldn't have to have sex when I don't want to.

While this is true, this attitude is detrimental to a romantic relationship. You are signaling to your partner that you aren't attracted to them and that you don't need them for this type of intimacy. This type of thinking relegates your SO to being put in the 'just anyone' demographic. This removes their status of partner in your life and puts them in a position to be used when YOU want to use them. It makes it a one way street which is the antithesis of being in a relationship.

Argument 2

I'm too tired from ::insert other things in your life::

One of the most important things to realize is that if you are in a relationship, it is work. It is a part of what you

need to set aside energy for specifically in order to maintain it. If you put more effort into other portions of your life, do not be surprised when your relationship fails. Just like a garden, it must be tended to regularly. Is work what you fancy more than your partner? Is being a mom more important to you than the person you share your life with? (NOTICE: I did not say are your kids more important to you than your partner. Please note that I am not telling you to pick between them, however, you need to prioritize your position as a partner more than your position of being a mom. Your partner is there for life. Your kids are not.)

Putting life into perspective in terms of relationships can be hard. Is your partner really a priority to you? If not then you either need to next the SO you have because that is horse shit or you need to realize that maybe you just don't really want to be in a relationship at this time. You are basically using someone to have a warm body next to you for fear of being alone. Wanting a career more than a relationship is fine, but you shouldn't be imposing the loss of connection to someone else just because you don't need it.

Argument 3

My partners libido is too high/My libido is too low

Matching libidos is a huge issue in deadbedrooms. If you are a low libido person, then you should really be taking steps to mitigate that. There are plenty of ways in which you can overcome the low libido/high libido discrepancy. There was another post on there that I found really interesting that tl;dr says this

If sex is not a priority to you, then you shouldn't care if he goes out to find it somewhere else.

Does that hit a sore spot with you? Then sex is a big deal to you. More than you allow yourself to feel. Maybe your body doesn't comply but your brain just said "whoa whoa whoa CQ! Sex is important to me and I'll be damned if my SO goes to get it from somewhere else". Now that I have your attention. Listen up carefully. Sex is not just penis in vagina. I repeat. SEX IS NOT JUST PENIS IN VAGINA. So get that idea that out of your head right now.

Argument 4

He is bad in bed/doesn't last that long

This is trial and error. If you are not communicating to your partner the things you like then that is your fault. As someone who has a high N count, when you tell a man what you like they do that a lot. The ones who don't are selfish not only in bed but in life and will never change and you should have figured that out during the vetting process to being with.

How to fix it

With all of these in mind, I'm going to give you some pointers on how to overcome those arguments. I'm sure that there are other arguments but really they fall into those four categories. They just manifest themselves in other ways.

The perpetual flirt

How do you communicate to your partner that you are sexually attracted to them? You show/tell them. All the time. Some of the things that you might do for this are the following.

- Tell them something sexy at random times of the day.
- Wear something a bit sexy and flaunt your womanly goods. (ie bend at the waist not the knees)
- Sext him something you want to do to him
- Make a lewd gesture when no one is looking

- Rub your body on them ‘accidentally’ with a teehee and a wink

The point is to be playful. Sex is natural. Sex is fun. (a la George Michael). Show him that you like/need/want his touch. Flirt. That costs you nothing. Not even energy. This will not only build him up but it will get you in the mood too. You will be thinking about it more and you will be more apt to be receptive to his advances. Not all sexual interactions have to finish in sex. They do have to demonstrate you want him...all the time.

"I'm feeling overwhelmed by ::other things in life::.. What should I do?"

With a lot of the issues, you find that your life is overwhelming you. He is your captain. Ask him what you should do about it. Maybe he tells you to cut back on your hours at work. Maybe he tells you to find a babysitter for the kids so you can practice self-care. Whatever it is, your captain can come up with something for you to be able to balance out your work/home life. He wants to be a priority in your life too so talking to him about it will allow for an opportunity to create more intimacy. So what if the dishes don't get done asap? So what if you don't cook one meal this week? Are these things worth it to sacrifice your relationship over? I doubt it. Tell him why you are too tired to do him and I am positive he will come up with a solution!

Smack it down, flip it, rub it down oh noooooo

Well this is where it gets a bit raunchy. I'll try to tone it down as much as I can but really you can't talk about the attitude of being sexually available without addressing some salacious aspects of it. Lube. Don't be afraid to ask for it. Anal. Don't be afraid to try it. (there is a training manual for this). Blowies. Don't be afraid to get on your knees. Porn. Don't be afraid to watch it. Costumes. Don't be afraid to wear them. Sex doesn't need to be all about you getting to the finish line. It is an act of intimacy between two people. Get sex toys. Do whatever you have to do in order to get there physically. With so much sex paraphernalia out there, you can figure out what you like and get some tools to help you get there.

No excuses.

Lastly, if you have a captain who just simply does not give a shit about your well-being (ie demanding sex when you're sick, goes in dry, doesn't want to please you)... HE IS A SHITTY CAPTAIN. NEXT!

Another point to make is that if you were to start a new relationship today and came up with the same excuses you do with your SO as to why you don't want to have sex, do you think they would stay with you for very long?

Just for fun

I wanna sex you up **Color Me Badd**

Lets talk about sex **Salt-N-Pepa**

I want your sex **George Michael**

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UPVOTES

Recommended book – How to Improve Your Marriage Without Talking About it, by Drs. Love and Stosny

Kittenkajira · 5 April 2016 · Archived copy · Reddit

Who should read this book? Those who feel unhappy, unease, resentful, or unconnected. If you want to learn more about the differences between men and women. Women who want to feel closer to their husband. Those with conflict in their marriage. Those who freaking love to take quizzes. Raises hand.

This book is about the five words a man dreads most – “Honey, we need to talk”. The authors do note that they use broad generalizations that are respective of the sex as a whole, but not necessarily to the individual, since we are all different. They also state that you should not tell your husband all about the book you are reading, or ask him to read it – you should apply what you learn without sharing it.

The authors start out talking about fear and shame as it relates to the sexes. Men have a heightened sensitivity to feeling shame and inadequacy, while women are driven by fear, all of which may be outside of their awareness. When women keep attempting to improve a relationship, men take it as a failure - that they are not meeting their wife’s expectations. Women have an “internal GPS” that keeps them aware of closeness and distance in relationships, so they are anxious when feeling distant and relaxed when close. The authors go deep into how childhood plays a part in it. In one of my favorite exercises, the authors ask you to make a list of what you most dread (pg 19). Go ahead and try it if you like – list the top four things that you most dread ever happening to you, even if they are highly unlikely. (Do this before reading more.)

If you are female, you will likely find your list consisting of things that involve harm, isolation, or deprivation (fear-based). If you are male, the list will likely consist of things involving failure, inadequacy, or loss of status (shame-based). I found this true, as my list was “being injured or sick, getting divorced or breaking up, someone close to me dying, and being assaulted or in a fight”.

According to the authors, most power struggles are a result of people trying to protect themselves from fear and shame. “She wants him to do what she wants so she doesn’t have to feel anxious, and he wants her to give in so he doesn’t have to feel like a failure.” The more you push for what you want because of your fears, the more disconnected you become from your husband. A survey is included to help you determine your sensitivity to isolation and fear (pg 36).

Chapter three speaks of how men show emotions, love, and what they want out of relationships. It also goes over the devastating effects of divorce on a man. It even discusses how men are encouraged by relationship books and marriage-enrichment programs to become more “like a woman”, which almost certainly leads to “disappointment for both partners” (pg 50). I found the section on “why men need routine” fascinating and enlightening.

Words Hurt. Words destroy. Words can kill a relationship.

Now we get to the core of the book - what shaming is, and how you're doing it. Some examples of shaming (many more in the book on pages 67-70):

- Excluding him from important decisions
- Correcting what he said
- Questioning his judgment
- Giving unsolicited advice
- Overreacting
- Using a harsh tone

A true/false quiz is provided to help you discover the areas in which you are shaming your husband. I completed

the quiz, then at the instruction of the authors asked my fiancée if he was willing to do the same quiz from his point of view. For the most part we saw eye-to-eye, but on a few I'd marked true (meaning I shame him), while he marked false. For "I use a harsh tone to get through to him", I marked false, and he marked true. Definitely eye opening!

There is a chapter targeted for male readers, but I found it helpful to read anyway. This is when the authors warn that you should not read all the lovely things you want your man to do and eagerly show him the chapter he should read. You can improve your relationship without talking about it or showing him the book. If you do read this chapter, read it only to get insight into your behavior.

Part Two of the book includes chapters 7 through 14, and is all about the actions you can practice to improve your marriage without controlling or shaming your husband. Four core values are introduced - improving, appreciating, connecting, and protecting. They talk extensively about transforming (negative) emotions into positive motivators, which is the purpose of emotions - to act upon them (not to talk about them or dwell in them). In the end, you learn to "judge yourself by your own efforts and behavior, not by your partner's" (pg 105). I'll leave the rest of part two for you to discover - I especially like the section titled "twenty reasons to have sex when you don't feel like it" (pg 148).

This book is right in line with RPW - it goes over how damaging it is to criticize, shame, withhold sex from, control, and divorce men. If you think you're with a guy who's bad at communication, this is a book to read. Chances are it's you who's at fault, not your SO. I recommend getting the print version of this book so you can write answers to the questions and quizzes.

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UPVOTES

The STFU Method

CoochQuarantine · 4 April 2016 · Archived copy · Reddit

Let's start with a little joke ripped right from /r/jokes top of all-time list...

A woman goes to the Doctor, worried about her husband 's temper.

The Doctor asks: "What's the problem?"

The woman says: "Doctor, I don't know what to do. Every day my husband seems to lose his temper for no reason. It scares me."

The Doctor says: "I have a cure for that. When it seems that your husband is getting angry, just take a glass of water and start swishing it in your mouth. Just swish and swish but don't swallow it until he either leaves the room or calms down."

Two weeks later the woman comes back to the doctor looking fresh and reborn.

The woman says: "Doctor that was a brilliant idea! Every time my husband started losing it, I swished with water. I swished and swished, and he calmed right down! How does a glass of water do that?"

The Doctor says: "The water itself does nothing. It's keeping your mouth shut that does the trick".

The STFU Method

The STFU Method ^TM is a handy way to create and keep peace in your daily life. More specifically it will enable you to have a more loving relationship with your SO. We would like to examine why, how and when it is applied while also dispelling the misconception that you are a doormat for doing so.

Why do I need to STFU?

The art of listening is an invaluable skill that can be useful in all areas of your life. We listen to friends when they have trouble, kids when they want to show something off, our parents when they have some wisdom to share, and a variety of other times in our lives. How it is applied to your current romantic relationship is detrimental in the success/failure of it. I'm sure we can all agree that if you don't listen, you can never fully understand. This is exactly why we stress on RPW to just STFU.

While communicating your wants, needs, and feelings is important, listening is often *more* important in the health and welfare of your relationship. Understanding what is actually going on vs what you feel makes it easier to know what the next step is. Reflexively responding to situations is only good in fight or flight situations. In the beginning of learning how to listen, it is good to just take all the data presented and digest it before actually forming an opinion about it. Over time, you will find that you instinctively can discern the appropriate behaviors for specific situations without ever needing to voice anything. In the beginning however, it is important to just S T F U. Listen. Learn. Absorb.

For new relationships, it is easy to STFU. You want to know how the person acts, what they think, what they like, and you want to please them. This is great and wonderful. The trick is when you have been in a relationship and the honeymoon phase is over, how do you keep that ability to listen and desire to please going? You see this guy at his worst and you are expected to still take him seriously? *GASPS* Seriously though, complacency is the killer of romance. So how do you prevent this? By listening to your partner. When you listen to your partner you are actively working on your relationship. You cannot expect a relationship to survive with minimal effort on your part. It just won't happen.

How do I STFU

This might seem like a no-brainer. Just close your mouth and all will be well. It can be a little bit trickier than that. STFU also means body language. Eye rolling is not you STFU'ing. Gasping with exasperations is you not STFU'ing.

Pouting is you not STFU'ing.

STFU is you actively and consciously removing yourself from a situation to better assess it. For those who are more practiced, it could very well be only keeping your mouth closed. However, for most of us self proclaimed strong willed bull headed women we may have to *smile* and *say "ok my love"* and **walk away**. These three small actions can make a big difference in your communication style.

The first step I suggest is to smile. This is probably the hardest step because you want to rip someones head off when they say something you don't like but the more you do this the easier it'll become. Fake it til you make it! The first few times, your SO might look at you like *WTF is wrong with her?* but over time it'll just be a positive way to signal that you need some time to process the interaction you just had. You could give mean stank face but what is that going to accomplish? Who does that really hurt? You because you're the one going to be stuck with the wrinkles. LOL. So smile and breathe in.

Next is to state something agreeable. "Yes, my love" or "ok, honey" both give a positive affirmation and also reminds your SO that you love them with a term of endearment. You acquiesce to the situation and you do so graciously. This is to preserve intimacy and the closeness of the relationship. When has being a bitch ever gotten you anywhere? Never!

Most important step here. Walk away. Go do what was told to you or just go to the other room. You can let your hamster tire out away from your SO. **DO NOT GO BACK UNTIL YOUR HAMSTER IS PANTING IN THE CORNER ALMOST DEAD FROM RACING AROUND.** Take this time to process what just happened. What was said, how was it said, what did you feel, why did you feel that way, what was your SO trying to say. All of these things are your hamster at work. You can use this as an exercise in reigning it in and over time you should be doing this faster and faster. This is also the time when you realize if you ACTUALLY do have something to say to your SO. This is when you can actually tell whether you should bring up something because it was detrimental on his part to the relationship. However, if that is the case, you still want to do it with a calm, cool and relaxed demeanor so taking time away is always a good idea.

Those are just my three steps. Most times, I just need to close my eyes and take a deep breath and can handle most situations. However, these three steps have always been fundamental in my growth. When a breathe isn't enough, I walk away. If you find that you are walking away alllll the time, then there may be deeper issues with yourself at hand and those should be examined too.

When do I STFU

While reading this, you may think that STFU only applies when your SO says something to you that hurts your feelings. However, this applies to a variety of feelings. Not just hurt ones. When you aren't getting your way, when you think you know better, when you want to control things, when you want to dominate things, when you want something done in a certain way, when you want something done now, when you don't want to do something now, when you want to hamster, when you don't want to have sex, when you feel bossed around, when things just aren't getting done and you want them done NOW!!!! Etc etc etc.

Bossing, nagging, whining, bitching, complaining, griping, mothering, smothering, gumbling, belly-aching are allllll times when you need to STFU. At times these things can be masked as coming from a good place. A gentle reminder every 10 minutes to take out the trash. A little push in the right direction because he has no clue what he is doing. A honey-do list a mile long. Sound familiar?

Now go and STFU! Please let me know if I forgot anything.

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UPVOTES

Laura Doyle deserves a medal

poleywoleywoley · 21 July 2019 · Archived copy · Reddit

The changes in my Husband are formidable. I'm seeing aspects of him I've not seen in a long time.

This is prompted by my return home from a work trip. It's normal for this to result in total devastation of the house, complete dereliction of any adult responsibilities other than ensuring children are fed and get to school (in however a chaotic manner is required) And a lengthy run down of all the drama.

Different family this time round. House tidy, standards maintained. My return was planned for and my welcome amazing. He's picked up things with the kids I had decided to let slide. He's laid out his expectations for today as he has his own work project to do.

I didn't lift a finger all day yesterday and was basically waited on all day while I snoozed on the sofa and cuddled my babies.

They were eating off paper plates and all the dishes were saved for me. 'That's still your job he said' Even that impressed me tbh. I was tired and a bit arsey with him at one point and he put me in my place. I liked that too ☺ Said sorry like a good girl and snoozed more.

And on top of that he's given me a thoroughly good going over, three times in 12 hours. Think he's pleased I'm home.

And finally (yes it goes on!) I opened his letter from hmrc (he's still ignoring post) to be notified of a bloody decent tax refund coming his way. I've moaned about his financial fuck ups before and his usual response to a windfall is 'let's go spend this on fun right now' but instead he's proposed a plan! A very good one that makes me very happy. And gives me hope!

All because Laura Doyle made some good points... He had nearly killed the goldfish but he's ok so I'm letting that go...

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UPVOTES

Small Update To Dealing With A Drunk Captain

formerlyinfamous · 3 June 2020 · Archived copy · Reddit

[u/HornsOfApathy](#) pointed out to me that men on TRP are generally people who have gone through divorce rape and cheaters.

I thought about how it would affect my husband if he saw me cheating. I mentioned how I thought about cheating in the post.

It's not in my nature to be sneaky. I'm terrible at lying. Even if I wanted to cheat, I would be wrecked with guilt and shame.

I started doing a workout regimen yesterday of running 5k everyday and doing this June challenge with Blogilates. Turns out a friend of mine texted me out of the blue to say she was worried about the weight she had gained. Long story short, we're doing the regimen together and also 18-6 intermittent fasting.

I brought up this plan with my husband. I mentioned how I'm going to lose weight (keep in mind I'm only 10 lbs over what I was when we met). I pointed out yet again why it's not fair to me for me to lose weight and he doesn't. Then I brought up the fact that I do get hit on while I'm at work. Against my not-sneaky nature, I commented how I might just take up someone's offer and have some fun.

Man oh man, it was subtle, but it definitely turned a switch in his head. He got way more affectionate and kind with me since. It's too soon to say if this is the start of some sort of a genuine change, but it's nice.

I will be lurking here on my main account.

Thank you again, [u/HornsOfApathy](#) for the inspiration.

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UPVOTES

Update: potential chronic illness

blahpunchlineblah · 10 February 2021 · Archived copy · Reddit

Today was the day of my procedure to figure out a diagnosis, but of course nothing can be easy.

Evidence was found pointing to one of the worse case scenarios. Biopsy was done, final results by Tuesday at the latest.

Husband and I had a sit down discussion about what this means for our future. I am mourning for the future that we will never have.

Edit. Just got the call, confirmed crohn's disease.

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UPVOTES

Sex, RPW, Your Man, and You

BellaScarletta · 28 August 2016 · Archived copy · Reddit

First off, this post is about sex. So NSFW. Second off, it will not be in any way graphic or crass. So creepers, creep away.

We speak often about the importance of sex and being available to your man around here. It's not exactly unintuitive why this is so, yet at the same time I think it would be helpful to plainly lay out just a few of the reasons it should be among your top priorities.

Men are the gatekeepers of commitment; Woman are the gatekeepers of sex

You'll hear that a lot. But here's the thing, access to sex can be rescinded. Commitment cannot, or at least not nearly so easily - particularly if you are married.

Marriage is a commitment to monogamy, not celibacy.

When you enter a marital union (or even a committed LTR for the time it lasts), you are committing to lowering your gates for the other person. But what is a man to do when he is contractually locked into his commitment to you, and you're backing him into a position of celibacy? You are not upholding your end of the bargain, and I would wager you would not be comfortable with allowing him to outsource what you are denying him.

But here is what I don't like about everything above - at this point, we are approaching it from the bottom up, essentially looking at the worst of it and the minimum you should be maintaining. It makes it sound like a chore, and it shouldn't be a chore. Looking from the top down, there are much more important and fulfilling reasons you should provide regular access to sex.

When you have sex with your partner, you want to give him a reason to be the only person he wants for the rest of his life.

Seriously, fuck him like he's the last man on earth - because to you, he is.

Why would you even want your husband/SO to think about the strange he is missing out on? Why would you want his commitment to you to become a chore? That isn't to say this is entirely unavoidable, but you can at least minimize your risks by making every effort to fulfill your man. If you think because you're committed that obliges him to look away from other women, to not want them - I kindly suggest you check out [/r/thebluepill](#). No, you have to earn his attention every day - and that isn't even a chore, *it should be fun!*

You don't want your man thinking about how he *has* to do this, how he's *obligated* to do that. No, you want him wondering every day of his life how it is he gets to come home to *you*. You want it to not make sense for him to wonder about what he's missing out on, because with you he is missing out on nothing.

That HB9 walking down the street? Why would he be curious about her? Does she perform oral on him for no reason other than to please him like you do? Probably not - pass. The woman at the gym hitting on him, is he going to pause for 5 seconds about what she could offer him? No, because he wouldn't dare jeopardize the love of the minx he knows is waiting back at home for him.

If you're not in the mood, get in the mood.

What about when you're not in the mood to cook? To clean? To go to work? To exercise?

Sure, we all take a raincheck on our responsibilities from time to time - but by and large we show up for the game when the team needs us to play.

Being "in the mood" is fickle, and 8/10 times just going along with it despite your internal protests will have you "in

the mood" in 3 minutes anyway. Show up and do your best every time because *he deserves a woman that makes all others unworthy of his time and attention.*

Again, he committed to *you*, he did *not* commit to *not having sex*.

Sex is the ONLY thing that tangibly separates your relationship with him from your relationships with everyone else in the world.

That is it.

Yes, of course there are other nuances in your emotions and your interactions that are unlike other relationships. But sex is the closest thing you will ever get to experiencing your relationship incarnate, and the dividing boundary between the force you two have versus the entire rest of the human population.

Why blur that boundary? Why tempt him with imagining that boundary with other people? Why not *celebrate* it? Why not feel proud that you know beyond all doubt you're the only object of his desires because he can't just order what you give him from the red light district or Scantily Clad Gym Girl? Why let yourself grow lazy in feeding this amazing and intimate bonding experience?

Tl;Dr: Sex hard and sex often.

So yes, be his Goddess of Fun and Light. Be his lady on the streets and his freak in the sheets. Be his dirty secret when you're at upstanding social gatherings and he knows people would faint if they know the depraved things you did right before you showed up.

You are not entitled to your man's attention and attraction and fantasies. You have to earn them, and doing that is *not* that difficult, and it *is* super fun.

So yes, prioritize sex. Give it freely and enthusiastically and revel in what it gives back to your relationship.

Related Reading

- [On men having a wandering eye \(elaboration on this post\)](#)
- [On denying your SO sex](#)
- [On sexual availability](#)
- [On seduction](#)

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UPVOTES

How many of you guys dye your hair/have alt girl styles yet are still conservative?

HanzEscalation · 30 September 2022 · Archived copy · Reddit

Im asking because most girls I met like this are typically immature, rude, and very opinionated "lefties". Does this type of RPgirl exist? PS I don't mean to offend anybody with this question sorry if it sounds rude.

-examples include out there clothes, subtle unnatural (blue, purple, etc.) hair color, dreamcatchers (sounds wierd to include but seems pretty popular), and artsy personalities.

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UPVOTES

Boyfriend came out as red pill and I'm feeling insecure

SmokeySunDrops · 19 August 2024 · Archived copy · Reddit

Some background, I'm 23, he is 27. We have been together 6 months, and i've only known about red pill for a few days since we talked about it. We have an active bedroom, I consider myself high libido, but his is higher than mine . It's really making me question if he's with me for genuine affection? Or if I just meet this red pill checklist

I'm sorry for a bit of a ramble but I'm trying to get some thoughts out of my head and hoping you guys can shed some light on it for me?

He asked me to come over to talk which I thought was going to be him asking me to move in with him since we've discussed it a little and about how much money I would save on rent. When I got there he didn't want to talk until after we had intimacy, which I don't feel great about in hindsight.

When we did sit down he started talking about Red pill That it is just a way of saying how the genders relate to each other that he believes in it, and that he thinks I do too if I just take the time to learn about it . He told me his history in trying to find a partner that was compatible with it. I asked him what that meant and he essentially gave me a list of traits, some of which I thought was a reasonable relationship stuff but other stuff seemed kind of offensive/shallow, like reasonable to have preferences for I guess, but why say it out loud?

On a couple things I asked him if he would have not been with me if I wasn't that way, like having a low body count, and he confirmed that yes, he didn't want to be with somebody who had had a lot of partners.

He told me that he's telling me all of this because He believes this is the real thing and he wants me to know where he's coming from I think he could see I wasn't comfortable and he started praising me a lot but I felt pretty defensive by now and I'm not even really sure why? I asked him if he expected me to cut off on my male friends and stay inside and cook and clean, and he assured me that it's not like that that I don't have to change anything and he wants us to grow together

Since then I have had other life stuff keeping me busy so I've had my space, but it's left me feeling super insecure which I think is the opposite effect that he meant to have. I admit that I tend to get anxious about stuff sometimes and I have the tendency to spiral when I get in my head, but am I really being unreasonable? Is this normal Red pill stuff? It's hard to sift through red pill information online. I see some truly misogynistic stuff and some truly reasonable stuff and a lot of it is contradictory. Do you have any advice for me?

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UPVOTES

My husband has stopped making an effort

Throwitaway13245 · 1 January 2019 · Archived copy · Reddit

I need some advice on my situation and hoping that someone here has been through something similar.

Up until we married about 1 year ago, everything was great. My husband has always been a take charge kind of man, who had a vision for himself and our family. We had a strong and productive RP dynamic and he was always pushing himself and me to be better.

Since we married, it's like a fire in him just went out. Almost like he's become too comfortable?

He's stopped making active and challenging plans for us. Where in the past he would have taken us out to do something adventurous on the weekend, now he'd rather sit on his phone on the couch.

He used to be careful with what he ate, and between active hobbies and the gym kept in great shape. Nowadays he'd eat burgers for every meal if he could, and isn't doing any physical activity at all. He's drinking a lot of beer, every day. He's lost so much muscle and has put on fat. Where he used to take pride in his appearance, he's now wearing ratty old clothes with stains.

Our sex life has dwindled. He hardly ever initiates anymore. When I initiate, he'll just roll on to his back and tell me to get on top and do all the work. I'm getting the equivalent of starfish sex.

A weird one, but he's started talking to me in this weird baby voice. Like, all our conversations feel childish and cutesy, which over time has just become annoying.

He's stopped helping out around the house at all. We both work full time, so used to both pitch in where we could to keep our house running. This has stopped entirely. If I don't cook, he'll order in. If I don't do the laundry, he'll just leave dirty clothes on the floor. I don't mind doing the majority of the housework, but I'm feeling worn out and disrespected having to do it all entirely on my own.

I can't for the life of me figure out what's changed in him. He doesn't appear to be depressed. He's cheerful and upbeat and spends plenty of time with his friends. He tells me all the time that he's so happy with me and that I'm a wonderful and supportive wife. I've stayed in shape and take a lot of pride in looking after my hair, makeup, diet, etc. It's just like he's become overly comfortable and just stopped trying. I hate to say it, but my attraction to him has started to dwindle as a result of this and I feel us becoming more like roommates than husband and wife.

His work has become busier and more over the last year, but it's a job that he loves and I don't feel like this alone could account for the huge shift in personality that I've seen.

I'd love some tips on how to best deal with this. I feel like I'm steering the ship right now, and never expected to be in this position. He doesn't take well to criticism, so I don't want to say something that's taken the wrong way. I just feel like something really needs to change before this dynamic becomes our new normal. It's making me really unhappy and I don't feel it's good for him either.

Thank you!

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UPVOTES

A trip to the grocery store (a short self improvement field report)

causeimnext · 21 August 2018 · Archived copy · Reddit

Hi!

Yesterday I went to the grocery store. While I've recently been making an effort to look nicer at school and work, I still can't shake the habit of coming to the grocery store looking like trash. I usually wear leggings and a t-shirt with my hair in a messy bun. I don't have a list, and I run around the store trying to get in and get out before anyone I know sees me.

Yesterday was different. Part of it was by coincidence-I had just gotten off work and decided to go to the store in my nice outfit-but part of it was because I decided to be more organized. I made a list of what I needed/wanted, and I finally remembered to grab the reusable shopping bags I recently bought but never used. (They're in varying shades of pink and red and I love them.)

While I was there, I saw a noticeable difference in how I felt during this trip. I didn't feel the need to run and hide behind endcaps because I felt presentable. (I did wish my nail polish wasn't chipped, but no matter.) The list prevented me from running around the store like a harried mess. And I felt particularly feminine heading out to the car. The pinks and red bags in my cart paired with my outfit made me feel unusually put together for a trip to the store. Overall, this trip was like night and day.

The takeaways?

~Putting in the effort to look nice and be organized even at the smallest of occasions is a good confidence booster

~It's a good way to get in the habit of dressing more feminine habitually.

~Writing a list for the grocery is also a good way to get in the habit of being more organized, if you're like me and kind of not organized at all. It's also fun to write it on cute paper, though that's not necessary.

~This is a good place to start if you're wanting to practice dressing more femininely but want to have a test run. The grocery store is a good place to practice wearing a skirt without exposing everyone, that's for sure!

That's it. Have a great day, ladies!

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UPVOTES

A Change of Heart...

Hartley7 · 15 July 2018 · Archived copy · Reddit

For years, my husband and I were committed to living a life without children. I have a medical condition which can be exacerbated by pregnancy and post partum. Another reason was our unhappy childhoods. We were so certain that my husband had a vasectomy early in our marriage.

I started getting baby fever 3 years ago but I forced myself to ignore the visceral longing for a child. I felt that I was too emotionally damaged to be a good mother and I was intellectualizing a choice which is not entirely rational. The need for a child only became more intense with each year.

My doctor was always a source of support and understanding. He encouraged me to become a mother in spite of my health issue. My doctor always said "Your illness does not preclude you from having children. You would only require extra supervision and support." He has convinced me that I am just as capable as any other woman.

My husband always maintained that he didn't want to be a father until we started planning our Catholic convalidation and attending Mass. When we started planning our Catholic wedding ceremony, we became aware that a marriage in the Catholic church is only valid if the couple is "open to life". My husband and I had many philosophical discussions about parenting and our painful childhoods. I was open with my husband about my maternal urges and perhaps getting a dog to quell them. My husband said "Our vacations and pets are not going to satisfy your need to be a mother. I love you and I believe that you would be a great parent. That's why I'm willing to reverse my vasectomy so that we can start trying. I know I will love our baby."

I'm still nervous about being a bad mother because I abused as a child. I'm also afraid of my illness becoming more pronounced because the pregnancy would be considered high risk. Nevertheless, my doctor feels that my illness is well managed and I will do fine. Years of therapy have taught me that I was letting fear run my life. I know better so I can do better. I have also had many years of experience with children including those with developmental challenges. All of my loved ones believe that I would make an excellent mother. I am also a devoted and involved aunt.

I've done some research on vasectomy reversal. As long as the vasectomy was performed <10 before the reversal, the numbers are very favorable for a man who lives a healthy lifestyle. My husband is as healthy as a horse. I have already ordered some fertility enhancing supplements for both of us even though we won't start trying until next year after the reversal surgery. While I understand that fertility decreases with each year past 35, I have seen so many women have healthy babies well into their 40s. We will start trying when I'm 37. Based on my research, it helps immensely that my period is like clockwork and it is also painless. I do not have any known reproductive health issues either. I have stayed diligent about getting my Pap smears. I will ask my doctor to test my hormone levels just to be sure.

My husband and I are ready to stop letting fear and health challenges keep us from the beautiful experience of parenting. We both have so much love to give. May God bless us with a lovely child which we will always cherish. Please pray for us and offer any wisdom about motherhood.

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UPVOTES

The Beginner's Guide To Building A Household Binder

whitebunny87 · 10 June 2018 · Archived copy · Reddit

A few of you expressed interest in some more homemaking content, so I'm reposting this wonderful guide written by /u/poorsay over two years ago.

What Is a Household Binder?

A household binder, also known as a home management binder, is an easily accessible compendium of all the information anyone in your family needs somewhat regular access to. The key to an effective household binder is making sure it is comprehensive and organized.

Comprehensive

A household binder should hold all kinds of information if you expect it to be worth the effort. For example, my binder has my husband's clothing & shoe sizes. Why would including such a minor detail in my binder be useful? After all, I could just ask my husband what his sizes are. But sometimes you need to know these things right now. Let's say I'm getting ready to head to Target after seeing a commercial that advertise a sweet sale on men's clothing, and OMG, the sale ends today! If I didn't have my binder, I would need to call my husband while he's busy at work, wait for him to get back to me during a break, hear his irritated response as he realizes the urgent-sounding voicemail wasn't an emergency after all, and then rush to Target with only 30 minutes to spare before I'll need to leave and pick up the kid from school. With the binder, I can just look it up before heading to Target, and I can take all the time my little heart desires.

Organized

Aside from simply being a convenient source of information, look at your household binder as an instruction manual. If your family were a business, reading through your binder should supply enough information for a new employee to assimilate with ease. This binder needs to be clearly organized so that even a stranger could flip through it and understand what it is they are looking at. This can be incredibly important in the event of an emergency. If, God forbid, I were to suddenly pass away, my husband would have access to all my information regarding my bank info, my insurance info, or anything else he would need in order to get the resulting paperwork in order. In the event we both were to pass, our parents would have all the information they would need in order to continue caring for our daughter, like her school schedule and medical info.

Note: Some families use a household notebook; rather than a binder. I prefer a binder because families are not static. Families grow, their needs and interests change, they become added to and subtracted from. In order to keep the information relevant, it will need to evolve along with them. If you have a notebook, you'll probably end up needing to replace it every year or so in order to keep up with the times. With a binder, you can simply remove one or two pages and replace them with updated information. Additionally, with a binder, you can easily rearrange your categories. This is useful if, for example, you have a category near the back for Travel. You don't use it normally, but now that you're about to go on a vacation, you can move this category closer to the front as you find yourself referencing more often. If you like having a notebook because you need a place to empty out your thoughts without any order or organization, consider keeping a section of ruled, loose-leaf paper in your binder.

What Is NOT a Household Binder?

A household binder is not meant to keep things that are better left in a fire-safe box or in your archived files.

These do not belong in your binder:

social security cards

birth certificates

marriage license

titles

deeds

3 years of tax returns and W2s

Instead, write your social security numbers and birthdays down onto the relevant page, and keep the page in your binder. These important documents belong somewhere else, in a location that will be more sensible and/or safer. If the subject is of interest to anyone, maybe I can make a post later on about how to store and organize your archived files.

Who Should Be Included in Your Binder?

A household binder is a tool meant to help manage and organize your home. It can't just be about you; that's what day planners and diaries are for! In order for it to effectively assist you in managing your home, it needs to include every single member of your family. When I say "family", I'm referring to everyone you are responsible for within your home. **Your binder needs to include:**

You

Your spouse or common law partner

Children

Pets

Any elderly or disabled relatives under your care

Special Considerations:

Boy/Girlfriend.

While I don't recommend long-term cohabiting, your binder should include your boy/girlfriend if you live together. To what extent they are included depends on your situation. For some couples, all you might need is an emergency contact page for your partner. For others, you might need to cover them in your binder just as thoroughly as you would a spouse. This is a decision best left to you. (I'm not judging any cohabiters, btw. Due to unavoidable circumstances at the time, my husband and I ended up needing to live together for a few months before we married. However, I would still advise against it if you have the choice.)

Adult Children.

Your binder should not include adult, self-sustaining children who have moved out, as they should be capable of managing their own homes; they would be better off having their own binders. If your adult children live with you due to disability, they should be included. If your adult children live with you due to life circumstances, such as unemployment, I would recommend that you leave them out of your binder. However, every family's situation is different, so the decision is ultimately up to you and what you think makes the most sense.

Which Categories Should You Choose?

“Failing to plan is planning to fail.”

The first step to making sure any organizing project will be a success is to think. You need to have a clear vision of your desired outcome for the project. Before picking your categories, buying your supplies, and even before gathering your information, start by taking some time to think.

The categories you decide to include will depend on two things, and it is these two things you'll need to spend some time thinking about:

What kind of job you would like your binder to perform

Your family's lifestyle and needs

Family A

Family A likes to use their binder daily, treating it like a second brain. (In many families like Family A, it's actually just mom who uses it daily while everyone else only refers to it occasionally.) Family A probably answered #1 with “any and all jobs it can possibly handle”, and their lifestyle is probably a bit hectic, in which every day is usually filled with the kids' after-school activities and fun weekend events. Mom likes using her binder to help her get prepared and organized for the day.

If you find yourself relating to Family A and you think you'd also prefer your binder to be the ultimate multitasker, your binder will probably have 2” rings and will weigh in on the heavier side, filled with lots of categories. You might want to include a section of monthly or weekly calendar pages, or a section for planning and organizing your volunteer work, so that your binder can replace your day planner. Maybe you'd want a category labelled “Today” or “Just for Me” at the front of the binder to help you center yourself in the morning, filled with yoga poses, meditation guides, dream journaling pages, and inspirational quotes. Or maybe your “Just for Me” category would serve you better as a place to empty out your brain, constantly getting updated with to-do lists, vacation ideas, magazine clippings, or book recommendations you'd like to check out later. You can expect to be calling on your binder so often that it might as well just live on your desk. I hope the binder you bought was a sturdy one!

Family B

Family B is a lot more like my own family. Family B uses their binder less frequently and treats it more like an encyclopedia, only referring to it as needed. Family B answered #1 with “a memory aide”, with their binder containing tons of reminders, helping them keep track of important information and tasks that would otherwise be forgotten during day to day life. And while Family B's lifestyle is just as hectic as Family A's, the members of Family B have too much going on or are too easily distracted for them to bother with flipping through a binder in order to see what they have planned for the day -- they'd much prefer having the calendar and all the to-do lists up on a wall where it's easy to see with a quick glance.

Maybe you find yourself relating a bit better to Family B. Perhaps your brain prefers things to be a bit more compartmentalized, possibly becoming overwhelmed with a binder that tries to perform too many jobs at once. Your binder will probably be fine with 1” rings since it will be slimmer, as some of the potential categories, like the calendar pages and “Just for Me”, are already being handled by other items, like a day planner and a journal. You might prefer strictly informative categories, like Cars to keep track of your vehicle maintenance, or Passwords to keep track of all your websites. You might still enjoy having some more frequently used categories in your binder, like Finances or Holiday Planning, but you also might be more tempted to place those sorts of things in separate binders altogether!

How you decide to use your binder is up to you and what works best for your family. It's okay to add and remove categories that don't seem to be serving you well. Any organizing project requires some trial and error in order to figure out what works best, so don't lose heart if your binder doesn't prove its worth right away. (And don't forget to

purge outdated pages from time to time!)

What You'll Need to Get Started

When it comes to organizing projects, I feel that it's worth splurging (just a little!) in order to get prettier supplies. After all, you'll be more likely to work on a boring or time consuming project if you enjoy getting to look at it!

To help you out, I've link you to some attractive supplies to get you started (or at least I think they're cute). I'm only linking to Amazon since it's accessible to most people, so definitely go look at some other stores. Consider checking out Target -- their clearance section is a treasure trove of adorable office supplies. I always find something useful when I'm there.

Required:

A Binder. Mine is 1" with 7 categories and room to spare. You might need a larger one if you want more categories, though.

Tabbed Dividers. One divider per category. Consider your categories when deciding if you want pockets on your dividers.

Sheet Protectors. Feel free to buy these in bulk -- it's cheaper, it's better to have too many than needing to buy more halfway through, and you'll probably find a good use for the extra ones elsewhere.

Pens or pencils

3-Hole Punch

A Lot of Patience! Putting the binder together will take a lot of time. It took me nearly an entire month to put mine together. The amount of time it takes you to gather up all of the info you'll want in your binder should really put into perspective just how convenient this tool will be.

Optional:

Binder Pouch(es). You'll need one pouch (or some other pen-holding alternative) if your binder doesn't have a pen strap (this thing). For certain categories, you might need extra pouches (like under Finances to hold a calculator).

Dry-Erase Markers. So you can write on the sheet protector instead of on the paper. This is particularly helpful for pages that get updated frequently, like meal plans.

Baseball Card SleeveI only use one to hold business cards. Some people like to use another one to hold coupons.

Ruled Loose-Leaf Paper. You can also use a 1-subject notebook instead. I don't have loose paper in mine, but it might be useful for those who want a multitasking binder.

Category Ideas

I certainly don't have all of these categories, or even most of them, in my own binder. These are simply some ideas to help you get your wheels turning. If, after reading through this list, you're still finding it difficult to decide on your categories, there are loads of free household binder printables out there that come in packs. Just print out the entire pack and fill it all in with your info. I actually use some printables in my binder, but that's mostly because they're way prettier than any page I could come up with. I've never downloaded a whole pack of them, though, so unfortunately I can't offer any recommendations. Note: In the future, I'm thinking about making separate posts that will go more in-depth about cleaning schedules and meal plans, so I'm not going to hotlink those here. Other things aren't getting hotlinked due to laziness. :(

- **Finances** - Monthly budget, recurring bill payment schedule, bank account info, credit card info, debts, financial goals. Tip: Keep a binder pouch in this section to hold your checkbook, a calculator, and a pen.
- **Contact Info** - Name, address, and phone numbers for your mechanic, plumber, HVAC, doctor, dentist, veterinarian, insurance providers, local police station, local hospital, babysitter, and any other trusted business you need to call on from time to time. I even have my tattoo artist listed. Keep another page here for addresses & numbers of friends and family (in case you forget to backup your cellphone!). Tip: Put a baseball card sleeve in this section to hold any important business cards.
- **Travel** - Petsitter notes, babysitter notes, children's morning/bedtime routines, CPR/First Aid instructions (like this), winter & summer luggage packing checklists, itineraries.
- **Home Maintenance** - A copy of your daily cleaning checklist, monthly & yearly cleaning checklists (or you can keep a master list that covers all three), spring cleaning checklist, cleaning product recipes, laundry tag cheat sheet, seasonal maintenance checklist, home maintenance log (PDF), home inventory. This category is mainly a bunch of reminders for things that need to be cleaned/fixed but are often forgotten about, like cleaning the gutters or replacing the hot water heater. Tip: The printables I've linked here are just ideas to get you started. Feel free to search Pinterest for checklists that better suit your home -- or make your own and share it with us!
- **Cars** - Vehicle info (year, make, model, VIN #, license plate #, tire size, speaker sizes, a recent photo for insurance purposes, etc.), maintenance log, insurance policy, warranties, and perhaps a copy of your insurance card. Tip: Keep your title in a safe box, your registration in your glove box, and one of your insurance cards should go in your purse or your glove box. If you have a digital insurance card (like from E-surance), print a copy of it and keep it in your purse/glove box. Some states do not accept digital copies if you are pulled over. Even if your state does accept digital cards, consider printing a copy anyway -- by handing your phone to an officer, you are giving them the right to search your phone.
- **Food** - Weekly meal plan, a stash of blank grocery lists, pantry & fridge inventory. You can keep take-out menus in the pocket of your tabbed divider, in another binder pouch, or in a folder (hole punching them isn't always a great solution). If you don't have many coupons, you can keep them along with weekly sales ads in a pocket, pouch, or folder here as well. Tip: For many families (mine included), sometimes Food is better off having its own binder entirely. This way, you can have a section near the front for meal planning that includes all of the items I've just listed, and you can use the remaining space in this binder to store recipes categorized by meal type (e.g. breakfast, lunch, dinner, dessert, etc.) or main ingredient (e.g. pork, beef, vegetarian, etc.).
- **Medical** - Emergency contacts, vaccination records, surgery records, blood types, weights, heights, body measurements, prescription info/schedule, children OTC dosing chart(PDF), OTC medication inventory, evacuation plans.
- **Calendars** - Monthly calendar pages, school calendars, sports schedules, activity schedules (e.g. Girl Scouts, bowling league, etc.), event calendars (e.g. library, museum, concerts, etc.).
- **Brainstorming/Inspiration** - Blank pages for writing ideas down, magazine clippings, inspirational quotes, wishlists, bucket lists, goals.
- **Holiday Planning** - To-do lists, decorating schedule (e.g. when to buy the tree, when to take it down, etc.), activities and events (e.g. ice skating, weekend markets, etc.), recipes, gift lists, family clothing size chart, home decoration inventory, Elf on the Shelf ideas. Tip: This was how I used to plan my gift giving. You may have caught my recent post where I've pretty much decided to move this task to Pinterest. Just an example of how it's okay to reconfigure your organizing.
- **Bible Study** - Lessons, notes, quotes, a list of books for further study. I don't participate in a bible study, so I'm just guessing at what you might put here!

- **School Info or Homeschooling** - Curriculum, report cards, upcoming events, spelling words, parent-teacher conference notes, PTA papers, newsletters. Tip: If you don't have a Calendars category, keep the school calendars and the kids' activity & sports schedules here. If you do have a Calendars category, try keeping that stuff here anyway; it might make more sense to keep all of the kids' papers together. Homeschoolers might have better luck keeping a separate binder, since I assume it requires more paperwork.
- **Loans** - Log of items lent to others, log of items borrowed from others, library checkout log, Redbox checkout log, movie and/or book inventory, log of movies/books your children have "rented" from you.
- **Hospitality** - Party ideas, recipes, place setting ideas, mini contact list of preferred guests. Tip: You can use this section to plan birthday parties and other special events you might host, like baby showers or engagement parties.

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UPVOTES

[FR] "I'm sorry. I was wrong."

RubyWooToo · 22 November 2016 · Archived copy · Reddit

I'm fairly new to surrendering and thought I was doing well until I fell off the wagon last night.

I was waiting for my husband to come join me to bed and he said he needed 2 more minutes to finish an update on this computer. About 15 minutes pass and I hear him laughing at something from down in the man cave. I assume he's just browsing the internet and found something funny, so I yell, "So much for 2 minutes!"

I immediately regret it as he stomps up the stairs, defending himself about how he was almost done, his friend just sent him a funny picture, why do I have to get on his case, etc.

My first instinct was to defend myself and attack him for "always" keeping me waiting. But I stopped myself and said: "I'm sorry. I was wrong."

There was awkward silence for a moment, as if he had already been preparing his retort to my attack, but was blindsided by my apology. He actually looked at me like I had two heads, and I couldn't help but wonder, *Am I actually that much of a bitch normally?*

So although this story started with a fuck up, I'm grateful for the bit of newfound self-awareness and the fact that I was able to minimize what would have, in the past, been an hour long fight that would've ended with us going to bed pissed off instead of having sex and cuddling.

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UPVOTES

An RPW Breakup, an RPW fresh start, and a fresh hello to all my RPW ladyfriends (:

BeautifulSpaceCadet · 20 July 2016 · Archived copy · Reddit

It's been a while friends, and at the bottom of this post I will discuss the logistics of why I left and the surrounding (understandable) speculations...but I don't want that to hijack this post so it will be a short note at the end. For now, I want to talk about dealing with a break up -- particularly one you never thought would happen, and how to move forward.

I know this will not be some universal experience I can offer bulletproof insight on, but I think and hope there will at least be a nugget or two of value to be taken away for the majority of readers. Unfortunately this is a hard situation to generalize, so for the most part it will not do that.

The Relationship

Most of you are at least somewhat familiar with mine and HB's relationship, and the obstacles we faced.

First and foremost, his business lead him all over our state and despite the fact his actual apartment was only 2 miles from mine, he was most usually 4-8 hours away at any given point. This is compounded with the fact that he started his own business and, as it remained in the infantile stages, put his work weeks between 60-85 hours. It was clearly an uphill battle, but also clearly an honorable endeavor that any woman should be proud to support in -- and I can truly say I was proud, and I think for the most part I played my role well.

Additionally, I know many of you are also familiar with his drinking habits, which I struggled with greatly. He never drank to excess, I rarely ever saw him incapable of driving -- a handful of times our entire relationship. But each *and every* night it was 2-3 glasses of whiskey. No compromises. His mind was very much tortured (more on that below) and I understand it was how he shut it off; did I pretend it was the most constructive or the only way to accomplish that? No. But for now it was the situation and he wasn't going to change. And he was a good man that loves me deeply and I found myself faced with the "love him for who he is, or don't love him at all" scenario. So after months of contemplation and identifying my concerns, I settled on the following boundaries: if it did not interfere with his family, his work, or his relationship with me...then I could accept it. Additionally, if we got to the child bearing age, it would have to go or I would not feel comfortable raising children with him. Which I'm not do-or-die on children, so that was acceptable to me. He agreed those were reasonable views and knew where I stood on all of them. We moved along with our lives.

The last 3 months of our relationship was the most difficult, as I'm sure only makes sense. As multiple contracts simultaneously drew to a close he worked from nearly 6am to 11pm each day. I drove to see him every other weekend, but honestly just played games on my laptop next to him while he worked. We got lunch but he understandably could never fully detach. The stress became so much he never wanted to have sex, which again, I did understand. On the days we weren't together (26 out of 30 per month) I received less than 4-5 texts a day, and rarely a phone call.

To add to this, HB was very controlling. In a way only an RPW can understand. I was not abused and I was not tricked. He was extremely clear with his expectations of whoever chose to be his SO, and never once expected me to comply if I didn't want to. But unchaperoned time with other male friends? No. Drinking to excess (not a glass of wine with friends but rather to intoxication) without him around was also a no. Being out too late in general was frowned on. The list goes on and I'm sure this is just fodder for TBP but I don't care; he never pretended to be anything other than who he was and never manipulated the situation to appear differently than what it was -- it was my choice to be in or out, and I was in.

None of these rules were difficult in the slightest when he lived around me. Why would I want to do anything of the sort when he was with me? He was always invited or I would rather be with him. But when he was gone it became

easy to just spend time alone rather than bother him during his work day making sure he was comfortable with the social gatherings I was invited to.

This builds up to an extreme loneliness on my end, both with and without him. At this point I'm wondering if I can really deal with the situation for as long as he needs to put in the initial hustle into his business -- which could easily be years. I oscillate wildly each day, fortunately succeeding in keeping off his plate, and contemplating how sustainable this lifestyle is and if it's where I want to invest the years of my youth. My plan was to wait until when his contracts ended, and then open the avenues for a "how does this affect our timeline and lifestyle" discussion, when he had the space in his brain to process.

It all came to a head the day after his contracts ended. I was buzzing with excitement. He was going to be home soon. I was upset, yes. I knew we had issues to deal with, yes. But he was coming home and we could deal with them together. I was actually crying from being generally overwhelmed when I got the phone call from him -- I picked it up and the first words he said were **"I may have destroyed my career"**. I didn't understand how that could be so, but he explained. A very long story short -- he decided to celebrate with industry associates after the contracts closed, drank too much, and publicly broke a window. Additionally, the evidence was found by the wrong people who may have needed to publicly fire him in order to save face, an outcome he wouldn't have begrudged them for.

I can't explain the transformation that happened the moment he explained. It absolutely shattered my perception of him as my rock -- as swiftly and thoroughly as possible. There was nothing but rubble when it came to how I viewed him as my man and my provider and the person I would sacrifice anything for because I knew he would do right by me and us. In a complete split second it was gone. We didn't break up that moment, and I gave myself time to think and waited for him to come home....but I never found myself wanting to see him and quickly knew it was done. He broke my most sacred boundaries.

The crux of what it boiled down to in my eyes was this: How could I live in a reality where everything we had sacrificed, every moment we had spent apart, every last bit of energy devoted by us both, every bit of everything....how could I accept a reality where it could be demolished by a liquid, and it could just utterly count for nothing in a second. I couldn't.

The Break-Up

We broke up just before my 24th birthday -- about two months ago now. And I will admit I felt (and continue to feel) petrified. I devoted 2 years to this man, and thought I would be married within another 2. Suddenly I'm starting over, and I'm envisioning so many choices taken from me -- such as getting married and lacking time, forcing me to choose between enjoying a life with my spouse or doing the classic "let's rush to have babies", or worse, not even having the option to have them. Of course these are far off thoughts but at the same time, no...they were my goals I had been working toward and felt very much robbed.

For a few weeks I just laid in bed. I avoided people and alternated between eating too much and eating too little. Watching sad movies or just staring at the wall. This, of course, plays into why I've been out of RPWi, but again, I'll elaborate more at bottom.

Fortunately I had a few good friends to help. Of the two most significant, one was my best friend since childhood, we'll call her M, who had just suffered a breakup where they were *very* close to their engagement plans; he was military and suffered some strange change in personality on his last deployment they couldn't reconcile. It was nice to hear things from someone who had been at a similar point. The downside was she's very much an SJW feminist, so there's a lot we disagree on.

The second friend, we will call her E, has never endured a serious breakup. She met her spouse at 21, they've been together nearly 5 years now, and he is the only man she's ever been with. She was a great opposing perspective

because she couldn't understand what I was going through but her values are very closely allied with my own.

Between both friends it was enough to help each day make a bit more sense.

After my third weekend of laying in bed, E slapped some real shit into me. She made me download a dating app and told me, no arguments, I was going out on a date that night. I was not to have any expectations or intentions, but just go enjoy male company and try and speed up my brain and slow down my heart. That turned out to be fantastic advice. I had a really perfect first date that reminded me how much of even the littlest things I compromised on with HB. I hadn't laughed with someone like that in years. Sure, there was a novelty factor but really...HB was not the laughing sort. I had a great time, but not so great of a time it confused me any further. I thanked the gentleman for a wonderful evening and asked him to give me time before we discussed the possibility of a second date. He was very kind about it.

The Moving On

That was a much needed jumpstart to moving on with my life. I didn't go on any more dates, but it completely helped get me out of the funk and realizing how much potential there was to meet quality men that I had so dutifully put my blinders on to (as any good partner should!). I began seeing friends, going to happy hours, bearing in mind my core values and making sure at each moment of the day I was conducting myself in a way that I would be proud of if the right guy happened to stroll by (okay, there were a few drunk nights of debauchery thrown in there, but they involved dancing with my friends in their living room to Britney Spears and not grinding on someone at the club, haha).

Around week 4, E said I had a friend of hers I needed to meet and she understood if I wasn't ready. I had actually met this gentleman in passing before, but by passing I do mean *passing*. I figured it couldn't hurt and she assured me he was a great friend and we should just hang out, but that she's been wanting us to meet for a long time, though it never made sense before.

Backtracking a bit: I met E and her husband through my younger brother. He is a competitive natural bodybuilder, and he joined an online group of local lifters to talk shop with. It's actually very cool because it produced a group of people from all ages; one of his best friends from there is actually in his 30s and just named my brother the godfather of his newborn son. E and her husband are also members of the group, along with another girl, C, whom I also deeply admire. Initially nobody knew each other IRL, but slowly one or two of them would schedule gym visits together, and over the years they are collectively a group of amazing friends and people. I'm a bit of an outsider to the group, but in the past 6 months I've really began spending some time and bonding with them -- all amazing folks.

Moving forward, the gentleman in question E wants me to meet is my brother's *best friend* -- I'm talking best friend. If either of them married tomorrow, they would mutually be best men for one another. We will call this man R (and you'll be hearing *much* about him in later posts d:)

We spend about a week hanging out, maybe 3-4 days in that time period. Frankly, sparks are flying but we are both pretty guarded. We got casual lunches, enjoyed a glass of wine after work, and my favourite: went to the parks after kids' bedtimes and played on the swings and talked for hours (highly recommend! It's a lot of fun but puts a very natural and not awkward barrier that prevents touching).

Moving into about a month and a half post-breakup, R and I finally share a kiss. Lawd, it was wonderful. HB was *not* an affectionate person (again, more on that and his tortured mind below) -- and I can't remember the last time someone kissed me with tongue (I sound like a 15 year old, I know). It was really something wild to finally feel our chemistry manifest itself like that. Like I still get lightheaded thinking about it. Not to mention R is a personal trainer, and I'm over here fanning myself trying to figure out how this is actually happening.

I call my brother and let him know if this bothers him I won't pursue any further and he freaks out. And by freaks

out what I mean was "No way, mad? How could I be mad? I've been wanting to see you two together for so long...but you were with HB. Frankly, I'm impressed he was able to nail you down...after a lifetime of friends hitting on you I didn't think he stood a chance. If it was any other of my friends I would drop kick their ass in a second but R? No way man. He's my best friend. And I know if it doesn't work out you'll both act like adults, but who am I kidding you're going to get married anyway. Oh my god R is going to be my brother!!!"

At least it wasn't me getting ahead of myself lol....my lord hahaha.

But you can see how wonderful it is that two people who love me and know who I am and what my values are both are of the opinion that this man and I are quite the match.

We are just over two weeks of formally seeing each other at this point, and I am most grateful for the pace of developing our connection...it's been pretty perfect. We are both of the mind a one to two month courtship is ideal before making any official decisions.

The Vetting Process

I've never seriously vetted before; I found RPW fairly well into my relationship with HB. I also made a lot of mistakes with HB in the early months that could have been avoided with even a rudimentary RP knowledge. So first and foremost, I'm happy for a blank slate and avoiding all those very ugly and unnecessary scars.

It's been very nice taking things slow -- we are both on the same page about where we want this to go, but also what we are looking for before deciding if we're compatible together.

My biggest reservations were two-fold: I'm unsure how much time is "enough" post-breakup from HB, and that also R is the same age as me which is a bit younger than I would prefer.

The latter was actually the most easily reconciled, as my primary concern with age really just related back to relationship timelines and most 24 year old men not looking for marriage until much later in life. Fortunately that organically came up as we were talking about work and goals we had when we were younger and how they were working out, and he said he thought by 25 he would have a PHD and a little wife, which now seemed funny to him, but that he hoped they were both still achievable by 28. We've also gone a mile wide and an inch deep on other similarly important topics, touching on them but not putting too much pressure: professional aspirations, how they play into home life, kids, a few previous relationships, what we value in friends, and things like that.

Naturally I have reservations about drinking and substance use, but being that he's so closely acquainted with my loved ones it means a lot to have their endorsement and know big things like that shouldn't be overthought.

The biggest word of caution I have to anyone in a comparable situation is to not vet *too* hard -- it's been difficult at times to not push too far on subjects that exceed where we are at in the courting process. Fortunately he's been very understanding of the fact that I'm a bit "once bitten, twice shy" on the subject, but at the same time it is my responsibility to not take advantage of that understanding; paying for the sins of another man is not his cross to bear.

So far, things are looking *very* swell for us. I don't have a clean answer on "how soon is too soon", but I guess that's what is nice about moving slow. It's better to proceed slowly and ease in to it than to proceed quickly and ease out of it.

The After Thoughts

The silver lining portion of the situation is less clear than I would prefer, and I greatly wish I could offer something less abstract.

There is an importance in not fixating on the smallest inconsistencies in your partner's attributes than what you may be imagining as your "ideal", but there is equal caution in compromising too drastically in a given direction on compatibility. What I mean by this is you cannot be your best partner if there is too much sacrifice being made on your end to fit your partner's needs, but that can also not be used an excuse to look for some perfect puzzle piece Mr. Right that will never exist instead of looking at your own selfishness.

Here is where I get a bit more into what I meant about HB being a tortured soul, and him not being affectionate and all the areas we differed vastly.

When it comes to HB, I compromised on a lot. A lot a lot. I wouldn't go so far as to call it either foolish nor virtuous; it was just a decision I made because I found a man that treated me the way a good man does. But HB is serious. I consider myself extremely responsible, but also an absolute goof; it was hard to put that entire part of my personality permanently away -- as he viewed it as wasted time and energy. My primary love language is also Physical Touch; HB can almost not stand to be touched. (side note: I know what I'm describing sounds like Aspergers -- he does not have any disorders like that and I do know what caused his personality to be this way but I don't find it relevant to share here). I could go on but I believe the point has been made: I didn't make a mistake in loving a man as he was, but I didn't fully appreciate the ceiling it put on my ability to be an ideal partner which is not a place you want to limit yourself. I suppose my final line on this point is to be wary of both sides of the equation. I would have gladly devoted my life to HB, and I think we could have been reasonably happy. But I also think it would have deprived both of us of partners who had the capacity to be more of their authentic selves, which would all around offer significant improvements on the quality of the partnership.

As far as how I've experienced this silver lining, well, since starting to date I've experienced things I thought were never going to be a part of my life again. Flirtation and teasing, for one -- important things that I'm sad I almost missed out on completely. Being held by someone who wants to hold me, and being kissed by someone who doesn't want it to end as much as I don't. Being able to experience seriousness with other adults, but not letting that be the exclusive tone of every interaction.

I'm very hopeful things go well with R and I. On balance, there is a lot going on outside of us that works in our favour...and I'm accustomed to relationships that are the opposite. But that being said, I won't be shattered if it doesn't work out. And at this point in time, I'm wordlessly grateful for having a second opportunity to see and experience the value of levity and chemistry.

RPW Meta Notes

I said I would address the controversy surrounding my departure at the bottom, so here it is. The mods are all aware but I would like everyone to hear it firsthand as well.

A controversial post was made here, which is exactly the kind of post we all value and grow from -- you don't *have* to agree but it's never bad to have your views pushed and tested, and to be open to seeing something a different way. As it is, I decided to take a few days to process this post and just take a quick breather to recollect my thoughts and avoid stepping on toes.

For those of you who are aware of TheRedPillTwat user (editorialization) (also for those of you who are not, I'm not the best person to ask -- please direct questions to mod), she showed up in a related thread. But then again, so did TBPers and the like.

At first I thought this was all the biggest coincidence of all time, but now thinking about it...it really isn't. We were all reacting to a very controversial post which is what set her and TBP off, and why I decided to take a few days' break.

Anyway, drama and lies happen as the result of this user, and while I'm on my break....HB and I broke up. This is where shit hits the fan for me.

I never intended to disappear for nearly two months -- but when the breakup happened, I was *so embarrassed*. I understand now that it was natural to feel this way and that disappearing was likely not the best strategy, but at the time the raw pain of it and feeling like such a failure was enough to keep me from wanting to show my face here. I didn't know what advice to ask for, and I didn't feel like I had the right to give anyone else advice since, as I said, I just felt like a failure.

I, as you've already read (which kudos if you got through that), picked up the pieces and began moving on. When I met R, I didn't see how I could possibly be my best self and the best partner I could be (should I be given the opportunity) without your guys' help. This community is like my charger from all the energy I spend in the real world; to be a good woman it helps to be surrounded by good women. To be a good partner, it helps to draw on the strength of others. So to put it simply: I'm selfish. I came back because I was finally ready, but also because I really need you guys and want to be able to have people with similar values to turn to for advice when I get my feet tangled in the throes of a new relationship.

This turns into me logging into the most ridiculous message from TheRedPillTwat very insincerely apologizing for throwing me under a bus, and fortunately a great conversation with the mods (particularly Phantom, which was so helpful) and sorting everything out.

All that being said, BeautifulSpaceCadet was my nickname given to me from HB, and with my (quite unnecessary) prodigal daughter moment I would really like a fresh chapter.

I'm now switching over to the username /u/BellaScarletta and am letting this post be the final page turned with this username. I won't delete this handle though as to preserve my posting history.

But it's still me, and I owe every single person an apology for waking away so rudely. I didn't intend it, but that doesn't make it right.

I hope this was of value for anyone who is or may be in a similar position, and also as an olive branch so that I can hopefully come back and participate. Because I really had too much free time without this place d:

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UPVOTES

Man leads...woman follows, everyone wins

Irisandoleander · 26 June 2016 · Archived copy · Reddit

I stumbled across this image on Pinterest last night. I tweeted the photo and woke up to a billion notifications. Tempy suggested I post it here ☺

I thought it was a wonderful reminder of how we, as women, should respect men.

<https://imgur.com/FIGrwy>

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UPVOTES

Sunhappy's Friend Series: Bad Relationship Advice

Sunhappy_DC · 9 May 2016 · Archived copy · Reddit

This is an ongoing series of the many adventures I experience as an RPW in a busy east coast city as a career woman. I hope you gain insights on how I navigate the craziness that is my circle of friends!

I told colleague a few days ago that I was rushing out of the office to catch the metro to see my boyfriend! The boyfriend has made it very clear that 1) he hates waiting and 2) I have a 5-10 minute window of tardiness before he changes plans. I <3 my boyfriend so I respect this rule of our relationship.

I told the colleague "My boyfriend hates waiting, haha!" Very casual! I even laughed :V So clearly not a big deal.

She says, and I quote: "Trust me, if he likes you, he'll learn to wait."

Now this is what throws me off....I'm sure that if it came down to it, my boyfriend would wait a few extra minutes for me. But why make your SO wait at all? Are you not supposed to value his time? Why subject the men you are with to such behaviors? I think this is a common thing women do: They drop the ball somewhere in their lives and then tell themselves that if their husbands or boyfriends really love them, they will *accept* this new normal. When their SOs do not respond this way, it becomes a conflict and they blame their SO when really, they were the ones that triggered this issue in the first place for dropping the ball and wanting no consequence.

- Yes, I gained 50 lbs but if he loves me, he'll love my new size.
- I spent way more than what we budgeted for, but he's my husband. He should understand we have different tastes in shopping.
- I know he told me he doesn't appreciate me having male friends, but this guy has been my friend for years! When you're in a relationship, you have to accept my friends too.

This is unacceptable, ladies. Our men understand that we're human and sometimes things happen and we slip up. But don't take their forgiveness for granted. Don't take advantage of their kindness and consideration and make it a shit test. Respect your men and their feelings. Do better.

Lessons of the Day:

- Any advice that is counter to the expectations your man sets out for the relationship is **BAD** advice. Period.
- **NEVER** make your man wait.
- Slip ups can become habits if you're not careful. Be mindful of your shortcomings.
- Aim to make your daily best **THE STANDARD**.
- Women who deliberately make their men wait are *LIKELY* not examples to follow for relationship harmony hahaha!

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UPVOTES

Practicing Vulnerability

BeautifulSpaceCadet · 8 May 2016 · Archived copy · Reddit

Practicing Vulnerability

To be vulnerable is absolutely a *skill* (yes, a skill) that must be practiced for those of us who weren't raised already knowing it.

It's a hard skill to practice, because an inherent risk must be performed, and it is not just any risk. It's the risk you are most afraid to take, which is how you wound up in this situation in the first place.

You're afraid to open up. You're afraid to give someone the power to break you. You're afraid to trust someone else with your emotions and know exactly what to do when they do. You're afraid to take your well-being out of your own control. You're afraid of what it means to depend on someone for your happiness. You're afraid of what it would take out of you to begin to even accomplish this, and you don't want to perform one risky behaviour to engage in yet another (lowering your defense for the sole purpose of being indefensible).

Maybe not all of those apply, but for many the majority do. And it's a wise fear to be sure, there's nothing irrational about it.

But it's important to realize that this fundamental lack of trust, which is exactly what it's produced by, is a disservice to you and your relationship and the connection you and your partner *both* crave.

And that list I made above of everything you're likely afraid of? It's also well-founded. And that point I made about being afraid of him not knowing what to do with your emotions? Well he won't. Firstly because he's only human, and secondly because he's not accustomed to being trusted with them, and it will be a learning process for him as well. Be easy on him as he initially fumbles, and by practicing vulnerability you will find in him a fierce protector of your emotions and feelings.

"Bring him your problem, not your solution". We say that a lot around here, though it's not always directly meant to enhance vulnerability, but that was a huge step for me in helping me get there, and a very bite-sized step as well. Instead of thinking I know best course of action all the time (*nobody* does), I trusted him with the problem and let him propose a solution to me; it's almost always better than the course of action I would have chosen myself! My SO is so analytical, and he definitely has my best interests in mind. He can offer a detached perspective and form a rational response as opposed to an emotional one. Your man can do the same, I assure you.

Learn to express yourself. Start small! But learn to say when you feel anxious, when you feel disappointment, when you feel anything...just say it! Happiness as well. Let him know every time he has made you happy that day. If he hasn't, then fix your damn attitude and start looking for all the wonderful things he has *certainly* done. Did he go to work? Did he do anything to keep the home running? Did he take care of any critical responsibilities? Then he is working to increase the quality of your life and deserves to be thanked for that. Don't allow yourself to get caught up in score keeping (and dismissing things he has done because you've done 'more'). Evaluate every action he makes *independently* and praise him based on those, he deserves it.

Expect him to resist your efforts. Yup, that's right. It's kind of messed up that you're going to try this hard, and he is going to push back instead of support you. Why would he do that?? Well probably he won't believe you've changed. It will take months for him to have faith in a true transformation, *months*. You cannot undo all the hurt you've caused him in a few short days or weeks of being Polly Pleasant. He is going to push back, and test you. He wants to know this is a real you, and not a cheap facade that will crumble at the first sign of trouble. Which in the beginning, it will be. But just keep building that back up. Again. And again. And again. And again. *Keep moving*

forward.

Praise his leadership and masculinity. Except to do that you'll first have to learn how to allow it to happen, and how to recognize it when it does. You've likely stifled it for so long it's a real effort for him instead of a natural flow as it should be. **I wrote this comment recently**, and though the context is a bit different, I think it gives a good sense of the language you will want to use. I have said every single one of those sentences to my SO, and the principles of each are applied daily to our relationship. I truly believe them, but I do believe taking the time to reaffirm my own feelings and expressing them is a positive feedback loop for the both of us.

LISTEN TO HIM. This is so simple, so important, and so hard. Stop fucking talking. You've had your turn to talk for the last how long? Stop it. Stop it now. Listen to the words he is saying. Not just hear him speak, *listen*. Repeat what he says, and don't add your own commentary. If it sounds awkward, refer back to the point where I say to *tell him how you feel*. You can say "Babe, I want to listen to what you're saying instead of just dismissing you, but honestly it feels really awkward. Which makes it even more important I practice! Please don't mind if I keep repeating you to make sure I'm understanding what you're trying to tell me." It all works together!

Practice a gratitude attitude. I touched on it above. But consciously exert the time and energy into noticing all he does. I assure you, he does plenty. And remember, "what gets rewarded gets repeated". Don't call out the behaviour you don't want constantly. That will tear down his spirit and why would he put in the effort to make you happy when it's never recognized? Instead praise everything you can find to praise, and you will both benefit from your positive attitude and graciousness.

You're going to mess up...a lot. I do. We all do. It'll get less and less, and it's all part of being vulnerable. I totally flub up sometimes and get critical of HB, but that can also be a practice in vulnerability. Vulnerability can be recognizing your own shortcomings and practicing humility; if you've stepped out of line, apologize without words of rationalization. The other day HB told me I was being cold via text in the evenings and I realized I had been completely misplacing stress on him, and fired back "I am so sorry, I've been stressed and that has absolutely nothing to do with you and you never deserve to be treated that way, never." He was instantly understanding and I made a special effort to not let outside negativity find its way into our relationship.

Your relationship should be your rock. This is something HB taught me, and goes into the last sentence of the previous point. Your relationship should be a force field of positivity from the rest of the world, and to accomplish that it takes years of practicing bearing your soul to your partner. It's a goal you must always work toward. It's so rewarding to know *no matter what happens in life* that you can turn to your relationship for protection from it all. Things going bad at work? It doesn't matter, you have your SO. Financial hardships? It doesn't matter, you have your SO. Trouble in the family? It doesn't matter, you have your SO. This is not to say having a loving relationship is a silver bullet to fixing all life's hardships, not at all; what it is saying is that none of that can outweigh the joy and security you have found in each other, and as long as it's nurtured then you have cause and motivation to keep moving forward.

I hope this can be found helpful. It truly is worthwhile endeavor, and what you lose in defensiveness and walls, you will gain ten-fold in the richness of your relationship and the profound connection you can share with another person.

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UPVOTES

Plates: A Few Clarifications

PhantomDream09 · 15 April 2016 · Archived copy · Reddit

/u/Lifterofthings wrote [this](#) wonderful post about why women should avoid being a plate, and I'll do my best not to re-tread ground she already covered so well. This really isn't earth-shattering information, and it may come out as more of a rant than a cohesive post – so please bear with me. The first thing I want to clear up as quickly as possible, is the idea that the term 'plate' is somehow synonymous with 'dating' or 'early relationship' because it's just not true. If 'plate' and 'dating' are interchangeable terms, then there's no reason to use one term over the other. Yet certain parts of reddit *love* to use the term 'plate,' and it's clearly not meant to imply 'normal dating.' 'Plate' specifically refers to an open, non-committed dynamic where a person has sex with (and dates) multiple people. Some of those 'plates' may drop off, disappear ('break') – only to be replaced by new individuals.

Generally speaking, the communities that use the term 'plate' *also* only do so when referring to a man that is seeing and having sex with several women. As a result, people have probably come to assume *that only women can be plates*. Again, this isn't true. Men can be plates, women can be plates, yo mama and her china set *can be plates*. In today's world of casual dating and muddled courtship – it's veritable buffet of **dinner-ware**.

Why does this matter? Well, maybe it doesn't, it's just something that has always bothered me. When I see men talking about how well they handle their plates, it generally makes me laugh. After describing an extended romp in the bedroom that falls somewhere between "50 Shades of I Made This Up" and that scene from "**Dirty Dancing**", the audience is supposed to fist bump the author for then tossing the woman out the door immediately after they've finished. It seems that kicking out a woman, and then having her return for more is a common 'marker of successful plate handling' for some reason. But here's why that narrative doesn't work, any plate spinner *by definition* becomes a plate themselves. All those men with a different woman for every night of the week – and there aren't as many of them as you think – are just adopting a power word to make themselves feel more skilled and successful. If a man is seeing three different women (which is considered to be a decent achievement), then it's more than safe to say that each of those 'plated' women *are also seeing multiple men*. In most cases women and men are just using each other for sex (which is fine). In fact, the most successful (and natural) plate spinners are women. Acquiring casual sex is not something that requires a whole lot of effort for women, and it's easy to line up a string of men, and **fouette your way down the line** if that's what interests you (not something I would personally recommend or encourage).

When men get sex, and women get sex (and time, and money, etc) - and everyone is using each other - the line between 'plate' and 'spinner' starts to blur. To be fair, juggling multiple women *is* an accomplishment for many men, particularly if they are not naturals, and haven't experienced a tremendous amount of success in that area before. Everyone should identify and pursue their goals. The whole idea behind having plates is that each 'plate' *knows* (either specifically or in a more general sense) that there are other 'plates' that get the spinner's attention/time/affection. It's a handy-dandy version of insta-dread. The idea being that the plate will put *that much more* effort into trying to please, satisfy, and *earn* more time with the spinner. Working the jealousy angle for the sake of creating and maintaining sexual tension is a good move, tried and true.

That said, plate does *not* mean "I went on 8 dates with a man" or "I've been in a relationship with a man for 1 week." Dating is normal human behavior and a necessary part of the vetting process. On this sub, a plate is a woman that consistently has sex with a man that *never gives her commitment* - she may or may not at times *seek* exclusivity (and be denied/have the request brushed off/evaded). This is why we discourage FWBs and 'f-ck buddies' - because really, those dynamics are primed not only to turn women into plates, but also open them (women) up to the idea of 'spinning plates' of their own.

I also want to clarify that if a man tells you he wants to be in a relationship, agrees to be your boyfriend, has sex with you and then dumps you – that doesn't make you a plate. It makes him a liar, and means that you possibly need to re-examine your vetting process. When a man pledges commitment and exclusivity *for the sole purpose of having*

sex with you so he can then dump you - he's a special brand of disgusting I don't yet have a word for. I've never actually encountered this scenario, but when a man says "I'm your man, we're a couple" and then a week later sleeps with someone else – that makes him a cheater, and it *does not* magically turn you into a plate or a slut. **This is why vetting is so important.** We want to help women identify and pair with *good, LTR and marriage minded men*. Furthermore, being a plate is not some mysterious status that women are 'tricked' into – it's something a woman knowingly accepts. It involves *no formal commitment, relationship, or exclusivity* on the part of the man, and *does* include frequent sex. Now, there *are* monogamous plates. Women that are faithful to one man, while he gets to go out and chase every woman that wanders down the street. **This is not a dynamic we encourage in this community.**

So if you are a woman interested in a long-term relationship and/or marriage – it's a really good idea to avoid allowing yourself to be plated. We don't talk about capitalizing on female promiscuity here because even though it may be fun when you are young – it's not a good long-term strategy and you will experience diminishing returns as you age. We also encourage women to preserve their value by limiting the number of men they sleep with. I think it's a sound approach and a very worthwhile one. To be clear, having a sordid past doesn't exclude you from being able to earn a long-term relationship, marriage, or family. This community exists to inform users, offer advice, and promote happy, healthy relationships.

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UPVOTES

The Girl Friend Experience

Kittenkajira · 10 April 2016 · Archived copy · Reddit

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UPVOTES

How do I vet men?

sunnie- · 8 April 2016 · Archived copy · Reddit

Hello. :) I'm 26, newly single, and not dating right now. I'm unsure how to go about the vetting process. I'm focusing this time on improving myself and knowing I'm offering a worthwhile first-mate, while learning all I can. When I am ready to date again, I'd like to feel I have a better sense of what I'm doing and the key qualities I should be looking for as well as what to avoid.

What are the ways to vet for a good man?

How did/do you ladies vet for a guy or know when one is right?

What are your must-haves and deal breakers?

How long should one vet a guy before trusting or a relationship forming?

I'd like to keep this post open to discussion, as well as advice for myself and in general.

Thanks so much ladies! <3

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UPVOTES

Making redpill-minded girl friends

littleteafox · 5 April 2016 · Archived copy · Reddit

I've noticed this topic has come up several times, either as a side conversation in comments or in irc chat. Quite a few of us have lamented not having quality girl friendships that encourage us to be the best first-mates that we can be while avoiding the SO-bashing, you-go-grrl, strong, independent, I don't need no man, if you can't handle me at my worst you don't deserve me at my best.

So where do we find these types of friends? Since you are RPW where do you go when you're looking to find new friends, or are open to making them? Where do you girls hang out for fun?

Lately I haven't had a lot of free time between work, classes, and the SO. But I do try to take some time by myself to go for nature walks and read in the local cafe. However I'm not sure how conducive those activities are to being social and making friends. What about you? Here's some other ideas I've seen around here:

- volunteering. There are websites out there where you can find local volunteer opportunities like working in a soup kitchen or repairing nature trails. You can hold babies in the hospital or sort goods at food pantries. Lots of options!
- classes (like art, cooking, language, dance)
- gym (yoga, pilates, butt class [lol I can't remember the name of this but I remember someone making friends there])
- church stuff for the religious folk
- clubs for books, knitting, sewing, etc
- using websites like groupon/livingsocial to find ideas and coupons. On living social there have a section for classes under "Things to do"
- your local community garden! you get fresh air, the zen of gardening, and helping out bees.
- there's always our IRC channel too if you're up for some virtual camaraderie

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UPVOTES

How to tell your captain he's dropped the ball?

Steeringtheship9393 · 6 October 2020 · Archived copy · Reddit

[removed]

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UPVOTES

Should I accept?

hobbithomemaker · 28 January 2020 · Archived copy · Reddit

So I'm a homemaker and obviously a red pill woman and a journalist reached out to me on my Instagram to interview me about being a traditional homemaker, which would then expose some of my views. I feel like this might be a trap, though. With all the vitriol The Darling Academy has been getting after doing some press in the UK, it's probably not worth it. I'm pretty jaded about the news media anyway. I don't have a big following on Instagram at all - just a personal account that she must have found some hashtags tied to my posts. I'm not a blogger or anyone trying to make a hustle on the internet. My husband looked up her Twitter and said she looks like one of those sensationalist journalists. On the one hand I do feel it would be nice to lend a voice but on the other hand it seems like a trap and everything I say will be spun or taken out of context. That tends to be the nature of things these days. Everything is some sort of white power, neo-Nazi agenda. What would you do?

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UPVOTES

Empowerment Means Embracing Our Femininity, Not Rejecting It

jack_hammarred · 12 November 2018 · Archived copy · Reddit

<https://verilymag.com/2015/12/traditional-femininity-gender-male-female-difference>

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UPVOTES

Thoughts Morality, Marriage, and the High Value Man

Lightandlush · 2 August 2021 · Archived copy · Reddit

Hi Red Pill Wives, I started writing a comment on the very insightful RP and Cheating Post from yesterday. My comment turned into an essay, so I decided to make it a post, hope that is okay!

Red Pill is Amoral

Red Pill is amoral. Red pill simply advocates radical acceptance of the natures of men and women. Men want sex. Women want security. Marriage has historically been the way to reconcile the different goals of the sexes.

But sex and marriage is broken in our society. Hook up culture allows men to have sex without commitment. Pornography addiction distorts men's perception of a healthy sex life. Women are told they don't need men and that they can "have it all". Men are told women are independent and strong and they don't need to be taken care of. And generous alimony/ child support laws allow women to get the security of a steady stream of income if she gets divorced, meaning she has significantly less incentive to please her husband and work to make him happy.

Many red pill truths are common knowledge (just a bit below the surface of most people's consciousness). "Nice guys" don't get the girls... "chads" do. The "madonna/whore complex" describes men who idolize their wives as pure and sweet and chaste yet get off to degradation porn that humiliates the woman. "Sims" are a common slang term for men who have "oneitis" and it is socially accepted that women become less attracted to sims (men who are overly into them).

The Manosphere

I think the "manosphere" has done a lot of good. It teaches lifelong "nice guys" that their purpose in life does not need to be pleasing their wives (look around- this is so common in marriages. You see the husband bending over backward to please his wife, and it just makes his wife less attracted to him. Women are not attracted to men who supplicate to their wives.)

Married Red Pill advocates many very positive thing for men: Exercise. Have a plan for your life and execute it. Learn what you want and go after it. Set boundaries. Be decisive. Stop making decisions in order to "keep the peace" with your wife.

ONE way to stop caring what your wife thinks COULD be to sleep around, get validation from other women etc. But that wouldn't do anything for a true high value man. A high value man would not need validation from other women, because he can validate himself. A high value man would not need sex from other women, because he knows he is attractive and his wife desires sex with him. But again, red pill is amoral.

Red Pill Men and Moral Men

I think there are High Value Red Pill Men who are also Moral Men. And I think that makes the ideal partner for a Red Pill Woman.

A Red Pill Woman wants a High Value Red Pill Man (at least, I do ). A Red Pill Woman wants a man who does not live to please her (that is not attractive). A Red Pill Woman wants a man who is decisive and confident and ambitious (that is attractive). A Red Pill Woman want a man who has boundaries (that is attractive). A Red Pill Woman wants a man who is competent (that is attractive). And Married Red Pill advocates cultivating those behaviors in men and I believe that is very positive for relationships.

A Red Pill Woman wants a moral man. A man who is honest. A man who is loyal. A man who says what he means and means what he says (including his wedding vows). A man who desires to be an involved father and supportive spouse who is invested in the well being of his family unit that he is the head of. A man who is self disciplined. That is where vetting comes in.

A High Value Man in Marriage

A High Value Red Pill Man is attractive (physically sure, but more importantly he radiates confidence and affability). This makes him objectively attractive. To himself. To other women, and to his wife. His wife is incentivized to please him because she knows he doesn't need to settle for a wife who does not add value to him. How does a wife add value to her High Value Husband? Through child bearing, child rearing. Through housework/ her job. Through her feminine spirit. Through sex.

A High Value Man pleased with his wife that adds value should have no need or desire to cheat. He is also disincentivized to cheat from the reasons pointed out in the previous cheating post: impregnating his side chick, catching an STD, child support/ alimony in the event of an at-fault divorce.

Conclusion

The risk of extra-marital affairs will always be there, especially if your husband is high value. Red Pill Wives can minimize that risk by 1) vetting 2) adding value to their husband's lives.

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UPVOTES

I can't go back to a world without WFH

grahamcookiefart · 9 September 2021 · Archived copy · Reddit

I know Covid has been hard on the psyche of a lot of people, but I have loved every second of isolation. I absolutely cannot imagine a world without the home office. I take my 1 hour lunch break and prepare a lovely meal, my husband is there to snuggle, and more often then not we'll feel frisky during a coffee break and get intimate. This is the best I have ever felt. My husband isn't stressed, we're eating homemade food every day, go to the gym regularly because we're not tired from commute and the love is on.

If office work is coming back after Covid, i don't know what to do. How have your experiences with either husband or you or both working from home?

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UPVOTES

It's hard to get over feminist indoctrination

JackieNaper1907 · 8 December 2021 · Archived copy · Reddit

Hi guys! Dija here, I'm a young lady from East Africa. I'm half indian and half arab, so in my community its' not really looked down if you want to be a housewife/homemaker. But I was, for many years, a radfem. They might not tell you, but in radfem circles, they will housewives are treated like shit, bullied, abused, disrespected, the husband is privileged etc. And they mock traditional women as being internalized misogynists etc. So even if a radfem tells you that she/he is fine with you being a homemaker, you'll still feel apprehensive.

I'm twenty right now, and I've been with my darling boyfriend for over an year now. We are seeking to engaged before he moves to the US, which is in the next 1-2 years. Also, I told him I want to be a home maker.

I want to wake up in the morning and make tea and pancakes for him, I want to make the home warm and cosy for him, I want to make him tea and cookies for when he comes home from work and dinner at night. I want to stay at home taking care of my children. I don't want to work for a grouchy boss in a hostile environment.

He tells me he wants to protect me, and provide for me so that I don't ever worry about food or rent or whatever. And he tells wants nothing in return expect me loving him and making the home warm and loving for him. And I will do it to the best of my ability.

He treats me like a Queen and would never hurt me. But for some reason I still **feel** oppressed by this idea. I have no idea why, but I think it is the feminist indoctrination I underwent. Any tips on how to pluck it out? Does anyone else have these thoughts?

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UPVOTES

I keep getting asked “why” with why I don’t want a full time job or career :(

Lil_AmberSweet · 26 June 2023 · Archived copy · Reddit

Hello lovely people! First time in this sub, happy to find you all.

To get to the meat of the matter, I feel a bit disheartened. I’m living in the Seattle area and around career women or workhorses. Im cultivating my skills as a homemaker and a future housewife (just got engaged!) and we decided with a change of jobs that I only want to work part time in order to give my home and beloved more attention.

I want to cook more, I want to know how to garden, I want to be feminine again after working 4 years relentlessly and dealing with so much. I am VERY happy that we can do this comfortably, but there are so many people now who are confused or even look offended at the choice I’ve made. Especially people at work.

I mention that I’m only part time for one reason or another and they usually say, “Oh, do you have another job?” Or “do you go to school?” And I then have to explain that I am a home maker when I’m not here! But I’m shy and the words don’t come out right. How do I come off as classy when having to deal with this line of questioning? Taking care of hearth and home is its own rewarding job and I don’t want to diminish what I do. Help please!

TL:DR what to I say to people who are confused about me wanting to be a homemaker, or judgmental that I down want to work more?

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UPVOTES

Celebs at the Met Gala vs porn stars at the AVN awards (slightly NSFW? skimpy clothes)

Zombies_InTheSnow · 8 January 2018 · Archived copy · Reddit

<https://i.imgur.com/evSy8FL.jpg>

loading...

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UPVOTES

How can I become a "catch"?

Flame_Tigeress · 20 August 2018 · Archived copy · Reddit

I'd like to become the kind of "priceless" woman that you occasionally hear men talking about with respect and adoration (not fear). The kind of girl that a man *wants* to commit to, instead of her having to beat him over the head with it.

(background)

A little background, I'm a young woman who recently got out of a long term relationship where I was with an especially sweet guy whom I didn't appreciate until I lost. I had alot of family issues to work through and unfortunately I treated him terribly and broke his heart pretty badly (I was his first love, now he's pretty screwed up about romance and, well... I don't blame him) I realized my mistake too late and beat myself up over my actions for the past year. I realize that hating myself is *not* going to get me anywhere. I've changed and grown up so much recently (although I'm still a work in progress) and I'm ready for commitment.

Ladies, a little help please? :) (long posts and criticism encouraged!)

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UPVOTES

Are there any other big wives here?

Hdhjdjuufjndjidjdfj · 25 July 2018 · Archived copy · Reddit

I'm big. I know I desperately need to lose weight for my health and marriage. I also have the responsibility of feeding our family in a good way. I've always been big, and have tried so many times to lose weight, lost focus and regained.

Are there any other really big ladies here who are choosing to lose? I'd love to follow your journeys and get some support.

Please be kind, I know I've *fcked up and need to own my sht* on this. I know I'll be a better wife when I am healthier, more active, and more fun in bed.

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UPVOTES

Raising Sons to be appreciative will help them in Life!

WonderfulandValuable · 13 April 2018 · Archived copy · Reddit

I found this to be true - at least for my brothers versus my cousins. My Brothers are all married in good marriages where the women are comfortable and happy being SAHM's. My Cousin 1's Wife stayed home for a year and then threw herself into it again. She felt like her input was neither valued nor needed. Cousin 2's Wife has been trying to complain about her Husbands "ungratefulness" for many a month now. Especially as they have 3 kids one of them only 9 months old. I think boys that know how much work cooking, cleaning and organizing a family can be are able to express that they appreciate it way more then those that are more pampered and catered to. Furthermore, gratitude is something trained - not inherently known. My Cousins were pampered and catered to, they never had to cook, clean up after themselves etc. and they also saw their father putting down his wife for being "lazy". My Brothers had to help in the kitchen and were also expected to take care of their room and the general upkeep of the home. My Father praised me and my mother for tasty meals and carefully decorated tables while also stressing how much time we spent doing it. I will try to remember that for my children.

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UPVOTES

Aziz Ansari Is Guilty. Of Not Being a Mind Reader.

Irisandoleander · 16 January 2018 · Archived copy · Reddit

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UPVOTES

Kids aren't old enough for some things.

PhantomDream09 · 21 November 2017 · Archived copy · Reddit

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UPVOTES

FR: Death of the Honey Do List

RPWfortheWin · 17 October 2017 · Archived copy · Reddit

Last weekend I took a trip with the eldest of our 4 kids. DH and I have started doing this as a way to allow each kid some one on one memory making time.

In the past these trips have sent my list - making, control freak tendencies into overdrive. I'd make extensive Honey-Do lists, arrange sleepovers or babysitters, and call to "check in" a lot (i.e., make sure the house hadn't burned down, that the dog had been out, that the lists were being tended to).

Being new to RP Wives, I did it differently this time. Filled the freezer with easy meals I knew they'd eat, reminded him of weekend sports commitments, and then left him with just a passionate kiss.

The calls to the house were less a checklist of "did you handle this?". As a result we talked for longer on the phone than we normally do, about the kids, our friends, and the cool things my daughter and I were doing.

DH proved himself very capable. He arranged visitation with his daughter, got a kid a ride to and from her sports, consulted on some side work, and even secured a sitter so he could have a night out.

When I got home the house was (mostly) clean, the kids had been bathed, and much to my surprise he even handled a few small repairs around the house that had become an accepted part of the decor.

Sure, they spent a good deal of time binge watching movies and eating things I don't consider to be food, but all in all the kids and house were fine. Even better, rather than coming through and checking his progress on what I defined as important, I was relaxed enough to accept his intimate advances.

I took Monday off to reset the house, catch up laundry, and do meal planning, and when he came home from work he was equally impressed with the state of things.

I've got my own support now for the advice "give him the problem, not your solution." Trusting him to figure things out around child and home care turned out to be less stressful on both of us.

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UPVOTES

Another example of glorifying immaturity in ads. Just break up w/ him if you want adventures with strangers.

hostwithmost · 14 February 2017 · Archived copy · Reddit

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UPVOTES

Woman Defends \$130 Wedding Ring Set: 'You're Not Marrying Someone for a Ring'

TempestTcup · 7 December 2016 · Archived copy · Reddit

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UPVOTES

Smug alert!

rebeccabrixton · 1 October 2016 · Archived copy · Reddit

Its a Saturday morning and I woke up at 5am, 6am and then properly at 7am (I have a 5 month old son). I fixed him his breakfast whilst daddy slept and I then fixed hubbie a coffee. We all had time in bed and now I've left them to cook a healthy breakfast for us.

I cannot believe how happy and content this makes me. My husband thinks I am a unicorn and I aim to keep that up everyday. He's my world and now my son is a close second and has joined our unit. Never ever ever did I think submitting and losing the aggression would make me this happy. Thank you RPW for cementing my opinions and long may we make our captains happy! Have lovely weekends all x

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UPVOTES

How to be "Friends" with your Significant Other

Sunhappy_DC · 12 July 2016 · Archived copy · Reddit

In a [previously submitted thread](#), there was discussion had about how men view friendship with their significant other. I am of the belief that men and women have very different worldviews on what defines a “friend.” Women think that being their man’s friend implies they should be one of the guys and this is not the case at ALL. Men want feminine energy from their partners almost all the time, even if from the outside, they appear evenly matched and very similar.

Men are very private about emotions and often save expressions of emotion for very personal and intimate relationships, like close family, life long friends and LTRs (if you earn it) and wives. So when your man is being friendly with you, or requests that he seeks your friendship, know these truths:

- He doesn't want you to be "one of the guys"
- He doesn't want you to treat him like "one of the girls"
- He should be the priority friend to YOU. (You may not be his priority friend but that's usually okay)

Instead, keep this traits in mind when you want a friendship with your man!

Loyalty -- You know that one best friend that your boyfriend or husband has had for more than 10-20 years who would have his back no matter what? That’s loyalty to men that defines friendship. If he’s in jail, that friend would bail him out. If he got caught in a lie, that friend would cover for him. They don’t question the friendship. The title of “friend” means no matter what. When a man says he wants you in his corner, this is what he means. You support him and have his back, NO MATTER WHAT. This takes the longest time to build, I think, but I strongly believe that men propose when they feel you have earned their loyalty.

Authenticity -- Guys cherish friendships where they can be their complete selves. Often times, men have a lot of pressure to be in charge or never show weakness. They have to keep frame more than preferred and this can be tiring. When they’re with friends, they can be themselves. They can comfortably be dorky if they want. They can make mistakes without feeling that their masculinity will be questioned. They can openly and proudly fart and not feel judged. Men in romantic relationships may not be this comfortable in the beginning but they still fantasize about eventually being their authentic selves with their significant other in their own ways. When a guy gets comfortable and say, farts or something (totally natural) women sometimes go “omg ew, you can’t do that around me!). He will be super embarrassed and never feel that he can be himself around you. He also may never tell you this and he could resent you for it.

Trust -- Men don’t like to show weakness. They don’t gossip. They hate complaining. This doesn’t mean they will never do it. If your SO decides to open up and share his thoughts or feelings or concerns or fears, you CANNOT go behind his back and make it public. Never use it against him. You are his safe. His journal. Think of it as a lawyer/client privilege. You are breaking the law (of your relationship) if you break his trust. Male friendships in this case would be like one friend considering to cheat on his wife and he tells his friend about it. Even if he NEVER goes through with having an affair, he appreciates that he can share this with his friend and not be judged. The friend may even tell him in private that it's a terrible idea to cheat, but word is bond. He’s not going to rat him out to the wife. Women should operate the same way. If your husband or boyfriend shares something to you, receive the information and behave accordingly but don’t then turn around and tell the universe. It’s our nature to share to bond, but that’s not necessarily how men operate. Don’t lose his trust.

Vulnerability --- This is similar to trust but must be its own category. Sometimes, men won’t open up at all. They won’t be able to express how they are feeling and may just act a certain way with the expectation that you’ll be there for them. Let’s say your guy is sick. He’s probably not going to ask you to take care of him. That would be weak. But he will, by virtue of being sick in front of you, express to you that he is okay being vulnerable around you. This is a big deal, especially for very masculine men who value being a show of strength at all times. It’s important that

you don't belittle or mock your man in these moments. Instead, be a loving and caring woman for him. Make him his favorite meal with all the fixings. Or maybe he may want space in this time so he can properly recover. Know what your man likes to have when he's not feeling his best and give him that. He will love you for it.

Humor -- This one is super hard for me personally. Men and women laugh at similar things for very different reasons. My boyfriend personally loves to joke about violent things. Example: When people are driving terrible on the interstate, he will laugh about the idea of running them over and backing up, and doing it again. Or his favorite, all women can't drive. And so forth. Now, as a former blue-blood, card carrying SJW of the progressive side of the Democratic Party, I still feel tings of OMG NOOOOO when he says stuff like this. But men like cracking jokes with their friends, even if its humor through aggressive ideas or actions. Even if I don't find it funny, I don't stop him from making the joke or discourage his sense of humor.

In all, these are traits that men value in their male friendships. However, when you couple these traits in a woman that a man is sexually and romantically involved with, you have a formula that makes for beautifully intimate relationships between men and women. It will make a guy relax, feel close to you and want you around. Basically, it breeds harmony. You don't have to master all these things at once, but keeping them in mind will ultimately bring you closer to your man!

I hope these tips are helpful!

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UPVOTES

Are these "toxic behaviours really toxic?

susandeath · 6 May 2016 · Archived copy · Reddit

Mark Manson wrote about 6 healthy habits that people feel are toxic, but that can actually help your relationship be healthy.

<http://markmanson.net/6-healthy-habits>

For me number 1 "letting some conflicts go unresolved" has had the best impact on my relationship. I did think at first that every little thing had to be fixed and sorted. But over time I came to realise that if I was going to do number 6 "accept my partner's flaws", then I would need to just let some things go.

What I do now, is first have a conversation with myself and then I write a journal entry on the thing thats bugging me and then I decide how important it is to resolve what ever the issue may be.

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UPVOTES

Celebrity women who like being a "traditional wife"

CoochQuarantine · 3 May 2016 · Archived copy · Reddit

I found [this](#) about some celebrity women who really embrace the role as a wife in a relationship. Here are some notable quotes that I really liked:

- *Miranda Kerr* - If you're really an alpha female, you don't allow [your partner] to have the space to feel like the man in the relationship.
- *Candace Cameron Bure* - It is very difficult to have two heads of authority. It doesn't work in military, it doesn't work — I mean, you have one president, you know what I'm saying?
- *Gabrielle Reece* - I think the idea of living with a partner is 'How can I make their life better?' So if I'm the woman and he's the man, then yes, that's the dynamic.
- *Kirsten Dunst* - You need a man to be a man and a woman to be a woman. That's why relationships work...

edit: repost cause love it!

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UPVOTES

Houston Flood

PhantomDream09 · 19 April 2016 · Archived copy · Reddit

Information

Without mentioning any specific usernames, I just wanted to make sure everyone knows that there's currently a flood happening that is directly affecting members of this community.

I really wish we could do more than post well wishes and support.

Please be safe, and take care of yourselves.

EDIT: I have spoken with /u/Camille11325 and she has given me permission to share an update with everyone. Last night, Camille and her SO had to evacuate their home. They were able to wade through the water and meet up with family. They don't know the extent of the damage to their property or belongings, but they are both safe.

Camille does have her phone, and if anyone would like to reach out to her directly, you can do so either by commenting here, PM-ing her on reddit, or going to the IRC chat room.

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UPVOTES

RPW Film Club April 2016 + Announcement

Camille11325 · 4 April 2016 · Archived copy · Reddit

RPW Film Club April 2016

Today we select the movie that we will discuss **at the end of the month!**

- Movies must be easily accessible online, ideally on Netflix.
- There are no restrictions regarding the genre or the year the film was released, but please include this information in your initial comment.
- All films must be in English, but they do not need to be American made.
- The films can be RP, BP, or a mixture of both, as long as there is plenty for our community to discuss and analyse!

Suggest films in the comment section and use upvotes to indicate interest. If you are against a certain movie, do not downvote the user who recommended it.

You can give as much or as little information as you like about the film, as long as you leave out spoilers. Feel free to comment underneath the suggestions to add support or state why a film may not be appropriate for this group activity. The moderators will take votes and comments into consideration when we make the decision, the highest upvoted suggestion may not be selected.

At the end of the day I will edit this post and sticky a comment to let you know what the final choice is! There will also be a reminder in the sidebar and in the future Monday Mega Threads.

EDIT WE ARE WATCHING CRAZY, STUPID LOVE!

PS. The [wiki page on flairs](#) has been updated with instructions on how to set your own flair. If you were an EC on the old subreddit, you are still an EC. If you had a little flair, you get a heart. All users must follow the new standards outlined on the user flair page.

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UPVOTES

Are You Giving Him Space to Say "No"?

susandeath · 3 April 2016 · Archived copy · Reddit

In the beginning of my relationship my SO found it hard to enforce his need for personal space. I found it easy to say yes when he expressed the need for alone time. But then sent messages about missing him or invites for coffee or offers of dinner. He found it hard and uncomfortable to have to keep saying “no” to these invites after he had expressly told me he needed alone time. This obviously started to cause resentment.

I had to learn to give him space to say “no”. I had to learn to be gracious about it and back off. To send nice texts that didn’t involve me whining about how much I missed him or how alone I felt.

So here is what I learnt

1. Don’t argue the no, listen and respect it
2. Don’t play those games where you pretend you respect the no but then you try and wrangle it into a yes.

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UPVOTES

Roosh V's change of heart

tintedlipbalm · 31 May 2019 · Archived copy · Reddit

Roosh V, a notable red pill figure known for his multiple books on casual sex and (now defunct) website Return of Kings, is undergoing an ideological change starting with the death of his sister, his subsequent conversion to Christianity and now the **unpublishing of his Bang series** as well as **banning casual sex discussion on his forum**.

This comes as a shock to many of his readers but seems like a natural progression to others. Roosh V is soon turning 40, has found himself leading a meaningless existence thus far, and is now convinced casual sex has always been a big distraction that leads men away from a moral existence.

What do you think? Is his change legitimate? Is he reformulating his product to appeal to a changing market? Is he just hitting the wall? What was your opinion of Roosh before this change, and has that opinion changed for the better?

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UPVOTES

How to stay attractive and attract your man as you age?

rosebyanyothername1 · 5 October 2019 · Archived copy · Reddit

I'm in a great marriage and don't think my husband would ever leave.

However, I guess I have this fear that the tables might turn in 10 or 20 years, where he could be more attractive than I am (he's a really attractive guy and will probably age well ;-), and I might struggle to keep him attracted more than I do now.

I do all the recommended stuff to have a good marriage (Laura Doyle's six intimacy skills), and I take great care of my body (keto, high raw diet, tretinoin, exercise, sunscreen, avoiding excess sun).

However, I think it would honestly make me feel more confident if I knew I could stay attractive as I got older. People like Anna Wintour who still have style in their 60s really inspire me. I really don't want to be one of those dowdy, sexless older women.

Anyone else dealing with this, and how are you coping with it?

Any YouTubers you recommend for beauty over 40 or 50 (I like HotandFlashy)?

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UPVOTES

Laura Doyle teaching discussion

Kind_Entertainment_6 · 9 October 2020 · Archived copy · Reddit

So I've written in the past here how I have dived into all things Laura Doyle, from her books to her podcasts, and it has completely changed my relationship! To be honest I'm a bit in disbelief on how many changes have occurred.

I wanted a place where we can talk about this, and men in general. It sometimes takes ALL that I have to shut up and not voice something I feel is a concern, or a helpful comment, or a suggestion, but after reading Laura Doyle's work, I now understand the long term damage this was causing my relationship.

Now a days I just go "My love I 100% support you," or "I trust you to make a good decision for us", and my person literally stops what he's doing, looks me in the eyes and says thank you.

It is still hard work to decrease my criticism. Anyways I wanted to open up the platform to overall thoughts on her teachings, take aways, has it worked for you, has it not? Let's discuss.

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UPVOTES

How to avoid frustration over lack of any real 'holiday' as a housewife?

dustskirts · 4 January 2021 · Archived copy · Reddit

I'm a housewife and mother of three, which is a role I love. But I do feel frustrated/jealous sometimes at weekends/holidays when my husband has no responsibilities, but I still have to cook/clean/run errands/deal with the kids/etc. There's no days off.

Holidays like Christmas and New Year tend to be my *busiest* days, in terms of meal prep and cleaning.

Do any other SAHM's get frustrated by this?

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UPVOTES

Do you ask your husband for permission?

Mopolitte · 15 May 2020 · Archived copy · Reddit

I am trying to find the line between being respectful of your partner and maintaining adult autonomy. Obviously, somethings need to be discussed, for example making an expensive purchase with shared funds. But what about going over to a girlfriends or taking a ladies trip? Should you ask or should you inform? Recently, I find myself asking for permission and it makes me feel childish. What are your thoughts?

(No kids so leaving for a night shouldn't affect him in anyway. Assume you live together.)

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UPVOTES

Sisters. Who else is on a Glow Up Journey?

Deedee554 · 30 May 2020 · Archived copy · Reddit

Hello ladies.

I am 20 years old, currently a student and on my level up journey. I've struggled with my confidence for years and now I have decided to fight for and become a little high maintenance.

This means actively saving and spending money on myself. Investing in myself and my life to better my overall self. As well as, becoming more active and losing a little of puppy fat. I plan on learning how to do my gel nails at home, blowdrys and general skincare.

Investing in my wardrobe; heels and shoes.

I was a bit of a Tom boy growing up and I neglected myself in the feminine aspect and now I am ready to embrace being a lady.

If there any girls on this journey... please share. It would be great to be inspired and tell me what you are doing. We are all on different paths and levels so ladies do share.

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UPVOTES

How do you differentiate between being nurturing and being mothering?

sammy_neutron · 2 December 2020 · Archived copy · Reddit

I wanted to know how you ladies show your man or the world that you are a nurturing and caring person while avoiding mothering a man . What are some common mistakes you see or have done yourself, where a woman thinks she looks nurturing but shes crossing the line to more of a mother figure? Not only with actions but with communication. What are some things a women should avoid? What are some non obvious things woman do that cross the line into mothering?

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UPVOTES

In Praise of my Husband

anothergoodbook · 24 June 2021 · Archived copy · Reddit

I have had a terrible day (pretty much a prefect storm of mini tornados that just sucked):

- I've been *very* tired the last two weeks or so. So tired I'm making stupid mistakes like flooding my kitchen counter. I've been changing my diet and not sure if that's the culprit. But I have a doctors appointment tomorrow
- my period is starting in the next few days so coupled with the fatigue and taking sugar out of my diet I've been perfectly miserable.
- we are refinancing our house. This task I gladly took charge of because my husband doesn't have much time for it. However they have been sending me documents to sign by email. Our wifi wasn't working. THEN The link they sent didn't work and by the time I tried too many times I got timed out and I may have cried a little bit.
- an appraiser was scheduled to come, but because of working yesterday along with the aforementioned tiredness my house was not in any shape to have a stranger come and take pictures. The kids were more in the way than helping and I was starting to lose my temper.
- dog keeps marking my carpet in my bedroom and I'm working on a solution to keep her out.
- 4 year old needed a nap and was having major meltdowns as a result

I had texted my husband a couple of times through some of this. Our 11 year old had a swim meet tonight for which I had a volunteer position. I asked if he could come take over when he got home from work. Which he agreed to.

My plan was to go from 5-6 or so that way my husband could get home from work, eat and change. Well here he comes through the door at home at 4! He left early from work so he could just take our son to the meet. I pretty much said thank you a million times.

I'm just so incredibly thankful for this man and when I back off he really shines through. Sorry for the brag!

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UPVOTES

Banned from the Christian marriage sub because I suggested someone come here.

anothergoodbook · 19 July 2021 · Archived copy · Reddit

A wife wanted help to better themselves and apparently this sub is incompatible with Christian marriage [?].

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UPVOTES

RP and Cheating During Marriage

Mewster1818 · 2 August 2021 · Archived copy · Reddit

Disclaimer: Firstly this is not meant in anyway to debate core principles of the RP movement, however I will be slightly critical of some of the concepts that I've seen becoming more prevalent, specifically those which conflict with the female RP values.

By now we should all know that the men's RP is not conducive to a happy, healthy marriage... nor is that their goal. They're very open and honest about what the goal of their values is, and you may have noticed that it is not what the aim is here for RP women.

Lately however I've seen a lot of "RP" podcasts and YT videos where the men are starting to discuss what they want in marriage, which is a bit odd considering RP is not supposed to be a path to marriage for men (insert all the reasons why here, such as the completely sexist legal system). And it's with these videos that I have some heavy criticisms, as one of the ideals that many of them are pushing is that it is OK for the man to cheat on his wife so long as he is "high value".

Why is this a problem?

- Firstly this is setting up men to get screwed over legally, worse than they already would have been if it was just a normal "no fault divorce". This is like telling someone "well it's fine to rob liquor stores as long as you're careful about it and the liquor store says they'll look the other way".
- Secondly, this shows a complete lack of understanding of men, women, and the purpose of marriage. The purpose of marriage is to have offspring, this may not happen for every married couple, but the foundation of having the promise and having the contract is to create the most ideal situation for raising children. Within the marriage there are two main roles, the first being the provider and the second being the caretaker. We as women generally prefer and fulfill the latter role, because in doing so we have locked down the resources required for the children. So what happens if your spouse cheats? The men will rightfully point out that a cheating wife puts the paternity of the children into question, yet they fail to acknowledge that the husband cheating puts the resources for those children in jeopardy. If he was to accidentally knock up his side chick or if his side chick was to threaten his marriage in order to extort him for resources... then that means less is available for the children.
- Thirdly, he is no longer committing to the family unit as he is fundamentally supposed to be doing. Time spent distracted by women other than the mother means less time for him to engage in his role as the father. While he may not be the primary caregiver, his presence is still of utmost importance to the children's wellbeing.

So if we know that men's RP and women's RP aren't necessarily compatible why does it matter that I am addressing this? Because this is a problem that will start infecting marriages, which brings it into our space and because RP men will not necessarily announce their beliefs to you (understandably because of how misunderstood it is by the general population). For those of you who are dating for marriage, I highly encourage you to brush up on the men's literature as well. Men who just take the advice to learn how to lead and how to better themselves are fine, but you need to be wary that there is a narrative out there telling men that they can cheat and that it's acceptable in marriage and you do not want to wind up on the receiving end of this. A man who is not ready to commit to monogamy is not a man who is ready for marriage, and it's not your job to try to change his mind, just find someone else who understands that marriage means sacrificing multiple sexual partners in order to create the best situation for children. And as always VET, VET, VET!

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Study on attractiveness highlights the importance of masculine or feminine facial cues

TempestTcup · 4 April 2017 · Archived copy · Reddit

<http://www.psypost.org/2017/04/study-attractiveness-highlights-importance-masculine-feminine-facial-cues-48648>

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the perfect life

22-oversoon · 8 August 2020 · Archived copy · Reddit

i was looking for somewhere to share this good news and thought this sub might understand my happiness. i do hope you are all having a lovely day and that this year's chaos is treating you kindly !

after years of sadness and uncertainty as a widow, fleeting in and out of poverty, i have met a man who not only wants to treat me with kindness but wants to take care of me, always.

i think often we convince ourselves we're okay with settling for something we don't love. i thought i wanted a career and this self sufficiency. i convinced myself that being alone was a smart decision for the sake of never experiencing loss again. i realise, now, that i find so much joy in the idea of just welcoming him home every day and making his life the best i can. i didn't realise i could feel so happy and stable in the idea of existing for someone else. i thought i was too young to feel this content with my life but i know that if i lived this forever i would truly be happy. for the first time in the longest time i would change nothing.

i really, really hope this peace finds all of you someday. true love will find you in the end

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Fun "Recipe"

BlancaBianca · 1 September 2018 · Archived copy · Reddit

<https://i.redd.it/ypr9mes55nj11.png>

loading...

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UPVOTES

Feminine Beauty is Highly Controllable

whitebunny87 · 8 August 2018 · Archived copy · Reddit

This post has been shared both here and over at our sister sub [/r/FeminineNotFeminist](#) several times over the years, and it's still a classic so I wanted to re-post it for our newer members, and as a reminder for our older ones!

The original article is from [The Rules Revisited](#), and I highly recommend you read it in full.

It breaks down the different aspects of physical beauty, looks at how controllable each one is, and then advises on how much effort we should be devoting to each aspect to get the best results.

Category	Importance	Controllability	Attention Deserved
Weight and Fitness	30%	85%	42%
Grooming	12%	92%	18%
Clothes	10%	92%	14%
Cosmetics and Jewelry	6%	100%	10%
Body Shape	13%	20%	7%
Skin, Eyes, Hair and Teeth	9%	43%	6%
Facial Structure	20%	5%	2%

Of course the exact percentages are just a guide and will vary slightly from person to person, but I love breaking it down like this because it shows me where my priorities should lie, and allows me to let go of the little things I have no control over (I'm looking at you, bumpy nose).

How do you feel about the categories he's created, and how he's assigned importance and controllability to them?

Are there any changes you'd make?

Does the amount of time/effort you put into various beauty routines line up with the numbers given here?

Do you think the breakdown would change depending on whether you're looking for a partner vs in a LTR or married?

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UPVOTES

RPW 101: Cultivating A Feminine Frame of Mind

Astroviridae · 12 June 2018 · Archived copy · Reddit

It's been stated that the core of RPW is psychological femininity; possessing a suite of traits that indicate you can be both a suitable partner and mother. I'd like to bring back this wonderful post by u/Camille11325 on cultivating a feminine frame of mind. Be sure to check out the [Essential Posts](#) wiki for more awesome RPW content!

Psychological Femininity

Feminism has permeated mainstream society to the point where myths of equality, empowerment and entitlement shape even the self-improvement resources available to women. Rarely are women encouraged to embrace their nature; androgynous appearance and masculine behaviors are perpetuated as ideal for all. This is an enormous disadvantage to women who don't have positive female role models in their lives because once discovering the truth about gender differences, there are very few places where women can receive legitimate advice regarding self-improvement.

While there are an overwhelming amount of websites that provide information on makeup, fashion, flirting and other elements of girl game, there is a noticeable lack of quality materials that focus on the most important factor when it comes to attracting and gaining commitment from high-quality men: psychological femininity. Developing this trait is a critical first step on the road to permanent change. It makes you pleasant to be around and creates harmony in romantic relationships as men can effortlessly assume their natural role. Once this foundation is laid, it will be easier to identify areas to improve in your own life and begin the process of adopting new habits and traits.

Before delving into the characteristics that make one feminine, it is important to dispel some false definitions that are popular today.

- **Femininity is not a weakness.** It is also not a failed or incomplete/watered down version of masculinity. To put it simply, men and women are different. Each gender has positives, negatives, roles, and responsibilities that complement the other beautifully. When these innate distinctions are embraced, both men and women are happier and more successful, going even further in life than they would have otherwise.
- **Femininity has nothing to do with being a doormat.** Submission within your relationship is not equivalent to being walked over or mistreated. It means trusting your man to lead, deferring to his decisions and supporting him in the way he needs. It means being less aggressive, combative, snarky, and sour. Outside of a relationship, being feminine isn't the same as letting everyone do whatever they want, simply because you're a girl. Striking a balance between politeness, respect, and assertiveness is key in everyday interactions.
- **Femininity is not acting ditzy or dumb.** You do not have to act less capable than you are to be feminine. Men are not sexually attracted to intelligence and are put off by argumentative know-it-alls, but this does not mean that you have to limit yourself if you are an intellectual. The way you express yourself: tone, facial expression, vocabulary, etc. is extremely important. These determine how others will receive you.
- **Femininity is not dressing up or being "girly".** A lot of women seem to think that altering their wardrobe, makeup or hair is sufficient when it comes to making changes. But no amount of skirts, blush or bows will make you feminine if you lack the disposition. *Femininity is expressed through appearance but appearance is not the source of femininity.* If you haven't internalized the concepts, you are merely playing dress up. There are no shortcuts.

Now, how does a psychologically feminine woman actually behave inside her relationship? She is:

- **Yielding.** To yield is to submit, defer, and/or relinquish oneself to a higher power. Too often women vie for dominance within a relationship, stirring up drama instead of simply allowing their man to lead. “Allowing” does not mean giving the man permission to lead, it means stepping out of the way so that he can step up. How to be more yielding? Say yes more. Be flexible and generous. Let go of the need to control everything.
- **Receptive.** A receptive woman is open, interested and responsive to new ideas or suggestions. Some tips on cultivating this trait: don’t immediately shoot down his statements or insist that your way is always the best way. Create situations where he can share something he enjoys with you. Keep in mind that you don’t know everything -- humility is key.
- **Supportive.** Within romantic relationships, it is often necessary to provide sympathy, reassurance, information or help. On a daily basis you should be offering positive encouragement, listening more than you speak, and building him up with your words. Let your love motivate you to assist, surprise, and satisfy him regularly. Don’t keep score of who is doing what for whom, simply focus on the ways you can enhance his life.
- **Pleasant.** The most enchanting women are socially adept, agreeable, and enjoyable. Everyone, especially high-value men, would rather spend time with a friendly and happy woman over someone who is mean or dull. If you want to light up a room simply laugh and smile, easily and often. Make sure your body language is open (hands facing outward, no crossing arms, no frowning, no hunching, etc.). Tell jokes; don’t take everything so seriously. Speak highly of your SO both in his presence and when he isn’t there. And most importantly, don’t whine or complain; entitlement is not attractive.
- **Empathetic.** The concepts of directly identifying with another’s emotions, situation and motives are extremely important. Female solipsism is very real and it can prevent harmony within relationships when a woman refuses to consider other perspectives than her own. To combat this, consciously seek to understand where your SO is coming from. Consider how he would want you to respond, act, or treat him in a situation, instead of assuming or projecting. Be compassionate and a source of comfort, but pay attention and give him space when he needs it.
- **Poised.** This quality is harder to nail down but it is the end result of psychological femininity. A sense of composure, dignity, grace, and self-assurance radiates from the woman who embraces the positive aspects of her nature. Remember that your choices affect how your SO is perceived, so always carry yourself with purpose and distinction. This means proper posture, presenting yourself well, speaking clearly and in a light tone, and not chattering aimlessly.

Authentic transformation can only occur if you legitimately want to improve, and put in the requisite effort. Take the time to develop your character and acquire new traits. Don’t get frustrated if it is more difficult than you anticipated, and don’t get conceited if you see the results that you want quickly.

The best way to attract someone of high value is to become someone of high value. This all starts with cultivating a feminine frame of mind, but self-improvement is a lifelong journey.

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UPVOTES

Self Care Is Not All Salt Baths and Chocolate Cake

jack_hammarred · 29 December 2017 · Archived copy · Reddit

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UPVOTES

"I want all the perks of maternity leave — without having any kids" [triggerwarning: entitled women]

Zombies_InTheSnow · 9 May 2017 · Archived copy · Reddit

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UPVOTES

Seven Reasons I'm Sleeping With Your Husband [A Cautionary Tale]

TempestTcup · 23 February 2017 · Archived copy · Reddit

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The Futility of Gender-Neutral Parenting

HappyWifeLifeX · 5 February 2017 · Archived copy · Reddit

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To put the world in order... [Fun Friday]

WorksAtBank · 3 February 2017 · Archived copy · Reddit

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UPVOTES

How to Set Up a Homemaking Routine for Newbies with FlyLady

bettsdressed · 3 February 2017 · Archived copy · Reddit

This sub has been life-changing for me in my marriage, but also for myself and for my home. I realized one day (pre-RPW) how desperately I needed to maintain a clean home—and I've never been great at routines--and that day I looked up FlyLady and signed up for the emails. My mom had found her back in the late nineties when FlyLady started her blog. FlyLady is Marla Cilley in real life.

You ladies here seem consistent in recommending routines for how to maintain a tidy house or apartment (or for RVs, tiny houses, etc). FlyLady allowed me to set up a routine each day and throughout the week. After about a year, I see how FlyLady has helped ingrain in my mind a routine for my home and also for just simply getting things done in my life outside of home upkeep.

Here's basically how you start out with FlyLady:

- You visit FlyLady.net and sign up for her emails or her app.
- She slowly sets up the structure for you on which your daily routine will lie—the shiny sink, the nightly routine of laying out your outfit, and making your bed in the morning. Even if you only shine your sink for years, this is so helpful. Or even if you do just these three Baby Steps, as she calls them, you are making strides.
- The very first thing: you take everything out of your kitchen sink, and you clean it and scrub it well. This is the only time you'll likely deep-clean it. When she started wanting to get her own home and life under control, she spent a whole month on just shining her sink.
- Once you feel ready, you can add on the evening routine. It starts right after dinner (as it's a good cue). Go choose your outfit and lay it on a chair or on a hook.
- And once you feel ready, start making your bed the very first thing you do after you wake up (also a great cue).
- You are building the skeleton to which you can slowly add tasks that are important to you.

Here's why I jived well with FlyLady:

- She's definitely not born organized. Neither am I.
- She starts small. Very small. (Baby Steps, technically)
- She likes to keep things generally fun and enjoyable to do.
- I'm not very consistent with routines or habits—never have been—and so I'd be considered a SHE (sidetracked home executive). But that's what all the ladies who write in to FlyLady say about themselves, and their homes change right and left.
- You can tailor the routine to what is most important to you. You can make it your own.
- She is encouraging and gracious, as she says, "Start where you are! You're not behind!" But she also doesn't allow complaining or ridicule of others. She seems to fit with taking responsibility for your own ability to change your life and your home—not in changing others. (And as we know here on RPW, this only can help the other people in our home by stopping the nagging.)
- Her emails really worked for me because of all the people writing in saying how improved their lives are now that they started shining their sink. And the repetition helps. But you can delete them, or you can sign up for her app to notify you instead of emails.

How have I changed?

- It took me a few months at least to get a couple routines down—shining the sink started becoming addictive, and making the bed felt so nice to check off the list. I am off my game with laying my outfit out these days, but I still love clearing hot spots (basically tidying the places that gather clutter), and I do end up getting laundry in

the wash in the mornings (because I like to hear its motivating sound in the background).

- I started to feel so good to see a clean table or clean sink or a made bed. I felt so pleased with how I was managing to get some things done each day.
- There are days or a week (or two weeks!) when I am sick or emotionally exhausted—especially through transition periods! These days I don't end up making the bed at all, or I go to bed without shining the sink. Oh well. **Here's the beauty of a home routine—when you know that everything is on a cycle, you don't feel like all the home tasks and chores are on your mind or shoulders to get done. Because there is always going to be a time portioned out in your day or your week or your month where you'll get to that chore or task again.** This changed my whole thinking about managing a house. It really has made it enjoyable to feel “in control” with my home. I am not meaning OCD-type of control, but a peace that you know the shower is kind of dirty, and you're sick this week, but it will get clean some day soon. And so you don't have to remember that task, even. Your routine will remind you when it's time to.
- I have created a home Control Journal, which for me is basically a binder with your routines written out and placed in plastic sheet protectors. I like checking things off with a dry erase. This is super-simple—just a book of lists, basically. It has grown for me, but I have it in my kitchen right near my calendar.
- **THE BIGGEST DIFFERENCE:** The biggest thing is really emotional. I feel so good about being able to manage a home now. I really do enjoy the details now, whereas I used to be a total household delinquent and didn't even have to do chores when I was little. The intellectual rewards for having a system (through FlyLady or not) are so freeing because you don't have to think about “Oh I have to do this.” And this system of daily, weekly, and monthly routines allows my house to be available for people to come over! Our home and my mind are both organized, in order even when they're not tidy, and at peace. It feels awesome. FlyLady just helps hold your hand in setting up these routines, and the people who write in make me feel like I can relate to how they manage their home as well.

I hope this helps someone like me who couldn't for the life of me get into habits. **You can feel good about keeping your home under a semblance of control. Even if you get off your game sometimes.**

TL; DR: Even if FlyLady isn't your cup of tea, the main idea behind it all is to set up a routine for your home and your life so that you don't have to keep storing these recurring tasks in your mind. This, for me, was the way I started enjoying homemaking.

Edit: Punctuation

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UPVOTES

Stop being a asshole wife

Good_nuff · 10 January 2017 · Archived copy · Reddit

<http://herviewfromhome.com/stop-being-a-butthole-wife/>

I'm a lurker, but felt compelled to post this. A small amount of gratitude goes a long way. Even if you aren't religious, this is still a great point of view.

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UPVOTES

[update] Age gap and sex talk, red flags?

neiti · 4 July 2016 · Archived copy · Reddit

Hi!

Some of you may remember [my post from a few weeks back](#), because several ladies tried to make me understand that a man I was seeing wasn't good for me. I posted here because I wanted to hear good advice, but it obviously still wasn't easy to hear. It's painful to have everyone tell you that you need to meet someone you've really grown to like. People have a tendency of looking through their fingers sometimes and I was just like that. I wanted to believe the things this man was telling me because I had decided he's great. Sometimes I felt like I don't even have anything to lose, so why not just go along with it for as long as we are not having sex.

Well, I do have a lot to lose. I have my youth and my innocence. I don't want to be someone who wasted their time with a man who makes them doubt themselves. I don't want a relationship that's not going anywhere. He would probably stick around without sex for a while (he already invested time and effort into me and obviously he can get his fix elsewhere in the meanwhile..) but he will never love me. I realized something. I *deserve* real love. I deserve someone who will make me feel safe. And so does everyone reading this. Have self-worth. Don't be stupid. A player is a player, no matter what he makes it look like.

I can be proud to say that we are no longer talking.

About those sexual interests.. I was pretty convinced I'd need to meet someone through this mutual interest anyway and I considered going to a fairly innocent meet-up (socializing over some food at a restaurant) but I ditched that idea. My sexuality is really important to me but do I want it to define me? I've never had a boyfriend, am I seriously going to look for the love of my life somewhere like that? Yeah, no.

Recently I went somewhere with my friends to spend a lovely summer weekend together. There were new guys there, friends of my friend's boyfriend. I was just my normal cheerful self and when it was time to go home I left knowing someone wonderful who is super interested in me. I've met so many friends of his, he seems really proud of being seen with me, he treats me absolutely amazing and his hug is the best, most comforting hug ever. It's too early to tell where this will go or if anything comes of it, but the contrast between him and the previous guy is **MASSIVE**. I can truly see what a slimy predator the other one was now.

I just want to say thanks. So, thanks! If someone reading this is also a little naive like me, I hope you listen to your heart. Seek other people's opinions. Listen to them. Take care of yourself. Only a good man deserves your endless dedication.

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UPVOTES

The Lost Art of the Handwritten Card

MsSadieDunham · 26 April 2016 · Archived copy · Reddit

If I had to pick one influence of feminine art in my life the answer is simple: my mother in law. What a lady! She is "straight off the boat" from Denmark, has lived in the states for 30 years now. I suspect that not growing up in feminist America greatly aided her in developing and keeping her feminine artistic skills and they have rubbed off on me immensely in the last 3 years.

This Christmas one of the gifts she bought me was a set of blank note cards with a bible verse and beautiful floral print to them. They are 5x5 cards, for quick little notes and what not. I loved the gift but I originally thought I'd never use them. I've never written hand written notes before. Well I'll always keep a stack in my home now! What a handy thing to have and you can just whip one up for any occasion!

Ladies this is one of those niceties that used to be common place back when the world was more civil that has been lost in the new age of bigger, better, faster. The small amount of time it takes to compose your thoughts and write them down for someone is always greatly appreciated by the receiver.

If writing is not your thing, it's never been easier to look up alternative words or phrases to tired old clichés (I wrote a sympathy card today for a family who just lost their mother at the retirement community I work for and I Googled "alternative to 'my deepest sympathies'" and found something much fresher than that tired old saying.) You can also Google "example of a thank you letter" or whatever the occasion may be and you will get tons of examples to help you create the card you want to give.

I want to encourage everyone here to invest in a stack of blank cards. It can be a set, or just pick up a bunch of the blank 99 cent ones at the store with neutral pictures on the front. Even for birthdays or other occasions where you give cards, a hand written card is so much nicer than the mass produced cards that cost you upwards of \$4.00 today.

Thanks for reading!

~Sadie Dunham

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UPVOTES

Advice From a Reformed Arguer

Kittenkajira · 18 April 2016 · Archived copy · Reddit

I honestly can't remember what any of our arguments have been about. Even sitting here actively trying to recall – it's just not coming to me. There used to be "a big blowup" once a month or so. Perhaps I was the type to bottle things up until they came exploding out - maybe it was a power struggle, or fear-based? I didn't want conflict, but somehow I kept finding myself in it. All couples argue, right?

Hours were spent scouring the internet looking for clues as to why it happens, and how to fix it. There's still a folder on my browser full of articles on communication, active listening, and empathy. For the better part of a year, I was convinced that it was how he was responding to me (invalidation) that was setting me off. If only he could learn how to validate my feelings, everything would be okay.

Learning about communication on the internet can be very confusing. For every article in favor of a technique, there is another rejecting it. I once read [this article](#), which states "One of the most common pitfalls is trying to help 'solve the problem'." The light bulb went off, and that sentence looked like the answer to all my problems. I nodded my head while reading the rest, and thought that he just needed to stop trying to fix my problems! In hindsight I see that learning from couples who have low/no conflict in their relationships would have been better. Reading those articles on the internet were validating my negative behaviors and making things worse.

He didn't want to argue, either. I've learned that when I lost my shit, he was thinking "how can I fix this?" **He was not actively trying to hurt my feelings, or pick fights.** He just wanted a happy girl again. Is that too much to ask for? I don't think so. It's a good thing that he's thinking of my happiness. I was the instigator in all of our arguments.

The first step to finally overcoming conflict was for me to accept that it was my problem, and not in any way good or acceptable to continue. I started being more aware of when it was coming, and diffusing the situation either before it started, or shortly after. I've gotten more confident in my ability to control myself over the last year, and was able to promise him that he'd never see that crazy lady again.

Here's a list of what has worked for me.

- Go for a walk, and think about all the things you like about him. Don't return until you are genuinely smiling and grateful again. Be sure to tell him something before leaving, such as "I'm getting emotional, so I'm going to go walk it off". Ensure your strong emotions aren't influencing your tone overmuch.
- Really think about how you phrase things. If your husband is starting to get defensive, then you've worded something badly. This is when you should own your shit and apologize. No ifs or buts added. "Sorry I said _____. I was wrong." I've found this to diffuse the situation and turn the atmosphere into one of love and peace. Do *not* keep pushing and arguing, **or else**.
- If you can't think of a positive, non-critical way to say something, then don't say anything at all. Wait a day or two to see if it even matters to you still. (I'm planning to post more on this topic in the future.)
- Sulking is bad. It's a cry for attention and not at all cute or attractive. If you need attention that bad, then just ask for it, or go sit in his lap and distract him. :)
- Hug him often. Women get fearful and insecure when they go extended periods without physical contact. Hug him at least a few times a day and keep the physical connection going.
- Fill your mouth with water and swish it. I read this posed as a joke, but found it actually works – and it's hilarious to witness. If you're ever feeling mad about something obviously stupid, go fill your mouth with water and keep swishing. It will keep you from complaining, and it won't be long before you're trying not to laugh over the ridiculousness of it.

- Don't complain to him unless you want him to fix it. If you really have to vent and rant about something, give him a heads up. "I just want to rant for a few moments and get this off my chest" works. Get it out, thank him for listening, then get on with your day.
- If for some reason you are feeling a need to be violent, you are better off expressing that want rather than getting mouthy or physical. I once said "I'm really wanting to hit something" and he went and got us some pillows - we had the most memorable, fun pillow fight ever.
- If he says something that hurts, remember that men speak more harshly and directly than women do. It's easy to get overly offended when it's coming from a person whose opinion you trust and respect. Ask yourself – if it had come from a stranger, would you have been hurt? If the answer is no, then you're probably just being too sensitive. (Credit to /u/sunhappy_dc) If the answer is yes, then say "ouch" or "that hurt". You want him to be able to speak freely without being weary of your reaction.

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UPVOTES

It's Not About the Nail

StingrayVC · 7 April 2016 · Archived copy · Reddit

In the spirit of [this post](#) and [this one](#) I give you another RPW 101 idea presented with humor. Humor works because it makes you laugh, but it can also slap you upside the head at the same time.

It's Not About the Nail

Or, how men and women approach communication and problem solving *completely* differently.

This is by far, one of my favorites.

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UPVOTES

Which partner/husband is he out of a group of men?

fairydust91 · 21 September 2020 · Archived copy · Reddit

I discovered TRP because I wanted to be a better woman for my man. I may not have vetted him the traditional RP way but somehow I got lucky in that he was raised in a traditional home and very much understands gender roles.

This is one little thought that keeps me going in my journey to submitting and essentially catering to him.

If my fiance and his friends or colleagues were discussing their partners, which guy is he?

Is he the guy that gets to brag about how awesome he gets treated at home? Is he the guy that the others are secretly jealous of? Is he the guy that gets his healthy, tasty lunch lovingly packed by his cute wife who genuinely thinks of him? Is he the guy that goes home and tells his wife how awesome his colleagues think she is?

Or is he the guy left to fend for himself, with a woman too engrossed in her own wants, her own responsibilities, to take proper care of her man? Is he the guy that is jealous of the first guy? Is he the guy that secretly wishes his wife was more like the first wife? Is he the guy that's left feeling like hes getting the short end of the stick?! Ouch, right?!?!

I know which one I want him to be and this literally keeps me going on a daily basis. No excuses ladies!!

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UPVOTES

Baking challenge for November... reminder.

thymeandtenderness · 31 October 2019 · Archived copy · Reddit

Hello ladies. A few weeks back I invited you all to join me on an intentional homemaking and baking challenge for the month of November. A few of you expressed interest and I just wanted to take the time to once again invite anyone who might be interested in joining me for this month! The challenge starts tomorrow!!!

I explained my baking challenge in a video on my YouTube channel. If you would like the link to that video feel free to message me. I'd be happy to share.

The purpose of this challenge is to enrich your home, life, family, and community through the joy of baking! Here are the challenger "tasks".

Week 1: Cookie Week. Bake enough cookies to keep for yourself, but most importantly, to give away to a neighbor, grandparent, or elderly friend.

Week 2: Bread Week Bake a loaf of bread from scratch to serve with a family meal. (Banana bread and dinner rolls count!)

Week 3: Family Recipe Week. Bake a tried and true family recipe. Don't have a family recipe? Ask a friend, neighbor, or someone you would like to get to know better if they have one they would like to share.

Week 4: Pie Week. Bake your's, your spouse's, or parent's favorite pie. Bring that pie to a family dinner!

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UPVOTES

Article About Feminist Lies

Femmeferrette · 6 March 2020 · Archived copy · Reddit

<https://thefederalist.com/2019/11/12/4-feminist-lies-that-are-making-women-miserable/>

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UPVOTES

The Surrendered Wife and Sex

anothergoodbook · 19 February 2021 · Archived copy · Reddit

“Saying what you want means that you’re aware of your feelings and desires and that you’re willing to honor them. It means that you know that you deserve to have new things and things that you love. It means you don’t have to waste energy thinking about how to get what you want by making it seem like it actually serves some other more “noble purpose. You’re not a martyr, and nobody has to guess what will please you. A woman who knows and respects herself simply says to her husband, “I want.””

— The Surrendered Wife: A Practical Guide for Finding Intimacy, Passion and Peace with a Man by Laura Doyle

I’m reading The Surrendered Wife and really taking many things to heart. But the biggest changes by far have been that I’ve stopped interrupting my husband, telling him what he should do, and asking for (demanding sex). I’ve seen a big change in myself and a little in our marriage (we haven’t argued nearly as much).

But here’s where I’m going with this. Sex. He’s okay with once a week or even twice a month. He will have sex more often but it’s very dispassionate and he will even say, “I guess so” or “if you want”. Is it too much to hope my husband has a passionate sexual desire toward me? And sometimes I don’t climax and he’s done. He’ll offer to do more, but again it’s like, “well would you like to?” Which is night and day difference from 5 minutes ago where he was take charge and into it.

That then leads me to allowing him to take the lead with sex. Would a surrendered wife step back and let her husband be the lead? Is it controlling to expect certain things from sex? How do I deal with the “unfairness” of sex in this case - when he wants to then I need to say yes, but feel my needs aren’t being met (like in the quote above). Do I constantly say “I would love a great orgasm?” Or “I want to be passionately made love to?”

I feel like this is such a struggle for me because everything else relies on me being on my page and letting him be on his page- but sex is an intermingling of the two pages, right? Ugh. Any insight is welcome.

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UPVOTES

Annoyed about husband's toilet time

daisy5363 · 19 February 2021 · Archived copy · Reddit

I'm 31, my husband is 31. We've been married for 6 years and I'm a relationship since we were 17. I have been lurking here for about 4 years.

I'm trying really hard not to be bothered with the unreasonably long amount of time my husband spends in the water closet each morning. I'm talking upwards of two hours sometimes longer. That's two hours from 6:00am to 8:00am that I can't do anything in the restroom. It really throws off my flow in the morning and I am definitely not as productive as I could be if was not doing this. Also he's leaving me with all three of our young(age 3 and under) children when he could be helping me get them going for the day. This has been going on for basically our whole marriage. I have expressed to him that it bothers me and asked him to shorten the time a little to just the amount it actually takes him to poop. He can read or play games on his phone in bed or on the chair in our room. He agreed that the length of time was unreasonable, but did not change the behavior at all. How can I express this to him in a different way that will help him understand and actually change the behavior? Or How can I get over being annoyed about this EVERY SINGLE DAY? Or Maybe I'm not being grateful/understanding enough, trusting that he needs to spend that time in there?

It's especially annoying on days when he does this both in the morning and at bedtime. Like you've been in the toilet for two hours this morning, at work for 12 hours, and then in the toilet for two hours before bed. Honey, we haven't even seen you today..... But I don't say anything, I just go to sleep.

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UPVOTES

Anger Management for Women | Laura Doyle

wingnut · 8 April 2016 · Archived copy · Reddit

<http://lauradoyle.org/blog/anger-management-for-women/>

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UPVOTES

Respecting your man

dontbeadickmrfisher · 27 August 2021 · Archived copy · Reddit

<https://i.redd.it/dgwfdmcfvj71.jpg>

loading...

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UPVOTES

New Surrendered Wife by Laura Doyle Community

Ruffleafewfeathers · 26 February 2023 · Archived copy · Reddit

Hi fellow RP Wives!

A book that gets recommended frequently as excellent Red Pill Reading is 'The Surrendered Wife' (which has been immensely helpful in my marriage). So myself and another surrendered wife created a Reddit community for it [r/surrendered_wife](#) for women like most of us on this subreddit. If you're interested in joining, we'd love to have you! I figured having more red pill wife communities is always a good thing!

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UPVOTES

About to have our 7th child.

foxmama98_ · 5 September 2023 · Archived copy · Reddit

My due date was Friday and I'm so miserable. :(Send positive vibes while I wait to go into labor. Praying for a safe delivery for me and baby.

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UPVOTES

Red Pill Wives, are you still there? Check in!

RedditVirgin555 · 18 November 2023 · Archived copy · Reddit

Pretty much the title. Don't make me feel all alone. 

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UPVOTES

I am back. Everything I learned.

ThatStepfordGal · 18 November 2023 · Archived copy · Reddit

Greetings everyone!

I know there's been many changes and updates since the last time I was so involved about 5 years ago, but if anyone here remembers **the series and little things I've written** - hi and I'm back!

I've been lurking around all these years so I never really was gone, but I hesitated to share and write anything, because so many things were happening to me at that time.

I became known those years ago, writing about relationships and traditional dynamics, all the way up until 2020. I was embarrassed.

Around 2018, I had broken up from my ex at the time, it was mutual and stemmed from many issues that had grown in the relationship - mainly related to his family and lacking boundaries that we both admit had taken its toll. I didn't feel that I was in any way ready to speak about relationships and what I wrote about.

I believed in the same things - and still do - but struggled to be a testament to it in my own life. So I stopped. I read and listened here but did not write.

While I have no negative feelings towards my ex, it set me into a direction where I would be single for a while. In that whole time up to now, I grew in so many ways, I moved out from home (but still lived small and dedicated myself to homemaking, not working full-time), travelled a bit and lived by myself too until I met...my current fiancé.

Yes, I chose to start now at this specific time, I wanted to be able to write this in confidence, about all the things I learnt these years - adding even more to all the values I held and shared here at RPW...

Lessons Learned

1. **Be harsher in your dating.**

I cannot stress this enough but in 5 years, many dates and guys I have met - this world is getting more difficult than ever in fostering good men who have traditional values and really care for their girlfriends/wives.

Do not tolerate anyone who isn't generous and thoughtful, lacks initiative in any way and is unclear about what they want in relationships.

I'm not saying just choose someone who will 'give it to you straight' as some crazier guys who are traumatised can be too blunt about that and have no social awareness.

I'm saying watch everything that he does and the intention behind it.

Does he look to split the bill the second date because it's your turn? Bye.

Does he not reply in a timely way and doesn't think about the way that can come across? Bye.

Does he say negative things about kids and families? Bye.

I don't want to be discouraging but I was already strong in my standards and beliefs AND it still took a while. There are too many women who are too relaxed about it and waste even more time, dragging yucky, low-value relationships longer.

You are seeing the best someone can show you at the start, and if it's not that great - and not thoughtful as in they're considerate about you and want to know you - next.

'Just give him another chance' is a terrible excuse 99% of the time.

2. **Get therapy asap.**

I was so lucky to have a close friend who shared a similar background to me, recommend a therapist who at the start already connected amazingly with me. Understood my background, values and could see the way I think well.

I underwent Behavioural Cognitive Therapy.

This specific therapy helps you understand how you think and how you can sometimes give yourself more stress and torment when you think in ways that are too limiting and based around trauma.

Though I didn't have anything too major going on when I first started, it's still a great idea because it helped me improve my mindsets to create a more stress-free life, it could resolve things that always bothered me every now and then in my childhood and taught me to set boundaries.

Additional it also ignited an interest in psychology - I started learning how to handle conflicts better, different relationship approaches and be a better listener - all great skills if you want to be a great girlfriend/wife/mother to your Captain

3. Understand and then embody *Grace*.

What is grace, what the heck am I talking about?

As those who would have read my initial series and writings, you can easily get a sense I am quite opinionated and strong in my beliefs. I am traditional but you can almost see in my tone I am quite blunt and masculine in those ways - combined that with a hostile dating scene and you have the recipe for defensiveness and bitterness. At some stage I was actually considering stopping, thinking maybe this isn't the direction for me and becoming a real nun!

Grace is what changed me.

I would define **Grace as a feminine embodiment that allows you to be in the moment, to not assert what you want to voice but instead be more receptive and see what reveals itself to you instead.**

It's hard to describe, but does it make any sense?

It's resting in your self, accepting your womanhood and simply watching how everyone interacts with you - not feeling like you need to give any 'impression', as feminism teaches you to look aggressive and 'strong'.

To me, it was learning to keep silent when there were gaps in conversation in dates, smiling more and asking questions as a better listener.

Truly allowing him to suggest ideas and lead you along for the ride.

Being grateful and thankful but also rejecting kindly when something doesn't feel right.

Sometimes it also manifests in how you move, not rushing to get anywhere, not using a loud voice and letting chances where you need help come up...but not rushing to assist yourself when he can do it for you (ie. crossing the road and he leads you, walking at night, etc).

Grace is difficult to embody when you're not used to it, but it sets you at ease and inspires a good man to be even better - then he becomes so proud in himself that he is a great man to you!

It's been a crazy ride in all these years and I'm happy to say I will be sharing again.

I'm so excited!

In the last year I met someone truly special, who is an independent thinker in his right, absolutely kind and protective - he values his family and inner circle, which is small.

He is also such a thoughtful person who takes responsibility in all that he does. He loves in all that he is.

It started at this time last year, a few dates in and we simply knew. I lived alone then and in some months we came together. He respected how I lived my life and even appreciated it more, since in his family it was common too, women looked after the home more in general while the men had bigger careers.

In that sense, we began life together sharing a roof, he works full-time while I'm about 0.6-7 and I look after everything at home. Especially him when he's quite tired from his demanding job.

Thus we have a warm, nurturing space and now some months into living together - he asked the question!

At this age and stage, we both know we'd like to spend life together and what we'd like to grow and bring about in that life.

So - nuptial plans are going to be incoming!

I am so incredibly happy to say, we're now also trying for our first baby.

RPW, thank you for being there this whole time, even if you felt I wasn't around, I was.

Being a great space for women to feel understood, heard and to learn, so they can have enriched, fulfilling lives - I know it took me a bit and I'm sorry about that, but count me in again.

There's sooo many things I'd like to write about again (maybe relationship values? homemaking tips? life

experiences?), I want to share and support everyone here! You'll be hearing more from me soon...

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UPVOTES

It's official. I'm pregnant!

LittleMissAfrodite · 10 December 2018 · Archived copy · Reddit

I've been pretty much announcing it everywhere I can. Honestly I never thought it would happen even though I had hoped, but it has!

Oh I'm getting ahead of myself. I should probably reintroduce myself again

I'm 26 my man is 38. We've been together just over 8 years. We currently live in the same home unmarried. Yes we have a very active bedroom.

My question is simple. I'd like to know about everyone else's experience with their pregnancy. Whether it be the first pregnancy or fifth! What should I expect? I've had experience taking care of infants and toddlers as a foster mother.

Currently my duties are tending to the house, cooking, cleaning, etc. Raising our adopted son, and tending to my man's needs on a pretty much daily basis. How should I expect that to change as I start to show more? What changed for you?

I want to avoid getting lazy and complacent during and after my pregnancy but I want to make sure I'm setting proper expectations for myself and for the support my man should give. Well, I want to make sure WE have proper expectations. I'm trying to get as much feedback as possible. I'm going to be taking classes soon and a few people have already recommended me a few books. All advice and shared experiences would be great!

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UPVOTES

Women who stay fit despite (many) children

EmotionalSupportRat · 27 September 2018 · Archived copy · Reddit

Can you share some of your inspirations? I love seeing women who are in shape despite several children. There really is no excuse for letting oneself go (of course medical issues, such as thyroid problems etc. are something else!). Recently, I have discovered Anna Saccone of the Youtube family SacconeJolys, who after her 4th child looks fit and is very disciplined -in a nice way. I really managed to deprogram my mind on what is possible....my own mother always implied that it is the norm to get chubby after children.

<https://www.instagram.com/annasaccone/>

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UPVOTES

Will soon be quitting my job and becoming a full-time housewife. I (26f) want to impress my husband (31m) with how well I take on the role, so what advice do you have?

mrshousespouse · 3 August 2018 · Archived copy · Reddit

Husband (of one year) has recently got a promotion, and he thinks it's now possible for me to quit my job and keep the house. This was the plan originally when we married, but financial issues made us delay it.

Currently we work similar hours, I do all the cooking and laundry, he does the dishes and we split general cleaning. We have two dogs, but no kids yet (although once I'm settled into a homemaker life we plan on having children).

I really want to appear the perfect housewife for him, so that he can see it was the right decision, so would love any advice on how to do so! I already plan on doing fairly elaborate meals each day, as well as putting a lot of effort into keeping the house spotless.

Also I'd be interested to hear any challenges/problems you think I may come across.

Thanks!!

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UPVOTES

How marriage changes things

littleeggwyf · 14 August 2017 · Archived copy · Reddit

I'm not sure if this is really a field report, but I found it very encouraging, so maybe good to share.

I met up with a friend and we were talking about our husbands and marriage and things, and I mentioned that our priest had said in the marriage preparation that marriage changes things and you will notice a difference.

I said to my friend I didn't think there was much change (and was a bit annoyed at the priest saying that because we'd been together for a long time and had a baby already) and I thought it was wrong because we were always strong together so marriage was just like a public declaration of that.

She did her big laugh and told me i was talking nonsense, and that my husband has changed "how he dresses, how he talks, even how he wears his hair". He is still himself, but more polished and no rough edges?

We talked more about it, and she pointed out some specifics where I think she was right. I was defensive of the idea of marriage changing things too much because I didn't feel like we needed to change and what we had was good. But it made me think that maybe we don't always appreciate the change in status that marriage brings and reminded me that there is something very special about being a wife!

She suggested that maybe the difference is that a marriage is something to be proud of, so it can inspire the people in it to work hard for each others sake. I like that, so i thought i'd tell people here and also remind us that we don't always see that extra work, so think about the little extra efforts your man makes!

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UPVOTES

Brutally Honest Post Explains How Girls Are Abusing Their Boyfriends -- Tumblr gets something right.

Irisandoleander · 9 June 2017 · Archived copy · Reddit

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UPVOTES

How Do You Learn To Be A Homemaker?

Irisandoleander · 27 March 2017 · Archived copy · Reddit

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UPVOTES

EXCLUSIVE: Deployed US Navy Has A Pregnancy Problem, And It's Getting Worse

TempestTcup · 4 March 2017 · Archived copy · Reddit

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UPVOTES

Excellent Boy Books

StingrayVC · 25 February 2017 · Archived copy · Reddit

This Christmas my son received a book called *Hatchet* by Gary Paulsen. It's a coming of age book about a 13 year old boy who is in a plane crash in the Canadian forest and how he survives. It is a series of five books and they are all just as good as the last (I read all of them in a week. They are very fast reads). Gary Paulsen has been a prolific writer and many/most of his books are targeted at boys.

I thought some of you would be interested as I know how hard it can be to find good books aimed at boys.

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UPVOTES

(Free Friday Share) Traditional family structures are still the best for your children's potential futures.

violetpiecrisis · 10 February 2017 · Archived copy · Reddit

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UPVOTES

Sorry, But Low-Commitment Sex Doesn't Promote Women's Dignity

[deleted] · 20 January 2017 · Archived copy · Reddit

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UPVOTES

When a feminist blog tries to shame William Shatner for a 'sexist' joke, he decides make a few observations of his own...

PhantomDream09 · 22 July 2016 · Archived copy · Reddit

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UPVOTES

Self-Care MegaThread!

BeautifulSpaceCadet · 12 May 2016 · Archived copy · Reddit

Ok everyone, /u/eliza_schuyler, /u/MsSadieDunham, /u/sariaru, and myself have assembled the skeleton and beginning content of a Self-Care MegaThread...but we want *everyone* to join in!! **This is a Super MegaThread** (: If you have something to say, or multiple somethings to say, or even a new section to add that we may have overlooked -- go for it! Here are the quick rules of engagement so it flows in a cogent manner:

- Top level comments are section headers *only*. There is also a “**General Discussion**” section, so use that as the normal comment area! Please don’t respond directly to the thread, but please do add as many tips as you can think of under their respective sections! And feel free to comment on or add more info to any other tips provided -- the more chatter the better (:
- There are also sub-sections (see “**Food**” as an example)! Add more of those if you think of any other themes and any tips you have for those too! And maybe in the actual tips let’s italicize instead of bold for visual clarity d:

That's about it, now go go go! - BSC

List of Sections

- **General Discussion**
- **Misc. Tips/Information**
- **Homemaking**
- **Fitness**
- **Food** (Includes: **Principles of Food** and **Cooking and Recipes** and **Nutrition/Supplements**)
- **Skin Care**
- **Dental Care**
- **Mental Health/Relaxation**
- **Time Management**
- **Sleep & Bedtime Routines**
- **Makeup**
- **Hair** (Includes: **Hair Health** and **Hair Styling** and **Body Hair**)
- **Fashion**

Any more sections that y'all add will get put on the list! (: (:

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UPVOTES

Finally reading The Surrendered Wife, I've been humbled.

Tryin2BeBetrThanB4 · 1 May 2016 · Archived copy · Reddit

Hi. I've been a long time follower/lurker of RPW (Under a different account I've lost the password to) When I first found y'all, it was a breath of fresh air. I immediately started applying principals and my already good marriage improved.

But I slowly started slipping back into my old ways. My husband and I have a pretty good marriage. Don't really have any problems. Untill we had a discussion the other night, where I finally realized my true behaviors. I never noticed how defensive I actually am.

What happened that lead up to our discussion was, he mentioned to me about something I had left out on the counter and hadn't put up yet, and I "went off". I sighed heavily and relayed all kinds of reasons as to why it wasn't put up yet. He immediately had a look of defeat to his face. For some reason, this time when I noticed his face, I realized what I had done an apologized instantly.

That's when he sat down with me and shared with me that, I do this all the time. With everything. So much that he feels like he's walking on eggshells when he wants to tell me something. It stresses him out because he doesn't feel he can talk to me about things. All he is trying to do is make a simple statement, or bring something to my attention, and I have to give reasons and explanations and defend myself. All. The. Time.

I couldn't believe I was doing this. I thought I was just giving my side. I felt defeated. The last thing I want to do is hurt him and cause him more stress! He is the most amazing man and I've been putting a wedge in our relationship.

I finally bought The Surrendered Wife after he told me this, and y'all, I'm in tears. I am doing everything wrong. I am controlling, nagging, trying to back lead. I haven't truly been respecting him, I've been undermining him. The second chapter on control I feel is screaming at me, I can't believe I've been this way. I can't believe he's put up with me doing this.

I have to change. I thought I had. But I think I've just gotten good at rationalizing my behavior. :(

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UPVOTES

Home Environment: A Soft Place To Land

eliza_schuyler · 25 April 2016 · Archived copy · Reddit

In my previous [post](#) I outlined **four** aspects of a home environment that contribute to it being a “soft place to land” for your SO. These were:

1. Clean
2. Comfortable
3. Organized
4. Undemanding

In this post I'd like to compile a list of tips and tricks that I, and other women I know, use to help them provide this environment amidst the hustle of work/study/childcare/external commitments. These aren't specific to any particular type of relationship/living arrangement. They are aimed at women who, for whatever reason, don't have a lot of free time, but *wish to provide these elements of home-making to their SO*. This isn't a commentary on how couples *should* necessarily divide chores and duties, but simply a list of suggestions on how to make your home environment enjoyable for your husband.

Clean

- You are a busy woman, so pick 5 things that most quickly make your house look more tidy. In my house my top 5 priorities are:
 1. Laundry (Washed, folded and put away)
 2. Dishes (Washed up and left to dry)
 3. General tidy of surfaces (Put any clothes and books etc. lying around away)
 4. Make the bed
 5. Wipe down the kitchen counters and inside the kitchen and bathroom sinks

I have these five items down to a fine art. Other than putting the laundry on and hanging it out, I can get these jobs done in around half an hour. Make a list of your top 5 housework jobs and see how much time they take up each day. Plan it in.

- Be efficient. Use a weekly planner if you have some time each day to clean. If you work full time and can only do significant housework on the weekends, keep a running list of the jobs to do. When it gets around to the weekend, prioritise, prioritise, prioritise. If there's any type of mess that particularly irks your SO, make that the first thing you get to. Because, why not?
- If you have kids, a messy SO or a bunch of meals to cook, you probably need to accept that your house isn't going to be clean and tidy 24/7. Choose the time of day when your SO most needs a tidy house, and aim for the house to be its cleanest then. If you work, and your SO stays at home, try to clean before work, so that you are leaving a tidy house for him to begin his day in. If he works, and you stay at home, try to make sure he is getting home each evening to a tidy house. If you both work, aim to clean in the morning, so that you both get home to a tidy house.

Comfortable

- This is probably the easiest item on the list. Be chill.
- If your man walks through the kitchen with muddy boot prints after you've just mopped the floor, take a deep breath. Did he purposefully undo your hard work? Does it matter in the grand scheme of your life together? If the answer to both of these is no, suck it up and ask him if he would mind taking his boots off. Nicely.

- No matter how much work you put into keeping a lovely home, he should feel welcome in it. Treat him the way you would treat a guest.
- This extends to all aspects of the home- food in the fridge, toilet seat position...etc!

Organized

To be personally organised:

- Think about creating a household **binder**.
- Have a cleaning schedule of some sort.
- Use a daily, weekly or monthly planner.
- Choose one cupboard a week to sort through, declutter and tidy.
- Make the bed every morning when you get out of it! It should only take a few minutes.

To help your household be organised:

- Think about creating a **household binder**!
- Have a system in place for receiving, storing and paying bills, car registration etc.
- Try sharing a calendar (virtual or on paper) with your SO, so that you are aware of each other's commitments and free time.
- Schedule in free time together!
- Depending on who does the shopping/cooking, talk to your SO about meals, write shopping lists and plan your week's food in advance in order to *minimise going to the grocery store!*
- Think about what routines your household has. Are there any routines that might be useful to add? Think meals, cleaning, how you spend free time...

Undemanding

- If you have children, remind them (regularly!) that their father has spent the day working hard. He is not their entertainment committee, and both the children and yourself should be aware of this. Of course, your SO will want to spend time with his kids! But he should not feel obliged to entertain, "babysit," or "take them off your hands," the second he gets home from work, or the children get home from school.
- As I mentioned in an earlier post, jobs that are his responsibility should be put aside. He will get to them in his own time. /u/VintageVee suggests that you can wait for him to ask what jobs need doing around the house, rather than asking/nagging. In our house, we have a large whiteboard where jobs are written after we have discussed them, and crossed off once they are complete. Whatever you decide works for your family, getting into a routine where you *do* discuss work that needs doing around the house is essential.
- Listen carefully to what aspects of home life your SO feels are making demands on his time, and minimise them. Perhaps it's masses of dirty dishes on the sink (stack them neatly) or paperwork that needs doing (sort bills neatly into paid and unpaid trays).
- Again, remember- you don't have to do everything that needs doing around the home. You just need to remove the pressure from him to do work immediately, and change your own mindset to accept his timeframe. If it's not life or death, it's probably not worth the relationship cost involved in nagging him into your timeframe.

A Note On Making Time

So you're busy. Maybe you have a few children, maybe you work full time. Maybe your husband works from home, maybe he's a SAHD, maybe he also works fulltime. If you can get up half an hour earlier, go to bed half an hour later, or spend half an hour less on the internet each day, you will have time to make the bed, do a load of washing, and smash out the previous night's dishes. The little things count. Also, remember that not everything requires a time commitment; making your SO feel comfortable in the home is more of an attitude/mindset change than anything else.

Please add your own tips and tricks in the comments. I'm looking forward to hearing what you ladies do to make a welcoming home environment for your SO.

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UPVOTES

What Women Really Want Is The Patriarchy

TempestTcup · 13 April 2016 · Archived copy · Reddit

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UPVOTES

Your Emotions Control Your Relationship

TempestTcup · 7 April 2016 · Archived copy · Reddit

Not that your emotions *should* control your relationship, but the cold truth is that they often *do* control your relationship to a certain point. People are largely reactive, and going by the often repeated truth of “you can only change yourself”, your emotions somewhat control the emotions in your closest relationships. When you are moody and blah, your husband reacts to your state. Sure, he might do funny/nice things to try to cheer you up at first, but after a while, he will fall into your state of mind. What usually happens next is that you will snap out of your funk, but he is still in his second-hand funk. Then you get irritated, LOL!

Think about when you are with a somber person; that emotion rubs off. Likewise, when you are with a bunch of excited happy people you catch those emotions and usually become happy and excited also. Not only are upbeat emotions good for you and your wellbeing, but they are good for everyone around you. Be determined to keep a happy, friendly attitude! It's catching!

The best way to have an upbeat outlook on life is simple: don't take things personally. Other people have bad days too, and their brush-off of you is usually a reaction of their own mood, and has nothing to do with you. If your husband is frustrated at work and ranting, don't internalize his mood; it has nothing to do with you. Be patient, supporting, and it will pass quickly. If you read something that offends you on the internet, realize that being upset is your choice, and what you read was one-dimensional digital sound bites of other humans. You can never fully know a person online.

Everyone has emotions, and most negative emotions are immediate and uncontrollable, but your reactions to those emotions don't have to be. You can step back, take a moment, and sort out the reason for the emotion and proceed from there. You can decide whether or not to let the negative emotion ruin your day: you can wallow in it and inflict it on others, or you can brush it off and return to your previous, unruffled state of mind. Whatever you do, try to not take those unproductive emotions home with you!

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UPVOTES

Iyanla's Tough Love for a Defensive Wife: "Stop Trying to Be Right"

Sunhappy_DC · 5 April 2016 · Archived copy · Reddit

Hey guys!

So I love self-help shows! Usually it's for the entertainment but I felt this clip from Iyanla's "Fix My Life" series was really relevant to RPW. How often are we fighting to "defend our position" versus just receiving what our SOs are telling us?

[You can watch it here!](#)

This is a prime example of why men shut down when asked to open up and a good reminder of how women should NOT address important issues with their men.

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UPVOTES

Don't Let External Influences Poison Your Relationship's Harmony

Suzanne_by_the_River · 3 April 2016 · Archived copy · Reddit

I read an excellent blog post with some insights that can serve as a good RPW reminder. Original post is [here](#)

Essential excerpt:

I get this a lot. "You deserve new clothes!" No, my current clothes are just fine; I am not dressed in rags. I buy new clothes when I need them and spend discretionary budget money on books, games, and other things for the children.

"You deserve a night out! Let's go downtown and socialize with strangers!" No, I have no particular desire to act like a 20-something singleton cruising the bars. I certainly do not "deserve" to have someone else watch over my kids for me. Nor do I "deserve" to go to a restaurant; food is food. There is no sense in paying extra just so I can eat it outside my house.

"You deserve a vacation!" Fuck no. I hate travel.

"You deserve to sit in the front of the car instead of the back!" I sit in the back so I can supervise the distribution of ketchup packets when we get french fries. This is not a goddam status competition; I just want to make sure ketchup doesn't go everywhere.

"You are not doing X that I want you to do! It must be because of your husband! He is poisoning you against me! You need to stop letting him boss you around! Stand up to him and let him know you are doing X because you deserve it, girl!"

At this point, I'm like OMFG, let's just bring back patriarchy and then I can just redirect all of this bullshit at my husband and be like, "Sorry, I don't make those decisions, that's his department, so sorry, can't help you at all! Bye-bye!" Okay, maybe that would be cruel to him, but it would at least spare me.

But none of these decisions were made because of political or patriarchal leanings. They're all things we decided because they made practical sense for us to do them that way, or because I happen to have a personal preference in that department. The attempt to use feminist arguments as a wedge to make me spend more money or otherwise do things I dislike is, ultimately, an attempt to poison marital harmony by setting me against my husband.

This last quote is key: "The attempt to use feminist arguments as a wedge to make me spend more money or otherwise do things I dislike is, ultimately, an attempt to poison marital harmony by setting me against my husband." Dominant culture is like a little bird sitting on your shoulder, whispering into your ear, and requires active defense. It only takes a few moments of weakness to let your feminist friends' teasing make you embarrassed of your husband. It only takes one commercial tempting you with what you "deserve" to grow envy and ugly discontent. It only takes one "girls night out" or bachelorette party that your friends demand you "simply have to attend" to erode the respect you have for your relationship's boundaries. Don't let toxic feminist influences seep in from the outside. These societal influences require constant active vigilance to guard against.

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UPVOTES

My husband said he didn't want kids.

boop_my_nose_ · 5 January 2020 · Archived copy · Reddit

I'm 28, he's 32. When we got married we discussed having children when I was 31. Ever since getting married (2 years ago) the timeline for that keeps getting pushed out more and more. Next he was saying "in 10 years" I'd be 38. He couldn't explain why...originally it was finances but we will be financially stable within a few years. Then, the other day he woke up and said getting a vasectomy was on his New Years resolution list and that he didn't want kids.

I was completely stunned and didn't know what to say. I wasn't stoked on having kids anytime soon, but now I feel like the decision is being taken away from me. How should I go about this?

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UPVOTES

Let's share our personal and relationship wins, big and small

MissOrion24 · 12 October 2020 · Archived copy · Reddit

A lot of the posts here are asking for advice and talking about problems, so I figured it could be a happy addition to have a post about successes—either resolutions to problems or unexpected wins.

I had a small win today, and wanted to share, and realized it would be nice to open it up to others if they want to share their wins as well :)

My boyfriend was gaming and talking to some high school friends while I was in the other room cooking dinner. He was pretty into it so I don't think he was thinking about me being able to hear him at all, and I was mostly listening to the radio. But, I also can't help but hear when he talks loud enough, and it became clear one of his friends was starting to date some girl and was currently in a game of "conversation chess" with her, which sounded like dealing with a bunch of shit tests. The friend must have asked about me, because he said "no, MissOrion24 doesn't think like that". Y'all; I was beaming so hard. Like I make a conscious effort to be straightforward about my desires and expectations, make sure he knows he doesn't have to try to read my mind, all that good stuff. And it felt great to know that he actually, consciously, got that from me. And what I hear and think about based on this sub has been a big part of that, I'm sure. ☺

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UPVOTES

How to be sexier?

anothergoodbook · 18 October 2020 · Archived copy · Reddit

Okay. My husband and I had a frank conversation about sex (and you can go back and read some of my posts about sex to get background). But a brief history: we dropped from 2-3 times a week sex to maybe twice a month if I really pushed for it. There were lots of extenuating issues that I can clarify, but I don't think it is relative to this post.

He said for the duration of our marriage (almost 15 years) I am more silly than sexy and anytime I try to be sexy it is really hot, but I ruin it by being funny/silly. This came out of a conversation regarding an ex bf of mine who treated me like shit. I was very shy and had "daddy issues" and when a guy showed me interest I latched on and ended up in a 5ish year relationship that was (for lack of a better word) toxic. He constantly told me that I couldn't find any better. And while I broke free of that for the most part, I think I listened to him because deep down I believed it about myself. So fast forward to today and being flirty and sexy isn't something I see myself as.

Essentially the things I'm trying to overcome are:

- I have this baggage where I just do not see myself as sexy. I'm short, fat, and look nothing like what I would consider sexy.
- we've had issues with sex that reinforced everything I already believed about myself (see point #1). And putting myself out there just is the absolute last thing on my list of things I want to do

As a side note - this issue is not the cause of our sex issues. And in fact I was getting more comfortable with my sexual self before the crap the fan and we stopped having sex.

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UPVOTES

Springtime musings...

GratefulWifeandMama · 18 February 2020 · Archived copy · Reddit

I'm sitting at the table with my coffee enjoying the sun streaming into my kitchen and feeling so happy and content. Spring is coming in my hemisphere and I couldn't be more thrilled for sunshine and warmth. I took the kids to a park with my dear friends yesterday and they wore themselves out bombing down hills on kickboards and the like. Today is a school day/home day where we will be outside until dark doing projects and playing. Tomorrow we will meet different friends at the park. I feel like my life is just on an awesome repeat right now and couldn't be happier. I garden, clean and putter during the mornings and work on projects and socialize in the afternoons.

What are your favorite things to do in nice weather? What makes you feel grateful and alive today?

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UPVOTES

Laura Doyle 5-day Challenge

vintagegirlgame · 6 January 2021 · Archived copy · Reddit

So yesterday was the start of Surrendered Wife author Laura Doyle's free 5-day challenge, which she does biannually. The book is great but it takes much more in depth work to really internalize the skills. For a few months now I've been studying w her Empowered Wives Group and listening time her podcast and it's turning our recent relationship breakdown into a breakthrough. Can't recommend more and so I thought you ladies would enjoy being part of this free challenge where you get a lot of really valuable info condensed into just a few days/videos.

It started yesterday but you can view replays of the videos and there's a private Facebook group:[here's the link to join the challenge](#)

Btw I'm not affiliated w LD just a big fan. The RPW community really embraces the teachings and is where I found out about her in the first place. Thanks RPW!

I'll follow up w my cliff notes from each session in the comments as it helps me work the skills too. But if you have a chance do check out the videos, they're great.

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UPVOTES

Not enough energy to do it all.

misstulip97 · 2 August 2020 · Archived copy · Reddit

Hey everyone, I'm a 25 year old sahm. I have 2 young children under 4 and have been married for 5 years.

My husband is a pilot and works on and off, so he's home half the week and then it's just me and the kids.

Overall he's a great husband and provider, and I'm so grateful for my life and my family and do my best to cherish it all everyday.

My problem is, i don't know how to get a break or have enough energy and cheerfulness.. I need to recharge sometimes but I'm just on a roll all day. Breakfast then chores then messes then cooking then chores then homeschool and so on.. Around 4 pm I'm drained and get snappy.

If anyone's been in the same situation, how do you feel better and have enough energy all day to stay calm, peaceful, and loving while managing so much to do?

My husband helps sometimes and he takes us out and get me hired help once a week. I don't want to seem weak and stressed all the time. He does a lot for us. But sometimes I feel unappreciated even when I power through and do great.

I hate working so hard all day then have him saying he wants to go out and spend time with a friend, and I get jealous like why not appreciate all I've done today and have quality time with me instead?

Would love some help. We just got into a quarrel and hes taking care of the kids because I desperately needed a time out.

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UPVOTES

Supporting my man while he is unemployed

mayonnaise996 · 12 January 2021 · Archived copy · Reddit

My (24F) boyfriend of 1.5 years (23M) is the man I want to marry. He's kind and strong and loves me more than anything, and he's serious about marriage too. I see engagement in our near future.

Unfortunately, at the beginning of COVID he was laid off from his paid trade apprenticeship. He has very little experience and this was going to be his leg up into a proper career, but the company folded and he's been unsuccessful in finding another job. He's been actively looking for several months.

I know it's just hard out there in the job market for a young guy without much experience. I'm happy that he hasn't fallen into the common unemployed guy trap of playing video games all day long - he gets up early every morning, works out, and gets to work on the job hunt. But unemployment money here in the US is running out, and he still has to pay his rent, and he's stressed and depressed. He never takes it out on me, but it takes a toll on him. Meanwhile, I was able to switch to working remotely. In fact, I've got a bit of money for the first time in my life. I have a college degree, and he does not.

How can I best support him during this time of his life? Should I help him look for jobs, or is that too much like nagging? Should I help him pay some bills here and there, or is that patronizing? What have you done for your husbands and boyfriends when they've been unemployed? I try to tell him I'm proud of him every time he reports that he's applied for a new string of jobs or worked on his side gig (which is not profitable yet). But I just feel helpless. Any advice is appreciated, thank you ladies.

Update: He got a job!!! Thank you all so much for the good advice.

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UPVOTES

Would you marry a man that didn't make enough to support you?

RPW_throwaway · 13 November 2020 · Archived copy · Reddit

I love my SO and I can see us together in marriage but he works in childcare which pays peanuts. I don't mind supporting us both but I'd like to get RPWives stance on it since marriages where women make more money than the man are more likely to end in divorce than vice versa.

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UPVOTES

Female nofap & being in a relationship

SpinachLumberjack · 14 January 2021 · Archived copy · Reddit

I've lurked this forum for quite some time, but never really participated.

I've been thinking about female masturbation and nofap.

Something I've realized is that whenever I'm not in a relationship, I don't really masturbate. I don't know why, but when single, I'm more focused on self improvement. I don't really have a strong desire for sex when I'm single and not masturbating.

When I am in a long term relationship, I do masturbate a lot more and I find that increases my desire for sex with my partner.

Are you ladies similar? Or is this something weird?

I wonder if female masturbation leads to more promiscuous behaviour in women? Or maybe more frustration? 'm not sure, just a thought.

If this is an inappropriate topic for this forum, I will delete it.

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UPVOTES

Being "softer"

HappilyMrs · 8 April 2021 · Archived copy · Reddit

Hubby and I were talking about gender roles and polarity the other day, and he mentioned casually that he would like me to be softer.

I don't want to start making him pull apart exactly what he means, because I'd rather acquire the skills and mindset so it develops more naturally rather than being a checklist.

So what do you think of when "Being softer" is the goal?

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UPVOTES

In the modern era, what should a man's protection actually look like?

HappilyMrs · 27 May 2021 · Archived copy · Reddit

We are not in times historical where labour was hard, invaders were a frequent threat, and violence was a daily feature. So much has changed in terms of the challenges of our daily lives, from safety in workplaces, laws, rights, and technology.

So what do you see now as the things that men *should* do in a traditional relationship that provides protection? How does this differ between 2-worker and single-worker families?

Which of these things are important to you?

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UPVOTES

Loving our new dynamic. So so thankful for this community!

anothergoodbook · 11 July 2021 · Archived copy · Reddit

I'm very tired after a thwarted camping trip (completely rained out) and so a bit over emotional. So bear with me.

Many of you have been following along with the things going on in my marriage for quite a while. Well I finally truly absorbed the info and put it into action.

I appreciate the kick butt advice here that I am sure I wouldn't have found in other subreddits.

After a ton of work on myself (like a good 2 years) I can say I sincerely have put into action many of the things I've learned here, in fascinating womanhood, and Laura Doyle's books and what I think biblical marriage looks like.

My marriage has never been like this. Ever. Even when I thought it *was good* - it wasn't like this. My husband has really stepped up in leadership now that he trusts me to follow. And he's been incredibly empathetic when he sees that I struggle to follow but my heart is in a place of wanting to.

I've been really stepping up into my place in our marriage. For a long time I felt like I was drifting in my purpose. And as a result we've been getting along so much better. He has been just so incredibly kind toward me. No undertones of resentment at all.

We went camping this weekend which usually ends up us irritated with each other at some point. But instead of our usual thing, I asked him what should I do. I typically want to constantly jump in and "help" which pisses him off. He asked me to take care of a few things while he did his thing. Even after getting totally rained out we worked together so well. No irritation, no raised voices. I really took the whole "captain-first mate" thing seriously. I think he was happy to have someone he could rely on. All weekend he was super considerate and thoughtful. I could totally get used to this! I even see a difference in the way the kids have been talking to me.

So thanks for putting up with all my whiny questions and giving me great guidance :)

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UPVOTES

What do I even do with this information?

anothergoodbook · 5 September 2021 · Archived copy · Reddit

Last night my husband and I were talking about various things. I've been less defensive and he's been more open to talking to me.

For back story - we used to have sex 4-5 times a week. We've been married 14 years. We have 4 kids. Around our second kid he told me that we weren't having sex often enough and my attitude (of not seeming into it and just going through the motions) was making him feel unloved/unattractive. At that point we were having sex like a couple times a month. I really put in the effort and we increased our sex to 4-5 times per week. I noticed about 5-6 years ago we weren't having sex as frequently. Then we moved and the s*it hit the fan . We stopped having sex and he blamed it on anxiety/stress. But we never started having sex regularly after the stress went away.

When we got married I was around 160-165 (5'3 so a bit overweight, but nothing terrible). I've fluctuated quite a bit - my lowest being after the birth of our second and I was 139. I've typically hovered around 160 for the most part. After the birth of our 4th I was 170 and losing. I ended up putting on 50 lbs (and getting up to 220) which is fully my responsibility- I was doing a lot of stress eating in response to family crisis. I'm back down to 195 and have been working on weight loss for the last 2 years or so.

We basically stopped having sex 5 years ago. His choice not mine. He told me he didn't know why but he didn't have a sex drive. I asked him multiple times, "was it my weight". No, no it was all him. Asked him to see a doctor (he wouldn't), asked him if he was watching porn (he wasn't at first)...

Last night he said he stopped looking at me sexually years ago. He had a sex drive just didn't want to have sex with me because he just didn't look at me like that. So everything adds up finally. That he won't kiss me. There's no foreplay when we do have sex. He says it's my weight. But not just my weight - more or less that I would eat ice cream and such while being a higher weight.

I guess last night I was sort of shocked. This morning I feel embarrassed and ashamed. Hurt...

I guess I don't even know what to think about all of it.

And there are things I feel so damn confused about. He's brought up ice cream before (that's my weakness). In losing weight I can count on one hand the number of times I've eaten ice cream this summer. We went out as a family to get ice cream and I didn't get any. He's like "oh you aren't having any?" But in a concerned way - like he wanted me to get some. So we went out another time for a birthday and I got something small - he asked me "did you get some" to which I'm like "what's the right answer? Maybe I shouldn't have?". It's like - make up your damn mind! Ugh.

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UPVOTES

Great Hubby

mama_wren · 13 December 2021 · Archived copy · Reddit

So my kitchen faucet has had an irritating drip for months. I spoke to a plumber about it and (naturally) he said I'd need to replace the whole unit.

My husband works hard and so when he's home I don't pester him about little household things. I purchased a replacement faucet and tried to line up a plumber but they were all prioritizing bigger and more important jobs.

My parents moved here last year and my father is retired and quite handy so I finally broke down and asked him if he could come help. He did.

Well, it turned out that I didn't have the right replacement faucet after all due to a shipping error. But Dad, being awesome, said "let's see if we can fix this one!"

I paid attention as he took the faucet apart and found the tiny gaskets that were failing. He didn't have replacement gaskets but noted that if we could file an edge down we could temporarily solve the problem. So using one of my glass nail files, he flattened the warped gaskets and the drip stopped!

It was only a temporary fix, but I let him know I could handle getting new gaskets and replacing them myself.

Fast forward a couple of weeks, the temporary repair is still working, but I have the replacement gaskets. Ladies, there are some jobs around the house that I call "butter knife jobs". They technically fall under the traditionally male responsibility, yet if the only real tool required to fix them is a butter knife, we can step up and do it ourselves.

This job was one such job. I could have done it on my own with only a butter knife, but I have a little tool kit with a wrench and a screwdriver. So I gathered my tools to get the job done!

Now you might be wondering why I titled this post "Great Hubby". Here's why. The day I had allocated time to install the new gaskets, he happened to come home early.

He was sitting in his recliner laughing at tiktoks enjoying a rare chance to relax on a workday afternoon. I didn't try to rope him into this traditional honey-do. I didn't sigh or make unnecessary noise to get his notice. I was just doing the job.

As I prepped the area, he rose and came over. And here's why he's a great Hubby. He said, "are you comfortable with this?"

Are you comfortable with this? Ladies, do you understand how amazing that question is? Gentleman lurkers, do you?

Sometimes I get irritated by the picture of the traditional wife some RP women and men have.

Yes, I was in fact perfectly comfortable with doing that minor repair to MY kitchen' faucet. It was worth my time to attend to how my father repaired the faucet, so that I could be a true RP woman and fix it myself.

My husband's question honored me. He acknowledged that I was more than capable to attend to it myself, yet he also showed me love by giving me an out to hand it off to him.

To me, this was one of the moments where the potential balance of an RP man and his RP woman was achieved.

I chose to complete the work myself. He let me without feeling guilty. Am I comfortable with that? Heck yeah.

PS. To the gentlemen lurkers. If you read this far, yes, he got great sex that night. He didn't even have to fix the faucet to do it.

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UPVOTES

How to attract a traditional masculine man?

ponderingexistence9 · 22 January 2022 · Archived copy · Reddit

I'm 22F and would like to be a stay at home wife. I am currently single and working on becoming more traditional. I am currently in school for computer software engineering (I know masculine field but I started so I might as well finish). I also have been an EMT.

I feel like due to this, I may have a lot of masculine traits that I'm trying to replace with feminine ones. I can cook pretty well and am an avid crocheter so I have some feminine hobbies.

I would like to meet a husband and have a family but really am unsure of how to go about this. Any advice would be appreciated thank you.

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UPVOTES

My husband and I are getting divorced... I'd love some advice on healing.

cheaperthantherapy - 27 March 2022 · Archived copy · Reddit

My husband told me again that he feels no attraction to me and wants a divorce. This has been an ongoing issue that never seems to fully resolve, even when i think we've made it past it.. so, I guess I knew it was coming, but I still feel devastated by this.

I'm heartbroken and embarrassed and I just feel so lost. I believe in marriage and never even considered divorce an option. At the same time, a part of me is relieved in a way. It's been so exhausting to constantly try to "fix" myself for someone who continuously reminds me that I'm not enough, to walk on egg shells all the time, to be constantly ridiculed by the person i love most, and I'm just... I'm so tired.

I would love any and all advice or hope that you want to share. I know this doesn't entirely fit the theme of the subreddit but I feel like you all are some of the only people who will truly understand... most have a "screw them" mentality, and I never have. I've utilized so many teachings in this community trying to improve things. I may have failed at saving my marriage but I hope I can still use those teachings for myself...

I'd just love some hope. I feel so broken right now.

Context... I'm 27. We're going to be living together for the next few months while I find other arrangements. No kids (thank god). I'm not currently working but I'm looking/applying. I have a *lot* of healing to do, because this relationship has left me with a lot of trauma to unpack...

Thank you for any words of wisdom and just for reading this far. 🙏

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UPVOTES

My husband keeps swearing at me

mujercatolica · 26 August 2022 · Archived copy · Reddit

We keep clashing. It's been especially bad for the last 17 months, ever since we had our baby.

Tonight he told me I was "talking a bunch of shit".

In the last few weeks he has told me "stop being such a bitch", "stop being such a bastard", told me I am "bitching" and yelled "fuck's sake" and banged his chest when he was frustrated.

I told him I will not be sworn at nor have my baby raised in a house where his dad swears at his mum but my husband plays dumb and says he doesn't know what swearing is, that it's a made up concept, and if the words bother me that is my problem.

I am feeling very alone and like he doesn't care about my feelings.

He refused - refused - to apologise for saying I was talking shit tonight. I told him it hurts my feelings and he said that I don't understand the language, I am too fragile and that I seem mentally unwell.

I do feel mentally unwell because I want to be in a relationship where I am not sworn at, where I am loved, cherished and treated kindly.

90% of the time my husband is great - he works his tail off for us, is always doing things around the house etc. But the other 10% is so painful I don't know if I can - or should - bear it.

We tried marital counselling but I found that even more harmful because the counsellor took his side, was very invalidating towards me which triggered me to no end in sessions, making me seem like the crazy one and him like the cool, calm innocent victim. No matter what the issue was the therapist turned it round to me. For example one time my husband was angry because I didn't clean the litter tray and he spoke to me in an unacceptable manner - and the conclusion of the therapist wasn't that he needs to control his temper but to have me apologise for not cleaning the litter tray!! And another time I said I am exhausted because I have not ever had a chance to sleep in since we had the baby, whereas my husband said that he is very tired and we make too much noise and wake him up, and our therapist asked me if I could be more quiet in the mornings for him so he could sleep in! (Twice he has gotten up first to help with the baby - twice - in all 17 months). That was our last session as I just wanted to throw the computer out the window.

And numerous other examples where him speaking to me badly is *my* fault.

I'm at my wits end.

We have a 17 month old baby together. We have been together since I was 18 (I'm now 37). His behaviour has always rang alarm bells, some of my friends thought he was kind of an asshole, but I ignored them because I had terrible self esteem and trauma in my past. Now I am recognising that this is not the way I want to live, nor the way I want to be loved. Love shouldn't hurt this much.

I want it to work out, I just don't know if it can. I don't want to rip my family apart, but in the meantime I don't want my self esteem to be ripped to shreds either.

Advice - help?

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UPVOTES

Sex and marriage discussion

anothergoodbook · 18 March 2021 · Archived copy · Reddit

I'd love to hear your thoughts on this topic.

I was venting about the difference between advice given to women and men in the Christian community regarding sex. I was on a fairly "blue pill" Facebook group. Some responses surprised me and I wanted to run it past you here.

Okay background (essentially my venting on Facebook was this): growing up and when I was a newly wed all the messaging was that men want sex. All. The. Time. So it's our wifely duty to supply that. I even went to a woman's conference where I was told I needed to "do it for England" and close my eyes and pray if I wasn't into it. My husband did NOT like that advice as he hoped I would enjoy it also. But every time I turned around it was

- "women don't want sex and that's all men want".
- men are visual so they will stray if you aren't aesthetically pleasing
- you just need to put up with sex for the sake of your husband
- the way you show love to your husband is sex (and food)

Now that I've been married for so long and things have shifted (I want sex more) there are very little resources in the Christian community. I feel like being a Christian woman who wants sex is an anomaly. I'm "supposed" to be fighting off my Uber horny husband all the time. Now that I've posted in that FB group I see it's actually a large amount of women in this position.

So - to get to my point (which isn't asking for advice). BUT many women had the mind set "you don't ever have to have sex if you don't want to". And essentially it isn't one spouses job to provide that for the other spouse if they just don't want to.

That surprised me because I feel like BOTH are on the extreme end of the spectrum. I believe there's a middle ground. I think in vowing monogamy to someone there's an implicit agreement that you'll provide *some* sexual satisfaction for your spouse.

I am curious to see a more red pill (I suppose conservative/traditional?) take on this topic.

The question boils down to - how much responsibility does one spouse have to the other in regards to meeting sexual needs?

again this is really about advice - I would just love to have the conversation about the generalities of this topic :)

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UPVOTES

Any other Fascinating Womanhood wives out there?

homekeepingheart · 11 May 2022 · Archived copy · Reddit

Just that really - any ladies that follow FW in their life & relationship?

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UPVOTES

Stay at home wives, what do you wear in winter that is comfortable yet feminine?

Easywintergardening · 21 December 2023 · Archived copy · Reddit

I am at a loss. We moved somewhere really cold this year and I'm having trouble dressing like I used to enjoy. Because it's cold all I want to wear is yoga pants and sweatshirts around the house. I'm not against pants but I really need to switch it up some because I have been feeling terrible about my style lately

So what are y'all wearing that is both comfortable, attractive, feminine, and warm? Especially if you can recommend me some links to dresses etcs I know a good combo is a maxi dress+ sweater but I'm having trouble finding any ones I like online. 🙄

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UPVOTES

Happy 4th of July Fellow American Ladies!!

GratefulWifeandMama · 4 July 2018 · Archived copy · Reddit

Happy 4th of July! May your day be filled with friends, family and good food. May the libations flow, the love surround you and the fireworks be awesome!!

I am spending the morning shopping, baking, prepping and the afternoon hanging out, swimming, BBQ'ing and hopefully dancing because I am going to commandeer the speakers with my super special USA themed playlist and I like to exercise my rights ;)

What are ya'll up to?

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UPVOTES

Resources for being a more efficient homemaker

Fillmeupagainplease · 19 January 2018 · Archived copy · Reddit

My husband and I are newly married. I am currently staying at home after graduating college. Luckily we are frugal and make enough money for this to be possible.

We are HORRIBLE SLOBS. I do not want to be this way anymore. If I leave a mess or of my husband leaves a mess. It will sit for months. MONTHS. So I am taking this time to work on myself. Little by little, I have been chipping away at the grime and whatnot. It has been A LOT better for both of us now that I have assumed a support role.

However, I am a novice when it comes to cleaning or running a household. I feel like I don't have any real understanding of anything outside of the basics. Although, I love to cook, bake, and am very handy and with DIY and repairs.

So I am looking for advice, books, podcasts, YouTube channels, or blogs that will help me be a better homemaker.

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UPVOTES

Masculine Expressions Of Love

Camille11325 · 2 October 2017 · Archived copy · Reddit

There are a variety of ways to express and receive love, and when we are more aware of what to look for, we can be receptive and allow our relationship to grow stronger. Many of us are familiar with the 5 Love Languages (gifts, physical touch, quality time, words of affirmation, acts of service) so I wanted to focus on the "love languages" not covered by that list. Is it just me or does the list seem better suited to how women express and want to receive love? Men definitely engage in all 5 of these activities but I feel like there are other areas not covered by those categories.

For example: protection. Men protect what they love. In a romantic relationship this can be as literal as defending the home from a robbery, or as subtle as requesting that you wear something less revealing to the event you're going to without him. Keeping you safe from physical and intangible danger is a major source of motivation for most men that is inseparable from their love for you.

Another category: teasing. A lot of couples engage in teasing from time to time as a way to flirt, but there are some men who take it to another level and I think it's something close to a love language for them. Would love to hear your thoughts if your man is a teaser!

With these two examples in mind, I was hoping we could have a discussion about other masculine ways of expressing love, even if it isn't "big" enough to be it's own "language". Feel free to share stories from your relationship or reference other things that you've read in the past.

It is so important that we understand this difference between men and women. If we have a clearer picture of how our men are expressing their love, we can make sure they know that they are understood and accepted.

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UPVOTES

Wives, Honor Your Husband's Preferences

jack_hammarred · 26 September 2017 · Archived copy · Reddit

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UPVOTES

How Did I Become the Last Single Person in My Friend Group?

tintedlipbalm · 2 August 2017 · Archived copy · Reddit

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UPVOTES

Quick Update: It's about the marriage, not the wedding.

whistling_dixie · 7 July 2017 · Archived copy · Reddit

Hi everyone! I know I haven't been active like, at all, for a few months now - I am planning to ease myself back in here soon, once our old house sells and I can breathe a little more easily!

As you may or may not have seen in my comment from last night, B and I eloped on 4th of July. :) A lot of people around us have asked why we would go that route when we could easily throw a huge soiree with tons of guests.

First and foremost, that's not us. At all. We're both introverted people, and while we always end up with a new friend or four when we go out together, it's a lot nicer and preferable when it's just the two of us. Also, we have big families, and there would inevitably be some sort of petty grouching from at least one of them over not liking one thing or another.

Second, money. There are sensible things in the world to spend money on, and a one night party doesn't seem like one of them to us. Some weddings these days **cost as much as a brand new car**. We're also the kind of people who won't buy brand new cars, if that tells you anything.

Third, it's about us. That's it, just us. We have enough stuff, so gifts weren't important. Our focus was on each other.

So, here's a cost breakdown:

- Marriage license - \$35
- Officiant - free! A friend of a friend lends his services wherever as he just enjoys marrying people. We did buy him a beer afterward though.
- Photographer - free! One of our witnesses, the husband of one of my great friends, is a hobbyist who does a great job and offered his services. We also bought him and my friend beers afterward.
- Location - free! We got married under the clock tower next to the river in our town. No reservation or fee required, and the backdrop was beautiful.
- Rings - \$86 altogether. I have a plain white gold band that matches my engagement ring perfectly, and he got a tungsten band with an inlay that looks like meteorite.

As for what I wore:

- Dress \$4.47 - A pretty white sundress that went down to my knees from the Old Navy clearance rack last year. I planned to wear it for paging for the DAR, but decided it was not appropriate for that.
- Navy cardigan - already in my closet.
- Red suede flats \$13.99 - from Amazon.
- White headband \$0.99 - from Amazon.
- Flowers - I made my own bouquet with \$24 of red and blue fake calla lilies and ribbon I already had (2" white grosgrain and 1/2" red, white, and blue striped grosgrain)

All in all, \$140.45 for everything (excluding the beers we bought, I didn't get to see the check so I can't weigh in there). Also, that evening we went to a baseball game with all-inclusive tickets for \$28 a pop, so I guess you can include that. Then we came home and had a lovely evening together. :)

So, that's our wedding! I wouldn't have had it any other way (except maybe slightly less hot because it was HOT and my hair did not fare well!). Anyway, I'll be around here again more often!

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UPVOTES

How to Respect an Imperfect Husband - Shaunti Feldhahn

[deleted] · 6 June 2017 · Archived copy · Reddit

Source

Dear Shaunti,

I really struggle with the whole ‘respect your husband’ thing you talk about in your book *For Women Only*. How do I do that? My husband has a huge amount of pride and is unable to accept any criticism or failure on his part; he always throws mistakes back on me. I can’t help but see him as irresponsible and prideful at times. I know that I have delivered some harsh criticism to him over the 14 years of our marriage, which probably contributes to the defensiveness, but I’ve gotten better over the last few years. He is a faithful husband and very loving father, but there are so many times that he seems to place a higher value on our two daughters than on our marriage. He loves to be their hero to a fault, so that his relationship with them seems to be a codependent one. I can’t seem to change the way I think about him. And I’m tired of feeling like he values our daughters more than me.

-Second Fiddle

Dear Second Fiddle,

Nobody wants to be the second fiddle when they are truly a first string or solo quality. But I hate to be blunt: in most cases, second fiddles have earned their spot.

Sure, he probably has big issues to address as well – but the only person you can change is you. And I think you have already recognized the actual source of your problem: 14 years of harsh criticism of him as “irresponsible” and “prideful.” You also need to know that what you have misperceived in your husband as “pride” is actually a deep insecurity. An insecurity and self-doubt that you, my friend, have inflamed to the point of pain.

All of us – men and women – have a tendency to become defensive as a way to protect ourselves when we are criticized. But since a man’s primary emotional need is respect, please understand that for your husband, criticism isn’t just frustrating – it feels like a vicious attack on his most vulnerable emotion: his fear that you see him as inadequate.

When a man’s emotional backbone has been whipped raw by repeated critical comments and “brutal honesty,” his insecurities are so inflamed and painful that he can become super-sensitive and agitated at even the slightest suggestion that he has done something wrong, hence the inability to accept responsibility for mistakes or to admit error. It isn’t right or mature, certainly – but it sure is understandable.

From my thousands of interviews with men, I know that a man longs to be a hero to his wife, first and foremost. But when he feels that he just can never measure up in her eyes – that she will always see him as second (or tenth) fiddle — he will seek that affirmation elsewhere.

You say he is a faithful husband, so it sounds like he thankfully hasn’t sought solace from a woman who does think he is amazing. Instead, he’s gravitating toward affirmation from your daughters. Indeed there may be a codependent relationship with them, but I hope you can understand why it could have developed.

How do you get past this, and to a place where you do respect him?

I often suggest the 30-Day Kindness Challenge to women in your situation. First, for the next 30 days don’t say anything negative about your husband... either to him or about him to someone else. Not your mom, not your best girlfriend, no one.

Let me repeat that, so you really ‘get it’: Say nothing negative about him.

At all.

And second, every day for the next 30 days, find one thing positive that he has done that you can praise or thank

him for, and tell him, and tell at least one other person.

Third, do one small act of kindness or generosity for him daily.

The beauty of our psychological wiring is that our feelings follow our words and actions, and so the more you focus on what you are dissatisfied with, the more dissatisfied you will be. But the more you focus on the positive, the more you will see and be struck by the truly wonderful things about your husband. The more you will, in fact, respect him!

This may not be easy for you — there's a reason I call this a "challenge." But in the end this sort of process is one of the only ways to change what you think and do.

I hope in the end, that after the 30 days you will find it so much easier to return to a true partnership where there is a give and take. Where you can see and affirm the positive, and recognize that some of the negative is simply a difference of opinion – and that some criticism can be communicated with grace or simply not mentioned at all. Remember that thirty days of 'reform' is not going to eradicate 14 years of criticism, so have realistic expectations. Even after the 30 days are over, you might have to be ultra-careful how you communicate criticism for the foreseeable future.

But hopefully, some major changes won't take too long. Because as you continue to focus mostly on the positive, and thus make sure your husband knows that he is your hero – I'll bet you'll quickly be promoted from second fiddle to first string.

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UPVOTES

So, you want maternity leave without kids? OK. Here's how that should go. (Response to the article /u/Zombies_InTheSnow posted yesterday)

Irisandoleander · 10 May 2017 · Archived copy · Reddit

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For the RPW's summer drinking needs. Boozy Sparkling Water!

Irisandoleander · 10 April 2017 · Archived copy · Reddit

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Inspirational Quotes About Love And Relationships!

Camille11325 · 13 March 2017 · Archived copy · Reddit

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UPVOTES

Why I'm Against Female Conscription - Now With Iris's Commentary

Irisandoleander · 17 February 2017 · Archived copy · Reddit

Why I'm Against Female Conscription

Saw this article and just had to provide my responses - You can click the link at the end or not (cause who wants to give her clicks) but it's all here in quotes:

Parents of daughters: listen up. There's something going on in our Congress right now that you probably want to know about, but might not have. Perhaps with all of the other major events we've been hit with recently this has slipped under the radar. But this is a doozie.

Today, the Senate voted to approve a bill that would require all young women to register for the draft when they turn eighteen. Female conscription. Did you know that was even up for a vote? I didn't. But when I read the news tonight, I found my hands shaking.

Perhaps you should pay attention to the news lady - this has actually been getting pretty good traction since even the debates were going on last year for the POTUS. But whatever - let's see what you think of it.

Right now, these lawmakers are deciding the future of my little girls, who are two and eight years old. Reading the senators' callous quotes about fair is fair and don't women want equality, my blood started boiling.

Well you dont -- and you'll even explain below why you don't want equality

Parents of boys: This is not to say that I think your sons should be drafted. This is a post about lawmakers picking and choosing when they want women to "be equal." We aren't treated equally in the workplace, but we should be equal during war? They can't have it both ways.

Um - Actually! You are LEGALLY treated equally in the workplace. If you aren't you have an awesome case to sue your employer. And you SHOULD sue your employer if you are not legally treated equally. Cause - that's the law. You just can't legislate how people socially treat you, and you never will. Sorry about that hun. People's feelz can't be legislated.

So here is my letter to the Senators who have decided what is "best" and "fair" for our daughters, and are using the call for women's equality to their advantage.

Dear Senate: Here's Why I Say NO to Female Conscription My princess is not a soldier.

Your..... Princess.... brb giggling. (deep breath) okay - now please tell me how your Princess is equal but this isn't about equality.

Look, I'm all about gender equality - I am a woman after all. But let's be real: we don't have gender equality yet in the United States.

Source, please. We have all the same legal rights as a man - we do! LEGALLY we are the same. Can someone please PLEASE name one legal right a man has that a woman does not. You can't?? YAY! Feminism, mission accomplished!!

This is a society where statistically, females are paid significantly less than males for the same jobs.

Again, if a female is paid significantly less than a male PLEASE sue your employer and cite The Equal Pay Act of 1963. Cause that's ILLEGAL to do to a female.

This is a society where it is nearly impossible for a woman to properly raise a newborn and keep her job.

First off, unless you work for a company of less than 50 people you are ENTITLED to the FMLA which means you can leave for 12 weeks in a span of 52 weeks to focus on family. Your job is guaranteed! During that time they may not pay you (because you're not working) but they can't fire you, and they can't reorg so your job is magically gone when you come back, either)

Second, raising a newborn is a FULL TIME JOB! Newborns aren't really ready to human quite yet. Some even call it a fourth trimester. So you have a choice -- I thought feminists were about the right to choose? You have every right to CHOOSE to raise a newborn, drop it at daycare, or not even have one. Hell, you can abort for the law lets you.

This is a society that teaches our little girls that the most fabulous thing a woman can be in life is a princess.

Actually, you were the one that calls her a princess, maybe you should stop doing that if you don't want her to think that's all she should be. I can hand you a mirror if you need one.

So, let me get this straight. We condition our little girls to be princesses...and then potentially force them to go fight at war?

YOU conditioned your daughter to be a princess.... again, do you need a mirror?

I hate the idea of anyone sending their child off to war. Like just about everyone in this country, I have family members and friends who served multiple overseas tours of duty and I know that it was torture for their parents. I don't think any parent deserves that.

So why do you never mention that perhaps we should just lose conscription overall? Or are you cool with boys still having it. Because you've made no case about removing the draft from something MEN are required to do at 18. Additionally what about trans, or non-binary folks? Like, the people that somehow aren't men or women? Should they be drafted?

I'm also not saying that women shouldn't be allowed to serve on the front lines, should they want to and are physically able to do so. But how can we force women to be fighters, when their society has told them for their whole lives that they are meant to do just the opposite?

Let's be real when was the last time anyone was drafted -- and when men were drafted they still had to be physically FIT to go to the front line so whatever - if they aren't they don't go to the front line. This point is stupid. Also, YOU are the one telling your child she can't be physically fit.

And honestly, there are some cases where men and women aren't equal...and that's ok. Men can't birth babies. Women should be guaranteed maternity leave that isn't a joke.

WAIT?!?! What?! We're not equal -- Mind, fucking, BLOWN!!!! Are you telling me your princess should just hang out at home and birth babies because men can't? How sexist are you?

But again, that is instance where the argument for women's equality has been used in a way that is not actually beneficial to women.

Women's equality should only be used to benefit women? When it doesn't benefit us then soccer mom doesn't want it.

Continuing on the subject of inequality, there's the physical aspect of it, which we can only do so much to change even if we wanted to. There's no getting around the fact that as a whole, males have more muscle mass and more testosterone, which translates to greater strength. It doesn't matter how hard I lift weights or how much protein I chug, I'll never be bigger or stronger than my husband.

No shit soccer mom! Men, and Women are different!!! YAY! You're kinda getting it

I do want to say that I've known some pretty badass girls over the years that could probably give many male soldiers a run for their money. My incredible roommate during my stay in Mexico fought off a male attacker when we were mugged in the street. But realistically, that's not what our culture trains girls to do.

STOP SAYING OUR CULTURE! You're the one perpetuating this Princess attitude -- Women are SHOVED into STEM, into "boy" things at such a young age cause we must promote EQUALITY!

My oldest daughter is the most petite girl in her class every year. She's sensitive and terrified at the sight of even the smallest speck of blood (mosquito bites can be cause for a meltdown). She lives and breathes all things princess. How can you tell me that this little girl should be shipped out to battle with hardened soldiers?

Well maybe you should toughen your little "princess" up - do you think that maybe she lives and breaths princess because you shoved it down her throat from the first time she could hold her head up and watch a Disney movie?

Senators: imagine your little princess struggling under the average foot soldier's load of 87 to 127 pounds (which might be more than her own body weight). Can you imagine that? I can't. I don't want to.

Note - according to soccer mom women will never be able to lift their own body weight.... nope, just not physically possible, no matter how much protein you drink and plates you deadlift.

Perhaps it won't be an issue, regardless of what happens when this bill and Congress' military bill (which does NOT include a provision for the female conscription) go before a special House committee. We can only pray that our country never has the reason to re-instate the draft.

But if they do are you cool with MEN being drafted? Because again - you've said nothing to that topic. Heaven forbid we have all 18yos in the country register regardless of anatomy or feelz because that's the legally equal thing to do. Remember according to Soccer Mom - equality should only be used when it actually benefits women.

But is that a chance we want to take?

Meh, I guess I'm willing - when was the last time we had the draft.

I tell my girls that they can be anything they want to be when they grow up, and I truly mean that. If they want to be a soldier, then this mom will toughen up and deal with it. However, my daughters have wholeheartedly embraced all the pink and princesses and rainbows and butterflies and all of the other "girlie stuff" that has been marketed to them since before they were old enough to even tell us what they like. So I don't see that happening.

You tell your daughters they are princesses! YOU called them that! You just wrote a whole piece about how your princesses should never be soldiers.

You can't tell our little girls that they are princesses, and expect them to grow into soldiers.

No one is calling your stupid kid a princess except you!

You pretend you're promoting "women's equality," when all you're really doing is promoting your own agenda.

Isn't that exactly what feminism does?! I'm laughing so hard I had to stop and cough.

I'm with her meme

Happy Friday Loves!!!

[thesoccermomblog](#)

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UPVOTES

What little things do you do to show love to your SO?

FlowerFluff · 10 February 2017 · Archived copy · Reddit

While everyday should be like Valentine's Day in how we treat that special someone in our lives, this time of year always has me extra motivated to learn more creative ways to show my love to my SO and put a smile on his face and make his day a little bit better.

Lately, I have been giving him a quick massage before bed to help him relax after a long day, as well as, help him with not so fun things like paperwork (yay tax season) so he can use his spare time for one of his hobbies. In the past, I've given him old fashioned mix tapes and have written letters to him when he was away. Nothing too fancy here, just little things.

What little things do you do? Do you focus on tried and true ways to show love and appreciation for him? Or do you mix it up?

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UPVOTES

RPW HAS REACHED 1700+ SUBSCRIBERS!!!! NEW MEMBERS AND LURKERS INTRODUCE YOURSELF :D

RPWives · 16 December 2016 · Archived copy · Reddit

We've reached another milestone as a community! Ladies who have recently joined us (and lurkers!) please introduce yourselves and let us know how you found RPW! Women who are active, please make everyone feel welcome :)

PSA: There is a [new wiki section](#) designed to easily introduce women to RPW. Check it out if you need to brush up on the basics - there's a FAQ, a collection of posts written by our own members, and more! Also don't forget: if you have any questions about RPW you can always submit an "Ask RPW" post or [stop by the IRC!](#)

Welcome all new subscribers! We can't wait to get to know you <3

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UPVOTES

Define the Roles and Know Your Place

Camille11325 · 27 November 2016 · Archived copy · Reddit

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UPVOTES

I'm halfway pregnant with our first and about to find out the gender!

Kittenkajira · 25 October 2016 · Archived copy · Reddit

Let's have some fun! I've been soooo excited for this ultrasound, and because we're about to move to our dream home!

Do you think it's a boy or a girl? (I'll tell you which later this week!)

Which gender would you prefer for your first child?

What are your favorite and least favorite names?

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UPVOTES

Why You Should Wear Your Wedding Dress EVERY Anniversary!

CoochQuarantine · 24 October 2016 · Archived copy · Reddit

I was recently talking to my sister about how her wedding dress is just sitting in her closet collecting dust because really, it is the most impractical dress ever. It costs upwards of \$3k. It is poofy and white. What exactly could you do with it? Well I came across [this](#) post and thought it was an interesting take. I think it makes a lot of sense. Motivation to stay the same size as when you got married. Creating fun and new experiences for you and your SO on your anniversary (**GOLF** anyone?).

Thought I'd share one womans take on what to do with the dress :D

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TradLife: More Than Just Dinner on the Table

TempestTcup · 29 June 2016 · Archived copy · Reddit

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How to be vulnerable.

marmar80 · 19 April 2016 · Archived copy · Reddit

- How old are you and how familiar are you with RPW? 35 years old and really new to RPW (6 weeks)
- What is your relationship status? Married
- What is the problem? (Don't badmouth your SO!) The problem is me and not knowing how to be vulnerable. I'm having trouble letting down my walls (high dominance). My mom wasn't and still isn't vulnerable and I don't make friends easily so I don't know what being vulnerable looks like. I realize if I knew how to be vulnerable I would most likely have more friends. My problem is displaying vulnerability outwardly.
- How have you contributed to the problem? I'm a controlling perfectionist who is very fearful. I am fearful that if I let my wall down I will appear weak. I have always had anxiety and allowing myself to not care about everything seems dangerously scary to me.
- How long has this been an issue? My whole life, so at least 30 years. I sucked my thumb for comfort until I was 6 years old. I have now replaced thumb sucking with control, anxiety and biting my fingernails.
- What have you done to resolve this problem? This is what I need help with. What are the behaviors or steps to being vulnerable?

If married or in a committed, monogamous relationship:

- How long have you been together? 9 years
- Is your relationship long-distance? No
- Do you have an active bedroom life? Better in the past 6 weeks than the last 7 years. I still need to work hard in this area.

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UPVOTES

Introduction from a Literal Alpha Widow

disposablady · 17 April 2016 · Archived copy · Reddit

I am 35 years old, and an extremely recent RPW.

Seven years ago, I married an extremely amazing man. He was passionate, powerful, handsome, self-assured, and intelligent. We loved each other a lot. We had a beautiful honeymoon year, a tiny, but love-filled and well-decorated and well-managed apartment, and a lot of dreams. We disagreed over things that, were I in that position now, I would have deferred to him without such a fuss: I wanted kids fairly early, he wanted to wait; I wanted to move to Manhattan, he was happier in Brooklyn; I was a pescatarian, he loved steak...you get the drill. But we loved each other, and were completely happy, even if we were both self-proclaimed feminists (gasp!). But we were young and in love. Nothing else seemed to matter.

Three years after our wedding, my husband was involved in a terrible car accident. The next day he died of his injuries.

It took me a long time to feel “normal” again. Times were hard—emotionally, personally, financially. I learned I was about 4 weeks pregnant but had a miscarriage, something that I perceived, with much guilt, as a sad blessing. Over time I began to heal, though, I guess you could say.

I focussed very intensely on my career. I transitioned into a more lucrative area of my consulting career, and made quite a bit of money. I began travelling, and even had enough to take six months “off” where I travelled around the US and Canada. Last year, I spent in China for my company, and am now back in the US.

I never realised how lonely I was — weird, isn't it? — but I didn't. Not till I got back. I never thought I'd want to marry, or even date again. But it snuck up on me, as things do. Maybe it was because my sister got pregnant. Maybe it was because my body realised it had exactly 43 excellent eggs left. Maybe it just wasn't "time" for me to move on. I can't say.

I've gone out with several men in the past year or so. One date I even posted on RPW for advice on, a date for which I got a chance to “practise” my new RPW-ness and it was fun while it lasted and we had a nice good night kiss before he tried to plate me. But instead of going to bed with him, which I wanted to so badly (it's been YEARS, ladies!), I said good night and wished him well and that was the end of that.

I find myself reading here very regularly. I identify so much with the ideals here. I'm embracing my femininity. I'm learning to receive, and be receptive. I read 'The Surrendered Single' twice. I feel, often, full of hope. And, though I've ignored it until recently, I have always gotten a lot of attention from men — I'm fit, attractive, upbeat, and could easily pass for several years younger than I am (I know: everyone says that, but it's true! ;) I'm caring, passionate, and a great cook. And, for the first time in 4 years, I feel REALLY ready.

That said, fairly often I read on here (or back in the old RPW sub) comments berating/deriding women in their 30s who have yet to marry. Comments are made regularly, both implicitly and explicitly, about how it's tragic to be unmarried at an age like mine, how it's likely “too late.” Sometimes things are said to the contrary, but it can be discouraging.

This is certainly not concern-trolling. Honestly, I just wanted to introduce myself, and maybe give a shout out to all the post-wall single RPW (WHAT UP LADIES! Or am I the only one?) And if you have any general advice for me, or those in my boat, feel free to send it this way. I'm happy to be here, and am very much looking forward to meeting my (new) captain, and, yes, even having babies. You may think it's too late for me. But I don't. I really don't.

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Are you really lonely, or are you just bored being by yourself? Or does one lead to the other?

stevierose345 · 10 April 2016 · Archived copy · Reddit

For most of my married life, I treasured my alone time; my time away from the kids, my husband, my relatives, and my co-workers. I missed my husband when he was gone a lot of the time due to the demands of work, but I was too busy to feel lonely. I had a few rough years when I left my job as a teacher to stay at home with my children. I was isolated from other women, because most of my friends were working and I never got out of the house (I feel great sympathy for those of you in the same boat), but I filled the void by finding projects that gave me a sense of accomplishment. I learned to refinish furniture, reupholster, sew, and continued to create art (which was my college major). I never experienced loneliness until the year I left my teaching position. When I quit my job, I was quite ready to walk away. It was taking a toll on me. What I did not anticipate was the depression that followed. That depression boiled down to this: I expected my husband to fill the void; the void that I had always dealt with before by pursuing my own interests.

When I quit my job, I was determined to be a better cook, housekeeper, and so forth, and excel at those things that I really sucked at before, (because I didn't have time, I had always told myself). I spent my days, for a time, concentrating on these goals. Not only was I miserable, my husband was miserable too. You cannot hide your unhappiness from your SO, as much as you think you can. The fact of the matter was that I still sucked at being a housekeeper (though my cooking did continue to improve) and the reason was: it did not give me a sense of satisfaction and purpose. There are many women who do find satisfaction and pride in maintaining an immaculate home and excel at it and I am jealous of you. I truly am. For me this is the golden apple I could never reach. The point I am trying to make is: Find something you are good at that brings you joy and satisfaction so your time alone is not lonely. Do not expect your SO to fill a void that you need to address yourself. I will quote the words of a wise woman who told me: "Finding joy beyond what you need from HIM is okay. Surround him with your happiness and he will be captivated by it. Be kind and reasonable but not following him around asking for his attention. Go your own way, and let him in on your whereabouts." It took me a year to realize this, but I am so much happier now. I have found new interests and new goals that work in my life and my marriage. I believe that this is what is referred to as self care.

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SHIT POST SATURDAY!

Camille11325 · 9 April 2016 · Archived copy · Reddit

Welcome to the first ever Shit Post Saturday!!!! Post any memes, funny pictures, comics, videos, tweets, and more in the comment section. Almost anything is fair game, especially if it is anti feminist, anti leftist, and anti SJW.

[Here is an example album](#), but don't feel limited! All we ask is that you refrain from anything pornographic or gory, and that you mark things NSFW as necessary.

Have fun and let's all laugh together!

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The cup incident

CoochQuarantine · 8 April 2016 · Archived copy · Reddit

Something amazing happened last night. This is going to sound crazy but it is small moments like this that make me appreciate this /r/ more and more.

Last night my SO broke my He-Man cup. He was doing dishes after having made dinner and as he put a plate on the drying rack, he knocked over my He-Man cup. It shattered into hundreds of tiny little shards of glass. Poor He-Man won't be fighting my Skeletor cup anymore. :(

He instinctively said "I'm so sorry!!!!!!!!!!!"

The guy looked like a deer in the headlights. Now I could have freaked out. That was my favorite cup after all. But it was just a cup. I told him it was ok but he said something really weird to me.

"Aren't you going to yell at me?"

Wuuuuut? It is just a cup. Why would I yell? I asked him if I ever gave him the impression that I would yell about something as stupid as a cup. He said no but that until that moment, he hadn't realized how poorly he was actually being treated in the past.

It was my turn to have the deer in headlights look. I'm having a hard time trying to articulate exactly what went through my head but it was something along the lines of *"holy shit I didn't freak out over something stupid reflexively"*. I was able to appreciate the situation for what it was. A good man spoiling the crap outta me and me remaining positive and patient about a tiny situation. I am more committed to being those things now more than ever. I felt like I won last night. I don't know why but it was such a great feeling. All thank to you ladies. So from the bottom of my heart.

THANK YOU

edit: OMG I love you guys. All these little mini stories about overcoming that little bit of eeeeeek that sneaks up on us cause.... life. Keep em comin!!

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There Can Only Be One Captain

TempestTcup · 8 April 2016 · Archived copy · Reddit

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Steaks

[deleted] · 6 April 2016 · Archived copy · Reddit

[deleted]

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April 2016 Subreddit Events

Camille11325 · 3 April 2016 · Archived copy · Reddit

Mark your calendars, every Monday there will be a post stickied for the entire sub to participate in! Take a look at what's in store this month:

- Monday, April 4th: RPW Film Club - Subscribers and moderators will select an RPW relevant movie that everyone can watch, discuss, and analyse at the end of the month.
- Monday, April 11th: Hobbies, Crafts, and Recipes Megathread - Share photos and updates of whatever you've made - projects, meals, cocktails, etc.
- Monday, April 18th: Simple Questions - Ask any question that doesn't require its own post. Subreddit rules still apply but the range of acceptable subjects is wider.
- Monday, April 25th: RPW Film Club: Discuss and analyse the film selected by the community at the start of the month.

If you have any questions or suggestions for next month's threads let us know in the comment section!

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Please Help Me Let Go of Resentment

somedayimight · 25 February 2019 · Archived copy · Reddit

I need help. My husband and I are mid 30s, been together 9 years, married 6 and a half. I'm a stay at home mom to our two children (4 years and almost 1). In general I'd say we have a great relationship but lately things have felt strained.

He's been really busy at work - staying late, working from home on the weekends. He has a big project that will hopefully be finished in a month, but in the mean time he just has less time and energy for me and the kids. I know he's working hard for us. He's a good man and a great father. He definitely deserves a break on the weekend. But I'm feeling neglected and resentful.

I often feel that the work I do as a homemaker is mostly invisible - it only gets noticed if it isn't done. And I know I tend to crave verbal affirmation. I don't know. I'm happy to take on extra parenting and household stuff while he's so busy with work (at least I thought I was) but I want more praise for doing it. And that sounds petty. He's working hard. I know he appreciated what I do. I just want him to tell me more often.

He used to come home and after kids were finally in bed he'd want to hear all about my day - my little triumphs and failures and funny things the kids did. But now he doesn't ask, or if he does, he's not really listening. I feel like lately our day to day concerns are so different that it's hard for us to relate. I genuinely cannot understand the technical stuff he works on - though I do listen when he talks about frustrations etc. And my stuff seems trivial compared to his - like, I'm trying to decide whether to have a birthday party for our daughter and how many people to invite if I do - he doesn't care either way and certainly doesn't want to discuss it with me.

I keep thinking if I just push through, it'll all be fine. But I don't like feeling so distant. And I'm sure he'll have other big projects in the future too. How can I do a better job being the loving and supportive wife I want to be while still maintaining an active connection? I feel so needy lately. Which isn't typical for me and I think it's making me act less affectionate. Like I'm pulling away because I think he is.

Thanks for any advice.

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August Relationship Challenge

jack_hammarred · 11 August 2019 · Archived copy · Reddit

Let's challenge ourselves in our relationships! Whether we are in a romantic relationship or not, let's get strategic about how to live out our feminine virtues to upbuild the ones we love ♥

This week, let's focus on doing something "less". Maybe a bad habit, a coping mechanism that we don't need anymore, or something counterproductive to our goals, that we can stop doing or do less frequently. After all, less is more ☺ Let's take this week to purge something so we will have more room for positive addition next week!

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Ladies gatherings...

GratefulWifeandMama · 16 September 2019 · Archived copy · Reddit

Recently I was invited to join a group called Rural Homemakers that meets monthly. I am really looking forward to joining in the fun. Apparently it is a potluck and at each meeting a lady teaches a skill or handiwork. The women in my husband's family also just last month decided to make a monthly meet up for all the women and kids of the extended family so we could stay connected. It will be at a different person's house each month and a potluck as well so it's not an imposition. It is very fortuitous that these women are creating these bonding opportunities I can take part in. My closest aunt, who is in her 70's, meets weekly for coffee with a group of about ten women who are all very close. I have always thought that was very special and when my children started school I tried fairly successfully to mimic them. So now every Thursday during the school year I invite my closest two "mom friends" over for coffee or champagne during the day.

Since the family gatherings and the Rural Homemakers came to me this last month, they are on the forefront of my mind as we come into autumn. I am really looking forward to some cozy days spent in the company of comfortable and challenging women from all walks of life while the rain is pouring down outside. And hosting is one of my favorite things to do so I will be sure and create lots of opportunities for that to happen so I can fulfil that desire and maintain these threads of feminine community that, as our world becomes increasingly tech based, do not necessarily come naturally.

Do you belong to any women's groups? I'm curious as to what other opportunities are available. Bunco, book clubs, church groups, DAR (usa), charities? How do you participate? Do you feel being around other women is valuable to you?

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The Wall, by Barney Stinson

fairydust91 · 21 September 2020 · Archived copy · Reddit

Okay so this is not by Barney Stinson, but it is inspired by him. I am currently watching How I Met Your Mother and think its really interesting for someone familiar with TRP.

I noticed that he'll walk up to an attractive woman and once she tells him she's 30 or older, he literally turns on his heel and leaves, without saying a single word. 🤔

I think this is super interesting. I imagine the reason for this is that she's already hit the wall in his head. But the thing is, he already found her attractive. So it's not necessarily a physical wall they've hit. So why does he not want to sleep with them (because lets face it, that's all he wanted?) despite the fact that he's clearly attracted to her?

Disclaimer: Now, I am not denying that The Wall is 99% physical. I get that and I can see it in the mirror as I wave goodbye to my 20s. However, I do think there are other tell tale signs that you've hit The Wall, that are not related to your physical appearance. This may have been covered extensively elsewhere on this sub, so please do let me know - my intention is not to reinvent the wheel here.

I think the following can indicate you've hit The Wall psychologically:

- **Jaded:** Do you automatically assume the worst of everyone? If you get approached by the likes of Barney, is your immediate reaction a horrible scowl and some angry words? I am not advocating for being a plate, but can you at least respond with warmth and a sense of humour? Or is your response automatically "ew, get away."?
- **Prude:** Are you so concerned about being a lady in the streets that your aura/vibe and general demeanour is that of a stern librarian rather than a fun - loving Goddess of Fun day in and day out? Were you "freakier" in the bedroom when you were younger!?
- **The Plan / Time line?** Are you so fixated on your Timeline and Perfect Plan for your life, that you forget to stop and smell the roses and *live* your life?
- **Responsibilities:** Are you so engrossed by Getting Shit Done that you forget to just *chill* every now and then and pamper yourself? When was the last time you took a full DAY to pamper yourself? Once a month I declare a Pamper Saturday and get my hair cut & dyed, do my nails/toes, do my brows, face mask, and will spend the whole day with a thick layer of whatever moisturiser I am using. I work out on this day. I might bake brownies on this day. I wear lingerie and have sex on this day. Obviously I do these things throughout the month as well but setting aside a selfish 'me' day once a month means that once a month I fully recharge my feminine energy and enjoy a full day of doing fun feminine things.

I think it is largely to do with your mentality as well, not just your appearance. I also think a woman hits the wall when she no longer has that trusting naivety that comes with being inexperienced with dating.

What do you think? Is The Wall purely physical? What other non-physical characteristics indicate someone has hit The Wall?

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Date night ideas for when you can't/don't want to go out!

teaandtalk · 20 September 2020 · Archived copy · Reddit

I think a lot of folks are in areas where you aren't allowed to go to a cafe or restaurant or bar yet - or if you can, you might not feel comfortable doing so! We've been under quite a restrictive lockdown for a few months, so I thought I'd share some suggestions of what we've done to keep the 'date feeling' alive - even if they were at home! Most of my suggestions involve alcohol, candles, and dressing up - all of which I think really help the magic.

- When we're in 'date mode', there are things we don't talk about. No budgeting, home maintenance discussion, no 'what will we do with mother-in-law at christmas time', no talking about the kids (from a friend's own rules). Think back to when you first dated your partner - were you talking about the plumbing that needed fixing or their rent schedule? No. Hobbies, work, media you've been consuming, all of those are good topics - but keep away from the boring, humdrum life stuff that you do day in, day out.

- Candles are magic, if you don't use them most of the time. We lit candles, put the nice linens out, and used the **My Bar** feature of this website (also an app) to give ourselves a menu of cocktails we could make at home from our existing pantry. We ended up drinking **Yellow Birds** (spoiler alert: new favourite) and giggling by candlelight then 'going home together'.

- Pack or buy a coffee (we're from the coffee capital of my country so even in the deepest lockdown, cafes were still allowed to do takeaway coffee) and sit in the garden, or a park if you're allowed to, and chat.

- Pick a gourmet recipe you've been wanting to try and go all out. For several days, I planned a gourmet grilled cheese date - following recipes from **/r/grilledcheese** and choosing a drink pairing and explaining it to my date. It was fun to try something different, but still felt special!

- Takeout! A lot of fancy places (in my area at least) are doing really amazing take-out at the moment - cheaper than it would be to go there and buy drinks. If you can, splurge on something really nice and make a date of it. Dress up, light the candles, pour the wine (easier to BYO at home!) and pay attention to each other.

- Make sure you dress up! You don't need to go all out, but being clean and smelling nice and wearing a dress/a little makeup/jewellery really helps elevate the mood and draw a line between 'date night' and 'regular life'.

What are you ladies doing to keep the ~~date vibes~~ going at home?

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Resistance to RP ideas

HappilyMrs · 16 October 2020 · Archived copy · Reddit

Does anyone else have some in-built resistance to this?

I have lurked and minorly posted in these subs a while, but I feel like I am digging my heels in against it. I see a lot of RP behaviours/feelings in myself, but I also dislike the idea that my love is not the same as my husband's, or that branch swinging is inherent to women, or really anything that lumps women into a set of stereotypes. Yet when I think of the behaviours of women I know, I see so many examples of it. I even have resistance to the idea that men and women are that different.

I know that I am most at peace when I know that he is calm and in control. I am at peace when I know my feelings will be met with comfort and I will be brought back to centred by the fact that they don't draw him into my emotional chaos. I feel these things deeply, so why is it so hard for me to accept that, at the very least, much of this stuff makes sense for me.

This is rambling and incoherent, no doubt, but I am struggling to express it.

Thanks :)

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Husband won't live by his own standards

FragrantHyd · 11 November 2020 · Archived copy · Reddit

Edit: Ladies thank you for your advice! I just wanted to clear up a few things:

1. I gave him a blow job, not hand job.
2. What I mean by doing all of the work, is literally being only in two positions where I do the work, and positions that I don't like that much anyway. They do also hurt him a bit, but he is willing to sacrifice that for his own pleasure. If my husband does not take the time to fully recover, it only prolongs how long he can't participate fully in sex. So, having sex like this will prolong how long I go without.
3. When I wrote this originally, I did not at all care if he masturbates. I was concerned with the hypocrisy. It felt like my husband was unwilling to live up to the rules he set for us, hence the title.

We also did end up having a talk about this. He essentially agreed that it was unfair of him to break the rules he set. That he didn't want me to feel like I was prohibited from masturbating. But, that we would both try to do it less often. We would ask each other for sex before we did it (which he failed to do last time. I take pride in that I do not turn my husband down when he asks for intimacy and at least give him a blow job.)

That said, I have additional concerns that I didn't voice. After last night, it seems like his habit has actually changed how pleasurable he finds sex to be. I'm not sure if I should just wait and see if this fades or bring it up.

How old are you (and how old is your partner) and how familiar are you with RPW?

I am 29, my husband is 29, and I am very familiar with RPW. The authority balance in our relationship comes very naturally.

What is your relationship status?

I have been married for six years, dated for three before that. We live together and have a very active sex life.

What is the problem? (Don't badmouth your SO!)

Weeks ago my husband caught me masturbating. We were long distance when we began, and we never discussed masturbation once we moved in together. So by "caught" I mean I thought I was acting appropriately and he did not. It was clear that it was a huge hit to his self-esteem and he was distraught. He said that he feels any masturbation takes away from the marriage. He admitted that he did sometimes, but felt guilty about it. I didn't agree with the principle, but I did agree not to masturbate. He also agreed not to masturbate.

A few weeks of not masturbating was, I thought, really good. I went out of my way to buy sexy things and create sexy scenarios. We were having a really good, mutual time. We both have high sex drives so this was like 6-8 times per week.

But then his chronic pain flared up a bit, and we took a few days of breather, just to help him recover. When we started back up, he expected me to do all of the work because he was still in some pain. That was a quick turn off, so I suggested we wait until he was fully recovered, but he didn't want to do that. I just finished him.

He was acting different during, so I asked if he had been masturbating and he admitted that he had been, a few times. I was upset at the hypocrisy, not the act itself. Now I feel like I am in this weird position where I feel entitled to know what he's doing with himself and to take it personally--even though I don't actually care if he masturbates. I actually think our sex life could suffer if I start to masturbate again, but I can't stand the idea of abstaining when he won't.

He says it's best that we should just do what we want to.

I feel neglected and manipulated. Like my needs are secondary, I am supposed to abstain, and he won't put the effort in. And I'm not sure if it's fair to feel that way.

How have you contributed to the problem?

I honestly don't know. I feel like I did everything I could. I guess that's why I am reaching out for help.

How long has this been an issue?

Weeks.

What have you done to resolve this problem?

I feel like I have really put in an effort to see things his way, and act as we agreed to. I put in the effort to make our sex life more exciting, and the effort to control myself.

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Same argument about sex on repeat

round_is_funny · 5 March 2020 · Archived copy · Reddit

I'm trying very hard to be a submissive wife. I've recently found my Christian faith as an adult, and that had helped me be a better wife and mother. However my husband is agnostic and very kinky to my mostly vanilla (but open to trying). We've been together for 10 years, married for 7. Just when I think we're on a good stride in the bedroom and I am being supportive of his kinks, something crumbles apart usually stemming from work stress, and we are having the same argument again about how he doesn't believe I try hard enough to play in a kinky way and he is unhappy and unfulfilled with me. Then I get really hurt and withdraw deep in myself because I thought I had been doing fine. Religion has made this situation even more dire because I'm starting to feel that what he asks of me is counter to what God wants me to do- for example I want more than one kid and he only wants sex for gratification. I don't want to divorce this man, but I am facing my hard limits with entertaining his kinks. So here I am desperately searching for how to live happily ever after and not feel like a slave to sex that I don't want that way. How do I do this?

TL/DR: He wants me to research in my free time how to be a dominant woman so he can be a submissive, humiliated man. I feel like this is counter to our roles and it makes me sick in my core as a new Christian.

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Femininity: Quaranclean edition

hobbithomemaker · 8 April 2020 · Archived copy · Reddit

I recently got to the chapter in Fascinating Womanhood about letting men do manly stuff around the house as a means to show your femininity. My husband and I have been home together for a month, and as I was doing my usual upstairs cleaning, I thought of an opportunity. I am 36 weeks pregnant and lifting the litter box to sweep under it is difficult - not completely impossible but uncomfortable (don't worry, my husband does change the litter box which is a no no for pregnant women but I've never thought to ask him to set it outside the bathroom so I can sweep under it). Then the lightbulb went off that this is one of those sweet, perfect moments to ask my manly man husband to help me with something. In fact, when he came upstairs to move it for me he said, "hello! Your strong manly husband is here!" Definitely be thinking of ways when you go about housework that you can capitlize on your husband's manly qualities. Lifting something heavy, reaching for something high, something that needs to be fixed (I find men who are reluctant to do projects are willing to start small and you can shower them with adoration - he may find it's so rewarding that he starts finding other projects. My husband is now refinishing a table we've needed to have refinished for YEARS). Always follow up with adoration and doting. If you have a husband who tends to be thoughtless or wrapped up in his own universe, now is the PERFECT time to work on "training" him to set his adoring gaze on you. It will make both of you very happy!

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How to rekindle the sexual energy

Hippo2rippo · 29 June 2020 · Archived copy · Reddit

Hello.. I'm 29 . Me and my husband have been married for 7 years now and we have a 9 months old baby boy. My husband was my child hood sweetheart. We have known each other since we were babies coz we used to be neighbors and went to the same school. We had a great bond of attraction, and a huge passion for each other before our marriage. He s still very passionate towards Me just like the old days. Never stops expressing his love and lust . But I started losing the passion and the sexual energy slowly and I have a feeling I'm taking him for granted. I wanna go back to how I used to feel about him back then. I have become a boring and non adventurous person and life got too monotonous. How do I rekindle the passion and build back the sexual tension we used to have during the earlier times of a relationship?

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Hi! I'm a 22 year old female that has never really dated. How can I know what I want in a man?

Cricketymik · 13 May 2021 · Archived copy · Reddit

I'm a total rookie! Never even kissed a guy.

I would really appreciate some advice on what I should be focusing on, how to figure out what sort of partner I want, etc.

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UPVOTES

Own Your Stuff

Lightandlush · 12 May 2021 · Archived copy · Reddit

Hi ladies, has Red Pill Wives considered doing a weekly check in, where users can comment about their successes and failures of the last week, and list goals for the next week? (Like own your sh*t in married red pill). I saw Red Pill Women is starting to do that, but personally I would feel much more comfortable on this women-moderated forum with women desiring specifically to improve or enter a long term relationship. I might be a nice way to increase user interaction, get to know each other, and receive ongoing perspective and advice about different areas of our lives. Also, a great opportunity for self-reflecting!

We could even include categories (maybe health/ beauty/ kids if applicable/ relationship/ social/ work if applicable/ homemaking/ hobbies). And individuals could include different categories more applicable to their lives.

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UPVOTES

Husband with a temper

Time-Astronomer-145 · 28 March 2021 · Archived copy · Reddit

My husband is a faithful provider and we are so thankful for him. He earns a lot with a full time job and a side business and provides everything we need for us and our two children.

However lately, he has been taking on more and more clients with his side business, and working long hours. This week, me and the kids ate dinner alone, I bathed them alone, and went to bed alone every night. Both yesterday and today (Sunday) he has been working all day today too. We never see him.

As you can imagine, he is stressed. He yells a lot. Loudly and angrily, at me and the kids (age 1 and 3). My mom has told me he is emotionally abusive toward us, but I think he is just stressed. I cannot for the life of me get him to take a day off to rest. He feels he cannot leave his work because he's "building up his career." And his parents (my in laws) encourage it because his dad basically did the same (however, his dad has told him to take his vacation time because he regrets not doing it more to see his family ☹️). I'm worried we are going to end up like his parents - sad, lonely, in a big mansion. He also drinks alcohol (in my opinion, more than he should).

We don't spend a lot — I have been working hard to spend as little as possible - I stick to a grocery budget, we buy used clothing for me and the kids, we don't go on any vacations, me and the kids do free activities during the week, I do free workout videos at home, I have no debt, etc. All of this in spite of him being a six figure earner and we can definitely afford more. Also, he does not want me to return to work — he says he wants me home with the kids and the fact that I take care of the kids and home reduces his stress.

How can I convey to my husband that I want him to be rested and relaxed, to take time off to be with us, that we don't need the extra money if it's at this expense? I'm worried about him and want my husband back.

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UPVOTES

In as few sentences as possible, describe the absolute best red pill wife ever.

JoyfullMommy006 · 16 March 2021 · Archived copy · Reddit

I'm wondering if it's primarily doing a great job at domestic duties or if it's largely based on your individual husband's needs or his own definition.

We've been married 17 years, 6 children and I've stayed at home since our first (my second) was born, homeschooled all of them since 2004.

The kids are getting older and I'm having a harder and harder time knowing what my purpose is as they shift into more independent almost-adults. And I'm finding less and less satisfaction in doing those domestic chores. I know the kids could/should be doing some of them but getting the kids to do chores has been a struggle and I think that's part of problem - by me doing the chores I've assigned to them, I feel like I'm failing as a parent. Serving my husband is a large part of my purpose but the part of the day when he's at work is where I'm struggling.

But, if the domestic duties are the main goal of being the best red pill wife for my husband, then I need to shift my perspective on doing them and get back to doing them well.

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UPVOTES

Sex on command

HappilyMrs · 18 July 2021 · Archived copy · Reddit

I saw something on MRP, a comment that "Nobody gets BJs on command". So I thought I would ask here. Is that the case in your house, that sex of any variety is on command? Is this even practical for many? Is it just a case of being clever about it? Do you think it's problematic to have such a set up where one partner commands/asks and the other immediately obliges?

I know we rarely talk about sex here, but I think the balance of power and how this plays out in all aspects of a relationship is interesting.

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UPVOTES

Help me be a better wife

mujercatolica · 19 August 2021 · Archived copy · Reddit

I feel like I'm waking up from a nightmare - my life prior to this awakening was full of angry liberal wokeism, I even thought I was non-binary for a while and shaved my head, got a bunch of tattoos, etc. My husband has stuck with me throughout, though of course he found it very difficult and confusing. Recently I've gone back to the Catholic Church and have been receiving spiritual direction which is helping me discern my true path - and it's taking me the complete opposite of where I was. I feel like I was seeing the world inside out and upside down - now everything is different

I want to be a good wife, feminine, loving, and worthy of my husband, who has been unconditionally loving. We have recently had a baby and lately I find myself feeling so overwhelmed and so I end up moaning, a LOT. I want to do better but I just keep snapping. And of course when I do that it pushes my husband away and he gets distant, which hurts me even more. We've been talking about getting married again in the Catholic Church (our original wedding was not religious) and I really want to sort these issues out first so that we have a happy life together. I have a long road ahead of me, with years of tattoo removal to start once I finish breastfeeding, years of hair growing (currently a short bob, still recovering from buzz cut last summer) and also years of angry entitled habits to break. I want to feel feminine and beautiful again, and am so depressed about my tattoos. I don't like the person I've become and want to do better.

Any motivation or words of advice for the road ahead? I had a wobble last night, and am treating it as a wake up up to get back on track.

Tl:dr I've made a mess of myself, my husband has stuck with me but is wary of me. Help motivate me do better.

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UPVOTES

Working on showing more respect is really starting to work.

CheeseMonger96 · 6 September 2021 · Archived copy · Reddit

Background: 35 F soon to be married to a gorgeous and wonderful 33M. Both highly educated, work fulltime, no kids yet. Recovering control freak with anxiety but working on it.

I have been listening to the empowered wife podcast and trying to put things into practise. I am by no means perfect and still struggle to hold my tongue and let him lead. So I am using a lot of 'whatever you think', 'I hear you' and I am apologising if I have been unpleasant or disrespectful. A few days ago, we were talking and I said I like to get his opinion on things, and he said, 'yeah but you're the smart one'. And I looked at him and said: 'Me being smart doesn't make you stupid, I think you're incredibly smart, and I respect you and trust you more than anyone in the world. You're strong and kind and you amaze me.'

.. a few days on, he's said that he'd like to learn how to dance for our first dance at our wedding! (which really is not something I asked for because it's so far out of his comfort zone, but I am thrilled because I was hoping he'd want to dance with me but didn't want to make him do anything he didn't want to do) and the bedroom has seen a lot of action... I didn't expect anything like this. I feel so lucky for my man having picked me. He seems so happy lately, I just love to see him smile. Laura Doyle is a genius. I'm not saying anything I don't feel, but I am expressing myself differently and learning to control my impulses. Which is easier said than done, but it's a process.

Edited for minor error and punctuation.

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UPVOTES

Self-reflection [From r/trippinthroughtime]

jack_hammarred · 30 October 2017 · Archived copy · Reddit

<https://www.reddit.com/r/trippinthroughtime/comments/79h9bc/selfreflection/?st=J9EABMS9&sh=df2f4573><https://www.reddit.com/r/trippinthroughtime/comments/79h9bc/selfreflection/?st=J9EABMS9&sh=df2f4573>

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UPVOTES

How to stay motivated as a sahm?

giraffio · 18 February 2022 · Archived copy · Reddit

As I type this, my home is a huge mess (it was perfect yesterday), i look terrible and so do my toddlers.

It wasnt always this way, in the beginning of my marriage i was always motivated, driven to make today better than yesterday, had so many ideas, and loved being a sahm. But for some reason, Ive lost all motivation. I WANT my family to be peaceful amd joyful and I love a clean home. But i just feel too burnt out and bored of doing the same routine everyday just to see it all crumble. I want my kids to have a good routine and have more quality time, but at the same time i feel like i have zero motivation for it. Is there anyone who has ever felt this way before? I miss feeling so excited for my day.

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UPVOTES

It's quiet in here - Part 2

blushingoleander · 22 July 2022 · Archived copy · Reddit

So I finally sat down at my computer. Wait scratch that, I finally have a computer to sit down at.

I finally sat down and reviewed the discussion that we had a few weeks ago. I've scheduled a handful of weekly posts (I had to turn on new Reddit to do it. The things I do for you :-P)

Here are a few things coming your way:

- The Good Wife Weekly Challenge and Follow Up - where the community can suggest "challenges" for everyone to do throughout the week to make their relationships better. Challenge choices will come on Friday and follow up on Monday to report back how it went.
- Shit Post Saturdays - bringing back an oldie but goodie. This is an anything goes sort of day. Posts can be less formal, memes, shower thoughts whatever you like. These can go in the thread or make your own posts. Every week a reminder post will pop up to let you know.
- The Cute Kid Report - for discussing parenting, motherhood and pregnancy (Tuesdays)
- Casual Questions - for questions that aren't relationship defining and may not require an entire post on their own (Wednesdays)
- Fighting Words - Anti-Feminism, Christianity and Conservative Politics. This one is a space for those topics that can be difficult to discuss anywhere else. It's not RPW specific but is open to the groups of women that overwhelmingly tend to frequent the subs. (Thursdays)

In addition, link posting and image posting are turned on. This sub is not limited to text only and you are welcome to post topical outside content. The only thing I ask (a personal preference) is that you don't cross post with other subs. RPWives has always left space for science, homemaking, self care, and humor along with the standards of RPW such as theory and girl game.

All this is on a test run, we have so much room here to develop a community that we want to see. I am always open to feedback and suggestions.

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UPVOTES

Baby in bed, no intimacy

MrsBobber · 5 September 2020 · Archived copy · Reddit

RPW POST

I am 29, husband is 30, married 4 years. I've perused the sub quite a bit- I was really into an RPW marriage but have fallen off over the years. Our marriage really was the best when I went all in though. I'm trying to get back to it.

Our 13mo sleeps in bed with us, and it greatly affects our sex life. My husband is very task oriented so trying to pull him away if I get baby to sleep/play in his crib in another room doesn't work, laying baby on my side of the bed and getting it in on on his side doesn't work. He just can't get into it.

I have absolutely contributed to this by not only breastfeeding, but also prioritizing sleep and getting babe addicted to side nursing at night. I do enjoy having my baby with me in bed- but I also miss my husband and would like to get our intimacy back. The idea of connecting with him sounds great in my head , but when it comes down to it my sex drive is gone- I'm guessing because I'm nursing. Not to be too blunt, but horny is not a thing for me- ever. We have attempted sleep training, but I think my love of sleeping with baby combined with his want to follow my lead has prevented us from following through. Baby is 13mos and should be able to sleep on his own, but I honestly can't even picture it. The perfect solution to this would be that my husband is willing to go get it on when I get baby down in his crib during the day or right at bedtime, but it just doesn't seem to work? He's just not into it and I can't take another denial in all honesty.

Tbh I also wonder if he just isn't attracted to my post partum body. I'm sincerely trying to lose weight and I'm definitely active with my little outside as much as possible. I've even taken to running in place and doing crunches when I'm just watching him explore rather than sitting. We keep a large garden and we have lunch there daily while we either gather the harvest or just explore. We also have a greenhouse so it isn't seasonal. I'm trying, but until I'm done nursing no dr will touch me or whatever the issue is, so for now there's not much to do medically.

For reference I'm 5'4" and 150lbs- so about 10-15lbs overweight, but if I'm honest 125 is my sweet spot.

Help me get my intimacy back!

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UPVOTES

How to STFU

Umbrellr · 3 October 2018 · Archived copy · Reddit

I've been following RPW for awhile with very little success in implementing much. I want to be everything for my dear husband—a soft place to land and all that—but I'm quite a critical person. This is excellent at my job and less excellent with my husband, where I know objectively it is in our benefit if I overlook his tiny little human faults.

I never yell or say anything I regret, but I get frustrated with myself and him and our relationship, not because he's not wonderful but because we're two people who live together.

I also find that when I discuss the small stuff with him it's the only thing that successfully clears away my negative feelings. But while that's great and he's a deeply patient person, I feel terrible to exhaust him with my negativity.

How, how do y'all successfully get over your little mad angry feelings and not say anything to your husband? How do you not sweat the small stuff?

I want to work on myself and can't conceptualize how to practically go about it.

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UPVOTES

What Unexpected Hobbies, Activities, Foods, Beverages, Habits, etc. Do You Love Now Because You're In Love With Your Man?

jack_hammarred · 25 August 2018 · Archived copy · Reddit

Our relationships with our men become in many ways, hopefully, the cornerstone of our lives. With that comes a slew of other new pastimes, preferences, and staples of every day life we wouldn't have imagined enjoying until he brought them into the scene.

Did he awaken a love for silent movies? Is a particular recipe now a permanent part of your holiday tradition? Do you suddenly find yourself interested in attending symphonies because of him, though you'd never thought you'd like it? Tell us everything! What you do now because of him, how he introduced it to you, and how you try to consistently incorporate that in your romance calendar!

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UPVOTES

Boyfriend told me I'd make an amazing wife and mother (!!!)

LateAtNightRant · 11 February 2018 · Archived copy · Reddit

So, boyfriend and I have flirted with the thought of marriage and kids in the past. Mild teasing, at most. We're both saying "future", though, and today, I got it bluntly: He told me I'd be an amazing wife, and then, he told me I'd be an amazing mum, too. I'm so on cloud nine I can hardly believe it myself!

We're still very young, so no near future is in the talks, but some day... He's thinking the same! This is excellent! The red pill is sweet, my sisters.

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UPVOTES

France's celebrity pushback against "MeToo"

GratefulWifeandMama · 14 January 2018 · Archived copy · Reddit

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UPVOTES

Dinner Party Planning 101

RosePeonyWisteria · 28 December 2017 · Archived copy · Reddit

aka how I regularly host events and get together of all sizes despite working full time.

Tldr: planning, preparation, organization!

Hello all!

I was browsing the side bar and the search function and couldn't find a master guide to hostessing like the master guide to meal prepping. I have two small events and a large event coming up soon, so this topic is on my mind a LOT!

I've thrown or collaborated on dinner parties, lunch parties, and events as small as two guests and as large as two hundred guests. I've read extensively in the area of cookbooks and domestic guides from the early 1800s to present because I'm a nerd. I also work full time and have a tiny kitchen, so I've got a fairly thorough system that I use for myself that I'd like to share in hopes that it helps someone else.

This post will be divided into planning and implementation with a little of my own thoughts on the theory of hostessing thrown in here and there. Most of this will center around a dinner party but some of the tips will be applicable to larger events, and I'll try pointing that out in the text.

First and foremost, these are my three Cs of hosting a dinner party

- Cleanliness - the ambience of the home or venue
- Cuisine - anything and everything related to the food
- Company - the compatibility of the guests and smoothness of social interactions

I also differentiate the kind of party I'm throwing based on the effort it takes:

- High - involved planning process, specialized event
- Medium - some planning, familiar gathering
- Low - little to no planning, casual get together

These will make more sense in context, so keep reading!

PLANNING

Contrary to popular belief, a dinner party tests your planning and organizational skills much more than your culinary prowess. In fact, you can host a dinner party without cooking a thing, whether you order in pizza or hire a professional caterer. Being a hostess means being an event planner, match maker, advertiser, event coordinator, interior decorator, food stylist, and professional cleaning service-- at a minimum. Be prepared for endless lists and spreadsheets, whether you keep track of them in your head, online, or written down. With time the process becomes intuitive, but let's start by examining the planning that goes into the three Cs.

Before you start planning anything, envision the party you want to hold. Who is there? What kind of conversations are they having? What do you want guests to come away from the party with? What are your goals for hostessing? How present are you vs how much work are you willing and able to put in?

A low effort party might be your three high school BFFs coming over for pizza, beer, and late night chit chat in front of the TV.

A medium effort party might be having two families from your house of worship over for a meal before or after

services.

A high effort party might be a holiday meal, like thanksgiving dinner, or a DIY engagement party.

Cleanliness

Cleanliness refers to the ambiance in your home. When you picture your party, this is what your party looks like. Pinterest and google images are great for idea generating if you struggle to envision your event.

- What room is it in?
- Do you have enough seating?
- Is the seating appropriate?
- Is there enough lighting?
- Is the lighting appropriate?
- Will there be a table setting?
- Do you need to purchase or rent any tableware or linens?
- Do you need to wash, polish, or launder tableware or linens?
- Will there be a centerpiece or any decorative touches?
- Is your home/venue clean?
- Does your home/venue smell nice?
- How easy is it for guests to arrive and get settled in the room?
- Do you have somewhere for shoes, boots, coats, scarves, bags, etc?
- Do you need to take precautions to prevent pets from getting underfoot?
- Will it be easy for guests to find your address?
- Do guests know where to park or how to take public transit?
- Is there a risk that someone won't be able to drive home or will miss their bus etc? If so, do you have a contingency plan?
- Will there be children? If so, is your home/venue child friendly?
- What sounds will you have in the background?
- Do you have extra soap, tissues, and toilet paper in the bathroom?
- Do you have air freshener or poo-pourie in the bathroom for guests who are concerned about odor?

For a low effort, casual party, the minimum standard is cleanliness. For a quick tidy, collect all your clutter in a box and stash it in your bedroom (on the bed so you can't forget to put it away later!), wipe down any surfaces with a Clorox wipe (bonus clean smell), wipe down bathroom surfaces, take out smelly trash, sweep or vacuum the areas your guests will see.

Bonus low effort touches include lighting a scented candle, putting a hand towel in the bathroom, putting on some low key background music.

For a medium effort, familiar party, the minimum standard is everything above plus a set table, a designated space for your guests to shmooze before eating (ex a couch and a bottle of wine or some snacks), background music, and appropriate lighting.

Bonus medium effort touches include small decorations (ex. Flowers), taking your guests coats (or delegating).

For a high effort, specialized event the minimum standard is everything above plus an appropriately decorated table and space. Note that most of what makes a high effort event falls under Company and Cuisine.

Bonus high effort touches are very unique to the event, but in general try to emulate how a hotel would host the event. Everything your guests could need should be anticipated, from how the bathroom is stocked to planned

activities etc.

Cuisine

THIS IS MY FAVORITE PART, and if you like this post and want to see a similar one on menu planning for events, let me know in the comments!

Cuisine refers to everything related to food. Pinterest, foodgawker, and food blogs are a wonderful resources for planning menus. DIY self catering guides are great resources for recipes and menus that are easier to prepare in larger quantities or ahead of time. I find it easiest to pick a theme and stick to that to keep my menu cohesive. For example, if I'm set on making sangria, I'm going to serve tapas to go along with it to stick to the theme of Spanish food/drink. A party is not the time to try out a new skill for the first time, though I highly support throwing a low effort, casual party to test out new recipes on close friends before using them in medium or high effort parties!

- What is your budget?
- What will you be serving?
- Will you serve everything all at once or course by course?
- Will you clear everything away before dessert?
- What drinks will you serve with the meal?
- Will you serve coffee/tea after the meal?
- Is your meal well balanced (carb, protein, vegetable, healthy fat)?
- can you answer any questions about the food or ingredient sourcing?
- Do you have food that children will eat if there are kids present?
- Is there enough food? Pro tip: many catering and event planning blogs can be found on Google and they break down how many "bites" of a dish you should serve for the size and type of event helping you to better plan for how much food and drinks to serve.
- How will you plate the food?
- Is there enough variety?
- Is your menu cohesive?
- Are you accommodating everyone's allergies and preferences?
- Will you serve snacks or drinks prior to the meal?
- Are you cooking everything or ordering in/buying some or all elements?
- Will you be asking guests to bring anything?
- Do you have appropriate servingware for your menu?
- Will you plate everything ahead of time or serve it family style?
- Do you have the skills to cook your menu?
- What is your shopping timeline?
- What is your preparation timeline?
- Are you ok spending the party in the kitchen? If not, have you chosen a menu that can largely be prepared in advance?
- Will you use disposables? If so, plain ones or upscale ones?
- Who's doing the dishes/cleanup?
- When will the cleanup happen?
- Will you allow guests to help with set up, cooking, or cleanup? If so, do you know which tasks you're comfortable delegating?
- If you're serving a cake or a wheel of cheese or a package of crackers, etc, is everything open and have you

taken it the first slice to make it more inviting/less intimidating for guests to help themselves?

For a low effort party you can serve anything any way as long as there's enough for everyone and won't send anyone into anaphylactic shock. Ordering in is great for this!

For a medium effort party, you should plan a cohesive and familiar menu. Typically everything is served in 2-3 courses family style: 1) salads and appetizers (optional), 2) main meal, and 3) dessert with coffee and tea. Potlucks also work at this level as long as you coordinate who brings what element of the meal. Plan on incorporating your shopping into your regular grocery trip if you can! Purchasing catered elements, like a smoked salmon platter for a brunch, is an easy way to reduce your time in the kitchen but still a step up from takeout. You may find it helpful to create a timeline for when to prepare certain dishes or elements if you can't whip it together the day-of. Also plan to open at least the first bottle of wine or liquor you will serve ahead of time and be sure to chill anything that needs it.

For a high effort party, you should first figure out how you want to serve the food before you plan your menu because hors d'oeuvres are logistically very different from a buffet or family style meal. Your menu should be planned well in advance with a timeline for shopping and preparation. Hiring drop-off catering is also an option, freeing you up to focus on presentation and serving. Also, open liquor ahead of time, and chill if appropriate.

Company

This refers to guests and the socializing that goes on. This is the hardest part of hostessing in my opinion because you have the least control over other people's attitudes and behaviors. Your job is to play social matchmaker as well as social lubricant. You start conversations and keep them going. I'm awful at this, but my SO has it down to an art, so work as a team!

- Who is invited?
- Does everyone have something in common?
- Does everyone have at least one person other than the hostess that they know?
- Are there people you'd like to introduce?
- Who needs a +1?
- Who has children?
- What topics are off limits?
- What topics will go over well?
- How will you fill awkward silences?
- How will you handle introductions
- If you're having coworker's over, will anyone who doesn't work with them be uncomfortable or out of the loop?
- If you're having coworkers and others over, will the coworkers conversation be stymied due to confidentiality?
- How will you greet and welcome people?
- Where will they go?
- Is seating conducive to conversation or activity?
- Will you assign seating or not?
- Will you split up couples?
- Do you have separate children's seating?
- Do you have distractions (toys, etc) for kids?
- How will you end the event?
- How will you ask people to leave if they're taking forever?
- Will you have a planned game or activity (murder mystery, religious ritual, movie, etc)?
- If you invite someone, are you socially obligated to invite anyone else?

These questions and this level of planning apply equally to all levels. It should be rather intuitive. If not, think about your social connections and notice if some naturally break off into separate circles or if you see a certain set primarily in a specific setting (work friends vs church friends). The goal is to arrive at a group of people who will get along and entertain each other. For example, your friends from grad school may get along well with friends from work because everyone will have their profession in common but friends from church may not necessarily have much in common with your BFFs who are in town for the week.

IMPLEMENTATION

There are millions of event planning timelines and checklists online, like this one:

<http://www.partyswizzle.com/DinnerPartyChecklist.html>

I won't duplicate that, but I'll summarize my implementation process and tips.

First, visualize your event. Decide on the size, the style, and the amount of effort you want to invest. Also look at your work calendar and figure it how much time you can budget towards hostessing, and whether it makes sense to purchase or cater any elements.

Check in with your SO to make sure that you're both available and propose a budget and theme.

Decide who you want to invite and invite them, whether you make invitations, e-vites, Facebook event, text message, or just ask in person. Make sure to get any allergy or other dietary accommodations.

Run the menu by your SO for feedback.

Figure out how much time you have to cook, and plan a menu based on budget and time.

Make a list of all the food, drinks, decorations, and miscellaneous supplies you will need.

Make a timeline that covers both shopping and food preparation. Plan as if you will receive absolutely no assistance so that if your SO doesn't like helping or isn't available, you're still able to get everything done.

Clean your home.

Cook your food.

Decorate as needed.

Host graciously.

Clean up.

Review what went well and what didn't go better prepare you for next time.

EXAMPLES FROM REAL LIFE

Low Effort, Casual Get Together for 3

My SO and I had a business proposal of sorts for a friend and invited him over to discuss it. Note that I could have easily scaled up the salad without extra effort in order to accommodate more guests.

My SO and I texted about having him over for dinner and confirmed our available dates before I texted our guest to invite him. I already knew his dietary needs.

I planned a large dinner salad made from what I had in my pantry with crackers and dip on the side to be served informally in our living room.

The day before, I pre-cooked and chopped elements for the salad and bought crackers and dip.

On the day of, I gave the room a light cleaning, took out the bathroom trash, lit a scented candle, and made room on the coat rack. Right before our guest was supposed to arrive, I assembled the salad and brought dishes, napkins, cutlery, glasses, and a pitcher of water to the living room coffee table.

We shmoozed, talked business, and said goodbyes before my SO did the dishes <3

Medium Effort, Family Brunch for 6

This event is still in the planning process!

Three weeks before the event, I discussed the vision, menu, and budget with my SO. My SO gave feedback, and I made tweaks.

I wrote out the menu, shopping list, and preparation timeline. This will be a waffle bar themed brunch with a frittata and a green salad to round out the meal. My SO wanted waffles, I chose a frittata because I can make it in advance and it provides a vegetarian protein, and I added a salad for everyone who is health conscious. We'll also be serving tea and juice and possibly whip out a bottle of sparkling white wine from our liquor cart. We've only got one coffee drinker, so we won't be making it buying coffee.

Two weeks before I will buy any items in advance that Will keep, since we already have enough dishware and servingware.

The week before, I will buy perishable ingredients and clean the house.

The night before I will make the frittata, mix the waffle batter, and chop the salad ingredients.

The morning of I will fill and plug in our hot water dispenser, set the table, plate the food, chill the juice, and make the waffles.

Right before people arrive I will assemble the salad and warm the waffles and frittata in the oven.

Afterwards I'll clean up, and my SO may take everyone else out to a local museum so I can get ready for the much larger event we're throwing later that day.

High Effort, Religious Holiday Dinner for 10

Over one month before I planned the menu, ran it by my SO, asked my SO to pick a cohesive group of friends to invite, planned the table setting, listed any equipment I needed to purchase, and purchased it.

Two weeks before I bought all the food I needed, freezing what wouldn't keep.

One week before, I deep cleaned the house and practiced new recipes.

The week before, I made last minute purchases and baked my desserts. I also practiced my table setting.

The day before I started any multi-step cooking processes that needed to rest or simmer overnight.

The morning of, I set the table, finished cooking and assembling all the dishes, moved around the furniture to accommodate seating, and did a light cleaning.

Right before the guests arrived, I played and served the food family style (including dessert) according to tradition.

As soon as guests arrived we got them settled with a drink and explained the rituals. With everyone present, we made the traditional blessings and served the food, followed by tea and conversation.

We sent everyone home and my SO did some of the dishes <3 while I cleared the table and handled leftovers.

The next day I finished the dishes, cleaned the kitchen, and planned how to use up the leftovers.

LARGER EVENTS, OFF SITE EVENTS

There may come a time when you host a large event or even a smaller one outside of your home.

This planning process is still valuable but in your early planning you must figure out logistics like tables/chairs, invitations/RSVPs/capacity limits, decorations, food preparation, food warming, permits and licenses, FOOD SAFETY and transportation, cleanup, lighting, sound system, and insurance.

These are things we sometimes take for granted in our own homes, but at the end of the day it's organization and planning ahead that make for a good event and smooth hostessing experience whether it's for two people in your home or two hundred in a rented tent at a local park.

Happy hostessing!

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UPVOTES

Jordan Peterson's advice to young women choosing careers over children

whitebunny87 · 11 November 2017 · Archived copy · Reddit

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UPVOTES

Married!

whitebunny87 · 8 October 2017 · Archived copy · Reddit

I'm married for one week today!

Such a cliché, but it really was the best day ever. I wasn't expecting things to feel so different as we'd been living together for a while, but the change is enormous. Where I was nervous and scattered leading up to the wedding, I suddenly feel completely calm and together. I have a direction and responsibility and love this feeling of knowing that no matter what happens in life, there will always be a constant in it that is my marriage.

I've spent some time this weekend putting pen to paper and trying to make sense of what kind of wife I will strive to be, what my responsibilities will include, and how to make that happen. Basically expanding on my vows and making a plan to put them into practise.

What are your thoughts on LTR vs married life and responsibilities? How did things change for you when you married? Did it feel different to cohabiting while unmarried? Has anyone consciously put together a plan for married life, or do you just take it as it comes? Any advice for me beyond the RPW canon?

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UPVOTES

Tips For Perfect Laundry

jack_hammarred · 29 September 2017 · Archived copy · Reddit

I shared this post over on FNF a while ago and thought it'd be good to cross post here! As we start to gear up for the holidays, it's important that our efforts to decorate and be extra festive don't become more important our regular house maintenance. If that were to happen, a lack of maintenance would eventually overshadow and negate whatever decorating we do. Who cares how lovely your fall decorations are if your everyday responsibilities aren't managed?

One of my most favorite pastimes is laundry. This is fortunate, because my boyfriend isn't really into doing laundry himself. This might wear off in twenty years, but I get excited when I arrive at his apartment and find overflowing hampers. The hum of the washer and dryer, the smell of softeners, a closet full of clean clothes, the bliss of falling into fresh sheets... I LOVE IT. I've picked up a few things over the years, and want to know what you've learned as well. These tips are geared toward managing a continual supply of dirty laundry so that things never get out of control!

Cold water and color catchers With the exception of things that need heat to sterilize, and any newly purchased brightly colored items, most things can actually be washed together regardless of color. Use cold water, throw in a color catcher, and bam! This is perfect for mid-week laundry washings... not enough darks or colors or lights to merit their own load? That's quite alright. It's been mentioned that lights will get dulled if washed with darks, and you don't want lint from one color latching onto a garment of another color. I don't have issues with dulling using color catchers and cold water myself, but lint could still be an issue if you have mismatched towels or linens to keep in mind.

Compartmentalized laundry hampers Since learning about my first tip, I've started dividing laundry by washing requirements rather than color. I prefer to hang dry work clothes and nicer knits, things I want to keep nice for a long time. I prefer drying workout attire, since there's SO MUCH OF IT between the man and I and it's usually needed on a quicker basis, and the extra heat is good to kill any bacteria. My lingerie is delicate and expensive so I like to baby it. Towels and sheets need to be sterilized, and rags used for cleaning have products on them that I don't want to touch other fabrics. Having a laundry hamper with multiple compartments has made this SO much easier. No more sorting through my man's crunchy gym socks or untangling bras and shirts or accidentally ruining something... proper preparation prevents poor performance!

Drying rack While there's certainly some comedy in hanging my silky things on door knobs and ceiling fans, a nice industrial drying rack has made a huge difference in laundry ease. Any nice fabric, work garment, or favorite garment that would be prone to pilling/twisting/shrinking gets hung to dry. I like to do these loads first thing so I can have time to let them dry before putting them away before Monday morning. The only negative is that they take up some space, and sometimes get blown over if you put them outside ☹️

Steamers My aunt had a standup steamer that had a clothing hanger on the stand. Man oh man did I fall in love. For Christmas, my man bought me a portable handheld steamer. I travel a lot and it made a world of difference! Especially helpful for clothes that get hang drier and. Ever completely de-wrinkle on their own. I'm even considering getting one to keep in my office for emergency post-commute wrinkling. For tougher wrinkles, I spray a little wrinkle releaser and then steam. Just be sure to use distilled/purified water in your steamer (and iron) to keep it running well. TBH I'm curious if I could put wrinkle releaser in the steamer water reservoir but I'm afraid it'd destroy the machine. [Here's the steamer Man bought me!](#)

Dryer balls Little spiked plastic balls that you pop in the dryer. These keep laundry moving to prevent any twisting and wrinkling in the dryer (as long as you don't overfill your dryer! Washing too many clothes at a time prevents them from getting clean, chances you messing up the inner workings of the machine, and the same is true with drying.)

Bright whites Bleach, man. Obviously. But getting those whites in the sun also seems to help, so get your

clothesline or drying rack ready. Pro-tip from my late grandma, whose whites were ALWAYS blinding... a tiny bit of bluing. Read the labels and exercise caution but it really helps! [Here's a great post about laundry bluing with instructions for front or top load washers!](#)

Stain removal There are so many products, all of them great for specific stains. My best advice is to be preventative. Sweat stains and makeup stains are gross and insidious. On anything lightly colored (white or pastel) use a stain stick on collars and armpits even if you don't see anything yet. Lemon juice is pretty good at preventing sweat stains from sinking in, and [this is the best grease/oil stain remover I've ever used](#). With stain remover sprays, let the remover set in for a while before washing. TMI, but this is a great call for panties and bras... nothing can tank the SMV of a nice lingerie set than sweat stains. I prefer keeping the stick and spray accessible and applying before I throw the garments in the hamper. Makes it so much easier. I'm really bad about getting pen on my business casual attire... a dousing of hairspray does the trick perfectly! I've seen some infographics on Pinterest with good ideas for trickier stains. [Here's my favorite, I've tried the hydrogen peroxide only so far but maybe I'll test the rest out for fun.](#)

Starching I like my jeans to stand up in the corner on their own like something out of a paranormal horror film. Spray starch is okay, but nothing works wonders like a bottle of Sta-Flo. I wash my jeans and button ups, then soak them in a five gallon bucket of starch and water solution over night. I feel warm water is better to mix the solution. I wring them out, straighten them out, line up seams, then let them dry on the drying rack. Then it's just a firm ironing and everything is deliciously crisp. I never dry these garments in the machine because I don't want them to soften up at all. Sta-Flo is my favorite, but if I'm doing non-button ups or am out of Sta-Flo I'll use Faultless.

Dry cleaning bag When my shirts and other dry clean only's are in need of cleaning, I hang them back up in a bag strictly for dirty garments. I don't want them to get wrinkled up and smashed in a hamper. When the bag is full I take it to the cleaner and start over.

Storage This may be another post entirely but storage is important too. Once I have a walk in closet you can bet I'm keeping a box fan with a HEPA filter strapped to the back in there. I like keeping workout clothes in under bed storage tubs (I really want the IKEA bed with storage drawers!!) because they take up so much room and don't require the visual appraisal that other clothing does. I also pack away most all winter/summer items in vacuum bags (Ziploc Space Bags) once winter/summer/transition season have passed. There are quite a few nifty multi tiered hangers for slacks and blazers as well. I like using them to store a weeks worth of outfits, or a few stacked with different weather appropriate outfits to cut down on the dressing frenzy.

Linens I mentioned lint management earlier, but I think it's really important to have two sets of linens (more if you have room) so that there is no gap in having towels, blankets, sheets, or other important linens while the laundry is being washed. As soon as I throw in my sheets/towels/etc. to wash, I immediately put an already clean set on just in case I get interrupted and can't finish the task. The one thing that I do ask his help with is putting sheets on the bed, because lifting the mattress is a conundrum with my hamster hands. I also enjoy trying to get my shoulder in his gut to tackle him onto fresh sheets because I'm totally a grown up. It worked once in four years.

Shoe shines I don't wear boots as often as I used to, but this is an important step too. My dad was army and taught me these basics. There are all kinds of products to keep shoes smelling fresh I need to learn about too! [I picked this one up at Target because I like the organization](#) but I'd like to do something that smells more dainty. I do buy insoles for most of my shoes to keep them nice and like to replace these to keep my shoes from smelling gross.

Put stuff away The worst part of laundry for some people is putting it away. I find that the organization system, the compartmentalized hampers, help with this greatly. All the dress clothes hang, all the workout clothes get folded, all the lingerie goes in one drawer. Within those categories, as I fold the laundry, I make stacks of shirts/pants/socks/underwear/etc. so that putting things away is easy. I don't even let myself fold things that get hung, I pull them from the dryer, sort them in the closet and immediately hang them. If I know I won't get to folding the laundry immediately, I leave it on the rack/in the dryer where it won't get wadded up and wrinkled.

Hopefully you found something helpful in here, and even something that inspires you to stay on top of things so that a mountain of laundry will never get in your way :) What laundry trade secrets would you like to share?

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UPVOTES

Encourage Your Husband, But Never Nag

Irisandoleander · 21 July 2017 · Archived copy · Reddit

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UPVOTES

Parenting, Motherhood, Pregnancy Mega-Thread - May 20, 2017

RPWives · 20 May 2017 · Archived copy · Reddit

With so many women on the sub in different stages of pregnancy, motherhood, and parenting the 3rd Saturday of each month will be a momma mega thread!

Feel free to ask any & all questions or give your incite & advice.

- The mod team

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UPVOTES

[Homemaking] Tips and Tricks!

aTweetingBird · 30 April 2017 · Archived copy · Reddit

Hi all,

I wanted to share some things that have made my life in the kitchen much easier :)

1. Garlic press to peel garlic: I love using my garlic press, but I was still finding peeling garlic to be a challenge. But I discovered that if you put the clove into the presser and crunch it a little bit, the papers come right off! Anytime I can use a one-use tool for more than one use, I'm happy! We also eat a lot of garlic, so it's really helped.
2. Are the dishes in the dishwasher clean?? My baby is 5 months old, and the first few months were a hazy blur most of the time, and I was so tired and my mind couldn't remember things as I used to. The dishwasher was also loud, so I couldn't always start it when I wanted because it would wake the baby. I've even put away a small load of dirty dishes because they had been rinsed in the sink and appeared clean (oops!). What I started doing is the second I empty the dishwasher, I put soap into it right away. That way, I can easily see that the soap holder is closed - dishes are still dirty! If it's open, I'm good to put the dishes away with no problems!
3. Baking soda for cleaning stubborn food dishes. If soap and a sponge aren't quite getting the baked-on stuff off, throw some baking soda and let it soak in some water for a little while; it will come right off. This has saved a lot of my pans!
4. In an effort to use less paper towels, I turned to using **flour sack towels**. I feel like they work better than your typical kitchen towel, and I can also use them as a fine strainer if I'm making almond milk, or that time our French press broke and we needed some coffee to drink!

I hope these tips were helpful to you! I haven't seen the garlic press trick, or the dishwasher trick anywhere, so I hope these don't seem too obvious :)

Please share any tricks you might have to make your life easier. I'd really like some tips on making my home smell nice. I don't like the artificial smells of Glade plugins or things like that, and I find that when I light candles, blowing them out just creates a nasty smoke smell that defeats the purpose of lighting the candle in the first place! And room sprays don't really help.

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UPVOTES

What NOT to say to your man – ever. -Shaunti Feldhahn Blog

HappyWifeLifeX · 21 April 2017 · Archived copy · Reddit

I follow Shaunti Feldhahn's blog and have read a few of her books. **Today's email was a good one!** It's basics really, but a nice reminder!

- Ladies, if there were a reality TV show like “What NOT to Wear,” but for relationships, these three things would be at the top of the list for “What NOT to say to your man.” Now, don’t get me wrong; I’ve actually said all these things at one point! You’ve probably said them, too. And you probably also saw the same thing I did: it never works out so well. Why? In research with thousands of men I learned these hurt far more than your man (or your son!) will ever let on. So let’s agree to put these on our no-no list.
- “What were you thinking?” The truth is, this phrase is demeaning when said to anyone (would you want your man to say it to you?) but when applied to a male (husband, boyfriend, son, colleague...) it layers pain on top of humiliation. Let’s be honest: the translation of this phrase is “You weren’t thinking.” But although we may not see it immediately, most guys think things through and have legitimate reasons for what they do — just like we do. The problem for us is that we don’t know that they have thought it through because (unlike us) they usually don’t think it through by talking it through. The male brain tends to need to process things internally. So you may not agree with his reason, but he probably does have one. So the next time you’re perplexed, angry or exasperated, stop yourself from blurting out this phrase. Instead, assume he probably has a reason for this and politely ask, “I know you had a reason, can you help me understand?”
- “You didn’t do a good job at __.” Whether spoken or implied, this comment is way, way more toxic to a male than you ever realized. In fact, the research is clear that it’s a guy’s equivalent of hearing “I don’t love you.” The reason is a hidden emotional reality. Where a woman’s most profound inner vulnerability is usually, “Am I loveable?” a man’s is usually, “Am I any good at what I do?” Each of us subconsciously look for signals from our mate about the answer to our inner question. You may think it is such a little thing when you re-clean the kitchen counters after he has just done it, or re-make the bed “the right way.” But for him, it looms large. (This is why you start hearing him say “Nothing I do is ever good enough for you.”) So when you see something that isn’t done “your way” ask yourself if correcting it is worth hurting his feelings. (Even if you don’t understand why on earth they would be hurt!). If it is worth hurting him, well then fine, but correct him in a gentle way that tells him “I know you want me to be happy, and this is the way I like such-and-such.” (“Thanks for cleaning the kitchen. Do you mind if I move a few things back around? I really do like the spice rack over here.”) But even better, look for ways to answer his inner question in a positive way: simply say “thanks for making the bed, honey,” and you’ll be surprised at how happy that makes him.

* This, placed in front of any words – or on its own – is like a knife. As you can infer from the findings discussed above, a man’s greatest emotional need is to feel that you respect, appreciate, admire and believe in him. Signs of exasperation say exactly the opposite. We would never look at this man we love, and say out loud, “You’re an idiot” or “you’re incompetent” – yet we don’t realize that the sigh of exasperation says exactly that. When we are frustrated, it makes all the difference if we take a deep breath, count to three, and say what we need to say in a calm and respectful way instead.

I know it may be hard to believe that these things really matter. In fact, you may want to give a sigh of exasperation at this list! But since each of us does care about our man, let’s give it a shot. Try minimizing the above words and actions, and exploring the positive alternatives instead. The response you get will be the best possible incentive to continue.

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UPVOTES

A Domestic Queen – Success in Your Home

sariaru · 19 April 2017 · Archived copy · Reddit

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UPVOTES

Ladies, check your privilege!

TempestTcup · 1 February 2017 · Archived copy · Reddit

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UPVOTES

Guess who's having a baby?! IRIS!

mabeol · 26 January 2017 · Archived copy · Reddit

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UPVOTES

My mother died on Monday

thehighzombie · 13 January 2017 · Archived copy · Reddit

Hey, everyone. This is the first time this week I've really discussed this outside of talking to my husband, and even then I feel like this might give me a chance to express what may not be appropriate to express to my husband. I'm sure he would understand... I just don't want to come off as un-feminine.

After 40 years of heavy and drinking and 35 years of hepatitis C, my mother passed away in the hospital. My husband and I had gone the day before to see her and bring her house coat, and we discussed coming back the next day to talk to hospice about moving her into a facility, or back into her own home with help. She seemed like she was doing okay, despite her ascites and jaundice. She complained that she wasn't breathing well, but swore it was because the hospital didn't give her "her" medicine, which was a simple inhaler.

The next morning, I got a call that I needed to come in. Fluid was in her lungs from heart failure, and they asked what I wanted to do. I told them to make her comfortable and I would be there as soon as I could. Once I got there with my grandmother (her mother) she was already in a morphine "coma". She moaned and her breathing was rattling, but they assured me she wasn't in any pain. She never opened her eyes again.

Our relationship was always estranged. She gave me up when I was 10, because she would rather drink than have a child. I lived with my grandmother after that. She fought with me constantly, was overly critical of everything, and even came over drunk and cussed out my then 6 year old daughter last year. While I loved her because she was my mother, I absolutely abhorred every choice she made and everything she did. I thought I would be happy when she finally passed away.

Once she died, and I was left alone with her, the only thing I could repeat over and over was "stupid bitch, stupid bitch, stupid bitch". She could have stopped drinking. She could have gotten her hep c cured. She could have made her life worth something. She chose not to. She wasted 56 years on this earth and left nothing behind but heartbreak and a run-down house that I'm now trying to clean and fix up. She was a nag and a shrew who failed 3 marriages and many, many other relationships. Seeing her life was what inspired me to become the woman I am today. I didn't want to be like her at all.

All that being said, I miss her like crazy. I can't stop crying when I'm left alone. I am so incredibly sad and I don't even really have a good explanation as to why. I want to be so strong for my daughter, who remembers her, because I don't want her to be sadder than she has to be. I had already begun separating them once I found out how ill my mother was, so that she wouldn't be quite as heartbroken. My little boy will never remember her, so at least I have that. I want to be strong in front of my family, because they have already said how well I'm taking this and if I break down in front of them... I know I won't "let them down", but I don't want their sympathy, either. My grandparents lost their first-born daughter on Monday. I just lost a half-ass mom who was never around when I really needed her anyways. I've cried in front of my husband, but I always feel like I need to hold back. I want to scream that I hated her, and that I was so mad at her, and how DARE she... But that isn't very lady-like, is it?

I'm sorry for ranting. I do need some advice, though.

1. I don't want to be hugged much at the funeral tomorrow, because I like my personal space and I am afraid of breaking down uncontrollably. What would be the best way to let people know I'd rather not be touched?
2. I found out that one of the women attending my mother's funeral (one of her "friends") actually drank with her on New Years Eve, despite knowing that my mother was DYING from alcoholism. Should I address that, either in person or over the phone, or should I just let it be water under the bridge?

Looking at the bright side, I'm making enough through her life insurance to fix up her house and make it beautiful, then rent it out. I'll finally be a land-lady, which would be a fun and new chapter in my life.

Thanks for letting me vent. I was able to cry a little writing this, and I feel a little better now.

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UPVOTES

[FR] Bring your captain your problem.

mabeol · 5 December 2016 · Archived copy · Reddit

Last night, a series of events played out that hammered home a half-dozen RPW truths. I would like to share it with you.

My SO and I had been planning to spend some time together last night. I had a busy weekend, so it would be our only chance to see each other. About an hour or two before our usual convening time, he texted me saying he was really stressed out due to some complications at work and wanted some alone time. He apologized and asked to reschedule.

My immediate emotional reaction: Sadness. Hurt. Anger. Frustration. How could he blow me off? How could he do this to me? Didn't he know how much I wanted to see him that night?!

But instead of *reacting* with my feelings, I put my phone down, and just let myself *feel* them for a few minutes.

And then I thought about how I wanted to respond. I asked myself, "What's true right now? What do I feel right now?"

My thoughts:

- Every so often, he'll request a night to himself when we've been loosely planning to see each other. I'm usually more than willing to accommodate, since I know he's an introvert and I know he just needs his space sometimes. But this was the first time he'd asked to cancel more-or-less concrete plans, and he'd done it so last-minute that I didn't have a chance to make plans with a friend or something.
- It was literally our only weekend plan and I was busy for the next few nights so I didn't know when I would see him next. I was disappointed.
- I'm going through a lot of family stress right now, and I always feel better after spending time with him. I was sad and wanting his comfort and had been really looking forward to some cuddle time.
- I don't ever want him to feel guilty or obligated into hanging out with me, and I don't ever want him to feel like he can't ask for alone time when he needs it.

I thought about those things for a while and realized I didn't know how to resolve what I was feeling. And then I remembered my RPW lesson: **Bring your captain your problem, not your solution.** I also remembered a Laura Doyle lesson: **Express your feelings.**

So I sent him a text saying: "I understand. I'm going to be honest. I was looking forward to spending time with you and I'm sad. Things aren't easy for either of us right now. I don't want to guilt you into hanging out with me, and I'm not mad at you. Just wanted to be honest about how I'm feeling."

Not even ten minutes later, he texted me back. He thanked me for telling him and offered to come over for just an hour or two and cuddle and watch a movie together or read or something. I said yes and thanked him, and we agreed he'd come over in a few hours.

I was still shaking off the sadness when I thought, "Look, Mabs, your man is doing a wonderful thing by coming over here, so don't you go thinking you can slack off and sit here like a self-pitying bump on a log. He's stressed out too, so you better put some effort into making this excursion worth his while instead of making it just about yourself."

So I tidied up my apartment, lit a few candles, turned on the humidifier (he loves watching the steam – it's pretty cute), and whipped up some quick **treats** and popped them in the oven. I put on a pair of yoga pants he likes and a cute, soft top. And then I took a moment to really think about how generous and kind and loving he was being by

listening to my feelings and offering to come over and spend time with me. It was like I literally felt warmth and love slowly radiating through my body. By the time he arrived, I was feeling so loved and grateful and *heard* that I practically leapt into his arms.

There was cuddling and there was talking and there was movie-watching and there were cookies and there was funny, giggly goofing around. He left after about two hours, looking noticeably less stressed and saying he felt a lot better after coming over. I went to bed with a huge smile on my face, and we're both feeling good this morning.

Now I want to make one thing very clear here: **This is not a story about me getting my way. This is a story about the practice of RPW truths leading to maximum satisfaction for both parties.**

There are a number of takeaways here.

What I learned

1. *Bring your captain your problem, not your solution.* I didn't tell my SO exactly what I wanted him to do. I just told him how I was feeling. I told him the situation I was in. He offered up a solution that worked out great for both of us. If I'd told him what to do, he likely would've resented me for bossing him around, and I likely would've been unsatisfied with our together time, since he'd be there out of guilt and obligation rather than a desire to spend time with me.
2. *Communicate your feelings.* By telling my SO exactly what I was feeling, I was able to communicate in a way that didn't put him directly at fault or blame him for anything. I was just sharing my truth, not pointing fingers. And my initial reaction was, "Doesn't he know how much I want to see him/how much I need his support?" And the answer is no! He didn't know how much I was counting on spending some time with him! And unless I told him I needed support, how would he know? Feels. Share them.
3. *Acknowledge his feelings.* There are two human beings with emotions in your relationship. Yes, I'm stressed and going through some garbage. But so is my SO. My shit does not outweigh his shit. I didn't make the night just about me. I made room for him to talk about what's been stressing him out and listened.
4. *Pull your weight.* If my SO had shown up to an unkempt apartment to find me in slouchy sweatpants and a foul mood, the night probably would've ended very differently. I made an effort to make my place and myself warm and welcoming. And he noticed.
5. *Gratitude. Always.* My SO went out of his way to come over and spend some time with me. He was so generous and thoughtful and honest, and he didn't brush my feelings aside, and he really listened to me, and I am *so lucky* to be with such a wonderful man. Taking a moment to really think about that was like giving my attitude a facelift. Did it erase all the challenges in my life? Of course not. But it brightened my attitude considerably and set a positive, loving emotional tone for the evening.

What I could've done better.

- Probably 30 minutes passed between him texting me and me responding, which probably felt like an eternity to him. While I really did need that time to think it through this time around, in the future I'll make an effort not to leave him hanging for so long.
- At one point, it occurred to me that another solution would've been to let him have his night off and expression my feelings later – thus giving him his space and also letting him know that that didn't make me feel very good. In this particular situation, I don't think that would've been the right choice, *but* now I know it's an option I can consider in the future.
- I let myself get a little too worked up after sending him my text and probably would've taken it very personally if he'd chosen to spend the night alone anyway. This comes from a place of fear, since my ex would've been a

grade-A asshole in a similar situation. But my SO is smart and kind and makes decisions with both of our best interests at heart, and by bringing him my problem and giving him all the information I had, I put the decision in his hands. This time, I “got lucky,” but if he were to make a different decision for us in a similar situation in the future, I’d need to be prepared to respond to any decision with respect, grace, and trust, rather than getting overly tied to one outcome and then being sulky when I didn’t “get my way” (oh, hey there, covert contract, where’d you come from?). Dealing with the baggage of my asshole ex is my responsibility and it would be unfair for my smart, kind SO to be faced with an emotional reaction caused by leftover nasty memories of a manipulative jerk.

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UPVOTES

Welcome our new moderator: /u/CoochQuarantine!

RPWives · 20 October 2016 · Archived copy · Reddit

Everyone that has read and participated on this sub is familiar with CQ (whether you realize it or not). Determined to stay on top of her own progress, she has taken on a beneficial and personal project. Every week she posts a new iteration of the “Weekly Reflections” post. It’s a staple of the sub, and she has done this for no other reason other than she wants to help users take stock of their lives and find ways to improve. The thread celebrates a mix of reflection and aspiration, by acknowledging personal failures and celebrating triumphs. In addition to the weekly thread, CQ has also contributed some incredibly useful and insightful posts.

She has been a long standing member of the community, and we are all very excited to welcome her to the Moderating team.

Please join us in welcoming and congratulating her! :)

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UPVOTES

17 Gestures That Make Men Feel Loved. What ones should you work to improve on?

Irisandoleander · 21 August 2016 · Archived copy · Reddit

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UPVOTES

Housekeeping for Those of Us Who Hate to Clean

madscientistlove · 11 August 2016 · Archived copy · Reddit

My mom is a naturally fantastic housekeeper whose home is always spotless and welcoming... I'm really, really not my mom. I aim for "mostly clean and I can see the floor" over *Better Homes and Gardens*-ready.

Unfuck Your Habitat taught me how to keep my house clean, and I thought it might also help some of you. It's irreverent, funny, and doesn't give a fuck about your laziness or your excuses. It also teaches you to unfuck your bad character along with your habitat. ;P

You can only change your own habits. If you're dealing with roommates or spouses or kids or parents who aren't on board, the best you can do is tell them what you're doing (trying to keep ahead of the mess), and ask them to help to not make it worse. Getting passive-aggressive or resentful because other people aren't playing along only hurts you, and it's not good for your brain.

Start at their **Welcome Packet**; the format can be a little hard to follow. Good luck, and I hope you like it!

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UPVOTES

It's Not a Power Struggle!

maya_elena · 6 August 2016 · Archived copy · Reddit

Hello! This is my first original post on this sub, but one I have been ruminating on for months. So here goes.

Something women today could do with is to stop viewing the world through a lens of power struggle. The dynamics between people, and between men and women especially, are complex, for reasons we often discuss here. But I bet that they would not need to induce so much angst if they weren't so damn adversarial!

Let's consider feminists as an example. They may rail against legitimate issues (women weren't allowed to vote until... blah blah). But at its base, feminism is a toxic ideology, because it frames *everything* as men vs. women. Couldn't find a good physics study group in your mostly-male class? Disgusted with the guys' constant fart jokes? Clearly the men have all conspired to freeze you out, even as they lecherously undress you with their eyes. Now, you could just go and solve the problems through adult communication; but having a Struggle is so much more interesting!

Unfortunately, to some extent, non-feminists do this too. We look at our men as our pets and children, to be trained and domesticated. We think about how to manipulate them into X (buying us stuff) and weasel out of Y (anal sex). And I admit that this adversarial dynamic is obviously ages old and time-honored, exists for historical reasons, etc. But in the modern setting of non-arranged marriage, it serves more harm than good.

So, my (not-so-) easy solution to all this is: stop thinking about it that way. In your life, you will probably deal with a groping creep on the train, a low-balled salary offer, asshole plate-spinners, or a boyfriend who doesn't wash his dishes. You deal with these using your ingenuity, femininity, approaches such as those discussed here, and other strategies informed by your reason, nature, and existing social norms. But you don't let the strategies warp your perceptions into permanent hierarchies that are not only false and simplistic, but that will also completely poison your relationships with the men in your life.

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UPVOTES

The Lost Art of Seduction

BellaScarletta · 2 August 2016 · Archived copy · Reddit

Inspired by [this thread](#) -- it has a serious point: *seduction is a lost art to women*.

I would argue this feeds back into another fantastic post, and is the product of [the over-saturation of the sexual marketplace](#). I digress, but that would make a great tangential discussion.

How do you seduce your man? What makes you sensual? Desirable? What do you have that can't be satisfied by a woman who shows up naked and brings beer?

Seduction 101: Share your techniques with the class, if you please.

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UPVOTES

Don't say yes to a dress, say yes to tradition

Irisandoleander · 26 July 2016 · Archived copy · Reddit

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UPVOTES

"Is this the life I choose?"

AliceOxalis · 22 July 2016 · Archived copy · Reddit

I'd like to share a [post](#) I found on another subreddit which I found to be very direct and insightful. Thank you to author and /r/apotheoun moderator /u/Ztiller1!

****Is this the life I choose?**** That is the single most powerful question that gets me from procrastinating, to action. Every time you find yourself doing something that you know, in your heart, is not what you truly want to be doing ask yourself that question. ****"Is this the life I choose? Is this who I want to be?"**** It's a more powerful and more personal version of the old saying about not giving up what you want the most, for what you want right now. By asking yourself this, you put your current state into perspective. You turn procrastination and other temptations from a passive influence, to a conscious decision. If you need to study, or go to the gym, yet find yourself on the couch watching TV then you ask yourself "Is this the life I choose?" Every time you feel tempted to eat something sugary or unhealthy, ask yourself "Is this the life i choose?" Look at yourself from the third person perspective. Picture yourself lying in that sofa, and compare it to a third person picture of yourself passing that exam or looking at a fit body in the mirror. For some people, it might also work to instead imagine someone you do not want to be. By picturing people whom you do not respect, and think to yourself "Do i choose his life? Is this who I want to become? Am I not better than that?" By asking yourself this question, and imagining yourself (or someone else) from a third person perspective, you can push yourself into doing what you know you truly want the most by reflecting on the choice and consequences of what you're doing right now.

This mindset can be applied to any personal aspiration, including RPW related goals such as fitness, deference, character, and more. When you catch yourself having a short temper with your husband, ask yourself - **"Is this the life I choose?"** When you catch yourself being impatient with the kids or ungrateful toward family or envious of your friends, ask yourself - **"Is this who I want to be?"** When you feel tempted to dress like a slob or skip gym day or any other sort of trading long term goals for short term gratification, ask yourself these questions. If you were looking in on your life from the outside, would you be impressed with the kind of person that you are?

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UPVOTES

Alpha/beta behaviours, and how they are received depending on dominance thresholds

cherries13 · 15 July 2016 · Archived copy · Reddit

Recently we had a discussion on the chat about how alpha/beta behaviours from the men in our lives are perceived by us depending on our dominance thresholds. Some higher dominance threshold posters described disliking overt signs and declarations of romance/love especially on social media (a more beta behaviour) and wouldn't be very pleased to receive them! Others who have a lower threshold would have enjoyed this however, and the action would have been well received by them.

Another example that was mentioned by an high-threshold poster was an SO randomly swatting them on the ass (there is no other way to phrase this!) throughout the day, a higher dominance behaviour that may not be as well received by ladies who are have a lower threshold.

Here are the links to the previously discussed theory on dominance levels and thresholds if anyone would like to read up on them or refresh their memory:

[Relationship dynamics part 1](#)

[Relationship dynamics part 1.5](#)

[Relationship dynamics part 2](#)

It would be interesting to hear from you all more examples of alpha/beta behaviours that you have observed with your SOs and perhaps other men you come across in your lives, maybe observations about other relationships involving different thresholds, and how they are received by you depending on your own dominance threshold :)

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UPVOTES

What to do while you're waiting to say "I do!"

VintageVee · 7 July 2016 · Archived copy · Reddit

The time between your man making it clear he intends to marry you and him actually popping the question can be everything from exciting to crazy-making. Girl game here focusses on patience, keeping up fun girlfriend standards and not sliding into wife territory. He's all but asked you - *and that's a big but!*

I've been here once before and made a hash of it (my whole first marriage was a hash, and boy have I learned). This time round I'm actively focussing on checking myself. Here's a few handy hints I'm sticking to this time. (For info purposes, my man briefly mentioned marriage from months 4-8, he initiated a serious discussion on it around the 10mth mark and from 12months on it's been all "we'll have another 6mths of dating," "you'll be Mrs HisLastName by the time we take that holiday" and so forth. I basically have about 6-9months of girlfriend status left, for the last time in my life, and I'm all about staying patient, staying cool, staying fun, and not getting ahead of myself. Meanwhile, there are things I can do to better myself and pave the way for even more future happiness for us.)

1. Do a very last double or triple check of *what you want* vs what is being offered. I can't overstate this. Yes, you should have all your red flags *well* out of the way by this point but just do a recap of your relationship. Be *very* honest with yourself. Are you guys on the same page regarding values, life plans, kids, all the major questions? Is he aware that you either will not live together before engagement/marriage, or does he know that you feel it prudent to live together first? These discussions need to be had.

Do yourself a favour and clear the way for your eventual engagement to be full of happiness, wedding planning and shopping, exciting house hunting and feeling very blissed in love - get the big conversations and negotiations out of the way first.

2. Clear out. Physically clear out your house of clothes/undies/pjs that are unfeminine/he doesn't like, knick knacks you know he hates, books you don't need, letters and photos from exes, etc.

Make some space physically and mentally. Obviously don't chuck out family heirlooms, sentimental bits and pieces, and important things, but get used to letting go of things. Pare down your stuff.

If, like me, you won't live together before engagement then you're going to have a double whammy in a couple of months and it is sensible to get admin things like clear outs done so you aren't dealing with the triple threat of packing/clearing out/wedding planning. It eliminates one step - it's time saving, it's practical, and it feels like you're doing something to curb your impatience, you're taking an active step towards your future without it having any sort of pressurising impact on him at all. Personally I haven't told my man I'm doing this - he's noticed I'm more organised lately but I haven't said "I'm getting ready for when you propose and we house hunt!" Eww. No. Stay cool.

3. Sort your financials. Be a bit more frugal, save a bit more. Consider not doing any more decorating/household items purchasing now (if you're not living together yet, that is)

Draw up your budget of personal necessities (what you need and expect to have available for personal use, not household use). This will make later discussions on admin, budget and running the house much easier, especially if like me you are a mostly stay at home mum with a very part time job and your SO is planning to support the family mostly by himself for the foreseeable future.

On this note, do everything in your power to up your credit score. Eliminate debt and/or get a repayment plan nailed down, *stick to it*, check and refine your credit score as much as you can, don't be in a position where you apply for a joint account/card/mortgage together and it's you that lets the side down. I say this as a woman who had significant debt when my first marriage broke down and it's taken me years to get back on my feet.

4. Lose that weight you want to lose, tone up, do whatever it is that you have been thinking about. Once you have a beautiful engagement ring and dress fittings etc start, you don't want to be altering sizes much at all - just get it out of the way. Again, this feels like you're being majorly productive and contributing to your future happiness

together and it has zero pressurising impact on your SO. All it does, is free up your engagement to be a source of joy, not a source of panic about weight etc.

5. Get your recipes and menus down-pat. You should already be cooking for him at least once a week, preferably more. I've had a steep learning curve with cooking as a vege cooking meat for her man, and I've now got 5 solid recipes I can do with my eyes closed for him, adding a new one in every few weeks. Build up your repertoire - again, make it easy for yourself especially if you're both going to be working full-time and it's still you doing the cooking. Now's the time to experiment.

And a few donts:

1. Try not to have preconceptions about rings, unless you are absolutely adamant about something which he needs to know, e.g. a metal allergy. Let him lead, yes even in this (it's painful I know...!)
2. Don't start planning the wedding. Don't create a Pinterest board. Save it for your engagement, let the exciting part happen when it's all official and the rock is in situ!
3. You can start saving up quietly if you plan to pay for the wedding yourselves, but don't make a big thing of it - I haven't even mentioned it personally. I wouldn't lie if asked though.

Lastly, don't forget to ENJOY this phase of your life. You are in the last throes of Phase: Sexy Girlfriend. No matter how awesome an RP woman you are, I firmly believe some of the sexy status does decline slightly with the fiancée and wife statuses (I don't mean sex frequency goes down).

Make the most of this time, you right now are who he fell in love with. Women tend to get ahead of themselves. God knows, I was imagining wedded bliss to my SO on our fourth date but you have to keep a hold of yourself. Men mostly live in the moment - and women in the future - when it comes to romance. Take a leaf out of his book.

Before all the planning, shopping, and household admin and management starts to dominate your conversations and free time with your SO when you're engaged - just enjoy him, enjoy your current role (personally I'm enjoying it so much more now there's an expiry date on it!!) and enjoy your RP relationship.

Marriage is a sacred thing which should last your lifetimes, but this honeymoon phase will never come again.

Peace out!

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UPVOTES

Laissez-Faire Homemaking.

SuperSlavisWife · 6 July 2016 · Archived copy · Reddit

Laissez-faire, to let be, to let things take their own course.

It's often applied to larger scale orders, like government policies. But it also makes some sense in the context of smaller orders, like family and home order.

In essence, however much the breadwinner is the owner of the house and the captain of the relationship, the homemaker is the manager of the home. And many homemakers become proper little tyrants, more often than not unintentionally. We'll call them Domestic Dictators.

The characteristic beliefs and behaviours of a Domestic Dictator are:

there is a specific way to do everything which is the only valid way perfect order, artistic beauty and spotlessness are requirements to make a home for the family efficiency in maintaining order will make everyong happy if a job isn't done perfectly, it wasn't worth doing if a job isn't done perfectly, it needs redoing from scratch everyone wants and needs everything to be perfect falling short of the ideal mark is equal to failure if nobody else can do something perfectly, the homemaker must do everything if someone is given a task they have to do it just as the homemaker would disciplining someone for falling short of domestic expectations is appropriate nobody needs praise or reward for meeting domestic expectations

This puts a lot of pressure on the home and the relationships within it, even though the Domestic Dictator does not see the source of the pressure and often believes what they are doing is beneficial to everyone under the roof! In the Domestic Dictator's eyes, getting angry about the way the laundry was put out is justified because they believe that it needs to be hung a certain way to dry, that this drying method benefits everyone, and therefore that they need to "fix" the job someone else did. They believe that feeling anger is natural because time and energy was wasted and they believe that redoing the task is justified because their way is the only way that works. But what they neglect is that efficiency does not mean harmony, and that doing and redoing tasks is not efficiency either! Fretting over the perfect home can drive a family apart. And the cure to that mentality is laissez-faire homemaking.

Laissez-faire homemaking takes a different mentality. The beliefs and behaviours of a Laissez-Faire Homemaker are:

if something works, then it was done well perfect order, artistic beauty and spotlessness are nice, but tidiness, prettiness and cleanliness are good targets efficiency in maintaining order can be stressful if a job isn't done perfectly, at least it was done if a job isn't done perfectly, it can be left for now nobody else wants and needs everything to be perfect falling short of the ideal mark is a far cry from failure if things need to be delegated, the homemaker can let perfection slide if someone is given a task then the homemaker embraces their hard work disciplining someone for falling short of domestic expectations is abusive everyone deserves praise or reward for meeting domestic expectations

The Laissez-Faire Homemaker takes a much more relaxed approach, taking pleasure in order without needing to force perfection on everyone. If the dishes are not properly cleaned the Laissez-Faire Homemaker may need to redo them and explain the situation, but if the laundry is hung out slightly differently to usual there is no need to tell the helper off or to redo the work from scratch. The Laissez-Faire Homemaker doesn't only act like this, but internalizes the messages and embraces a more relaxed set of beliefs around homemaking, feeling calm and collected at the end of the day and doing their best not to let little annoyances get the better of them.

Some of my favourite laissez-faire homemaking mantras are:

1: "It doesn't matter."

Every time I feel annoyed about anything that has happened or been done which interferes with my plans, that's the first thing I move to tell the other person. Often it's hard, but fortunately with Jon it comes easily. Only once have I had to tell him "I want to say it doesn't matter, but it kind of does." Once in five years has my annoyance ultimately mattered. So remind yourself of it, and say it to your loved ones: "It doesn't matter."

2: "You can have whatever you want."

Food is a big source of arguments and I really can't see why. Between women playing 20 questions about dinner venues and men not really being aware of what's in the fridge, many couples argue over meal planning. What I do is simpler: I look at what we have, suggest two or three meals and Jon picks. And if he wants something else? Then he can have it. As long as we have it in the house or he's willing to go out and get the ingredients, he can have whatever he wants. Leftovers can be reheated. Meals can be frozen. Ingredients can be repurposed. What matters is that everyone is fed and happy.

3: "There is always tomorrow."

Some days the setbacks just pile up. My schedule is very tight most days: work, housework and downtime are all calculated into the day methodically. So if something takes too long or gets in the way, I can miss things. On Tuesday I missed several opportunities to write due to endless phone calls. On Friday we were out a lot and I couldn't do the cleaning. So instead I did the cleaning and my extra work on Saturday. Sometimes things can wait, so prioritize, reschedule and calm down. There's always tomorrow.

4: "Once done is good enough."

When Jon does the dishes the stacking is almost always completely different from how I would do it. When he hangs the laundry out it's wherever. When he makes dinner it is often simple, fast and may not fit my macros. But considering that he only does these things when I am too busy earning money, doing another job or having a minor meltdown, it would be cruel to complain he isn't me, and stupid to redo it in the time I don't have. Once done is good enough.

5: "What's done is done."

Sometimes your annoyance does matter. Sometimes work is an absolute mess, needs immediately redoing from scratch, never doing like that again, has completely thrown your schedule and the person needs to know. But, again, making it into a massive blow-out has no point. Take them aside, explain the problem, pour your energy into fixing it. But what's done is done. You can't undo their mistake with anger. So let it go.

6, from VigilantRedRooster: "Don't let the perfect be the enemy of the good."

What we most desire in this world, complete, effortless, Stepford perfection, is not real. It involves countless hours of toil, sacrifice and development. It's an ongoing project. So it must be treated as such. You cannot become the perfect dishwasher, the perfect gardener or the perfect cook. You can aspire to those goals, by all means. But really, it's only worthwhile as long as the end result is great for the whole household. Being the perfect cook at the expense of your sanity is not good!

If you are more of a Domestic Dictator, this approach may seem confusing, even lazy. But it works. You may wonder how people can be happy if a stew was made and all everyone wants to eat is eggs and waffles. You may wonder how a homemaker can settle for an improperly loaded dishwasher. You may wonder how a house can run if everything is not exactly to plan. But it still works.

There is happiness in harmony, and laissez-faire homemaking puts harmony first, allowing happiness to bloom.

<https://yourwifeisevolving.wordpress.com/>

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UPVOTES

Tiny little post just to say...

VintageVee · 23 May 2016 · Archived copy · Reddit

...something gorgeous happened this weekend.

Discussing holidays this weekend and SO says, "oh not this year, let's save that place for my *significant birthday* in 3yrs."

I said "yes, sure, good idea."

He smiled and said, "you'll be Mrs HisLastName by then too..."

squeeee belly flipped over, big happy smile, that's the first time he's given it a timeline :) and it's perfect in my eyes given I want a longish engagement. So pleased he feels this way and is so confident to say it.

Just had to share with you ladies - we would not be in quite so great a place without you!

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UPVOTES

Etiquette: Chapters 1-3

PhantomDream09 · 22 April 2016 · Archived copy · Reddit

Etiquette The Complete Modern Guide for Day-To-Day Living The Correct Way By Frances Benton and Co-edited by General Federation of Women's Clubs Copyright 1956

As a surprise, Occam purchased this book for me and I am finally making the time to sit down and work my way through it. I have decided that I'll quote portions that I think are interesting (they may be relevant, amusing, insightful, or no longer useful – it will purely depend on what happens to stand out to me. I will list the section, chapter, and a specific heading (if applicable). I may, at times, also include some of my own personal thoughts or observations about the quote.

Section 1 Manners in General

Chapter 1 The Essence of Manners

If manners could be explained in the form of an organization chart, such a chart would surely be headed by the phrase "consideration for others."

Chapter 2 Women's Manners

Morality

There is no point in discoursing on morals in a book on etiquette, because your morals are your own private business.....Your public behavior should be decent, quiet and friendly; and your most personal relationships should be conducted with dignity and privacy.

I really like that the author makes a distinction between *personal values/morality* and being socially agreeable/polite. The practice of common courtesy can be extended to everyone you interact with in your personal life – even if the quality of their character is suspect.

Modesty

Real modesty, however, is a constant and desirable quality. It is based not on fashion but on appropriateness.

I have seen several quotes similar to this already – and it touches on something we talk about all the time: femininity goes beyond looks. Superficial changes to your outer appearance cannot camouflage obvious behavioral flaws for very long. Anyone that spends an extended amount of time in your presence will see the disconnect between your flawless presence and your faulty personality.

Dignity

Dignity is sometimes confused with haughtiness or stuffiness....Dignity is the principle of *self-respect* applied to all one's actions. The reason it's bad manners to apologize or make excuses for what you don't have...is that this type of excuse only embarrasses your listener and shows that you lack personal dignity and self-respect.

Respecting yourself as a woman is *so* important, and I love that the book touches on the idea of apologizing and making excuses. Women tend to do this a lot, particularly when it's not necessary. There was another thread a while back that /u/tintedbalm wrote titled "**Stop saying 'sorry' if you want to say 'Thank You'**" that was very insightful and thorough. Please be sure to read it if you haven't already.

Women's Manners Towards Men

If you refuse or ignore the little things a man tries to do for you, it is poor manners because your oversight is embarrassing to him.

Appreciation and gratitude are perhaps the two easiest things a woman can work to change immediately when it comes to personal development. A few user's have had a bit of success implementing the "only say positive and nice things" week challenge. I think it's worth giving the challenge a try if you find that you argue or bicker with any amount of frequency.

On the other hand, don't insist on little attentions that he doesn't think to offer. Entitlement is a relationship killer.

Time To Go Home

When you're on a date, it's up to you to suggest that it's time to go home. You shouldn't suggest going somewhere else, however. For example, if you're having dinner you shouldn't suggest the movies or a nightclub. That's up to the man, as he's the one who foots the bill. But since it isn't polite for the man to imply that he's tired and wants to go home, it's the woman's place to break it up for the evening.

Chapter 3 Men's Manners

I liked this chapter because it allows women to consider things from the male perspective. Some of this will seem dated, but I still think it's useful.

Men's Manners Toward Women

Most men automatically accord this courtesy [not talking about personal conquests] to their wives or sweethearts, but they may be less respectful about a woman whose relationship with them is more casual. Locker-room bull sessions about women are poor manners.

"Men will talk, be careful of the things you *give* a man to talk about."

The line between friendliness and pawing is a very fine one.

He doesn't talk loudly or intimately with her, or call her name aloud across a lobby.

In general, a man walks on the curb side of the street, although this is no longer a rigid rule, nor is it necessary to shift constantly back and forth. In walking with two women, a man should keep to the curb side to avoid turning his back on one while talking to the other.

I still find that this practice is generally observed today. Growing up my father always did this, and even today if I am with him, or one of my grandfather's they do the same. I especially enjoyed the advice about how a man can make it easier to converse with two women simultaneously (without having to exclude one of them) by adopting the curb-side position.

Paying for things. It used to be an ironclad rule that a man paid for practically everything when he was with a woman. This has been modified considerably, and now there are many occasions where expenses are split or are paid by the woman – among young people who have agreed to this arrangement in advance, or in certain business situations. In general, however, when you have asked a woman to a social lunch, or to the movies, you pay for everything – transportation, tickets, food, drink and tips. When a woman has asked you somewhere to

a dance or the theatre for instance, she pays for the tickets (usually in advance) but you take care of transportation a snack or drinks later. A casual meeting with a woman acquaintance in a restaurant or subway entrance, however, does not make you liable for her lunch check or subway fare.

There's sometimes a bit of confusion when it comes to paying for dates. I think a woman should always offer to pay (and sincerely intend to). It's the safest way to show politeness and consideration, while also placing the power (and responsibility) directly in the hands of the man. It has been my experience that confident and traditionally masculine men always handle this interaction with ease. Some thanked me for the gesture while stating that they would foot the bill, while others accepted my offer and permitted me to cover my half of the meal. I never thought less of the men that allowed me to pay for my food. If a man *does* cover your meal, it's a good idea to repay the favor in some way. It's easy to buy something for dessert, or some coffee, or even movie tickets if you go to a show. Alternatively, suggest going on a picnic and take the opportunity to put together a delectable lunch.

When you've been drinking. An age-old rule says that a gentleman never goes to a lady's house when he's been drinking. For us moderns, this rule may be a little strict, but visiting a woman when you've had too much to drink is never respectful or endearing.

Sloppy drunks are not attractive, whether male or female. If a man is blitzed and trying to get your attention, it's not because he's interested in having meaningful conversations. Don't be a booty call.

Shaking Hands

Techniques to be avoided in addition to the limp handshake are: the bone-crushing technique; which is particularly painful to women wearing rings; the pump-handle technique; and the refusal-to-let-go technique, which is usually reserved for women and is supposed to indicate great ardor.

I think this is a useful bit of advice for women as well. A firm, confident handshake is an easy way to create a good impression. Limp, and 'weak' handshakes always leave me feeling uncomfortable when they happen.

This concludes my first batch of highlights from the book. I intend to write up similar summaries for the remaining content (there are 7 sections and 60 chapters total).

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UPVOTES

Psychological Femininity

Camille11325 · 18 April 2016 · Archived copy · Reddit

I am reposting something I submitted over a year ago under the title "RPW 101: Cultivating A Feminine Frame Of Mind". It was originally going to be part of a series that explored core Red Pill concepts. Unfortunately life got in the way and I was unable to execute the series in the way that I wanted. I'm so glad to share this updated version with the community, and in the future it can be found in the [Essential Posts](#) section of the wiki (which has a collection of the best RPWives content submitted to date!).

Psychological Femininity

Feminism has permeated mainstream society to the point where myths of equality, empowerment and entitlement shape even the self-improvement resources available to women. Rarely are women encouraged to embrace their nature; androgynous appearance and masculine behaviours are perpetuated as ideal for all. This is an enormous disadvantage to women who don't have positive female role models in their lives because once discovering the truth about gender differences, there are very few places where women can receive legitimate advice regarding self-improvement.

While there are an overwhelming amount of websites that provide information on makeup, fashion, flirting and other elements of girl game, there is a noticeable lack of quality materials that focus on the most important factor when it comes to attracting and gaining commitment from high quality men: psychological femininity. Developing this trait is a critical first step on the road to permanent change. It makes you pleasant to be around, and creates harmony in romantic relationships as men can effortlessly assume their natural role. Once this foundation is laid, it will be easier to identify areas to improve in your own life and begin the process of adopting new habits and traits.

Before delving in to the characteristics that make one feminine, it is important to dispel some false definitions that are popular today.

- **Femininity is not a weakness.** It is also not a failed or incomplete/watered down version of masculinity. To put it simply, men and women are different. Each gender has positives, negatives, roles, and responsibilities that complement the other beautifully. When these innate distinctions are embraced, both men and women are happier and more successful, going even further in life than they would have otherwise.
- **Femininity has nothing to do with being a doormat.** [Submission](#) within your relationship is not equivalent to being walked over or mistreated. It means trusting your man to lead, deferring to his decisions and supporting him in the way he needs. It means being less aggressive, combative, snarky, and sour. Outside of a relationship, being feminine isn't the same as letting everyone do whatever they want, simply because you're a girl. Striking a balance between politeness, respect and assertiveness is key in everyday interactions.
- **Femininity is not acting ditzy or dumb.** You do not have to act less capable than you are to be feminine. [Men are not sexually attracted to intelligence](#), and are put off by argumentative know-it-alls, but this does not mean that you have to limit yourself if you are an intellectual. The way you express yourself: tone, facial expression, vocabulary, etc. is extremely important. These determine how others will receive you.
- **Femininity is not dressing up or being "girly".** A lot of women seem to think that altering their wardrobe, makeup or hair is sufficient when it comes to making changes. But no amount of skirts, blush or bows will make you feminine if you lack the disposition. Femininity is expressed through appearance but appearance is not the

source of femininity. If you haven't internalised the concepts, you are merely playing dress up. There are no shortcuts.

Now, how does a psychologically feminine woman *actually* behave inside her relationship? She is:

- **Yielding.** To yield is to submit, defer, and/or relinquish oneself to a higher power. Too often women vie for dominance within a relationship, stirring up drama instead of simply allowing their man to lead. "Allowing" does not mean giving the man permission to lead, it means stepping out of the way so that he can step up. How to be more yielding? Say yes more. Be flexible and generous. Let go of the need to control everything.
- **Receptive.** A receptive woman is open, interested and responsive to new ideas or suggestions. Some tips on cultivating this trait: don't immediately shoot down his statements or insist that your way is always the best way. Create situations where he can share something he enjoys with you. Keep in mind that you don't know everything -- humility is key.
- **Supportive.** Within romantic relationships it is often necessary to provide sympathy, reassurance, information or help. On a daily basis you should be offering positive encouragement, listening more than you speak, and building him up with your words. Let your love motivate you to assist, surprise, and satisfy him regularly. Don't keep score of who is doing what for whom, simply focus on the ways you can enhance his life.
- **Pleasant.** The most enchanting women are socially adept, agreeable, and enjoyable. Everyone, especially high value men, would rather spend time with a friendly and happy woman over someone who is mean or dull. If you want to light up a room simply laugh and smile, easily and often. Make sure your body language is open (hands facing outward, no crossing arms, no frowning, no hunching, etc.). Tell jokes; don't take everything so seriously. Speak highly of your SO both in his presence and when he isn't there. And most importantly, don't whine or complain; entitlement is not attractive.
- **Empathetic.** The concept of directly identifying with another's emotions, situation and motives is extremely important. Female solipsism is very real and it can prevent harmony within relationships when a woman refuses to consider other perspectives than her own. To combat this, consciously seek to understand where your SO is coming from. Consider how he would want you to respond, act, or treat him in a situation, instead of assuming or projecting. Be compassionate and a source of comfort, but pay attention and give him space when he needs it.
- **Poised.** This quality is harder to nail down but it is the end result of psychological femininity. A sense of composure, dignity, grace, and self-assurance radiates from the woman who embraces the positive aspects of her nature. Remember that your choices affect how your SO is perceived, so always carry yourself with purpose and distinction. This means proper posture, presenting yourself well, speaking clearly and in a light tone, and not chattering aimlessly.

Authentic transformation can only occur if you legitimately want to improve, and put in the requisite effort. Take the time to develop your character and acquire new traits. Don't get frustrated if it is more difficult than you anticipated, and don't get conceited if you see the results that you want quickly.

The best way to attract someone of high value is to become someone of high value. This all starts with cultivating a feminine frame of mind, but self-improvement is a lifelong journey.

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UPVOTES

RPW Transcends Sexual Strategy

BeautifulSpaceCadet · 15 April 2016 · Archived copy · Reddit

RPW is more than sexual strategy, I think. This may be up for debate, but I'd like to think not too much. That's why we get to discuss more fun things RPW carrots and the like.

Kidding, but this post is to acknowledge what RPW brings *outside* of relationship; I'd like to think I'm not the only one who has seen all-around improvements.

A Gratitude Attitude extends beyond your lover

It's easier to be grateful for smaller things; even if the emotion doesn't come naturally quite yet, the conscious decision to recognize what we are fortunate for is a huge step. For those of us who are wound up so tight we could fly across a hemisphere if we let ourselves snap, it's nice making a practice of feeling grateful for the things we have.

You can't change people, only yourself

Family isn't perfect, and for many of us, our family is why we struggle in our relationships. Poor habits and dynamics learned by example makes for a difficult time learning to be better. And one thing we all have in common (I believe) is the will to have a happy family life. Both with our SOs, and our children -- whether you have these things yet or not, it can likely still be agreed the quality of those relationships are of the highest priority.

That being said, I've also learned to love my own nuclear family more in the process. Maybe my divorced parents and spineless father weren't the best role models, *but I can't change them*. As an adult, the options are to love them as they are, or not at all. I don't wish things were different anymore, I choose to be proud of my dad for other things and focus less on his shortcomings. Even if your relationship with your own folks is so damaged there is no retribution (I know at least a few folks in here are not unfamiliar with /r/raisedbynarcissists), at least you can take comfort in what you cannot change and continue to move forward by improving your own life -- the only life that you have the ability to improve.

This may change from person to person, and maybe it's your friends that are the negative influence. Or coworkers. Whoever it is to you, there is power in accepting accountability for yourself and only yourself.

There's no honour in winning for its own sake

Vying for dominance is an ignoble act, and aggression is an ugly trait. There is a difference between being a doormat, and being a pleasant and humble person. I know I try to be 'right' an awful lot less than I used to; what purpose does it serve? Aside from a time-sensitive debate as to how to most efficiently remove victims from a burning building to save the most lives, being 'right' rarely wins you or anybody anything aside from bad feelings.

Whether it's in the workplace, or casual conversation, I find myself conceding far more often. Why not? I'm not going to walk out with a prize for berating the other person into submission. I'd rather leave them with a good impression of me than winning my own crappy game that nobody else is playing.

Femininity offers you and others more than an enhanced SMV

We live in a world of binaries. Light/dark. Warm/cold. Happy/sad.

Femininity/masculinity go far less noticed than the above examples, and are so often absent from situations. A touch of feminine grace brings an improvement to any atmosphere, be it a social setting or simply in the workplace. In much of the older text, there was a lot more emphasis in the strength of femininity and the ability to bend. Not everyone can achieve it, and I certainly make no claims to be an authority, but I do try and that is far more than most are accustomed to in these times. To be warm of presence and soft spoken are wildly undervalued traits. I'm naturally rather loud and boisterous, and that's a hard disposition to break free of. But even now, if I lose control of my speaking volume I lose less control over what it is I'm speaking about. There's much less negativity and

abrasiveness than there used to be. Baby steps, everybody.

Happiness is a choice

It's a choice I try to make every day, and admittedly fail at much of the time. But the day you take accountability for your own emotions is a good one, and releases you from the victim-mentality that's all too pervasive today. Your 'cup of life', so to speak, is a zero-sum game. We all have the same number of hours in the day and the week, and how we spend those hours is up to us, not to mention with whom we spend them. Prioritizing those who add to the quality of our cup and allotting them more space, while weeding out those who add only bitterness, increases happiness in all aspects of your life. It absolutely influences what you bring home to your man, but I'm talking about what you carry in your own heart and what it does for you in every part of your life. A happy person surrounded by love and goodwill is a better partner, but also a better person.

TL;DR Carry the words of RPW regarding positivity and femininity with you in all parts of life, even those outside your relationship, and you will be a happier and better person for it.

Edit: Didn't know what to flair so I went with 'discussion' instead of 'insightful'. I'm not all that deep and I'd rather hear and discuss all your thoughts anyway (:

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UPVOTES

What are the little things you love about your husband (or SO)?

frozen_strawberry · 9 April 2016 · Archived copy · Reddit

So earlier I was thinking about how there are so many little things I love about my husband that I feel like I can't really tell people because they'd get sick of hearing it pretty fast. So I figured I'd make a thread for that :P

I'll go first:

When he explains things to me (and other people) he gets that sparkle in his eyes. I don't always understand all the highly technical things he explains to me but I just can't get enough of it.

On the weekends I usually wake up way before him and when I get up he takes the whole blanket and rolls up in it, like a husband burrito with just his nose and eyes sticking out.

And I guess the last thing (for now) is more about me really, but I've never felt as safe in the car with anyone as I do when he's driving, not even with my dad. He's just so calm, even when he drives fast.

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UPVOTES

Suggested Reading - Bella Grace Magazine

Irisandoleander · 7 April 2016 · Archived copy · Reddit

Hi ladies,

I was curled up reading this morning awaiting an appt and I thought to myself some of you might really enjoy this magazine I subscribe to. It's called Bella Grace and it's a thick quarterly magazine I found at JoAnn Fabrics (or maybe it was Michael's). The magazine has all these really great short stories, poems, and photos - beautiful spreads of photography. It's all about "Find magic in the ordinary" and they say "Celebrate your messy life. Shine a spotlight on small, everyday moments – they are special, and they are yours." It's very positive and really nice for some quiet meditation and reading time.

I thought I'd share since I really enjoy it maybe you will as well :) Personally my favorite story so far has been called "Mining the Quiet" and it talks about taking pleasure in the quiet moments, putting away your phone, and letting the peace come in.

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UPVOTES

Real housewives of Gen Y: Rise of the millennial homemaker

whitebunny87 · 4 April 2016 · Archived copy · Reddit

<http://www.news.com.au/lifestyle/sunday-style/culture/real-housewives-of-gen-y-rise-of-the-millennial-homemaker/news-story/e851280ad6f501baa97e6e78a25f8506>

I came across this article and found it interesting that there are numbers starting to back up what I've been suspecting. More and more young women are starting to wake up to the fact that feminism isn't all it's cracked up to be. They saw their families separating and their mother's trying and failing to "have it all".

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UPVOTES

Love is Labor

Littleknownfacts · 3 April 2016 · Archived copy · Reddit

I see many women today with the attitude that love will just happen. That they need not improve themselves to be worthy of love, or they accept that they need to reach a certain threshold for good enough before someone can love them. But they are missing a major piece of the puzzle. That love is something that needs to be worked on, not just in the self-improvement way, but in the practical doing stuff for others way. They think that just by 'doing me' and letting their partner 'do you' it will lead them to the person they are most compatible with. But what happens in those relationships is they behave like two people walking side-by-side but independently down the same road. Once their paths fork, so too do they split since no two people can be exactly alike in every respect. I think that the dynamic of men leading and women following worked because it was part of the men's role to push the relationship forward, and the woman's responsibility to be the glue that held the relationship together. Today, women work outside of the home almost as much as the men, and while men have opted to pick up the housework, neither party feels responsible for the labor of keeping the relationship together. So men still hold their end of the bargain plus some, but women have forgotten their duty. That women are responsible for helping things run more smoothly. This is why I cringe when women talk about the things that make them a good partner, and all they mention is "fun personality" and "interesting hobbies" and "goal oriented". And while these are all good things to have, you would be doing them with or without a partner. These things are for the benefit of "you" not for the benefit of "us". Now I'm not saying "don't be you", who else would you be? Be you, plus. You plus a nurturer, you plus a caregiver, you plus RPW.

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UPVOTES

[SATIRE] How to Communicate Your Needs No Matter What the Other Person Is Saying

Camille11325 · 3 April 2016 · Archived copy · Reddit

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UPVOTES

I'm feeling a sort of (very gradually) growing resentment in my 5 yr relationship and I want to quash it before I do anything drastic. Approaching 30.

nouvelle_rouge · 9 September 2020 · Archived copy · Reddit

How old are you (and how old is your partner) and how familiar are you with RPW?

I am 29 (and my partner will be 30 soon) and I found redpill when I started this relationship. I credit redpill to helping me become a better person and letting myself lean into my femininity, and I'm sure it's part of why my boyfriend decided to commit to me. He is definitely a catch - I think when I first started posting for advice, one of the mods cautioned I was close to being Alpha Widowed. Well, five+ years later, we are definitely committed.

What is your relationship status? Official "bf/gf" for 5 years, exclusive for 5.5 years, dating for 6. When we got together, we had some trouble because I was very insecure about all of the girls who liked him. He honestly bent over backwards to make me feel comfortable, and now it's very rare for him to flirt/talk to other women.

As an FYI, we do not live together. We both don't want to live together until we get engaged, but lately I've been a bit more open to the idea. But the point is, because we don't live together, I often don't know what his friend group is up to, and find out things via his other friends' girlfriends (who live with their boyfriends).

What is the problem? (Don't badmouth your SO!) Over the past couple of years I've been growing a little insecure because I feel like I'm not included in his life as much. I've noticed I'm not being invited out with his friends as much, his parents have only met me once (his relationship with them is weird), and he was previously slow to talk to me about a confirmed proposal timeline (he has since promised it will be in the next two years, and I trust him on that). Pretty much everytime I have ever felt uncomfortable he has assured me that he loves me and that I'm his favorite person in the world, so I'm not sure why I can't just be grateful for having an amazing boyfriend and not care about things.

Recently I've gotten to know his friends' girlfriends a bit better, and I've gotten a glimpse into who he hangs out with when I'm not there. A couple of months ago I was really upset because one Saturday, he said he was just going to be hanging out with his guy friends. A week later I found out (via one of his friend's girlfriends) that he actually went to a bbq, with not only his guy friends but also their gfs. When I asked my bf about it after I found out, he said he thought it was a guy's only thing and was surprised to see girls there, but didn't think I'd want to bother coming. The thing is he's right - had he told me about the bbq last minute, I probably wouldn't have come because I was doing something else. But I just feel weird that he didn't really tell me about it or at least mention it - especially because when I asked him what he had been doing all day with his guys' friends (before I knew about the bbq), he said he and his buddy were just hanging out and drinking beers. He didn't lie - but I'm still upset by it. Similar instances have happened since then where he says he's just hanging out with the guys but I find out later via someone else that all of the girlfriends were there, too. I'm not being excluded to every little hangout - there are times where he will invite me to things, but usually last minute, and I often decline because I'm either doing something else or would rather not show up after everyone is already drunk. If it's something in advance, he assumes it's a guys' thing, but might text me around 10pm and tell me some of the gfs are there. The thing is, I'm starting to doubt how many of the "guys' nights" he's been to in the last few years have truly been guys' nights, or if the girlfriends were supposed to be included.

So anyway, I guess I'm both upset that sometimes I don't get the memo that gfs are included, and sometimes I do get the memo and he invites me, but I resent how late the invite is coming. I feel like I'm missing out on the important part of the night - the part where people are making toasts to their recent achievements, catching up about life, or talking - and I'm invited to the part where people are taking their 4th shot of whiskey and thinking of going home soon.

Sometimes when he goes somewhere I turn into a nagger who asks "oh are the girlfriend's included?" or something

but it's gotten to the point where if I don't ask, I can't trust I got the full picture. But also why should I care about getting the full picture? I really wish I didn't. There's nothing bad happening. There are very rarely ever any single girls - just girlfriends. I'm sure he probably wants to spend time with his friends without me. But I still get so upset when I find out that one of the "guys" hangouts actually included gfs, and I didn't even know about it much less get invited. Plus, and I know this is really just a "me" problem, it's kind of embarrassing when one of the girlfriends asks where I was and I basically have no idea what they are referring to. When I refrain from asking questions on guys' nights but then hear later that it wasn't a guys' only thing, I get really upset and confront my boyfriend, who then gets mad at me for ruining his night by arguing with him about something that doesn't matter.

In almost every instance, he says that it was supposed to be a guys' night, but one of the guys ruined it by bringing their girlfriend, and then the other guys then invited their gfs. I believe him. But I just feel left out when I'm also not invited.

And ultimately he's right - it really doesn't - or at least shouldn't - matter. I usually have plenty of other things I could be doing, anyway. I know he's not cheating on me. He makes time for me during the week. He encourages me to be a better person. He buys me SO MUCH STUFF. He takes care of me whenever I spend the night at his house.

How have you contributed to the problem? I ask too many questions and I confront him at probably the worst times about it. It's definitely affected my mood and trust in him. I'm scared I'm not the "goddess of fun and light" anymore, which is probably worsening the problem. Why would he want to invite me somewhere if he knows that, once I start talking to other people, I'll find out about some other event that he didn't invite me to and get upset? It's a vicious circle. But I also can't hide very well when I get upset about something. I just wish it didn't upset me so much and that I could just not care about what he does with his friends.

How long has this been an issue? I mean I thought it was an issue mostly the past year I guess but sometimes I wonder if perhaps there were more times in the past 2-3 years. We used to hang out everyday and/or I used to always be invited to things with his friends, and that has definitely dwindled.

What have you done to resolve this problem? I've tried to refrain from asking questions. When he does invite me out, I try to look really nice and get along with his friends. I think his friends all like me - they tell me I'm always welcome over (one of them lives near me). All of their girlfriends seem to like me and have now started texted me when everyone is hanging out and I'm not there. But my boyfriend has not responded well to this - he would prefer to be in control of what information reaches me.

I've also tried to keep myself busy - I think this is why it's taken over a year for me to feel really upset about the problem, though. I can definitely keep myself preoccupied, but lately I have these intense feelings of just...anger when I find out - not through him - that everyone is hanging out. I've considered breaking up with him!! But what good will that do? I'm about to be 30 and, especially now during covid but also somewhat before, interact with 0 guys. I really don't think I could meet someone else that I like. Then on some days the feeling passes and I'm grateful for what I have. I just don't know what to do. I start to feel really unhappy and like I have no self respect.

I've tried talking to him, but unfortunately a lot of these "talks" happen after I've just gotten information and I'm upset. He has promised to try to be as transparent as possible or to at least invite me if he can (even if I might not actually take him up on the invitation), but he hasn't been very good at this. Then I actually get more mad when something happens again because I feel like...he knows I want him to be transparent, why did he forget again? He always says "well I was only there for a few minutes and didn't have time to text you" but I know that's not true. I feel betrayed. But at the same time, it's not like he's betraying me over something major like cheating.

If married or in a committed, monogamous relationship: Monogamous with plans to be engaged in two years.

How long have you been together? 5-6 yrs

Is your relationship long-distance? No

Do you have an active bedroom life? We used to but it got pretty bad about two years ago. I gently tried to bring it

up but he has been really stressed with work. I didn't want to add more stress on him so I just try to be available for him whenever he is in the mood - maybe once or twice a month? Recently we had a really nice time, so maybe things are improving in this department.

EDIT: Thanks for all of the advice! The questions asking him what's going on are definitely going to stop, and I'm going to think on whether I'm breaking up now or if I'd be ok with a marriage that looks like this. It's hard to envision though, because, as one user pointed out, potentially I wouldn't feel excluded by the mere fact of living together/being married.

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UPVOTES

Dealing With Insecurities Over Husband's Attraction to Other Women

mrssmithhh · 7 June 2019 · Archived copy · Reddit

I've had a rocky marriage, and have posted on here a few times seeking encouragement/advice. I bought *Fascinating Womanhood* a few months ago (I bought a few different copies and versions, actually), and have been taking the advice there to heart. I have enjoyed the changes in myself, and think I am becoming a better person for it. I have felt an increase in intimacy and a strengthening in our bond, too, and am grateful for it. We are actually pregnant with our third child now, and I think it is because of the way things have changed in our home. I have felt so much happier with my husband when I intentionally set out to admire and respect him, and accept him without criticism.

My issue now - he told me yesterday that he was still sexually attracted to every single young, cute girl he saw, and that he would have a threesome (hypothetically speaking, that is. He said he would never do it with me because I would be too jealous, but that yes, he would be up and willing for one generally speaking), and that it was a sacrifice for him to give up random, casual sex.

I felt like he slapped me when he told me these things. I knew he thought/felt that way in the past, but I also thought our bond was weaker then. I honestly thought that a stronger bond and deep intimacy would mean that I would be his One and Only. And to be sure, he has never *done* anything about any of this. He has 100% been faithful in actions, which I guess is what ultimately counts, but honestly I felt so disgusted and betrayed. All the memories of him coming home from the bar *telling me how much he missed banging randos* flooded through me again and I felt like my world had just been smashed, and he would always be mentally scanning other females. And it shouldn't shock me that he still feels this way, anyway. I've had all the signs. I quit wanting to watch *Game of Thrones* with him because he got so gross and explicit about how hot he thought all the girls were in the show. He doesn't just say, "I think X person is attractive." He says "I wanna ram it up her ass" or "You have no idea how many times I've jacked off to her." He stopped saying all those things when I made it clear how much it bothered me, but I guess I let myself be fooled into thinking the issue was gone since it wasn't in my face anymore. I'm just so disgusted that he would have such low integrity as to even *consider that a threesome would be a good idea*. He basically just admitted to me that he is 100% OK using women for their bodily orifices, regardless of the harm it would reek on everybody. Honestly I only think enjoying a threesome is possible if the people are completely out of touch with morals, their emotions, and only see the other person as a means to an end. I'm sad and discouraged that his life of family and commitment has been a sacrifice. Maybe I'm just being too Disney, but I really thought that true, deep, soul-to-soul love would quench those baser, more animalistic, hedonistic impulses. I feel very betrayed, and maybe one of the worst things is that the respect, admiration, and the trust I had been feeling for him feels quite shaky now. I feel full of doubt, and while he is faithful and does not do anything in action that is questionable, I have to question our bond and the truth of what our relationship is. He told me that ALL men are driven to want to fuck anything young and attractive, even when they're 80 years old. That also made me feel depressed. If that's 100% true, and men are only keeping their desires in check because of society or family pressures, then it is really impossible for me to be friends with any male. It makes me feel something close to hate for them. It's gross. Are there no men out there who love principles and who don't just see women as holes to be used for sexual gratification? When I ask myself that, of course it's obvious that those men exist, but then that makes me wonder why *my* husband speaks in a way which would paint all men like that. That, coupled with the history of our own sex life (started out amazing, then had a drastic drop off with first child due to his lack of desire) has me questioning if I chose a man who just by being who he is is not cut out for long-term monogamy. That is one awful proposition. The other is that he actually is a great long-term monogamy partner, but I have failed to fulfill his deepest needs and therefore he is not as deeply bonded to me as I desire. I'd prefer it if I have failed. At least that means there might be a chance that there is something I can do to improve things.

How should I deal with this? I don't want to be plagued by this doubt and the insecurities are awful, because he has not *acted* in any way questionable. I realize that this is more like thought-crime, and there is nothing which has been done about these thoughts. My doubts come from knowing that he desires and wishes and feels things which I find fundamentally immoral and disgustingly hedonistic. I really have such a disgust for the hook-up culture. I get that men like sex, but seriously, don't men realize that there's a whole other human at the other end of that hole that most likely would never hook-up if she were healthy, and had self-respect and knew what is was like to be valued? I see all the men of TRP who "spin plates" and maximize their sexual strategy amorally as vultures feeding off of the carcasses of broken families and the dysfunction of a sick society. I don't see them as men to respect. I can't respect such sociopathic behavior. It's such exploitation. It would be like a woman serially draining bank accounts of men who were desperate for approval and female affection. The men agree, so it's not theft, but a woman who would do that is a predator without a heart. No man could love a woman like that. It just shows that she is willing to serve her own needs regardless of any moral standard, or of any cost to the other person. And yes, my husband has often accused me of over-thinking things, but it just seems logical to me that these sort of desires and preferences would point to a weakness in integrity and understanding, and that's just awful. I wish my husband was so in love with sterling ideals and standards that he would never even dream of these things. I know the Red Pill community sort of lauds male sexual hedonism, but even that is illogical and dumb to me. All that sexual hedonism and gratification for men- and especially young men - is dangerous to every thing good that society is built on. Men are less incentivized to achieve and succeed, and they stop developing inner personal qualities if they are drugged and inundated with sex all the time, and it makes them feel successful even if their lives are in reality hollow and pointless. There is also the danger of reckless pregnancies, which is tragic for a helpless, totally innocent baby and it ruins entire generations. It also weakens men's ability to bond with women, and it's destructive and hurtful to the women themselves. I am horrified that he will imprint these ideas onto my sons, when it seems like the happiness of their adults lives will nearly entirely depend on them prudently choosing the right women to build their families with, and they will not be attractive to women of integrity and high standards if they are living like man-whores and are slumming it with any trash that walks their way. IF my sons are going to escape teenage years without a porn addiction, without getting an STD or and unwanted pregnancy (which, again, is just utterly destructive for the innocent child, and then exposes my son to legal and financial risks for the rest of his life), then they need to see that masculinity is discerning of women, and that just because you *can* have sex with it does not mean that you should, and that more sex and more variety of sex does not = being more of a man.

Life is without these insecurities, and I'd like to put the aside if possible, but I want to know some true answers as to whether me putting these insecurities aside is just me sticking my head in the sand until the problem grows so large that it's unavoidable. I'm also afraid that this third child will be a daughter, and that she will grow up expecting to be loved only as long as she is young, attractive, and a stranger/novelty for a man. In other words, I'm afraid her daddy will demonstrate to her that men don't love women, but that they are perfectly willing to use their holes for very selfish reasons. I don't see how it's possible that he can teach his sons to have sex and use women, and then expect his daughter to believe she is worth being treated with love and tenderness and respect.

Honestly I just feel distrustful of him after hearing that his desires are only being kept in check by my presence. It is nothing innate or internal in him, and that makes me think he is not wise, not thoughtful, not insightful or or enough integrity to be a good captain. There is so much at stake, and I feel on full alert because he does not seem to be on full alert himself. I want to relax and never question his capacity, but this has shaken me deeply.

Am I wrong?

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UPVOTES

Check out A and B below. Help me reconcile? A- When does my need for my space become important then? Never, just in case his head gets turned? B - where his career tanking has required her to step in and take on these responsibilities... Does not the woman's burden shoulder become a concern?

poleywoleywoley · 29 July 2019 · Archived copy · Reddit

<https://i.redd.it/axhbr9lv8d31.jpg>

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UPVOTES

Don't shoot your side of the canoe

RedPillWonder · 25 November 2019 · Archived copy · Reddit

<http://loydwalker.com/dont-shoot-your-side-of-the-canoe/>

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UPVOTES

Lonely | New mom

killadollxx · 5 February 2020 · Archived copy · Reddit

I've been in a long term relationship with the most amazing partner. Were married and had our first child and I'm a SAHM. He helps me around the house, hired cleaners so I don't have to worry about chores, is extremely attentive to the baby, encourages me to get extra sleep, mani pedis, any thing I want. I am so happy to have him and my baby in my life.

But when it comes to other mom friends I am so so lonely. Even mom groups on reddit are for "other" moms and not me (I recently got banned from a certain mom group on Reddit because I have posted in a sub they found uninclusive - a year ago. and without any context they banned me and muted me from replying to explain).

I try so hard with the moms in my real life but I get comments like "but you wouldn't understand" (when they're complaining about finances, husbands back at work - my husband has a lot of free time and is able to help a lot) and it's gotten to the point where I pretend my life is worse off so they'll still keep me around. I never *ever* talk finances or try to brag in anyway but my husbands work makes it obvious that we're not struggling and I really feel like it makes people see me differently.

Or maybe I really suck and people don't want me around for that reason. I don't know any more man..

Im hormonal and lonely and wish I had some mom friends. Is it me?!

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UPVOTES

Books, shows, podcasts, other resources for making your home beautiful & a special place for husband and children across the seasons?

learningtomom · 21 November 2020 · Archived copy · Reddit

As my toddler gets older and we have another on the way, I'd like to start learning and doing a better job of decorating the home for different seasons and setting up family traditions (alongside actual traditions) for my little ones. I want them to look back on their childhood with warmth.

At the same time, I've been a minimalist (living in smaller spaces) and we are just about to move to our idea home. I am looking for furniture that's non-toxic and easy to clean, thinking about decor, etc. do you all have any tips or resource guides about interior decorating (mainly just buying & arranging furniture?

With the holidays coming up, I'm also wondering about seasonal decorating (that ideally doesn't require too many large objects that will clutter the home the rest of the year). Do you know of resources that can help me learn?

Thank you for any guidance!! I figured this sub might be the best place on the internet to ask such questions. :-)

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UPVOTES

I (23F) just found out that my boyfriend's (25M) ex (21F) committed suicide, and his actions were one of the things that pushed her to do so.

golden_eyed_cat · 20 November 2020 · Archived copy · Reddit

Me and my boyfriend both come from a very conservative country. We are both virgins, have been dating for four years, and are planning to get married next year. He is a great guy, and I can easily call him my rock, captain and best friend.

Recently, though, something tragic happened: The girl that my boyfriend briefly dated prior to meeting me had committed suicide. In her final letter, she mentioned that the rejection from my boyfriend caused her self-esteem to plummet, made her believe that she was worthless, and that no man would ever want to marry her. It sent her down a spiral of depression and extremely low self-esteem, which ultimately led to her taking her life.

Prior to this moment, I knew about their brief relationship, as well as the fact that my boyfriend refused to be with her because she wasn't a virgin. Sexual purity was always very important to him, and he really wanted himself and his future wife to have only one bedroom partner each in their entire lifetime: each other. What I didn't know, though, is that the girl lost her virginity because she got raped, and aside from that awful experience, she wasn't sexually active at all. In fact, she never even kissed a man!

This information has made me extremely disturbed. I can't believe that my boyfriend would do such a thing, especially since the girl was completely chaste, and don't know what to do with it now. I'm wondering what might happen in our relationship if I ever get sexually assaulted, feel like what he did was completely unfair to his ex, and am wondering what he might do if we ever have a daughter and she decides not to save sex for marriage.

Would you, Ladies, consider rejecting a rape victim for her lack of virginity a dealbreaker, or am I overthinking things? What should I do now? I am completely lost, and really need some advice. Thanks in advance!

23

UPVOTES

Tell me your path towards becoming a Red Pill Wife ♥

dogbeaches · 17 April 2020 · Archived copy · Reddit

Hello ladies!

Good morning! I am new to red pill and loving what I am learning so far. I would love to know what inspired you to seek the red pill philosophy in your marriage. I find it fascinating learning about others' journeys! I am learning to adopt this in My marriage and find it quite useful already! I am also reading the Surrendered Wife and learning a ton there!

23

UPVOTES

How to be attractive to a red-pilled man?

cinderellacomplex34 · 18 May 2020 · Archived copy · Reddit

What are the attributes of a woman that are attractive to a red-pill man? How should I dress, do my hair and makeup? What about personality?

23

UPVOTES

My husband did NOTHING for Valentine's Day?

gold-ee · 14 February 2021 · Archived copy · Reddit

EDIT: I didn't end up saying anything. He asked me to keep him company while he ran a few errands and took me to my favorite plant store and told me to pick out any and every plant I wanted. Our hobby this past year has been collecting houseplants and the store had just gotten a new delivery right before we arrived so it was perfect. I don't think he had necessarily been planning on this, but he noticed I was feeling down and decided to do something about it. He also secured a bottle of my favorite wine which I'm very excited to enjoy with the roasted duck and honey glazed carrots I'm making for dinner. I've learned my lesson about communicating my expectations around holidays AND the day has been saved. Thanks for your support, everyone!

EDIT 2: Okay, I am really eating my words now. He was a professional musician for a while but stopped right before we met so I never got to see him play. I've been hassling him to throw "a concert" for me in our living room for months. Last month he finally agreed he would do it for Valentine's Day and I completely forgot about it until I heard him doing a sound check on a PA system he set up in our living room just now..... ♥ Happy Valentine's Day!

I'm not really sure what I'm looking for – advice, empathy, something. I am extremely upset right now and it's the kind of thing I would normally talk to my girlfriends about but I am too embarrassed by how upset I am to say anything to anyone I know in real life.

This is our first Valentine's Day married, and it's also our first Valentine's Day that I've been done with school, so it's the first time we've actually been able to celebrate the holiday in any meaningful way. I snuck a few hours yesterday to bake him a cake and pipe a flirty love note onto it. I wasn't expecting a new car or opera tickets or anything but it seems like he really did nothing at all and I'm upset. He went out to see some friends last night, which he never does, stayed out until 3 am, which he never does, woke up at 10 am, which he never does, and is now reading a book by himself on the couch.

I guess I did a poor job of noticing that I have expectations and letting him know. I feel like I'm not hard to read and I shouldn't have to tell the man I married that I want flowers on the flower holiday. I really thought I made it clear – not only does he know me enough to know that I'm extremely sentimental, but I pointed things out to him as gently but directly as I could for weeks. I thought I was doing the right thing but I guess not and now I'm embarrassed.

Since I woke up this morning, I've had to slip into the bathroom to cry several times because I'm just so surprised and sad. I tried to just take care of myself and make myself happy by sewing a new dress and then my sewing machine broke and the repair man needs to keep it overnight. He's noticed that I'm not myself and asked me a few times what's wrong and I keep saying it's nothing because I don't want him to feel bad.

It's not the end of the world or anything but I'm taking it really hard right now. ☹

23

UPVOTES

how can i feel like less of a burden being provided for?

horse-atak · 2 May 2021 · Archived copy · Reddit

my husband provides for almost everything. i do have a part time job i go to 2-3 times a week but that only contributes like, 5% of the income heh

we are traditional and he takes and enjoys the role of a provider but i do find myself feeling guilty for having him pay for me all the time.

ive struggled with depression/suicide/feeling like a burden so this has been a rough thing for me since getting married :// also the whole “be an independent woman!!” movement doesnt help at all too. even if im traditional that way of thinking was instilled in me for years so its still gonna be there ya know?

do any ladies have a similar problem/ overcame the same kind of thinking? thanks ♥

23

UPVOTES

My husband doesn't have the 'man flu' he is seriously ill.

blahpunchlineblah · 13 December 2021 · Archived copy · Reddit

My husband got the booster shot on Friday and is still sick this morning. His 101 fever finally broke, but is still clearly unwell.

The number of comments I have gotten from other women about him 'overreacting', 'just trying to get out of things', and just 'milking my attention' is so frustrating. It is not a chore for me to take care of my sick husband. Would other women seriously not do the same?? You can't 'milk' a 101 fever!

23

UPVOTES

Laura Doyle (Surrendered Circle)

keepingsecrets- · 10 February 2022 · Archived copy · Reddit

I've just recently discovered Laura Doyle's books (The Surrendered Wife, The Empowered Wife) as well as her podcast, which is what led me to discover this group. I'm a very private person, so much so that I barely feel comfortable to talk about my husband with friends or family for fear that it could give off the wrong impression (a negative one). In other words I'm fiercely protective of him, but lately I've been feeling the need for some support as a means of self-care. I have plenty of irl friends, but none that I'd like to discuss my husband or any of our recent dissonance with (not to complain to; just seeking to improve myself).

So, all that being said, I saw a post from nearly a year ago about a "Surrendered Circle" group on Discord, but I wondered if it was still around or if there's interest in starting up a new one?

23

UPVOTES

For those who are genuinely happy with their careers, what do you do?

acgs1995 · 20 May 2022 · Archived copy · Reddit

I have a nice job (lawyer), but lately I've been feeling disconnected from it. Like I don't really "help" anyone and it fills me with sadness.

I'm curious about those of you who are happy with your jobs. I know this is very personal, but I'm open to suggestions, actually I want to change careers.

What do you do? I'm open to be a SAHM as well, just want to see the honest replies.

23

UPVOTES

Is it alright to desire to be a provider husband?

johnsmith2027 · 11 July 2022 · Archived copy · Reddit

As a single American male, I've always had the dream of fully providing for my future wife so she doesn't have to work.

Is it common for women to want to be a fully provided for, stay at home wife?

And is it alright to desire to be a provider husband?

23

UPVOTES

Need Perspective

nycgirl777 · 27 March 2021 · Archived copy · Reddit

My husband texted me asking for a phone number, at the time I was in the car, so I forwarded the screenshot of the phone number, which was how the person I got it from sent it to me.

A few minutes later I got home and was due on a conference call for work, when he called me asking me why I had the nerve to send a screenshot, criticizing me, calling me names....

because I should have entered the number into my phone and sent him a contact that he could click to call. He said it was ridiculous that I expect him to have to go back and forth between a screenshot to dial a number, etc.

I told him it was how I received it, I was in the car when I sent it, but that I'd enter it myself into my phone and then send him the number as a contact instead (which I did).

I then asked if that was the only reason he called, he said yes and that he's coming home soon. I said ok and sighed, to which he responded "well then F— you" and hung up on me.

When he got home he said I had an attitude problem and that he was now not going to dinner with me. He asked why I sighed, I said because I was disappointed that that was the only reason he called. (Hoping to get a "how's your day" or really anything else besides anger and contempt)

Then he left the house and has barely been speaking to me the rest of the evening because of my "attitude" — which literally was me sighing and saying Ok.

Does the punishment fit the crime here? How do I handle this?

23

UPVOTES

Boyfriend only lets me wear skirts/dresses majority of the time

Big-Appointment1522 · 12 February 2024 · Archived copy · Reddit

Hi all. I am 28F and boyfriend is 31M.

I am in need of some serious advice/opinions. I have been in a 5 year relationship with my boyfriend and he has a very red pill mindset.

He is pretty successful, owns 5 properties and does real estate. We've had a great relationship. However, for the past few years, he only lets me wear skirts and dresses of his choosing. Even to bed, it has to be a night gown. I've questioned this and asked if there was anyway I could wear shorts or leggings sometimes around him.

He says he doesn't really want to be around me if I'm not wearing a skirt, and that if I prefer not to wear them for the majority of the time, then I should leave and find someone else. He says it's not a big deal for a girl to wear skirts or dresses all the time because in his mind it's comfy. He also says that most girls would do this in return of "being taken care of forever"

He also gets on to me about cooking more, sex, etc which I have tried to work on. He tells me often that I overvalue what I bring to the table and that I should work on doing more for him.

For reference I do help pay half of the mortgage. He pays the other half plus the bills.

I am heartbroken. I have tried to give him what he wants but I never feel like enough. I don't want to lose him.

Please help me. What do you think of this kind of relationship?

23

UPVOTES

Budgeting 101: How To Live Simply As A Domestic, Traditional Woman

ThatStepfordGal · 22 June 2024 · Archived copy · Reddit

(Note: This is all in AUD, please convert accordingly to your currency)

Afternoon ladies! I've been requested to share beautiful new aspects of my life that all still contribute to a simple, domestic life.

Traditional? Domestic?

I mean I've never worked full time and always dedicated days to homemaking and cooking.

Just like years ago, even when I lived by myself and single (before meeting my husband) and until now as I'm married and 7 months pregnant - I've kept a small life working part-time and being able to take care of everything in the home.

This is a value that I made clear to my husband from the beginning in our relationship. In no time, he saw how I saved and lived everyday compared to the average person and he never had issues.

So, how do I do it?

Let's start with some history - for those of you who hadn't been following my blog, **I grew up with a single Dad since my early teens, along with a sibling.**

At that time (2010-ish) he earned about 51k a year, government job and also received some child support from them (not my Mother), but it didn't go for long with me as I turned 18 in 2013.

I'd say the total household income was about **60k** including the support and supported three people - so budgeting, keeping costs low and everything related was /natural/ to me, it's the default.

These 'rules' are normal for my everyday life, so if you follow them too - you'll drastically reduce your costs and can have a slow life. An incredibly amazing mindset and attitude to have if you want to be a domestic woman and wife...

1. Takeouts are severely limited, eat at home.

As a family we ate out maximum twice a month, though usually it's once. There's always food at home and snacks can be actually bought and selected by sales at groceries.

2. Cook in BULK (Asian style).

In my culture, big families are the norm (as in my birth country) and so dishes are designed to feed several people - several times. At a low cost, due to the ingredients.

In our household, my husband and I (and he eats a lot, and has home-cooked lunches at work) spend about \$180pw for groceries, including top-ups, on average.

Here's a sample, a shop with extra top-ups so it's higher, but then the next shop is around \$70-80:

Toilet Paper 6p - 4.55

Laundry Liquid - 6.20

Dishwashing Liquid - 2.75 (sale)

Tissues - 2.50

Basmati Rice 5kg - 11.50 (sale)

Low Sugar Drink - 6.40

Low Sugar Drink - 6.40

Milk 3L - 4.50

Carbonara Sauce x 3 - 13.80

Apple Milk - 3.20

Pasta - 2.00

Bacon 1kg - 10.25 (Homebrand/Sale)

Beef 400g x 2 - 20.00

Brown Mushrooms - 5.70

Crushed Garlic - 5.00

Total = 107.35

If you consider the amount and it's just food, (no dishwashing liquid, toilet paper, laundry liquid, rice - as these are things we only get every month to 2 months), it's just **\$82.35**.

These ingredients can make two dishes that are big - carbonara and garlic beef pepper. Each dish has approximately 6 serves and can feed us half the week, as we eat cereal/oatmeal/bread during breakfast.

I also get the cheeky chicken tenders if I'm too busy/working and there's a 'meal in-between' where there's no food left until the next time I cook, just have that with rice.

So, what's the actual point in all this?

Choose meals and recipes and size them up to 6-7 servings. Choose recipes that can do that and then just alternate the meals.

Be willing to eat the same meal twice and have everything with pasta/rice. In my culture, recipes normally have a rice component, so not everything in the meal is cooked from scratch, at least half is already there, the rice. Don't cook everything in the meal every time, every day, as your costs will start stacking.

Some recipes for you:

<https://www.recipetineats.com/carbonara/>

<https://www.allrecipes.com/recipe/25202/beef-stroganoff-iii/>

<https://steemit.com/recipes/@tesscooks4u/beef-rice-soup-easy-and-cheap-and-gooooooood>

3. *Keep all lights at low-consumption/automatic sensors. Use heat packs rather than heaters.*

I have those smart lights in lamps in every room that are low wattage and can be turned on/off using an app.

Especially in the evenings it's better for sleep as I can set the lights warmer and lower, we barely ever use the ceiling lights!

Our electricity bill is about \$250 every 2 months.

4. *It's a great bonus to be an introvert.*

Both hubby and I go out to have 'dates' - as in activities and then dinner/food - about 1x every 2 months? There's already quality time regularly here at home binge-watching shows together, clocking games and board games.

The hours spent getting to Lv39 in WoW (including snacks!) are almost shameful....

5. *Don't buy new clothes, just buy cosmetics/skin care/clothes if something breaks or runs out - the trade-in rule.*

In the recent months I had an exception because I needed to get new clothes due to being pregnant, but I kept it to \$20-30 knit dresses at Kmart (I got 5) and a \$50 sale coat that could fit my figure at Uniqlo. That's it, luckily I got gifted maternity tights. My sole indulgence is getting lashes done every 3 weeks at \$60-65, at my lash lady's house and the new book every now and then (\$25-35).

6. *Track everything in an excel sheet.*

This is something I give credit to my Dad for! He'd set all the expenses in an automated excel sheet (if you can't be bothered to make it yourself, I think Etsy has some digital templates for a few dollars?) and then he knows the budget every month. I added to this by having a budget app that I enter the budget number into every month and with every expense I make that it non-essential, it subtracts from that number and I can see it going down.

There you are.

I noticed in this country there's a strange attitude around discussing salary and money but I grew up in a family that believed in openness as it can be educational when someone asks. Just like now.

I make \$2000 a month, my husband is at \$7000 (after tax), we take home **9k** a month.

Combining all expenses, rent is about 2.1k, groceries 800, bills, fuel, rego and we save about **2k** a month, sometimes more.

This is me working at part-time, 2.5-3 days a week and he is full-time.

Note: When I was single and had a smaller apartment and just myself to feed I earned \$2700 a month since I worked a few more hours, and so I had a 275pw rent (1.2k monthly and budgeted so I'd save approximately 500 a month, no car and I used public transport.)

These rules could be extreme and some of you might think that it makes life difficult and devoid of enjoyment but I think about like this - we got our hobbies, quality time and I get to be mostly at home rather than gone 5 days week, AND stressing about all the cooking and cleaning.

My husband works a demanding job and he doesn't need to be worrying about anything here at home, he gets to relax like a king every day at the end of the work day and enjoy his days-off fully (except for taking the trash out but shh).

I think it's because of this we don't feel the need to go out for dates as much, we're always together at home, either enjoying different hobbies in the same space or sharing them, it's a win-win.

The simple life isn't the easiest but damn is it worth it! The benefits have brought so much joy, time and contentment in our lives.

Give it a try and see what it can bring you!

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UPVOTES

My husband is emotionally draining

anothergoodbook · 3 August 2024 · Archived copy · Reddit

I find I am constantly walking on eggshells. Not necessarily with my husband's anger or annoyance (although that is a little part of it), but more so with this wall he puts up. I have stopped trying to reach out toward him because I don't know who/what I'm going to receive.

For example, I could lean in to kiss him before he leaves for work. Somedays it's totally fine and he will kiss me. Many days it's like - turn his face so I kind of kiss his cheek or air kiss almost. I stopped trying for a while but when I brought it up he said well that I need to keep trying. Essentially it's my fault for not trying to be affectionate anymore. This goes for hugs, sex, etc.

I have been frustrated about sex for years. I stopped initiating. Then our lack of sex became my fault because I wasn't initiating. But if I get shot down nearly every time why do I want to keep trying? So he tells me it's because I'm not doing what he wants. He likes when I wear lingerie. Okay - then I have to gauge when he *might* be receptive and then put something on.

I guess there's a dishonesty to it? He feels bad for not wanting those things and wants to make me happy. So he tries. But it's like - I can see right through this, can you just tell me what's bothering you or just a simple, not tonight?

Two nights ago I put on lingerie because it seemed like maybe he'd be into it. His response is - you are trying to start something right? Which right off the bat I'm like - okay he isn't into this. Because otherwise he jump right in with touching and kissing, etc. I'd rather just be told upfront like, "hey I'm just not there would you mind if we do this tomorrow (or another night)." Instead it's like 3 minutes of awkwardness where he doesn't want to kiss, he doesn't want me to touch him - he just dives in to trying to rub me. And it ends up being on me to end it and just be like, "oh I guess I'm a little sore down there, can we do this another day?" I haven't said much about it because in the past he says I should be grateful that he tried and I'm the one who ended it not him.

Sorry this feels like it's gone off the rails. I'm trying to sum it up. My husband won't be affectionate or intimate (physically or emotionally) with me. It's up to me to make the moves. But only when he's receptive otherwise he just puts up this massive wall. So I'm left feeling like I'm always on the alert to his emotions and moods to see what he wants. Anytime I bring this up he pulls out excuse after excuse and blames me for it. Like that I'm not making an effort (essentially the times he is being distant I am not still making efforts).

It's very similar to the whole John Gottman idea of "bids". Like when you make an attempt to connect you are bidding for someone's attention. And there's only so many times before that gets ignored or reacted to negatively that you stop trying. And that's where I've been vacillating for years. Stop trying - well I'm married so I guess I should make an attempt but then it ends up the same way constantly- okay I give up again.

I feel so tired and honestly a little crazy sometimes. I am not sure how to proceed with any of this.

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UPVOTES

Traditional Dating In Modern Times: How To Date Well Online

ThatStepfordGal · 10 December 2018 · Archived copy · Reddit

Looking to find a great, traditional relationship, though you're a little bit hesitant on your technological, online dating skills?

That is alright, we've got you.

This is a guide on dating online for traditional women, who are hoping to find reliable, traditional guys who they can have a committed relationship with, settle down with, leading to marriage and a family (if preferred). While I've normally written other dating guides for my blog That Stepford Gal, unfortunately online dating is not my strength and I've barely had any experience with it, really.

This is why today, the advice and wisdom you're going to hear is from the following members of the subreddits r/RedPillWomen and r/RedPillWives.

u/TheRedPillMonkey

u/ChimericalRequem

u/Kara__El

u/ExceptionalSea

u/gracefulgirl1

u/THEdirtyDotterFUCKr

u/CopperCurls007

u/MakeAmericaRichAgain

u/girlwithabike

u/failingtheturingtest

While some of these tips correspond with general themes and attitudes I've endorsed for dating in person, these are more tailored and applicable in the online dating sense. Whether you're on Tinder, OkCupid, E-Harmony, Bumble, Coffee and Bagel and a bunch of other platforms, hopefully these pointers will raise your online dating success to 100% (or close to)!

1. **Your First Visual Impression Matters**

Ladies, men are very visual and you've probably heard this adage a thousand times. In online dating, when they have not had the chance to see you in person, *what you choose to present firstly really matters*. Your main profile photo is the first visual impression of you so it truly makes an impact. Show only yourself, your whole body if possible, a beautiful and modest look that outlines your feminine personality and domesticity, while being vivacious and fun. It shows you look after yourself while you can also be carefree. Don't use photos of groups in which men will have to do some digging just to find out which one you are. Most men won't.

2. **Your Profile Isn't A Recruitment Resume**

Keep your profile simple and straightforward, without being desperate. You can just state something earnest such as you're *'looking to find the right guy'* and that *'ultimately you'd like to settle and have a family of your own'*. You're not saying that it's that guy who's looking at your photo right now, you're just clarifying that that's your direction. Phrases and qualities such as *'family-oriented'* and *'traditional'* are good in describing yourself and what you're looking for in others.

3. **What Can You Give?**

People are very focused on demanding things when dating online, having extensive lists and preferences that would only overwhelm those who are looking. It's a quick turn off. While you are of course, allowed to have

some preferences, state what you can offer in return. Are you a good cook? Are you domestic? Are you good with children? Are you a good listener and respectful? These are great points about you that can attract a great guy.

4. ***Have A Curious Point For Conversation***

When guys approach you in an online conversation, give them something to work with ahead of time and mention something curious or interesting in your profile. Do you have a quirk or a cool hobby? Is there something hilarious (though appropriate) about you? Something that seems fun and may stand out from the crowd.

5. ***Know Your Audience***

If you are looking for a traditional guy who'd want a more domestic girlfriend and wife, he is someone who needs to be **mature, a leader and is ready to face the future, including responsibilities for a family**. Most guys at that level of their lives are in their 30s and have stable work situations in decent (or higher) fields. What's most important is their work ethic and consistency. You don't have to get a high earner or focus on that - *it's how determined he is and his resilience is in his career that matters*. That will determine whether he will be resilient and creative when it comes to looking after his family, low or high salary, as a protector and provider.

6. ***Ignore Low Quality Guys***

These are the guys who post vain shirtless selfies or send you lame, pick-up messages. These are the guys who barely say anything about themselves and don't put any effort into dating. Not great relationship/marriage material, for sure. They are looking for fun and to play around, not for someone like you. Watch out for trendy buzzwords like vape, Netflix n' chill (shudder), as well as other signs of immaturity. Don't let them get you down, despite how frequent they are.

7. ***Don't Expect Too Much Visually In Profiles***

Guys are *not* as good as aesthetics as women are. While one of our highlighted strengths is our beauty, guys who are traditional and reliable are more straightforward and functional. They will take simple photos without fancy angles or editing anything. Don't expect very polished photos (unless you want a metrosexual) since these guys probably find it more worth their time doing other things and taking care of other responsibilities than perfecting their photos. Mirror selfies are alright, they can be in this category, as long as it's simple and not douchebag-y.

8. ***Meet Within 20 Messages or 2 Weeks***

There's no point dilly-dallying around online. If you want a good guy, he's not one to waste time or beat around the bush. If a guy you are talking to hasn't asked to meet in person **after roughly 20 messages or up to 2 weeks of messaging**, he's not serious. He's not really invested or focused enough to want to meet someone and settle down at that time. Move on. When you do meet someone though, a good place to start is a brunch or coffee for at least half an hour just to get know each other face-to-face.

9. ***Be Positive***

It sounds corny, though it's true. While on the whole, dating for traditional people is not looking good, have faith and try your best in your circumstances. When dating, *if you emit warmth and positivity, it is more likely you will receive it in turn because people will be attracted to that*. No whingeing or passive-commenting on how online dating is the only option left or how the mainstream (as well as feminism) has made everything toxic, etc. We all know that, a good guy would know that already, he just won't find it a nice image for one of the first things he learns about you is that you're negative and bitter. Be hopeful and linger on the positive. Be warm.

That's all, folks! I hope this has given you some basic pointers about online dating and looking for the right person who you can share a lovely relationship and future with. It can be daunting as online dating isn't really so simple, there's so many systems and things to look out for, you can get lost in the thick of it.

Just remember, you won't find anyone if you don't try. *Believe in yourself. Believe in your chances since you've made the decision and put in the effort to try*. You owe yourself that, at the very least. **Think of all the wonderful possibilities and smile.**

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UPVOTES

Skills and past-times for self-improvement?

Blackbiscuit23 · 23 October 2018 · Archived copy · Reddit

Hello everyone!

Ok so I give myself around six months to improve my life. Like I said in another post, I plan on going to therapy and exercise. However, I actually to learn more "feminine" skills(not so sound sexist lol). I had the idea to learn how to sew and how to grow my own vegetables(in the summer). I also do want to learn how to cookWhere could I find good sources(books and websites) for those subjects? Any advices? Also, is there in another feminine(or masculine) skills/hobbies that could benefit me in my self-improvement? Thank you. :)

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UPVOTES

Life after baby...?

threefishies · 16 June 2018 · Archived copy · Reddit

Hi all! Just discovered this sub and followed without participating for a few days, but I feel I might have found my brethren...

I was just wondering- to those of you who have had kids, what tips do you have to get back to your fully-fledged homemaking skills? Now that baby is 4 months old, I have regained a lot of my time and prioritising skills, but I really would like to show my husband that his patience has paid off. We have a baby that was very colicky up until... Well, I don't want to jinx it, but only recently have I managed to juggle between life and the baby, despite my being pretty great with multitasking and self motivation.

I hope everyone is well and that I haven't missed an obvious and recent thread discussing this! :)

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UPVOTES

The state of the original forum

ElfFey · 6 June 2018 · Archived copy · Reddit

Hi rpw, how are you ladies?

Well I just wanted to stop by and say hello. A long time ago I got on Reddit just so I could go on the red pill women sub. I'm sure everyone around here remembers the drama that caused the split. After that I would lurk around here, but as I am not married, spent more time on the other forum.

Things started to go even more downhill and I think the toughest thing for me was when regular contributors would ask for advice but then get ripped apart in the comments. A lot of people I liked reading just up and left.

Now it's the same guys posting as always, but a never-ending rotation of new women. And the women seem to all compete with each other to see who can be the meanest, like the guys are.

I remember after the split someone from here called it a plate-factory. I didn't understand at the time but now I see that's exactly what it has become.

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UPVOTES

Walking A Mile In His Shoes

Camille11325 · 11 January 2018 · Archived copy · Reddit

For the last two weeks or so I've been taking care of M as he is recovering from an illness that leaves him bedridden most hours of the day and unable to drive or handle much of his normal duties. I've had to take over his roles in our relationship and in his business while still keeping up with my responsibilities. Naturally I've been extremely exhausted and have had little time for anything not related to these tasks! Every day I gain more of an understanding of what M does for us. And I'm now seeing why he just wants to be left alone sometimes at the end of the day lol!

I'm determined to keep these lessons in mind once this experience ends and use the insights gained to be a better "soft place to land". Also, I feel like I'm really developing my amazon/queen side (will link to archetypes later I'm typing this all on my phone).

Thanks for reading this mini field report! Im not good at writing these haha I'd love to hear your thoughts on understanding your man or whatever else comes to mind :)

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UPVOTES

Kristen Bell Discusses Her Husband's Rule About Fights. What Rules Do You Follow?

jack_hammarred · 4 January 2018 · Archived copy · Reddit

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UPVOTES

How "Negative Thought Spirals" Lead to Unhappy Marriages

Zombies_InTheSnow · 4 August 2017 · Archived copy · Reddit

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UPVOTES

Male Archetypes!

Camille11325 · 26 July 2017 · Archived copy · Reddit

In [Part II of my relationship dynamics series](#) I talked about the many male archetypes and subtypes and how great it is that masculinity can be expressed in a variety of ways. Just as we use the female archetype terms pretty regularly on this sub, my hope is that we can make discussion of male archetypes a regular feature moving forward. I'm going to reshare the different types and then a couple of discussion questions!

Some RP specific terms describing different types of alpha men:

- **Dark Tetrad** - Many of you know the term “Dark Triad” refers to a man with a high amount of narcissism, Machiavellianism, and psychopathy. The fourth trait is sadism, but most people use DT to mean the first three.
- **Caveman** - this descriptor is used when talking about a man with a more primal masculinity. He is untamed by society and extremely aggressive. This is not a man for low threshold women! They seem to be uniquely suited for HH women, since these ladies have stronger frames.
- **Patriarchal** - There are two different ways that “Patriarchal” is used. The first is when they are describing what should actually be called a greater beta. There is however a more elevated/extreme type of Patriarchal alpha, and this man would embody the King archetype (more info below), with a little more alpha-ness mixed in. Tywin Lannister is an excellent example of this type of man.
- **Renegade** - Renegade alphas are also known as sigmas. These men are outside of the male hierarchy but unlike omegas, their outsider status is a bonus.
- **Apex** - These guys are all around awesome. They excel in every way, even if you can't put your finger on it. A lot of professionals are Apex alphas whether its athletes, wall street execs, musicians, or politicians.

And now for the Jungian male archetypes:

Keep in mind that these are not personality types, they are behaviour patterns, and each man has elements of each category. Each archetype has two sub-types that are a result of different proportions of negative alpha and beta traits, whereas the main type is mostly positive alpha with just a small amount of positive beta.

- **King** - The king is a leader. He is decisive, powerful, mighty, centred, practical, and wise. He is protective of those under his care and aggressive against his enemies. He establishes order and is magnanimous with those who please him. On one extreme, the King becomes a Tyrant - cruel, demanding, unreasonable, selfish, and exploitative. On the other end of the spectrum, the King is a Weakling - cowardly, passive, immature, and insecure.
- **Warrior** - The warrior is strong. He has a raw masculine energy that cannot be contained. He is aggressive, energetic, purposeful, decisive, adaptable, skillful, unstoppable, and loyal to his values. One extreme is The Sadist, who delights in the misery of others, destruction, and pain. The other is The Masochist, who is powerless and unable to command respect.
- **Magician** - The magician is “the knower”. He is adept at social situations, intelligent, cunning, and masterful. The original theory gets very new age with this. In my personal theory I labeled this type of man “The Politician” because of the way he can navigate the ins and outs of power plays and leverage other's weaknesses to his own advantage. One extreme of the Magician is The Detached Manipulator; this would be a man who is Machiavellian, cynical, and withholding. The Innocent One is the weaker extreme, he is not willing to put in effort to attain the power he wants, and he denies any responsibility and agency for his life.
- **Lover** - The lover is passionate. About women, and about life. He is sensual, charismatic, and understanding. He

can read people with ease and seeks out life's pleasures. The Addicted Lover takes this too far and burns through women and experiences quickly to the point where he does not enjoy them or feel fulfilled. The Impotent Lover is depressed, lonely, and lacking. He is unable to connect with others and overly strict with himself.

Just like the female archetypes, each man switches between the roles based on the situation at hand, in addition to having primary and secondary archetypes. Also these traits don't have to all be at the same level - a man could be a Tyrant, Warrior, Detached Manipulator, and Lover.

Don't get locked into thinking that only one of the archetypes is the true/best type of alpha. We can have our preferences but that doesn't mean that the qualities we don't like are lesser.

Feel free to answer any or all of these discussion questions!

- Which archetypes are you most drawn to? Where do you see your husband falling on the spectrum? Don't forget that Greater Betas (and all men in general) are represented in the Jungian archetypes!
- Which archetypes do you think are considered the most popular/aspirational today? Both on the left and on the right.
- What are some things we have to take into account depending on our man's archetype? Share your experiences!

There is SO MUCH more we could discuss and I look forward to more posts on this topic. As usual feel free to share anything else that comes to mind not covered by the questions I listed <3

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UPVOTES

Have You Told Your Man He's Amazing Today?

littlegoosegirl · 14 July 2017 · Archived copy · Reddit

My husband is amazing, and the more I think he's amazing, the more amazing he gets! It's truly an act of magic.

Once you figure out this facet of male character, it becomes impossibly easy to inspire a man to do even better, to *be* even better. It took me some time to understand this, because sometimes if I receive too much praise, I'll think "Wow, okay, I don't need to try anymore. I'm good."

But, I don't think most men are like this. They hear the praise and think "Wow, maybe I could do even BETTER than this!"

And then off they go, conquering the world.

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UPVOTES

Faux Pas Friday!

Irisandoleander · 26 May 2017 · Archived copy · Reddit

What do you find becoming more and more socially acceptable that you think is just tacky as all get out.

I'll start -- Women who throw their own baby showers. They pick the venue, they set the guest list, they send the invites THEMSELVES. I think it's super tacky. It's like throwing a birthday party and putting "Gifts expected" right on the invitation.

OOH and join us in the chat where we have been discussing such things all morning :)

<https://www.irccloud.com/#!/irc6.quakenet.org:6667/%23RPWives>

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UPVOTES

Littleknownfacts Presents: Managing your Hypergamy by Using Preselection to Your Advantage

Littleknownfacts · 3 April 2017 · Archived copy · Reddit

We are all familiar with the term AWALT, but we rarely dive into what specific traits are involved with it. It is just a big looming darkness that we must avoid so that 'we are not like the other girls'. I would like to point out that AWALT behaviors or not inherently bad, but just feelings and patterns we have to learn to manage and make work in our favor. It doesn't help us to deny female nature, instead we must embrace it if we want to live happy healthy lives as full women. Two aspects of AWALT, hypergamy and preselection, have a specifically interesting effect on our attraction and relationships. They work synergistically to either bring you and your spouse together or, to pull you apart.

Hypergamy, can be summed as a woman's need to constantly upgrade her partner until she gets the best catch that she can. This may make your hair curl and make you want to cry out "But not me! I would never abandon my spouse! Not for superman himself!" Yes. Yes you would. Because you are a woman and you are hypergamous and you are AWALT. And if you don't believe me, I'll walk you through it. Imagine your man, as he is today, right now, with all of his personality and quirks and goals. Now imagine an alternate reality spouse, 6 months from now, a year, 5 years... whatever. And in that time gap, he has accomplished all of the goals he set out to do and moved onto the next thing. Instead of playing on the intramural basketball team, he is the captain of it. Instead of working in IT., he is manager of the department. Instead of being an amateur photographer, he is having his first showing at a gallery. Which guy sounds more appealing, you're SO now, or your more successful alternate reality SO? Yeah, that's your hypergamy kicking in.

So what force keeps you from flying off the handle every time another man looks at you? This is where preselection comes in handy. Usually this term is used to describe the phenomenon when men are seen as more attractive when other women, particularly attractive women, seem really interested in that guy. Women just kind of assume, that the women close to him know what he has to offer, and are still interested, so you assume he is high value. Usually guys use this in the pickup community to their advantage to pick up chicks. However, for our purposes, we can alter this for our advantage by looking at it as self-preselection. It's the time, and energy, and sacrifices you've already invested into the relationship that balances out your hypergamy urges. You know that you have invested in this man, you know his quirks and his goals, you know exactly what this man has to offer.

A guy that is only marginally better than your SO isn't going to be able to pull you away from a good relationship. To get a bit Sperry about it and quantify what I am talking about, if a woman is with her husband for 5 years, a man must be 10 years worth of her time higher value than her husband to trigger the hypergamy, 5 years to make up for time spent with her current husband, and another 5 years to get to the same level of commitment with the new guy (if it is even possible). The flip side of this effect is the Sunken Cost Effect, where you overestimate the value of your time, energy, and sacrifices in a bad relationship, and refuse to leave for a chance with someone better.

Don't be ashamed that you are hypergamous, embrace it. Well, only once you know your husband or LTR is a good man. After that, time and investment in your relationship will make him the best possible match for you, thus quenching your hypergamy and bring you closer together.

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UPVOTES

What non-food treats and acts of kindness do you do for your man?

BellaScarletta · 25 March 2017 · Archived copy · Reddit

I'm flairing this as 'advice' because I know the "non-food" portion is pretty specific to just me, but please go ahead and treat it as a general discussion!

My SO is a personal trainer and a body builder. He is almost always intentionally gaining or losing weight, and only rarely does he approach his diet with any flexibility. He macro-tracks very rigidly.

As such, I don't do any cooking or preparing foods for him. I've done it in the past as I do know how to macro-track, and I've made treats he could track and eat (desserts, healthy food, etc).....but he just doesn't like it. I *totally* get it (I used to macro-track myself), when your diet is that limited..you just want what you want when you want it and it's best to minimize external factors. It doesn't hurt my feelings but it does make me feel like it's difficult to surprise him with nice things.

Anyway, to the crux of my question: What non-food related acts of romance or compassion do you do for your men?

I definitely don't mean typical duties you should already take care of, but actual superfluous treats -- essentially the male version of bringing home flowers (once in a period when he was being loose with his diet, I brought home a "bouquet of beer"...he loved it and I completely support anybody stealing that idea). Now that acts of food-love are off the table, it's become hyper-apparent to me exactly how many activities and gestures are oriented around calories.

I'm open to any suggestions! Bonus points if it can be enjoyed at his leisure, and not place any additional demands on his schedule (:

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UPVOTES

[Free Friday] Red Pill movie available online!

RedPurpleWhite · 24 March 2017 · Archived copy · Reddit

I couldn't get to a screening and heard it was online recently. You can rent or buy it on a number of services like iTunes, YouTube, GooglePlay, etc. If you don't know what I'm talking about, check out this post by u/Littleknownfacts

https://np.reddit.com/r/RedPillWives/comments/5idtqq/the_red_pill_movie_a_review/

I'm 20 minutes into it for the first time!!!

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UPVOTES

[Advice] Husband pays girls for pictures of themselves

[deleted] · 20 March 2017 · Archived copy · Reddit

[deleted]

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UPVOTES

SAHMs and SAHWs: What do you do all day?

aeonia67 · 2 March 2017 · Archived copy · Reddit

I know my title is provocative, but I'm not hating, I swear! I know housewives and homemakers get a lot of criticism that usually involves the question: But what do you DO all day?

So...what do you do all day? How long does it take you to do what you need to do to maintain the home (cleaning, cooking, organizing, grocery shopping, etc), and, once you're done -- what do you spend your time doing? Do you pursue hobbies? Do you volunteer? Do you spend time on self-care? Hit the gym? Coupon? Read reddit? Learn a new language? Run a home business? Take a nap? (All totally valid, by the way.) Or do you never have any downtime?

At the moment I work from home but I'm looking to transition into a SAHW (and, eventually, a SAHM), so I'd love to see what your days look like!

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UPVOTES

The Truth Cannot Be Sexist - Harvard Psychologist

Firstmatewifey · 1 March 2017 · Archived copy · Reddit

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UPVOTES

RPW HAS REACHED 2000+ MEMBERS!! Lurkers And New Subscribers Introduce Yourselfs :D

RPWives · 27 February 2017 · Archived copy · Reddit

Hooray we hit the next milestone: 2000!!! New members and lurkers, please introduce yourselves in the comments. Ladies let's make everyone feel welcome and loved :) This post will also be a general chat so have fun!

It's been such a wonderful year, thank you all for being amazing contributors to the community <3

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UPVOTES

[Repost?] Why the Patriarchy is Needed

aTweetingBird · 24 February 2017 · Archived copy · Reddit

Every now and then I revisit this blog post:

<https://ladyimperium.wordpress.com/2014/09/24/why-is-the-patriarchy-needed/>

I feel like I'm going to quote the entire post, because it makes so many great points.

From a natural point of view, males are the disposable gender. They are the gender that sacrifices themselves to protect the females and the children. Everywhere you look in nature, nature gives its female members more protections than males. Female birds are more dull colored, to avoid prey, they also have sharper beaks and talons to protect themselves and the nest. Female sea creatures are typically bigger and stronger than their male counterparts...So in these examples, nature is giving females protection while making the males take more risks.

Yet mammals are different because females carry their babies inside of their wombs. This makes us more vulnerable. And when you consider that human females in the wild spent a good amount of time being vulnerable, we naturally needed strong and powerful mates to protect us. Thus, among humans, it is the natural order that females are protected and kept safe, while males face risk to obtain food and resources.

It is not about fairness or equality. Equality does not exist in nature. It is about survival and about the way us humans were programmed to survive.

Feminism wants men and women to be equal - and while we certainly agree that equal opportunity is good, men and women will never *be equal*, because equality between the sexes does not exist in nature - it simply isn't natural. Nature isn't fair, nature can be cruel! Nature isn't meant to give us the validation for our feelings. Nature just *is*.

Since males are the gender that take the greatest risks, they typically hold more power in most societies. You can't wield power without responsibility. A ruler who wields power without responsibility for his decisions becomes a tyrant. Many feminists today want all the trappings of power, without any responsibility. How many Feminists are advocating putting women on the draft? Not many. There are also many Feminists who bemoan the lack of women in high paying professions, but few who talk about the lack of female police officers, dog catchers, marines, security guards, oil rig workers, miners, electricians and other risky professions. They want all the ice cream and cookies, but none of the hardship and sacrifice.

We saw this recently with **Hilldawg** running for president. How many women were actually for a draft for women? 41% were **against it** while 39% were for it. We see it all of the time - women wanting to be CEOs and in higher, powerful positions (ahem, like the president), and claiming sexism when they just don't fit the part.

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The Patriarchy - oppression or freedom vs. stability?

The post makes interesting points regarding this. While the Patriarchy exists to protect females, survival was not always a given in some societies:

In tribal societies, such as the Celts for example, women had way more freedoms. But they also had shorter lifespans, died more often in child birth, had less security and less food. Roman women by comparison had less liberty, but lived longer, were healthier in general, could have more children with less complications and saw more of those children live to adulthood.

When women have less freedoms, ie, less protection in their own lives, their survival rates go down. Even now, with all of our freedoms, women are more depressed than they have ever been - they're more depressed, anxious, and stressed - leading to shorter life spans. I know personally, I was much unhappier when feeling like I needed to have a career to feel like I was somebody worthwhile, and that being "just a wife or a mom" wasn't enough. Feminism likes to spout it's about choice, but often, that choice is to abandon a family life and pursue a studios career, otherwise, you're a slave to the Big Bad Patriarchy™!!!!

~~

The post closes with an eye-opening quote from Markus Willinger, in his book *Generation Identity*:

Women want to be conquered. The longing for the one who can win them over and make them his lies deep in them. Instead of heroic knights, you send them 'good friends' and feeble cowards. Men want to win a woman who is worth the effort and the trials they must endure, for whom the leap through the fire and the battle with the dragon are worth it. Today, instead of the beautiful princess, only a scowling feminist or jutting manjaw awaits the hero at the end. We've recognised the true nature of the sexes, and we want to live in harmony with it. We want to be real men and real women.

I hope you enjoy this post as much as I do. It really puts the differences between the sexes at a natural/scientific perspective, when often, it's a religious one that doesn't tend to mean much to a wider audience. And while I appreciate the religious aspect of a Captain/First Mate relationship, it's also nice to have nature/science backing me up!

edited to add: I claim a repost because I'm sure I saw this article posted on RPW "back in the day"

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UPVOTES

Why Conservative Women Are So Pretty

xBreakFreex · 11 January 2017 · Archived copy · Reddit

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UPVOTES

End Of The Year Letter

RPWives · 30 December 2016 · Archived copy · Reddit

This time of year inevitably leads to contemplation, reflection, and thoughts of change. This community was created so that like-minded traditional and feminine women could have a dedicated space to socialize, learn, and grow. There has also been a steady stream of new users, from every walk of life, geographical location, and age. Our community consists of young teenagers, just starting to grapple with what it means to be a young adult, and older ladies that want to turn over a new leaf with a desire to try doing things a bit differently. Whether you are single, in a committed relationship, or married – the RPW sub offers a bevy of material to sift through, but it also acts as a way to reach out and connect with others.

At the end of the day, most of us are wildly different in personality, political beliefs, religion, and points of view. What holds us all together is a desire to be better than we are *right now, in this moment*. We strive to minimize our weaknesses, and strengthen our relationships. Focusing on the things that we *can* control, is a tried and true path to success and notable change. Your personality, looks, actions, words, and thoughts are the total sum of the tools at your disposal. Happiness will take root if use these tools mindfully, and take care to preserve them. The more familiar you become with these tools, the more you will be capable of doing, and the less you will feel uncertain in your decisions.

Remember that success hinges on what *you* do, not on what other people say or think. Progress is not always a straight line, and setbacks are a part of life. If you stumble, learn from that experience, and move on. Be honest with yourself, and don't shy away from a challenge. Furthermore, do not deceive yourself, or delay putting in work where it's most needed. Don't mistake easy, superficial changes, for the internally based ones that take much longer to set in, and require constant awareness to nurture and preserve. Improving your appearance is always a good idea, but should be secondary to fundamental shifts in your personality, behavior, and emotional expression. You're trying to make a better product, not put the same faulty item in a prettier package.

As a community, we have celebrated triumphs and witnessed the joys that come from nurturing intimacy and joy. We have welcomed new mothers, new wives, and sage women that have things firmly figured out. We all have problems and complications in our lives, and no one in this community is perfect. Flaws are not, by definition, negative after all. The key is to know the difference between harmless quirks, and detrimental habits. A skill that often takes both time and effort to hone. If you feel tired, or down-trodden, remember to take a break. It's important to understand that this is not a sprint - it's a marathon that will last for the rest of our lives. There's no shame in needing to step back and rest for a short while.

To everyone that has embraced this community and helped it to flourish - we thank you. To those of you that are quiet readers, we'd like to encourage you to be daring. Submit a thread, comment on posts, or share a link! Hop onto the IRC chat and introduce yourself. Share your story, and allow others to share their own story with you. We ask that everyone that values this community make a personal commitment to invest in it. Both with your time, and your energy. If you see opportunities for growth, or if there's a topic that gets you *excited* chase it! The moderation team is always open and eager to help turn ideas into reality. Don't hesitate to make the most of this space, and leave your mark.

We wish everyone all the best, and we thank you for helping create this wonderful community.

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UPVOTES

No one likes a shitty cupcake

QueenBee126 · 19 December 2016 · Archived copy · Reddit

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UPVOTES

Navigating my marriage via the cesspit that is my brain aka - look deeply into your feelings before you get cross with your husband.

blushinglilly · 29 September 2016 · Archived copy · Reddit

I just wanted to give a quick field report about something that has been going on with me. It's more of a negative then a positive update, but I still wanted to share it because I felt that it was interesting.

For background we have one young child and we run our own business, which I am only involved with part time. About a month ago our child moved up a level education wise, which means that he is out of the house for longer periods and in theory I have a lot more free time in the day.

The first week of this changed schedule was 4 weeks ago, and I decided to spend my first few days out of the house. To my annoyance (stay with me here, I know I was wrong) my husband kept calling me home in the middle of the day asking me to do work related things that I felt could have waited. I was seething internally about this and felt that he was being insensitive to my needs for space and my need to adjust to this change in my life. I didn't say anything however.

So a few weeks passed and we are now into the fourth week. I decided I was going out and I told my husband. He was perfectly nice to me about it and didn't make any comments about me going out and showed no interest. I walked down the street and found myself complaining to myself about his attitude, telling myself that he didn't show any interest in what I was doing, that he didn't care where I was going and other negative things like that.

I almost started laughing when I caught myself in what I was doing. Not only were both of my thought processes completely unfair to him as he was totally justified in his actions both times, they were also completely contradictory. I'd set him up in my mind in a situation in which it was impossible for him to win!

I spent the morning thinking about it and I realised that the reason I was in such a weird state of mind was because I wasn't coping well with the change in our schedule and I was looking for other things to blame this on, rather than looking at myself and my own part in it.

Now luckily I'd kept these thoughts to myself, partly because I was out of the house when they occurred each time, so I didn't take my bad mood out on him.

It made me stop and realise that sometimes the things that he 'does' that annoy me sometimes aren't things that he does at all, they are just dramas that I create in my own mind in order to deal with what is going on in my life or just because my mind is a bit of a cesspit.

So I just wanted to share that reflection with you all. I hope it made sense.

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UPVOTES

Littleknownfacts Presents: RPW Only Works When You Have a Good Man AND You Water Your Own Grass

Littleknownfacts · 31 August 2016 · Archived copy · Reddit

I feel it needs to be said, RPW is not a panacea for every possible relationship problem.

RPW works to correct certain structural attraction problems with normal to high dominance men. it cant overcome drug addiction, alcoholism, mental illness, perennial low dominance weirdo-ness, or a host of other relationship issues (though it CAN help you deal with those things if you are married and make the conscious decision to stick your marriage out.)

If your SO is not a captain, not dominant in general, defectively weird in 100 ways that dont need to be listed, a pretty dress, a BJ and a more yielding state of mind isnt going to fix anything the time to ROOT OUT men who are ill suited for LTR/marriage is BEFORE marriage. men aren't broken toys that can be fixed with RPW superglue. some relationship problems are down to the PEOPLE IN THEM, and the only RPW or PRACTICAL solution is....NEXT!

By /u/Wingnut

I wanted to expand on this great post. That RPW will not fix a relationship with someone who is not willing to do their part to be a good partner for you. It will not work if he is overly selfish, or careless, or stupid. It only works when our men are willing and able to make the best decisions for us, and when we are able to trust them to do so. By accepting RPW, you are saying that you accept that your man is a good man, that you believe he is capable and willing to lead you to a happy life. If you cannot reconcile that statement, you need to consider leaving your relationship. But the part that I want to focus on today is the “happy life” part.

"The Grass Is Greenest Where You Water It"

Now, we don't control what our men do, but we can control who they are through the vetting process. But more importantly, we need to avoid relying solely on him for our happiness. We need to make happiness wherever we are, either by living a good life by our own standards, or finding that silver lining when things are less than ideal. We need to bring our own positivity to the situation in order to find happiness. That's what I mean 'to water your own grass': appreciate what you have, find happiness in the little things, and in many cases don't let perfection get in the way of good enough.

Often times when confronted with BPs the conversation comes to this: *“well why can't he be the one to submit in this (or any) situation?”* They ask us this because they assume that our happiness hinges on the outcome of this decision. This outlook is adversarial, and not conducive to a happy relationship since it focuses on what he can do to make you happy when as a RPW you have already accepted that he is making you happy. So in our reality, because we have chosen a good man and because we water our own grass, our happiness isn't in question at every crossroads. It's much easier to go with his flow because we know we will be happy regardless of what our SOs decide.

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UPVOTES

About pregnancy, childbirth, and new babies

Katiescarlett5 · 26 August 2016 · Archived copy · Reddit

Hey ladies! I'm a pretty new member here but have really enjoyed reading and learning from you all and finding some like-minded women. I've noticed that there seem to be a quite few pregnant and new mamas, and thought maybe we could have a general discussion/ideas and advice sharing thread. New mamas, feel free to tell your stories and ask questions, and for us more experienced ones, I'm sure we'd be happy to relate our experiences in the hopes that someone might find it helpful or encouraging. I can't wait to hear your stories!

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UPVOTES

Reminder: RPWi is not "one size fits all"

CoochQuarantine · 18 August 2016 · Archived copy · Reddit

I'm reposting this because I think now that we are ramping up more on new participants and contributors it would serve as a reminder about things that RPWi does NOT address or demand of you.

I would like to take this time to address the idea that there is a formula to being RPW. There is not now, nor has there ever been a basic model for being RPW. This sub is about a relationship dynamic between **you and your man** that is based on the idea that he take a leadership role and you take a follower role. That is at the heart of this sub.

ANYTHING ELSE IS NEGOTIATED BETWEEN YOU AND YOUR MAN!!!

Here is a list of things that we do *NOT* have a specific RPW stance on

- Hair color
- Tattoos
- Cooking style
- Shopping malls
- Car brand
- Underwear style
- Phone brand
- Coffee or tea
- Which type of soap to use for soap scum
- Alex & Ani vs Pandora
- How to chop carrots

The basic premise for looking feminine, is not pink frilly lace. It is to accentuate the fact that you are a woman. If you so choose to do anything other than that, realize that you are now putting yourself in a position to attract from a smaller dating pool if you don't already have a man. You are now in the fringes of society. We advocate to cast the widest net in order to ensure that you are attracting enough men to be able to find a GOOD man quicker. That goes for all superficial questions.

The looks department is **not** the most important part of RPW. Attraction is important but it will fade away. You will be old, wrinkly, wearing support hose and orthopedic shoes alone with your ten wiener dogs if you have a stank attitude.

What we strive for here is cultivating the right mindset. Gratitude, acceptance, appreciation, and happiness come from you and that is what it will take to have your relationship survive.

So the next time you want to post and think "what does RPW look like" understand that it is not **this** or really even **this** (well you can be those if you want) it is more of what is inside your brain than what is on the outside.

Here are some things to ask yourself when you are in a relationship and want to post here...

1. Does my man care about this?
2. What does my man prefer?

Once these are answered, DO THAT. You don't need women on the internet with different tastes dictating to you every single detail of your life.

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UPVOTES

How to Respect Your Husband

CoochQuarantine · 1 August 2016 · Archived copy · Reddit

I really like [this article](#) about the respect needs of men.

I really like how it demonstrates that it is more than just telling them "I respect you". It has to be shown in a variety of ways.

1. Respect his judgement - What does he think?
2. Respect his abilities - What does he do?
3. Respect in communication - How do you talk to him?
4. Respect in public - How do you talk about him outside?
5. Respect in our assumptions - How do you perceive him?

What are your thoughts on the way men feel respect?

Funny story: Tempy actually showed me this link and I was going crazy trying to find it again because I thought someone had posted it. Duh me. I think I need a nap. Thanks Tempy for letting me post :)

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UPVOTES

My Husband Ignores Me: an excellent post by Laura Doyle

TempestTcup · 30 July 2016 · Archived copy · Reddit

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UPVOTES

Surf Safely!

PhantomDream09 · 25 July 2016 · Archived copy · Reddit

In a world where technology continually creeps into your daily life more and more, it's important to keep in mind the various ways you can protect your identity. The Red Pill and Red Pill Women subs here on reddit are fairly controversial for various reasons, and in the past there have been incidents of users getting doxxed.

Dox: Personal information about people on the Internet, often including real name, known aliases, address, phone number, SSN, credit card number, etc.

I am by no means a technological guru, so if you have other suggestions you would like to see included, please don't hesitate to share.

Multiple eMail Addresses This may sound like a lot of work and inconvenient, but using different accounts for various things has a few advantages. If you have one email solely dedicated to, say, purchases you make on amazon, and you suddenly start getting spam mail - you'll know why. You can easily track which sites are selling user information which can be useful. Similarly, if one of your alt accounts gets hacked by a virus, then your friends and family won't get spammed as well (because you only use that email to purchase, not to write messages to colleagues or family). Keeping track of your emails is simple. You can alter an address book very easily to suit your needs. Be sure to vary the names you come up with, and include bogus first/last names, age(s), sex, and location. Signing up for an email should not require you to outline the basics of your life. Don't use the same security questions or passwords for different things (facebook and bank logins, for example, should be *very* different).

Personal Information Don't risk telling people your real name (first or last), or the names of the people you know. Don't disclose your specific geographic location (city, town etc). If you are linking to something on a personal social site that you use (facebook, myspace, google+), make sure that all profile images are completely obscured. Better yet, simply summarize or quote what's being said in your post, as opposed to linking to imgur (again, you'll want to make sure that your imgur account doesn't contain anything personal).

If you are on social media sites, or manage a blog, be aware of the information you include. You may keep your reddit account clean, but if you link to another site that *has* some personal information about you, then that can lead to problems. I always tell my friends to limit the information they post on FB, and encourage people to set their photos etc to "Only Friends" (I'm wary of even the "Friends of Friends" setting).

Don't Use Auto-Fill Whether you're using a personal computer, laptop, or cellphone, don't use the auto-fill capabilities. Clear your browsing history when you're done on a public computer, and try using incognito windows.

Conduct Self-Searches It's always useful to try and see what you can find on the internet using either your real name, or an alias you use. Knowing what currently exists on the web will help you keep track of any significant (or alarming) increases. If you are good, or have a friend that knows of a good service to use, try testing it out to see if it can unearth anything you were previously unaware of.

This isn't so much about safety, but take care when posting a new thread or commenting on an existing one. Don't submit anything that you would be ashamed to have connected to your real identity. If you feel compelled to comment on subs *outside* of the RP sphere, consider using a secondary reddit account.

Take care, and be well.

:0)

EDIT: I had a brief chat with someone that knows a bit more about this process, and they pointed out something I found rather interesting. If someone starts asking you to confirm or deny personal information - the best response is a non-response. If you confirm a detail (geographical location for example), then they know one more thing about you. Similarly, if you *deny* a specific detail (example: Do you shop at *x* store? -- No, I have never been to *x* store) then that's still giving the individual a useful piece of information.

Both on the RPW sub and on other RP/W related blogs - there have been instances of doxxing (or attempted doxxing) very recently. I urge **everyone** to think very carefully about what information they disclose. One woman was encouraged (by an outsider) to post a picture of herself so that people could more effectively tell her how to look younger. Meanwhile, there's been a lot of "selfie" posts on another sub that shall not be named, and it's a luxury they *think* they can afford. Another incident almost occurred when a user asked other women here to friend her their information on a gaming site. It was an innocent mistake, and everything was sorted out - but the problem could have been much more serious. Being doxxed and having your real identity exposed could have wider reaching consequences than you realize.

Also, please understand that even if you delete your comments or a thread you posted - there are sites that search, save, and file **everything you write**. Furthermore, anyone can take a screenshot and other subreddits have used screenshots to talk about material that was removed. Bottom line: you never know what other people are doing for certain, so just be careful.

I don't mean to sound like an alarmist, but I think many people take it for granted that their identity is secure. If your user name is tied to other sites you use that are tied to your *actual* life, I encourage you to change them immediately.

Be careful, and be safe.

Here are some other sources I found about taking preventative steps:

- [Don't Get Doxed: 5 Steps to Protecting Your Private Information on the Web](#)
- [So You Wanna Learn How To: Prevent "Doxing"](#)

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UPVOTES

"The Hypocrisy and Cruelty of the Leftist Feminist"

AliceOxalis · 25 July 2016 · Archived copy · Reddit

I found an excellent blogpost points out and highlights some of the severe hypocrisy of the founders and upholders of feminism. I'll copy the core of the blogpost here, although you really should read the whole thing.

Both [Gloria Steinem and Betty Friedan] insisted women follow their teachings, when they, in their personal lives, didn't follow them at all. **In reality, they lived their lives in exact opposition to what they told women to do. They expected other women to make the sacrifices, but never them.**

Friedan's most famous book is The Feminine Mystique. A Marxist tract written by a life-long Stalinist, it was about "patriarchy" and "capitalism" and "female oppression." A best-seller and a very influential book, it was, in many ways, the start of Sixties feminism.

Yet, when Friedan wrote it, she was married to a very wealthy man and living in a mansion on the Hudson River in New York. She was not employed, and in fact only one job in her life (a journalist when young). She spent the rest of her life instructing others how to live theirs. The housework in the mansion – I'm shocked! Shocked! -- was done by a maid.

All of this is of course rank hypocrisy. A woman writing leftist fantasies about downtrodden and oppressed women while living a life of luxury so opulent that the housework was something done by domestic servants? **How could she possibly know anything about any woman's life other than her own?**

One of the main platforms of Marxism (and Friedan was, and Steinem still is, a Marxist) is to destroy the family, and have children raised in common (in reality this means by poorly-paid strangers) **while mothers are forced into the workplace whether they want to or not. The fact the many women want marriage and home and a family – these are right-wing delusions, a Frankfurt School "false consciousness." For them, that is, but not for leftist-feminist leaders.**

This hypocrisy is, in fact, the essence of leftism – its tenets apply to you, not me....When leftists don't follow their own teachings, their lives get better. Why? Because leftism doesn't work. That's why leftists don't follow their own beliefs in private. They just make a lot of money with their public faces.

How could Friedan attack men and capitalism when it was men and capitalism that gave her nearly everything good she got out of life? How could she not see the glaring contradictions of how she led her life and how she told other women to lead theirs?

How could Steinem so brutally and uncompromisingly denigrate men and romance and marriage for other women when they were what she wanted more than anything else – and got? Did it ever occur to her that some women would idealize her and her beliefs, and years later find that by following Steinem's pronouncements their lives had become self-defeating, self-destructive and unworkable?

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UPVOTES

Crabs in a bucket

CoochQuarantine · 20 July 2016 · Archived copy · Reddit

I made a comment yesterday about how I can't even tell my friends about my surrendering and my deference to my SO for fear of being ridiculed, mocked and even told I was doing it wrong. I wanted to take some time to explore this just a bit and also to develop some ideas on how to handle this in a feminine way that would preserve my relationships outside of my romantic one.

So let's talk business first.

Crabs in a bucket or *Crab Mentality* is a term used to describe a common social group phenomenon wherein ones success incites negative or diminishing reactions from other members of the group. I think we have all experienced this when we try to lose weight, start using makeup, begin to defer to our SO's. It can be infuriating that no one seems to be outwardly supportive of your choices, yet we cannot get rid of our friends all together. So what do we do? How can we navigate dealing with people who under the guise of concern or maybe even overtly try to diminish our goals and successes to fit within the social matrix that we have already created for ourselves?

Before the relationship

To begin with, finding and vetting friends is important in that we can begin to limit the negative energy we allow within our lives. Now we already have friends and family that are a part of our lives so we can't just get rid of them and start again. However, new people that we meet and allow to enter our lives **IS** within our power. Right here and right now, you can choose who gets a piece of your time. That is within your right to do. Understand that the people who exude positive energy are few and far between. When you do get someone like that in your life, embrace them and cherish what they have to offer for they are only bringing good into your life.

Established relationships

Now this is the tricky part. There are three types of relationships that can be exhibited already. The mutualistic relationship, the parasitic relationship, and the toxic relationship. This isn't to say that your relationships fall solely under one of these categories, and in fact within a single conversation can exhibit all three. The most rewarding relationships, I have found, fall mostly within the mutualistic respect and never fall into toxic region.

We all benefit

In a mutualistic relationship, both you and the other person benefit from each other. This is to say that you both enjoy each others company. You both support one another. You both exhibit traits that the other person finds soothing, amusing, exciting, fulfilling, rewarding, etc. Most friendships are like this, else why would you call them friends. These types of friends are genuinely happy for you and consider your successes as examples and non-threatening to their own status. Again, most friends can exhibit this type of behavior with a bit of coaxing but I don't think it is the default in most female social matrix to congratulate and laud your behaviors reflexively. Take this interaction as an example

Girl One: I am thinking about losing a few lbs.

Girl Two: What are you talking about? You look great how you are right now!

Now this interaction outwardly seems like 2 is being supportive of her friend by telling her that she looks great how she is. This is what friends are supposed to do. Yet, this does fall into the crabs in a bucket mentality. She neither, supported her friends choice, nor her friends vision for her life. Under the guise of support, she wasn't really being supportive. Now look at example two:

Girl One: I am thinking about losing a few lbs.

Girl Two: That is so great! How do you plan on doing it? Diet? Exercise? Maybe we can take a Pilates class together.

This example is more of a supportive statement. Girl 2 demonstrated she supports her friend. So much so that she is even willing to join her on her weight loss goals. Of course this conversation could have gone a lot of ways but as you can see, sometimes innocuous statements don't actually carry the message of support. They carry a more negative connotation that is tearing down the others right to navigate their life as they see fit.

However, BOTH fall under the supportive category. That is why I say MOST of your friend probably already fall into this category. Girl 2 in scenario 1 just wanted to assuage any insecurities her friend had about weight. It stems from an altruistic place. (You can definitely tell when someone is tearing you down because they are being a bitch but more on that in a bit.)

So how do you deal with those small paper cuts of negative messages from your friends? My personal tried and true method to diffuse this is simply to smile and reinforce that your choice is for your benefit. In the example above Girl 1 would have replied (with a smile of course)

"oh thank you. I just want to make sure I am my best self."

9 out of 10 times, your friend will then drop it and be supportive. That is how a great friendship goes. You don't need to blather on about how fat you are, no need to reinforce how shitty a person you are to your SO and your need to defer to them, no need to remind them about how much you have been drinking lately and aa is the only way to go. The key is to reinforce that you just want to be better then move on.

I do for you something you can't do for yourself

The next kind of relationship is the parasitic. Now, when I meet new people who are like this I insta-next them if it is a dominant trait. I ain't got time fo that shit. However, before becoming more mindful, I let all sorts of people into my life. Some are aggressively parasitic, others are mildly. They range. Even some friends who I consider to be supportive can sometimes require more of me than I am prepared to give because of certain life events. I've also got family members who are like this. Always asking for more. I can't get rid of these people, they have their good qualities too.

When you find that you are talking to them, they often react with a more overt tear down. Lets revisit the 2 girls talking.

Girl one: I think I want to be more submissive to my boyfriend

Girl two: Why would you want to do that? What does he do for you?

Now this is an obvious slap in the face for girl one. She expresses that she would like to try out something new in her relationship, but the idea of submission to girl 2 just does not compute. Instead of doing the small tear like a supportive friend would, she outwardly tries to sabotage the decision girl 1 made. This is where a smile and a reinforcement often get met with more opposition and can escalate to an argument if not navigated properly. Why is does this fall under parasitic relationships? Girl 2 is trying to retain their social standing within the dynamic you have. Should you choose to submit more to your SO, you could potentially become less available to your friend and therefore start to eliminate your friends resource... you. You bettering yourself means that your become a more valuable resource to others and they lose their standing with you. A parasite DOES NOT WANT THAT. Greedy little fuckers eh?!?!? This extends to all types of actions you want to take to get better. Should you want to stop drinking, your friend might say "but we've got a party this weekend" or should you want to start dressing up more your friend might say "you don't need to change for anyone!" Both of those statements might be true, but they

actively work against you bettering yourself and realizing your vision for your life.

The way I navigate these types of interactions is by smiling, reinforcing that what I want is for my better, then reinforcing my friend or family members position with me. In the example above Girl 1 might have said the following:

"I really think it would be better for our relationship. Plus, with this new dynamic, I'll need to gab it up with you about all my mess ups :)

Or in scenario one.

"It'll be healthier for me to live this new lifestyle and think of all the new restaurants we can go try out together."

In both you are standing firm on your choice yet also assuring the other person that you are going to be there with them still through the change. These kinds of people often just want to know that even if you change you will still be their friend. They need to be assured of their position in your life and just giving that to them in a simple statement can diffuse the situation.

Insert Britney Spears reference

Finally, the toxic relationship. YIKES!! My best advice would be to cut these assholes out of your life. However, if you are like me you can't just do that. If you look at my history you'll find that I have a deeply toxic relationship that I cannot for the life of me cut out. Thats with my mother. Small side story. My grandmother before she passed was also a toxic relationship. The moment she saw you she would IMMEDIATELY tell you something to tear you down. "You look terrible today" or "you could play the drums on that fat belly of yours". Not joking. So I have had a lot of experience dealing with people who just want to outright tear you down.

I recently had a conversation with my aunt about this. My aunt asked "why can't I just pretend to go along with whatever it is that she says? My interaction with her is so limited, I just want to pretend like she is right but she just gets under my skin and I can't bear the weight of her comments anymore". The more I thought about it the more I realized, it isn't our default to *want* to be fake. We are our own selves and we want to be respected for our thoughts and actions. We don't want to have to pretend to be someone else just to shut someone up. Even in the name of preserving the peace.

So how can you navigate relationship that demand you to be fake? It has been my experience that people who are toxic want to A) be right and also B) be involved. In my grandmothers example when she told me I look like shit, I simply say "You think so? What should I do about it?" This will get them to engage in managing your life. Just let them talk and let them think they are fixing you. This requires no action on your part whatsoever. Just listen and nod and say "I'll think about that" or "maybe I'll try that next time".

In all of these types of relationships you will find a common thread of you remaining cool and confident in your choices. No one can tell you what is best for you and ultimately **Haters gonna hate** whatever your life choices may be.

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UPVOTES

Appreciation is a Virtue

AliceOxalis · 8 July 2016 · Archived copy · Reddit

I found an excellent blogpost on the virtue of [appreciating what we have](#). The blogger takes a religious view on the topic but the advice is very sound regardless of personal religious creed or lack thereof.

I'll share my favorite paragraphs, for the lazies like me who prefer not having to click into a new tab:

We're so good at not appreciating what we have. Women with no children wish they had children. Women with children complain about their children. Women who work full-time wish they could be home full-time. Women who are home full-time complain that their husbands don't help with the children and home enough. Women whose husbands can't find a job complain about their husband's laziness. Women whose husbands work hard complain that their husbands aren't home enough. Everyone has trials and sufferings. No one will go through life without hard times and difficulties wherever they are in life.

If you can't have children, feel free to grieve since this is very painful for women to endure. However, after a time of grieving, find something productive to do with your life. Involve yourself in some type of ministry, help mothers of young children, teach piano, tutor in math, adopt children or find something that you can use your gifts and talents.

If you have children, love them and learn to enjoy raising them well. "Do the next thing," as Elisabeth Elliot wrote. If your home isn't spotless, it's okay. Teach your children to help with housework and cooking. Those babies will be grown up and gone before you know it so relish the time that you have with them and be thankful. They should grow up with a thankful mother instead of a complaining one. This will make their life one of joy instead of sorrow.

If you are home full-time, work hard at home. Keep your home clean and tidy. Shop for nourishing food for your family. Cook things from scratch. Figure out ways to save money and make your home a place of peace and joy. Be hospitable and welcome others into your home. While they are there, make sure you work to make their time a happy one, especially your husband!

If your husband is out of a job, pray and learn to live very simply. Don't waste anything. Don't buy new clothes but enjoy the ones you have. Try to keep a joyful countenance so your husband doesn't get too discouraged. Encourage him consistently since a man's work is usually tied up to his manhood.

If your husband works "too" hard and is rarely home, when he is home, make your home a wonderful place for him to be. Fix his favorite food. Make sure you discipline the children properly so they are a joy to be around for your husband. Working out in the world is tough so he needs a place to come where he can put up his feet and relax. Don't nag him about helping you and about the TV he watches. Love him and appreciate him for working so hard to provide for you and your children.

In conclusion, appreciate the blessings that you have. Stop complaining and self-pity. Complaining never accomplishes anything good or productive. It just makes everything worse.

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UPVOTES

Came across something funny: A man's day vs. a woman's day

AliceOxalis · 7 July 2016 · Archived copy · Reddit

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UPVOTES

On Perfection

whistling_dixie · 30 June 2016 · Archived copy · Reddit

I'll preface this by saying: I am a perfectionist, but I'm really bad at it. It's almost a compulsion for me, trying to achieve perfection in as many aspects of my life as possible. Ultimately what happens is that I dive in at 100mph rather than gradually accelerating, and I hit the wall full force and everything falls apart.

Perfection is a common goal of a lot of red-pilled women. A lot, if not all, of us desire a spotless home, a rockin' body, Prince Charming-like husbands, well-behaved and thoughtful children, and domestic skills that would put Martha Stewart to shame. The reality of it is that - and be truthful with yourself, here - we fall short in many of those aspects. I'm not perfect. I obsess over my job and work around the clock, I frequently forget to dust my home, sometimes I bring home Buffalo Wild Wings for dinner and blow both of our macro goals for the day, I hamster about stupid things, I get pouty and whiny about projects I don't want to help with (like shoveling rocks). Sometimes, I get really down on myself about it. Do you know what that accomplishes? It does a fantastic job of making me a miserable person to be around.

Perfection is a moving target. If you think that you'll get there one day and the work will be over, you're deluding yourself. You owe it to yourself and your man to always be striving to be better, but don't expect that journey to ever end. Don't let it get you down, either. If you're always improving, you're better than you were. I've found that the most helpful thing for this is really simple: just keep a positive attitude. Feeling discouraged and overwhelmed or just not good enough? Look back on your old self - are you better than you were? Then hey, it's working.

I decided to write this because I realized that every time I start having trouble, it's because I'm feeling discouraged about not hitting the high marks I've set. And from there, I get down on myself, and that makes me really insufferable to be around and makes the problem worse. Ultimately, RPWi is ***not a fix-all***. It's not a magic cure to your bitchiness, and it's not just about dressing up more and wearing an apron. It's a lot more than that - it's a mindset too.

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UPVOTES

RP Truth: Excerpt from the Autobiography of Malcom X

vanBeethovenLudwig · 20 June 2016 · Archived copy · Reddit

I'm reading *The Autobiography of Malcom X* (inspired by the recent death of Muhammed Ali) and stumbled upon an excerpt that blatantly exposes RP Truths. Thought I'd share it with any ladies interested!

Domineering, complaining, demanding wives who had just about psychologically castrated their husbands were responsible for the early rush. These wives were so disagreeable and had made their men so tense that they were robbed of the satisfaction of being men. To escape this tension and the chance of being ridiculed by his own wife, each of these men had gotten up early and come to a prostitute. The prostitutes had to make it their business to be students of men. They said that after most men passed their virile twenties, they went to bed mainly to satisfy their egos, and because a lot of women don't understand it that way, they damage and wreck a man's ego. No matter how little virility a man has to offer, prostitutes make him feel for a time that he is the greatest man in the world. That's why these prostitutes had that morning rush of business. More wives could keep their husbands if they realized their greatest urge is to be men.

Most men, the prostitutes felt, were too easy to push around. Every day these prostitutes heard their customers complaining that they never heard anything but griping from women who were being taken care of and given everything. The prostitutes said that most men needed to know what the pimps knew. A woman should occasionally be babied enough to show her the man had affection, but beyond that she should be treated firmly. These tough women said that it worked with them. All women, by their nature, are fragile and weak: they are attracted to the male in whom they see strength.

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UPVOTES

Relationship Dynamics Part 1.5

Camille11325 · 18 May 2016 · Archived copy · Reddit

Hi! Just wanted to share a bunch of random thoughts that I had related to my dominance theory. The quizzes that will help you identify your dominance level and threshold are finished, and after beta testing and edits they will be posted to the sub. Things have been busy since the flood but as things return to normal, I will be back to participating regularly in the community :)

General Thoughts

- Remember that the descriptions in **Part I** are generalities, and they only apply to long term relationships. There is also an intentional, more extreme representation in the hypothetical descriptions that are used to explain the concepts. It is easy to see the dynamics in action when describing a man who is an 8+ on the dominance scale, with a woman who is a 2 and prefers a 4. That doesn't mean that all HLL dynamics will look exactly like that scenario.
- Every dynamic has the potential to be harmonious, some require more work from both parties than others. No relationship is inherently RP; if a woman doesn't respect the individual man it doesn't matter if they are LLL or HLH. Even LHL dynamics can be RP, yes this is rare, but it is possible!
- Men don't really have a dominance threshold (or submission threshold), they overwhelmingly prefer a woman who is less dominant than them in general, and psychologically feminine towards them. This means that L men pair well with L women. H men can work with either H or L women, but since most low dominance women also have a low dominance threshold, there are more HHH relationships than HLH.
- I estimate that 80% of women are low dominance, and 20% of women are high dominance. Of course it may not seem like this because there are a lot of L women with bad character, and L women who act as if they are H because they think it is superior (thanks feminism!). This of course does not mean that all H women have bad character, just that the traits that L women tend to adopt in order to seem less feminine, make them unpleasant! Naturally high dominant women can be lovely.
- I believe that 80% of women have a low dominance threshold, most of them preferring men with 30% - 50% alpha traits, and 50%-70% good beta traits. This means that 20% of women have high thresholds, and an even smaller proportion are suited for long term relationships with men who have the greatest amount of alpha traits.
- H women are more likely to have high thresholds because they need a man who can command their respect.
- A lot of women who are LL think they are LH because they assume that good beta traits = alpha traits. While I do think that there will be more LH women on RPW simply because of the nature of this subreddit, most here are LL and in LLL dynamics with greater betas.
- **Edited to add:** Don't confuse someone's disposition with their dominance level! A man can be laid back and high dominance, he can also be boisterous and low dominance. Similarly high dominance women can be reserved, and low dominance women can be bold. Hopefully the examples below and in future posts can clarify the matter further.

Dominance levels and thresholds are just one aspect of what makes a couple compatible and successful. This system isn't meant to replace any other means of assessing compatibility and it works very well in combination with

looking at the MBTI and love languages of each person.

It also meshes nicely with the female archetypes theory that Dr. Toni Grant developed*. She believes that women have a primary and secondary role that they naturally operate in. The archetypes are:

- The Mother (The Nurturer): "The Mother is a caretaker, a woman who thrives upon her attachments to others. She nurtures not only her own children, but other relatives and female friends, as well as the men in her life."
- The Madonna (The Counselor): "The Madonna is reflective. She embodies the quintessentially feminine virtues of patience, silence, and faith... men enjoy her because she is so reflective of their own moods and feelings... she inspires the man in her life to greatness, supporting him unconditionally in his quest"
- The Courtesan (The Lover): "The Courtesan... operates primarily in personal relationship to man on intellectual and emotional as well as sexual levels."
- The Amazon (The Warrior): "The Amazon Woman is highly focused, ambitious, assertive, goal-oriented, and self-sufficient. She relates to the men in her life as companions, co-workers, and competitors."

Low dominance women are more likely to be nurturers and madonnas, high dominance women are more likely to be warriors and courtesans. Low threshold women are more likely to be nurturers and madonnas, high threshold women are more likely to be warriors and courtesans. More specifically, I believe these pairings are accurate when it comes to the roles each type of woman naturally fills:

- LL = Mother and Madonna
- LH = Madonna and Courtesan
- HH = Amazon and Courtesan
- HL = Amazon and Mother

*= The four archetypes were originally shared with this community by /u/readlovegrow in an awesome post! I will see if we can get that post on this sub, it will lead to so many great discussions :)

Examples in Fiction (Spoilers Below!)

Beauty and the Beast

- Belle is a low dominance woman with a low dominance threshold (LL).
- Gaston is a high dominance man, and also he is amazing :)
- Three blond women who are in love with Gaston are low dominance, high threshold (LH).
- Beast starts out high dominance but becomes low dominance (warning: do not attempt, this is not RP lol)
- The Beast and Belle have a happy LLL relationship at the end of the film!

The Cosby Show

- Claire is an HL woman, who has a successful relationship with a greater beta. She is able to do so because she is respectful, warm, and feminine with him, even if her natural disposition is to take the lead.
- A hilarious example of the LHL dynamic.
- Another clear example of both her dominance, and how happy they are together.

The Office

- **Roy and Pam** are a great example of a non extreme HLL relationship. It is not abusive or violent, but Roy cannot make Pam happy by simply being himself.
- **Jan and Michael Scott** had a dysfunctional LHL dynamic. The episode "Dinner Party" highlights everything wrong with the pair, and the clip I selected is just a small sample of how controlling Jan can be.
- At the start of the series, **Ryan and Kelly** are in a dysfunctional HLH dynamic that suits their unstable personalities. I couldn't find any great clips online but this fan made video is just so fun!
- There are a lot of LLL relationships such as Jim and Pam, Holly and Michael Scott, Phyllis and Bob Vance, or Erin and Andy.

Goodfellas

- Karen and Henry have an intense HHH dyanmic!
- **Karen is shown to be an H woman from the start (watch until 1:13).**
- **Classic high threshold response** (NSFW - violence).
- **Arguments between an H man and an HH woman can get heated** (NSFW - violence and language).

Hope all of that was interesting and made sense! Looking forward to discussing it all with you guys, definitely suggest more fictional examples of the dynamics if you can.

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UPVOTES

Pick your battles.

OhhTheMemories · 12 May 2016 · Archived copy · Reddit

Hello everyone! This is my first time posting here. My husband and I (27 and 26) have been married for 1.5 years. We have always agreed on having a traditional marriage long before I heard about the Red Pill term. And I am delighted to have found this subreddit, as it helps me reflect and improve.

Today I wanted to share with you a little personal victory. Nothing huge, really, but I have not been married for long and am still learning a lot. Please excuse any mistake I make, English is not my first language.

My husband was making us breakfast this morning. He is an excellent cook and is always trying new recipes for us to enjoy. Plus I *love* watching him in the kitchen.

After we were done eating together and he left for work, I went ahead to do some chores around the house. It took me three hours to realize that he forgot to turn the stove off.

Now, the old me would have been pretty upset about this. I can easily picture myself texting him something like, *"Love, you forgot about the stove...again"*. I can see myself reminding him of his mistake as soon as he comes home from work tonight, and even talking about it again in the future. Because the old me would have been fine reminding her husband of his failures. But what good would that do?

I have a bad temperament that I am actively working on. In the early days of our marriage, my husband taught me to always ask myself, "What is really worth fighting for?" and to pick my battles **carefully**.

So this morning, instead of being the ugly old me, I just decided to turn the stove off myself and to go on with my day. And he doesn't need to hear about it at all because it is not worth it. It is just not worth going my old ways. The time I would spend nagging and complaining is much better spent doing something productive!

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UPVOTES

The CTFO Method

CoochQuarantine · 5 May 2016 · Archived copy · Reddit

Once in a while, I will see a post of a woman being anxious, controlly, nervous, worried about an already fucked up relationship not being magically fixed immediately after surrendering. Not only that, but when they ultimately fuck up (and we all do) they feel like the whole thing is for naught and give up. Even worse, allow their naturally shitty selves to return in full force plus some extra to boot. Well, I am here to give a bit of help in that department with some sage advice:

The CHILL THE FUCK OUT Method

Pre-surrender

You may be reading RPW and starting to say to yourself “Hmmm. Maybe I might be this [shrew/harpy/bitch] that is ruining my relationship.” You might also be thinking “I’m such a horrible person how can I ever fix this?”. Well the beginning of figuring out that you can do something about your relationship being in the toilet is nerve-wracking. It is scary. It is looking in the mirror for the first time. It is actually seeing the wreckage you have cause and coming to grips with the fact that you caused it. That is not to say that men don’t create wreckage of their own. But we aren’t here to fix them. We are here to help you fix your shit.

The bad news is, you can’t do anything about what you’ve already done. The past is the past. The end. PERIOD. The good news is is that you are now just a little bit more in tune with yourself and moving forward you can do something from this point forward. This moment right now. You don’t need to go on an all out rampage of “I’m sorry”s and “I’ll do better next time”s. On the contrary, Laura Doyle actually suggests to keep this information of your surrender to yourself. (If you haven’t read it... READ IT!) However, the intense sensation of fear will be there and I’m here to tell you to CTFO. This is going to be a long process and one that you will fail at. One you will stumble, bumble and fumble, BUT you will be infinitely better at being a partner if you give it an earnest shot at doing your best.

Some ways you can CTFO during this phase:

- Ask questions here
- Read the posts here, Surrendered Wife/Single, and other comments in the posts.
- Breath
- Understand that you are not alone
- Come to the IRC for more information

Initial surrender

You have now come to terms with your part in the destruction of your relationship (however bad it may be) and you have begun to implement some of the things you’ve read and seen here on this /r/. WHY ISN’T IT WORKING????

CTFO

For starters, lasting change comes over time. Nothing that ever comes quickly stays long. Have you ever seen a millionaire from the lottery remain a millionaire for very long? There might be some examples but the people who stay rich are those who worked hard for it. That isn’t to say that all people who work hard to be rich stay rich. But as I said, anything that is worth it comes through hard work.

Not only that, but put yourself in your SO’s position. Your SO all of a sudden changes. WUT??? They are being nicer. Asking your opinion. Not badgering. Being more available sexually. Whatever the case may be, you would meet it with skepticism and doubt. Of course they don’t believe you! You can’t go from storm after storm to a

sunny day without thinking “what if it rains again today?”.

How to CTFO during this stage

- Ask questions here
- Read the posts here, Surrendered Wife/Single, and other comments in the posts.
- Breath
- Understand that you are not alone
- Come to the IRC for more information

Multiple surrenders??

Yes. You will have to practice surrendering more than once. You do not surrender one time and BAM everything is fixed and you are perfect. You will definitely fuck this up. Stressed? You might snap. Hungry? You might snap. Lonely? You might snap. Tired? You might snap. Insert any reason and you might do something you aren't supposed to do.

At this point you need to CTFO the most. We are only human and we all make mistakes. It is what you do after you make a mistake that will set you apart from the rest. Can you acknowledge you were wrong? Can you take steps to make it right? Can you work on NOT doing that thing anymore?

Once you realize you have made a mistake. Own it. Move on. Surrender AGAIN. Start from square one. That is ok. We have all been there and done that. **One of the things I have found that helps is that whatever it is that I mess up on... whether it be letting my hamster run wild or nagging or whatever, I do the opposite times 10.**

Here is a prime example. I was cleaning the house the other day and thought about how my SO was coming over and he can take the trash out (he doesn't live with me but he helps out whenever he sees the trash or something like that so I've become a bit spoiled in that regard). The moment I realized I was passive aggressively going to pick a fight because I knew he might not do it, I rolled my eyes at my crazy, took the trash out, and when he stepped in the door just hugged him and told him how much he means to me. He never knew I was setting him up to do chores in a house that he doesn't live in the moment he stepped in the door. All he saw was a clean house and a happy lady at the door. Which situation would you rather live?

So how do you CTFO in this phase?

- Ask questions here
- Read the posts here, Surrendered Wife/Single, and other comments in the posts.
- Breath
- Understand that you are not alone
- Come to the IRC for more information

Conclusion

I think it is pretty self explanatory what you need to do but for those of you who need me to say it one more time. CHILL THE FUCK OUT. Surrendering isn't something that happens overnight and it is definitely something worth it when you implement it correctly and over time you should definitely see a change in the relationship. Just remember to keep your side of the road clean and good luck.

If you have any questions feel free to ask. Also, if you have any stories on how you CTFO please share :)

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UPVOTES

5 Baby Steps to De-Shrewing: Things You Can Employ Right Now to Be a Better Wife

TempestTcup · 4 May 2016 · Archived copy · Reddit

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UPVOTES

My journey to becoming vulnerable and of higher value to my SO (1 of 2).

marmar80 · 29 April 2016 · Archived copy · Reddit

Take heed, this will be long (and why it's part 1 of 2). In posting this I learn more about myself and hopefully others can learn from this also. The struggle is real; the transformation is worth it!

Tuesday: My SO and I commute to work together most days of the week. On the way home, I gently touched his arm and back while he was driving. I know this sounds like such a little act, but it took courage just to do that. I am so afraid, afraid of joy, afraid that happiness will be taken from me. I forebode joy all day every day. Once SO and I got home the baby needed a bottle (we have a 4 month old) and he was holding her and I jumped up immediately to get her a bottle, when my normal response would have been to just have him do it since he was holding her. I felt more grateful that he wanted to feed her and it warmed my heart that he does that for her (and indirectly me).

Once all the kiddos were asleep (we have 3) my SO wanted to lay and talk. He asked me many questions about not upholding my marriage vows. It was the worst feeling I've had in 20 years. I had failed him and then I fought to be right. I didn't want to take responsibility or to be held accountable. I wanted to hamster my way out of it. I told him that I couldn't change and that it was too hard and then turned into a helpless little girl that wanted her mommy to make her feel better. I wanted to take the easy way out because the negative feelings were so horrible that I wished for death. It's an awful feeling to realize that you provide no value to your SO and thus you're failing him, your children and yourself. I want to act in way that upholds my vows. I am an infant in my intimacy skills.

Wednesday: I did a couple things to help create more intimacy in our marriage and act in a way that shows respect. I grabbed my SO coffee that he had poured for himself but had forgotten to take (note to self, make his coffee). He appreciated me remembering. I also complemented his look. For me, I may notice in my mind, but I don't express it outwardly or give complements freely. He needs to hear that I appreciate that he is taking pride in his self-care and personal style. I find that very attractive. I am working hard to cook more because my SO really appreciated my cooking, but tonight he cooked because of our schedules. In the past I would expect him to clean up after dinner (after he did all the work), but tonight I cleaned because I am better at cleaning and organizing so why wouldn't I do this task? During our dinner interaction I made an effort to kiss him and praise him in front of the kids. I question why praising someone is so hard for me. Why wouldn't you want to make someone feel good about themselves? I'm still trying to put an emotion of why I don't do this more and it may be my fear of being vulnerable.

Thursday: Mornings are hard for me. It takes me a while to "wake" up but when my SO came into the bathroom I immediately stopped what I was doing and kissed him good morning. I felt lighter, happier, and more grateful. I also made sure he had coffee and the baby was ready for him to take to daycare on time. I don't normally have a problem with time management, but with me doing things I don't normally do I take a bit longer in the morning. It's important that I am respectful of his time while implementing my changes. Having the baby ready on time is a way I show my SO I respect him. Again I made an effort to complement on his style and that he's lost weight, he's looking manly and I find him more and more attractive. I am working to find one new recipe I can cook each week and I get a lot of praise for doing this. His praise makes me feel appreciated and that I'm contributing value to the relationship. He also showed his appreciation by offering to finish up the dishes while I went and shopped for girly nighties online. I thanked him with excitement and a kiss. I am still having a problem with knowing what I want without him leading me. I want to acknowledge that it's okay to want things. I fear disappointment so I don't allow myself to dream or have desires. I fear that if I tell my SO my desires that he won't want to help fulfill them or I'm being selfish or I fall into the fear of the unexpected and unplanned (oh how I love the comfort of control). Again the fear of vulnerability. I did change into my new cute sleep clothes and he offered to massage me with coconut oil (great for many things!). Sexy time ensued fulfilling a need that I so often rejected in the past, or I said yes and then star fished it. Most days I am disappointed of my past behaviors.

More to come in part two.

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UPVOTES

An invitation to older women to get your feet wet.

stevierose345 · 22 April 2016 · Archived copy · Reddit

If you are lurking and are intrigued and want to comment, but are afraid to do so because you are not quite sure of the protocol around here, and you feel like your input might not be appreciated, just try dipping your toes in the water. I for one wished I had done that instead of jumping in head first into the waters of social media, never even having been on face book, just learning to text, and completely unfamiliar with reddit. I came up sputtering and lost as I tried to understand red pill concepts and acronyms, and figure out the ropes of pushing the right buttons to upvote, quote, and you name it. What made matters worse was I was just hitting my stride when I got banned. I had stumbled into a blue pill brigade (still not sure what that means exactly) and my comments, unbeknownst to me were stoking the fires. I was pretty upset about being banned because I was really starting to understand and appreciate the discussions and advice I was reading, so I emailed the moderators with a rebuttal. Long story short, I was not only welcomed back, the mods went out their way to help me navigate these unfamiliar waters. I have definitely used up my "message the mods" quota, and I am ashamed to admit that the last time I emailed them was a ridiculous and paranoid impulse on my part. Instead of trusting my own good judgment in making a comment, I let the hamster loose and suddenly I was just certain that I had opened myself up to ridicule. I was still afraid of the Blue Pill response, or the TRP response, or the MRP response, because let's face it no one wants to be ridiculed. I have finally come to peace with the fact that our mods know what the hell they are doing, that the tone of this sub will continue to be positive, that its members will continue to be honest, and that it is for all women. I am grateful to be here because I lack regular female companionship in my life. I feel I have a lot to offer this sub as well as a lot learn from it. Thank you to the mods of this sub for their patience, their hard work and their commitment in using their life experiences to help other women. To those who are intrigued, please consider taking the step to comment. I have found that older wiser advice is welcomed here.

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UPVOTES

Is PMS Just Another Excuse to be a Bitch?

Kittenkajira · 15 April 2016 · Archived copy · Reddit

In the US culture, premenstrual syndrome (PMS) is made to be a Big Fucking Deal. From advertisements for premenstrual dysphoric disorder (PMDD) drugs, to casual conversation among females, it is inundated into our lives as normal. “It’s almost as if, given cultural expectations that they will behave badly, they decide to go along with it in order to behave in the ways normally inaccessible to them, [like] being bossy, irritable [or] bold,” said [Kathryn Clancy in Is PMS a Myth?](#)

I believe in the placebo effect. In my pharmacy career, I was always fascinated when reading drug inserts and seeing that a percentage of those on the placebo drug (an inactive tablet that looks like the real drug, but is just fillers and/or sugar) reported improvement in the drug studies. There is also the flip side – people taking an inactive “medication” reported side effects (called the nocebo effect). It was most definitely not the “drug” giving them headaches, fatigue, or depression – yet the patients are believing it is. Could the behavioral symptoms of PMS be attributed to other causes in our lives, and PMS be the convenient scapegoat? How many times have you attributed your bad mood to PMS, only to realize that you’re more than a week out from your period? I know I’ve done it.

The [Mayo Clinic](#) lists the following symptoms for PMS.

Emotional and behavioral symptoms

- Tension or anxiety
- Depressed mood
- Crying spells
- Mood swings and irritability or anger
- Appetite changes and food cravings
- Trouble falling asleep (insomnia)
- Social withdrawal
- Poor concentration

Physical signs and symptoms

- Joint or muscle pain
- Headache
- Fatigue
- Weight gain related to fluid retention
- Abdominal bloating
- Breast tenderness
- Acne flare-ups
- Constipation or diarrhea

Some of these seem legit, like breast tenderness, weight gain from fluid retention, and acne flare-ups. But what about the rest – specifically, the behavioral symptoms? Does PMS really cause depression, tension or anxiety? Perhaps women are expecting to have these symptoms because it’s a product of the culture they’ve grown up in. [This study](#) found that in terms of mood, PMS may just be “more science-fiction than fact”.

Over 100 randomly selected healthy Canadian women who were unaware that the study was about mood and the menstrual cycle were given smartphones and asked to record their negative and positive moods over a period of six months—providing the researchers with real-time mood data. At the end of the study, the MiDL team found that in a healthy population blinded to the purpose of the study, physical health, perceived stress,

and social support were much stronger predictors of mood than any menstrual cycle phase.

One of the experts who participated in a [meta-analysis study](#) explains

“There is so much cultural baggage around women’s menstrual cycles, and entire industries built around the idea that women are moody, irrational — even unstable — in the phase leading up to menstruation”

“Our review — which shows no clear evidence that PMS exists — will be surprising to many people, including health professionals.”

Do you have a “real self” and a “pms self” as psychologist Joan Chrisler is quoted saying in [Is PMDD real?](#)

“[PMDD] undermines women’s self-concepts and feeds into stereotypes about women. It’s convenient for women to use this... The discourse is me, not me, my real self, my PMS self. It allows you to hold onto a view of yourself as a good mother who doesn’t lose her temper.” Is blaming your cycle just another way of not taking responsibility of your self, and your actions? "It wasn't the real me" your mind can say, "it was the PMS-me, therefore I can't help it".

What if PMS really *is* a myth, a no-big-deal, or a day like any other?

[Cheer up bitch, it ain't that serious.](#)

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UPVOTES

How can I encourage my man to be more ALPHA in bed?

[deleted] · 7 April 2016 · Archived copy · Reddit

EDIT: Thanks for the (mostly) kind and well meaning advice everyone. I'm going to talk to SO about using condoms because fear of pregnancy could be an underlying reason he doesn't initiate. I will also put more effort into getting him excited without initiating it myself. There is some really good advice here and I appreciate it!

How old are you and how familiar are you with RPW? 23 years old, I've discovered RPW only today.

What is your relationship status? In a serious committed relationship for almost 5 years with my man.

What is the problem? (Don't badmouth your SO!) We have a really good relationship overall, very supportive, we're best friends, very close. However, he says he "doesn't want our relationship to be about sex" so he seriously holds back in bed, and never initiates it. When I initiate it's no problem and he thoroughly enjoys it, but for me sex is always the same. I'm a lot kinkier than he, I haven't discussed it that thoroughly with him but he doesn't really want to try anything different. How can I help him understand that it's okay to be more aggressive, to try new things, to let the "beast" out, to be more in charge in our relationship? I think he also has less testosterone than most men.

Another reason for him not wanting to initiate sex, is that he doesn't want to get me pregnant. We have a lot of goals we want to accomplish before having children so I understand this, and the only 100% sure way of not becoming preg is by not having sex. I'm at a loss here. Any suggestions are greatly appreciated, thanks! How have you contributed to the problem? Hmm. I'm not sure how to answer this. 5 years I guess? Haha How long has this been an issue? Most of our relationship What have you done to resolve this problem? Tried talking to him but he says he doesn't want our relationship to spiral into something too sexual and he also doesn't want me to get pregnant. He's very very good and holding back.

If married or in a committed, monogamous relationship:

How long have you been together? 5 years

Is your relationship long-distance? It was for most of it, we visited each other often & spoke on the phone every night. We moved in together 6 months ago.

Do you have an active bedroom life? Somewhat (once a week if I'm lucky, usually once every two weeks, but we also go longer than that sometimes))

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UPVOTES

The biological tragedy of the sexes

TempestTcup · 6 April 2016 · Archived copy · Reddit

I saw [this on twitter](#) from [@SteveStuWill](#) through [@hbdchick](#) and thought it was very true and a warning to couples.

It is from [The Blank Slate: The Modern Denial of Human Nature](#). Read the tweet, but the ending of the excerpt is the most poignant:

It is no surprise to an evolutionary biologist that infidelity, step-children, and in-laws are among the main causes of marital strife.

Put your marriage first, and present a united front. Your husband is the most important person in your world, treat him like it, and do not let anyone come between you.

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UPVOTES

Why complaining is literally killing you

whistling_dixie · 3 April 2016 · Archived copy · Reddit

The art of shutting up, and the science behind why it's good for you. Quit bitching!

<http://www.scienceandnonduality.com/the-science-of-happiness-why-complaining-is-literally-killing-you/>

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UPVOTES

Trouble keeping up with housework during pregnancy

mrsmothertobe · 14 March 2019 · Archived copy · Reddit

Has anyone else had this issue?

My husband (32M) works over 50 hours a week, while I (27F) am a stay-at-home wife.

I'm currently 28 weeks pregnant, and have had a lot of issues with lack of energy and back pain (getting worse). It's becoming somewhat painful doing my simple everyday tasks like washing dishes, laundry, getting dinner ready in time, cleaning etc.

As my husband is working such long hours, I don't think it would be appropriate to pass on any chores to him, and I'd feel like I was failing as a wife a little! He has taken over walking the dog at weekends but that's it.

Does anyone here have any experience/advice about this?

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UPVOTES

My husband wants to divorce me a week before our anniversary

Kaybee322 · 15 July 2019 · Archived copy · Reddit

My husband asked me for a divorce last night and I'm terrified he will leave me.

For a long time I have been struggling with my own faults of being tired and stressed, trying to juggle being a good mom to my children and working a late afternoon job. We are fortunate that my husband stays at home to homeschool our children.

My oldest child and I can butt heads and my husband is sick of me arguing with her. I don't want to argue but I also can't be a doormat, so I am always trying to walk on the right side of being empathetic but having guidelines, not taking tiny slights seriously but also not letting little stuff just "pass" and be ignored so she thinks disrespect towards me is OK. I admit I am more prone to allow her to be bossy and rude to me in small doses just so that I don't tell her "don't act like that" so she doesn't then start arguing. In the past, I've been happy to engage correcting her but then my husband was saying he wakes up to fighting and he hates it. I SHOULD be able to figure out the middle path, but I have very shaky confidence.

I am also completely inconsistent based on my own level of self care - if I'm addressing my needs and balancing things I'm good. Stressed over a bill or tired from fighting or awkwardly distanced from my husband because he can't stand this shit - I crumble.

I have a long long history of knowing my husband, and he says he's grown and I hold him back. I have read two books by Laura Doyle and I GET It. But he says I'll never change for good. He says I do well for a few days but the weekends are always shit. We make up around Wednesday and by Saturday afternoon I've usually managed to do the wrong thing again.

He hates that I say this because it sounds like I'm playing the victim card, but he says things are my fault and I usually agree (after arguing I was trying to fix things preemptively). "you're doing it wrong" he says. I still try to fix things. He feels he is on a hamster wheel in hell.

Tmi but in the expressed interest of being more receptive as a wife, I have even suggested for several past months now cum shots and taking it in the mouth, and it's sexy and hot but still a new experience so sometimes not what I always want, but I love him and I want to take in the whole experience so I try. I don't know why I say this but I feel it's somehow important.

Our children and our relationship are the most important thing in the world to me and I even desperately want another child with this man. I'm not cold and I want passion. So does my husband but he is so constantly put off by me he now thinks I am manipulative and act right only until it leads to sex (which is so disgusting an idea to me that I am horrified he thinks it of me).

So last night, after a very disappointing day with our oldest child and I not working together well, and an hour of bedtime go awry, I took a step out of the room and said I just need to clear my head. I said I don't need him. I just need a moment. He walked up and tried to do the fatherly thing of addressing stuff. Two weeks ago I had said "I can't fix things like you" by being manly and taking control, but instead what came out was "I can't fix things like you, by yelling" and he will not let me forget it. He insists I think of him as a yelling monster when I don't. He says no... Your words show your true colors.

So last night, when he was so worn out from a day of garbage, he lost his normal patient edge and started shouting. And I, concerned, called his name. He poked his head around the corner and spoke lowly saying "I want a divorce by the end of - - - - -"

"NOOOOOOO!" I screamed, in the horrifying way you do when you see an impending car accident about to kill a pedestrian.

Then he went back and talked to our child in the other room, calmly for about 40 minutes.

I avoided him for about ten minutes, just held my daughters hand in bed while she apologeticallt kept saying "I love you mommy."

But here it is, morning, and my husband slept all night on the floor in the living room. I'm a wreck and am FAKING it with my kids but I feel awful he feels awful!!!

Help me save my marriage! He doesn't care about words, only actions! Why do I always argue and make excuses? I'm only ever trying to Explain and find solutions. But it's always received as me assigning blame and making excuses

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UPVOTES

I don't know what to do

foolishcoward · 31 August 2019 · Archived copy · Reddit

I got married wanting a big, traditional, old fashioned family. 5 years ago after (1 month after having my second child) I caught my husband on dating and affair websites trying to meet woman for casual sex. I was heartbroken but we worked through it and he said he never met anyone he was just on there to boost his self confidence so he said and never slept with any women. I didn't know if I really believed him but we worked through it and I gave him the benefit of the doubt, rationalized that he was telling the truth less so because I believed him and more so because I had this ideal in my head of having the perfect family and I was terrified of having it fall apart.

In all the years and children that followed I never caught him on those sites again. And I snooped a lot. Of course, in this day and age it is really easy to go behind spouses backs and he could have been doing it all the time just covered his tracks better.

After having baby #4 I found a phone convo of his where he told a male friend of his "There's nothing wrong with going out and getting laid. Women stay faithful but men on the other hand have needs to fulfill." I knew from then on that he was not the person I thought he was. I thought I married a traditional man who wanted the same ideal of a big happy family that I did. But I was still too scared to leave and he told me about how he never actually cheated on me, I kind of half believed and half didn't believe. I didn't want to admit it to myself. Because I so badly wanted it to work, and I thought it would be extreme to leave, especially when I had never found proof of physical cheating.

Then today I found a secret email address of his with one message from a year ago where he messaged a woman from craigslist looking for a good time. From craigslist of all places! Of all the places to find strange women that could give diseases to bring home to me.

It's the final straw and I feel like I know who he really is now. He isn't the man he pretended to be when I married him. I am terrified beyond belief, I am pregnant with baby #5 now, I don't know what to do. I can't stand the thought of breaking up our family and giving up on the dreams I have. Is it even salvageable? I can't stand living a fake life with an unfaithful man that is living a double life. I don't know if it is worse to break up the family and become a single mom or stay in a fake traditional family where the man is cheating behind my back and the mother is miserable, depressed and distrustful all the time.

I'm too dependent on him, I've been a housewife my whole life, I thought I could live this old fashioned happy family life but I can't do it with somebody I can't trust. I've been miserable and depressed for the past 5 years pretending he isn't cheating but knowing in my heart that I can't trust him. I have to hang my head in shame and go back to live with my family, have this baby alone and be a single mom of 5. He told me that he shares that email address with others and he didn't send the message. But I don't believe him.

I don't know how I will make it on a plane to go back to my country and go stay with my family with 4 little kids (soon 5) or if I even want to. I don't even know what to do. I have wasted my entire life on him, didn't really develop friendships, hardly spent any time at all outside the house. I don't know how I can tell my sweet little children that our family is breaking apart. And I suppose I will have to leave a bunch of their treasured possessions behind when we get on the plane and that breaks my heart too because it will make them sad. I can't ever trust any man ever again and I have no interest in dating or having sex again, ever. It has all been tarnished for me and I have no idea how I will pick up the pieces of my broken life and start again. I do have a side income that is enough to get me by if I can make it over to live with my family until I can get back on my feet, learn to drive, start a career but I will have to be dependent on my family for a while until I can do that which fills me with so much shame. Why would he ruin what we have just for sex. To me sex has no meaning at all outside of bonding with someone you love and reproducing to make a family. I don't understand how people can use other people just to feel physical pleasure.

I really don't know what to do. Posting this for insight from other traditional women. Is it even salvageable and how? I feel like I've been used by him for my entire life, that he never loved me, and that he isn't the person he pretends to be. I don't have any idea what to do, if I should leave or not. How can I stay and save the family? Or on the other side how can I leave and break the family apart, face him possibly getting angry and who knows what he will do if I try to leave? And then if I successfully leave how will I raise 5 little children alone? I'm so devastated and lost and feel so stupid, dependent, and used.

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UPVOTES

Starting to feel hopeless about getting a proposal

princessrorcon · 2 October 2020 · Archived copy · Reddit

When my bf(36) and I(30) started dating almost three years ago he made it very clear to me that he was here to be serious or not at all. At the time I was a pretty delusional liberal and he put me through the wringer in the first year of our relationship trying to figure out if it was really meant to be. Our first year was tough, he was not the sweet, thoughtful leader he is now. And I was not a calm, helpful, loving woman.

But now everything is pretty perfect. I have been fully read pilld politically and in terms of my desire to be traditionally feminine. We communicate very well and rarely disagree. We have a lovely apartment together with our two cats. I spend a lot of time on personal self improvement and taking good care of him.

However he suddenly seems completely uninterested in getting married. He is annoying and dismissive when I bring it up. I feel misled and betrayed because of what he said at the beginning of our relationship and because of how hard I've worked to become the woman I am today.

Frankly I feel very hopeless. I'm afraid he's too comfortable and won't want to marry me and start a family before it's too late. I just don't know what to do.

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UPVOTES

How to best support my husband

wearenighthawks · 19 September 2019 · Archived copy · Reddit

EDIT: Thank you for the thoughtful replies and advice and also to whoever gifted me gold. You are amazing. I've doubled my efforts and I can see it is being appreciated. (He also noticed, and thanked me, which validated everything.)

My husband works full time and I'm home on an extended mat leave. Lately he's been really, really struggling. Last night he shared with me just how angry and sad he is about the fact that he hates his job and feels unappreciated and underpaid.

I will take some financial pressure off when I'm back at work in November, as my salary is higher than his, but in the meantime I'm wondering if you ladies can help me.

What do you do to support your partner when he's struggling? I'm trying to stay on top of as many chores as possible so he can focus on other things. I'm limiting my texts to him during the day even, so it's one less thing for him to worry about checking his phone. I do all the groceries, meal prepping and laundry and admittedly the house is not as tidy as it could be as I'm constantly running after a 1 yr old and 5 yr old, so I'll work on that.

What are the things I'm not thinking of? I struggle with depression and anxiety and always have but I do not discuss it with him because I don't want to add to his mental load. How can I be a quiet support?

Just looking for some new perspectives. Thanks in advance.

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UPVOTES

newly married and newly red pillled!

lunasretrograde · 17 December 2019 · Archived copy · Reddit

hi ladies! I want to start out by saying I do know some things about red pill beliefs in general, I've just recently found this subreddit/other groups like this for women in particular. previously I just thought that this was a belief system for supporting men being men in their natural way, which is great, but I was wondering where help/guidance for women came into the picture. so I'm in completely new territory, and really excited.

anyway, I got married in August, and it's been amazing. I love my husband more than anything, and being married is such a unique and special feeling. I'm starting to realize it feels a lot different than dating or being engaged, because it is. things are serious now, like the game is in final mode. and I've decided I want to start making our house feel like a home, and the two of us feel like a family, before kids even enter the picture. I think if that foundation is already set and sure it will just be more secure as we build our lives together.

so I guess what I'm wondering now, in my beginning steps here and in my marriage, what are things I can start doing to support my husband and make him feel constantly supported? I do want to work on a gym routine and skin care routine so I don't start lacking in those areas right after the wedding, aside from making sure meals are ready and the place is tidy what else can I do?

tl;dr: super excited to have found red pill women, I got married a few months ago and need some tips on how to be a supportive devoted wife!

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UPVOTES

Instead of flowers my captain regularly surprises me with stuff like this. This is the result of being feminine towards him so he can be the man I need. He sent this text while at training this past week! Married life is great!

cassandrarose39 · 17 January 2020 · Archived copy · Reddit

<https://i.redd.it/8y25iojldb41.jpg>

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UPVOTES

Do redpilled men look for childlike faces and childbearing hips in women?

eMotionaldYnamite · 11 July 2020 · Archived copy · Reddit

Hey loves,

I'm 21 years old and I have been investing some time in figuring out what my future husband would want in me. I have asked around and from the data they allowed me to conclude that they are looking for fresh and youthful faces which translates to me into a more childlike woman and after asking this to my dad who is very conservative himself he agreed that he married my mom because she had this cute dimples face and a sweet personality. And from recent trends on instagram where the most sought after women tend to have wide hips and the fact that men look for fertile women I came to the conclusion that childbearing hips are what they are looking for. I've been making effort into coming off more nymphet like and I immediately noticed that guys started paying more attention to me, without me even needing to wear anything revealing. But I'm kind of worried I might be attracting the wrong attention if I only focus on those aspects so how could I improve myself to appeal my future husband? I have been praying more too and been feeling a strong connection with God, it has certainly helped me with the squats.

Love you all

22

UPVOTES

Is it ever okay to lie by omission? Especially for his benefit in something small.

Anonymous_fiend · 31 July 2020 · Archived copy · Reddit

This might seem extremely silly lol. My fiance and I have been cohabitating for years and have a very traditional relationship (covid ruined our 2020 wedding plans) My fiance hates vegetables and refuses to eat them except for a little in a smoothie. He's the youngest of a middle eastern family and got away with eating/doing whatever he wanted whenever and is does (at his parents). He's not overweight but his doctor wants him to eat healthier because he's at risk for health problems. I once put shredded zucchini in some cheesy rice and used mashed cauliflower in a recipe. He enjoyed it thoroughly and complimented it but when I told him what was in it he got grossed out and won't eat it again. It's a mental aversion and as long as he doesn't know he's fine. I've always wanted to make zucchini chocolate muffins but he flat out refuses to try one. Tonight we went to my friends house and she made some zucchini muffins. I gave one to him without letting him know what type it was. He loved them so much and raved about them. He loved how they weren't as sweet as normal ones and how he liked them more than any other chocolate muffin. Which is true he doesn't like overly sweet things. I got the recipe for her and want to make them but as soon as he knows what's in it he'll change his mind about them and refuse them. Is it okay to have small little secrets like this. What he doesn't know won't hurt him right? Or do you think lying to him about what's in these of he asks will ruin his trust.

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UPVOTES

I am in the process of being diagnosed with a debilitating chronic illness that will reduce my quality of life and may cause me to be infertile. How do I move on?

blahpunchlineblah · 2 February 2021 · Archived copy · Reddit

Basically the title. I (28F) find out on the 10th. Best case scenario is I got a false positive (very unlikely), most likely is a chronic illness, worst case is cancer. My husband is being very supportive, but I don't know what I do from here. We were going to try for our first child in a few months. We are looking for a house. I don't know where to go from here and I feel quite lost.

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UPVOTES

Thank you for this sub

dontouchmybutt · 10 May 2021 · Archived copy · Reddit

wow I am so happy this sub was made. I have been noticing a shift in redpillwomen for quite some time and constant men who post in MGTOW commenting their advice, and now men are posting in that sub regularly. I feel like my happy feminine bubble of reddit has been taken away, and I'm so happy this sub is here to fill that void. Thank you.

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UPVOTES

Feeling done

anothergoodbook · 25 April 2021 · Archived copy · Reddit

I've been hanging out here for a while (under different names at times). And I've been trying to work on myself for the sake of my marriage. But I'm so so tired of doing it and just not seeing him make the same (or even many) efforts. It's like him saying "I'm trying" is supposed to be good enough. But me saying it is not at all good enough.

We've been in quarantine the last few weeks. I kept saying how much I looked forward to him being out of isolation and to hug and kiss him. He barely gave me a kiss on the day he got out. We had sex that evening. And that's about it. Then the kids tested positive and he's shut me out because of his OCD again. I would ask "you seem bothered by something are you okay" through clenched teeth "I'm fine". But I get the cold shoulder for 2 weeks. We are seriously living entirely like roommates. We haven't said I love you in at least a week and there's been maybe one kiss (just a peck). And maybe a 2 second conversation here or there about household things.

In the past I would have been freaking out over what I did and how to fix things and how to get things back in order. And I've done that. But I have no desire. Not even an ounce to try and put any of that energy into it. When he's feeling better and out of his mood he might make some half hearted attempt. I don't know. I just don't care.

I read the marriage books, listen to podcasts, get on forums like this - he doesn't do any of it. He thinks he can muscle through whatever's wrong and if it doesn't work it's my fault (I'm too picky or want too many things). I'm tired of trying figure out what to wear to bed at night to make him attracted to me. I'm tired of trying to plan date nights that are just not prioritized by him. I'm trying of trying to meet his love language when he can't be bothered to meet mine (doesn't come naturally to him - y'know). I'm tired of always walking around like I'm flawed and it's all on my shoulders to be better, do better... so that he'll engage or initiate sex or whatever...

Anyway... I'm tired. I have no one else to really talk to here at the moment. And I'm so freaking lonely. AND my period is going to start any day so there's that on top of everything...

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UPVOTES

NFP/LAM and You: A Wall of Text

sariaru · 8 April 2016 · Archived copy · Reddit

With the recent discussions about pregnancy and birth control, I thought I'd give a little glimpse into the day-to-day life of someone who uses no artificial contraception and has a healthy and enjoyable sex life. Just a few things to get out the way early, this post is going to get pretty clinical, and probably NSFW, as we'll be discussing the female reproductive system in detail. I'd also like to put it out there that my husband and I are Catholics, so we use FAM/NFP for religious reasons on top of its other benefits. If you're not Catholic, or indeed religious at all, don't worry - I'm not here to proselytize, but it is somewhat relevant that I am approaching NFP/FAM from a position that artificial contraception in all forms, as well as male orgasm outside of the wife's vagina, is improper for married Catholics.

So! Onto business! What is NFP/FAM, anyways? NFP stands for **Natural Family Planning**, and FAM stands for **Fertility Awareness Method**, but they both mean the same thing; the usage of the knowledge of your own cycle to either achieve or avoid pregnancy without the assistance of any imposed change onto the body or the sex act. No pills, plastic, latex, heavy metals, scalpels, or needles involved. I'll use both acronyms interchangeably, but I learned about it as NFP, so that is more comfortable to me. In addition, I believe "NFP" has the connotation of being specifically Catholic - I'm not sure why, it's not like the actual method changes. You can get good information through Google with either acronym.

Why use FAM over more the widespread artificial methods to avoid pregnancy? The benefits are myriad, but I'll hit a few of the major ones that should be applicable to most women. Firstly and most importantly, FAM teaches and empowers you with regard to your own body. Now, I know that sentence sounds awfully feminist, but I also know that, if you're like me, your education on your own reproductive system was woefully inadequate, talked about quickly and possibly shamefully, with the note that you'll bleed roughly once a month, and something about a cervix. No discussion of odd cycles, non-menstrual cervical fluid, what different types of pain might mean, and *why* we bleed once a month, or how this relates at all to what the body's doing for the other 80% of the month! Frankly pathetic. So, women are taught to pop a pill, and our problems will disappear. Doctors treat the female fertility cycle as something to be controlled and doped into submission, or assume that women are uninterested in *why* these symptoms are there over the mindless, easy means to "make them go away."

Okay, sorry, bit of a rant there. Other reasons to use NFP: it's free, and I don't mean insurance-style free, I mean, once you buy the thermometer, it's freeeeeeeeeeee for all the time you use it. There are zero side effects: no bloating, no weird appetite, no drop in libido, no chance of a bit of copper stabbing you in the uterus or getting stuck, nothing. This also means you can stop at any time, for any reason! Every day is essentially a risk vs reward assessment: "There's an X% chance that if I have sex today, I'll get pregnant. Do I want to take that chance?" And then you answer how you see fit. The same knowledge can be used to help you avoid pregnancy, or to get pregnant, with zero change in what you're doing (except maybe more sex if you're trying to get pregnant). Also, an unexpected benefit is that it encourages communication and understanding between partners and flourishes best in the context of a stable, committed, intimate relationship. Lastly, any change in your cycle will be immediately known to you, rather than masked. Early knowledge of these changes can help you identify and discuss accurately the potential of illness or other problems with a trusted gynecologist.

Is FAM effective? I'm sure some of you have at least heard the term "Vatican roulette" with regards to early forms of NFP. We've all heard the joke, "What do you call a guy who pulls out? A father." Haha, very funny. But in reality, if used accurately, FAM has an effectiveness that is equal to or surpasses most artificial contraception out there. The reason it's often chided is that it *is* more difficult to learn, understand, and use correctly than artificial methods of avoiding pregnancy. There is an upfront cost of time and money, and an ongoing cost in commitment and dedication. The other major drawback is simply a biological fact: women are most receptive to sex and most easily aroused when they are most fertile. If you're unwilling to use another method during this period, it can be somewhat frustrating, both for you and your partner. On the other hand, I choose to view it as a beautiful way to

cultivate my own attraction and attractiveness during the other times of the month, because I am more than my hormones.

Now that I've done 850 words of ranting and raving without actually talking about how to utilize NFP, I suppose I can get into the meat of things. In essence, the female reproductive cycle is split into three phases. The first is the follicular phase, or the pre-ovulation phase. This is when the ovary prepares an egg for release. It is characterized by a high amount of follicle-stimulating hormone (FSH), and a gradual increase in oestrogen. Once the egg reaches maturity, fueled by these two hormones, it triggers a sudden spike in luteinizing hormone, which triggers the release of the egg, and a rise in progesterone to further facilitate the development of the uterine lining. Now that the egg is released, one of two things can happen: you can have a period, or you can get pregnant. This phase is called the luteal phase. As the egg kicks around, the follicle from which it came (now known as the corpus luteum) gradually puts out lower and lower levels of oestrogen and progesterone. Once these levels are low enough, the body decides that pregnancy isn't going to happen, and you have a period, while another follicle is recruited to start the whole thing over again. Therefore, the most fertile days, once accounting for sperm lifespan in non-hostile cervical fluid (there's a phrase for the quote book), are the 4-5 days leading up to ovulation and the day of ovulation.

Okay, that's nice and all, but how does a woman actually go about figuring out when she's fertile? There are three major signs of fertility that can be easily tracked, and a couple others than can be used as a more secure backup.

1. *Cervical mucus*: The vagina is a naturally acidic ($\text{PH} < 7$) place and fairly hostile to sperm, which is carried in an alkaline ($\text{PH} > 7$) fluid. The closer to ovulation the woman is, the more the vagina accommodates sperm, PH-wise. The consistency and amount of mucus or fluid produces is also a good indicator. Right after menstruation, there is typically very little mucus, and it's thick and often opaque - a bit like school paste. As you progress, you get slightly thinner, and sort-of opaque, maybe like lotion or coconut oil. The mucus ideal for conception is stretchy, clear, abundant, and sticky - think raw egg white. If you're on any fertility/NFP forums and you see "EWCM" = egg white cervical mucus. Then after the fertility window, you cycle back down until you undergo menstruation again. [Here](#) is a SFW photo showing the different types of mucus. You test mucus... ahem, exactly how you would think. Wash your hands first!
2. *Basal body temperature*: The human body temperature varies throughout the day based on the last time we ate or drank, how long we've been awake, the weather outside, etc. In order to minimize these variables, NFP uses the basal body temp (the lowest body temp, which happens during long periods of sleep). At the time of ovulation, due to the spike of hormones, this temperature will increase by about a half-to-whole degree F (quarter-to-half degree C). You get this with a special BBT thermometer (regular do-i-have-a-fever ones aren't sensitive enough) and taking your temperature the **MOMENT** you wake up and recording it. Note, this tells you when ovulation has *already* occurred, so it's not terribly useful for predicting ovulation until you get the hang of tracking it.
3. *Cervical position*: As I mentioned in point 1, the vagina is typically pretty hostile to semen. The cervix changes position throughout the cycle and becomes softer and opens slightly to accommodate semen during ovulation. [Here](#) is a handy dandy picture to show what I'm talking about. During non-fertile times, the cervix will be high/far (difficult to reach), and will be hard, like the tip of your nose. As ovulation nears, the cervix will lower slightly, open a little, and grow softer, feeling more like your earlobe. Again, you test this exactly how you might think. (Clean hands!) This is probably the most difficult to really get a feel for (ha).
4. *LH Tracking*: You can also buy a packet of strips every month that test for the surge of lutenizing hormone that correlates with ovulation. These work the exact same way as a pregnancy test - via urine sampling. The only trick here is that generally you don't want to use the first morning urine; if your LH surge starts in the afternoon, you'd miss it! So for these tests, you test about the same time every day, any time after about 10AM.

You'll see lots of "methods" thrown around (Billings, Marquette, etc) - they're all just combinations of these four tracking methods. My recommendation is to download the very excellent app [Kindara](#) on the mobile device of your choice. Not only does it have all the tracking tools you could possibly want, but you can also post your charts _____

(anonymously) to other users, who can then help you interpret it until you get the hang of reading your own chart. It comes with a Bluetooth-enabled fancy-pants thermometer called **Wink** but I use a regular BBT thermometer just fine. The only benefit of getting Wink is that you don't have to fumble with typing anything in at the crack of dawn, as it auto-syncs.

This has turned into an absolute novel, but if you want more information, you can pick up the very excellent and non-religious book "**Taking Charge of Your Fertility**" which goes into even more detail. I also enjoyed "**The Sinner's Guide to NFP**" but it's a specifically Catholic book, so it understandably might not appeal to non-Catholics or non-Christians.

I am also familiar with lactational amenorrhea method (LAM) as a means to space births, but I've already ranted for far too long. But I can say that I did not ovulate for a full year after my son was born because I co-slept, wore him in a sling, and breastfed on demand for nutrition and comfort throughout the first year.

If anyone has any questions about my personal experience with either NFP or LAM, please feel free to ask!

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UPVOTES

One night stands: women regret them, men regret not having more, and evolution is to blame

TempestTcup · 4 February 2017 · Archived copy · Reddit

<http://www.telegraph.co.uk/science/2017/01/19/one-night-stands-women-regret-men-regret-not-having-evolution/>

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UPVOTES

Watch How You Speak to Your Husband

Anoulie · 12 January 2017 · Archived copy · Reddit

<http://tolovehonorandvacuum.com/2009/04/watch-how-you-speak-to-your-husband/>

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UPVOTES

How can I help my husband breath life back into his masculinity?

AbsoluteMalarky14 · 9 May 2022 · Archived copy · Reddit

TLDR: I haven't been the more trad wife my more masculine husband hoped, he has been very patient and I am investing in my feminine side more. Anyway I can help him tap back into his more masculine side?

Hi! So without writing a whole autobiography the past 7 years have been quiet turbulent for me (well, my whole life). My husband has seen me through the past 7 years (dating, engaged, and now married) and I finally feel like I am in a place where I can concentrate on myself, but in a different way. I am wanting to invest more in myself to be a better wife/person.

I made an appointment to get eyelash extensions, I started getting my nails done, I'm slowly buying a new wardrobe, and I have talked with a personal trainer about toning up and trying to loose a few pounds and making more homemade meals.

I am also wanting to take a more feminine role, and allow my husband to take a more head of household/masculine role. I know it's what he wants because he talked about it early in our relationship, and he has been the most supportive and patient man while my life got flipped upside down and I was anything but the role I think we both hoped.

I soft launched that talk a couple days ago, and he said he was fine with how we are now, but I'd like to make some changes in myself, and I know a stronger, more dominant side is there, it peeks out every once in a while. Anything I can do while I still transition myself to help him breath more life into his dominant side?

We are both in our mid/late 20s.

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UPVOTES

How traditional is too traditional?

eveninginthemtns · 10 February 2023 · Archived copy · Reddit

Since my last post got a very negative response here and on redpillwomen, I have to ask this traditional gender roles community - why are my traditions considered wrong?

I realize that since this is an American forum, it's dominated by Americans and to be quite honest, despite this forum being "antifeminist" 99% of you "antifeminist" American women would be considered feminist in my culture.

For example, I suspect many of you don't ask permission from your male guardian to do so. In my culture, this is common and expected of women - modest dress and asking permission are how we show respect to God and to our husbands, fathers and families by not dishonoring them. As long as our husbands aren't asking us to do anything sinful, we wives obey without question. In exchange, our husbands work hard to keep us safe and comfortable indoors.

This is extremely common in conservative countries like mine, where feminism hasn't been able to penetrate. Yet even most "antifeminist" western women's heads would explode if they had to ask their husbands for permission to leave the house!

My culture also emphasizes teaching homemaking skills to girls from birth - many girls in my culture get married around 15-16. Some are 14 but that's gotten more rare as the country has modernized. Meanwhile western women aren't even ready to marry until they're 30! Even most "traditional" western women don't usually want their daughter to get married as soon as they turn 18.

What's going on in the west?

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UPVOTES

My husband is oversharing and "mansplaining" things about having a baby to our female friends

[deleted] · 5 March 2021 · Archived copy · Reddit

[deleted]

22

UPVOTES

How to stop being mothering towards my husband ? (My problem, not his)

LillithSanguinum · 1 May 2023 · Archived copy · Reddit

I posted about how to stop mothering my husband and it have been misunderstood, I meant, how can I stop to have this attitude with him, he didn't behave like this, that's just me.

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UPVOTES

What Did They See?

AngelFire_3_14156 · 22 April 2024 · Archived copy · Reddit

A couple of weeks ago my husband (34M) and I (42F) were out with a social group, mixed male and female. They're more my friends than his, but that's not particularly important. We were all meeting at a restaurant and we were one of the last people to arrive. We were seated at a long table and my husband and I sat next to each other at one end. It so happened that most of the couples were at our end and the singles were mostly at the opposite end of the table. We decided what we wanted to drink and eat and my husband placed our order with the waiter. It was a fun get together and we shared some laughter and interesting stories.

When we were getting ready to leave, one of the guys from the opposite end of the table made a fascinating comment to my husband – he said that some of the single ladies were “envious” of the affectionate way my husband was treating me. On the way home my husband recounted that brief conversation. Envious? Apparently they saw how he causally had his arm around me, actually more like on the back of my chair. Well, I'm afraid I was clueless. “You did?” I asked. I don't in any way mean this in a disparaging way. My husband and I are often affectionate – so often that I may not even notice it in a particular instance. It's completely normal. We're generous with hugs and we kiss multiple times a day when we're home together. For example neither of us specifically remember, but that evening when the waiter brought our drinks we very likely said a playful “cheers”, kissed and then took a sip from our glasses. It's the usual ritual we observe. My guess is that they may have seen all of that. I know that my husband wasn't putting on a show, he was just being himself.

What I'm curious about is, exactly what were they “envious” of? In thinking about this I remembered an article that I referred to in a much earlier post, from The Oxford Handbook of Women and Competition (Fischer, 2017, Chapter 19):

One study (Parker & Burkley, 2009) found that a man's relationship status directly affected his attractiveness to women; when women thought a man was single, 59% found him attractive, but when they thought he was in a committed relationship, 90% found him attractive. Hence one form of competition between women is to attract the highest quality mate...

To me this seems to be an extension or consequence of hypergamy. So is what they observed is that I have a good looking younger man and I've made no secret that he cares for me? And that he is of tremendous “value”? Also, was his having his arm around me not only a sign of affection but also of dominance and maybe protection? It wouldn't surprise me because he is dominant in a sweet and gentlemanly way.

Is that what they were “envious” of? Or have I misread this entire thing? Was this Red Pill actually working in real-time?

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UPVOTES

Weird questions...

Hartley7 · 16 October 2018 · Archived copy · Reddit

I was having an online conversation with a friend. I mentioned that I had lunch with a dear friend who is also a housewife.

My friend asked strange questions. She asked "What fulfillment is there in being a housewife? Are you dependent on your husband for everything including money?"

I found her questions rather pointed but I answered them. She she said that she doesn't have any other friends who are "housewives" and added "whatever that role entails."

It's easy to misconstrue tone online so I'm not going to assume that my friend was trying to insult me. She did become defensive when I questioned her reasoning for such specific questions. My friend said she had no malicious intentions and I didn't need to be offended.

I'm so tired of other women making passive aggressive and/or rude remarks about the fact that I'm a housewife. The friend who asked the strange questions just had a baby in May. Her husband would like her to be a SAHM but she insists on keeping her career because she doesn't trust her husband. He is a "misogynist" who goes to strip clubs.

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UPVOTES

What advice/habits would you impart on your daughter as she grows up?

Ok_Philosopher · 14 August 2018 · Archived copy · Reddit

I have a girl, and while she's not yet old enough to have a thorough conversation, I've often wondered what wisdom to give her related to love and life.

What are things your mother taught/told you, or wish that she did?

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UPVOTES

The Art of Daily Ritual: Keeping Sane in an Insane World

whitebunny87 · 5 April 2018 · Archived copy · Reddit

I came across [this article](#) recently and it's got me thinking about ritual and how it grounds and keeps you present, while also providing a kind of connection to the past and the future.

In other words, even washing the dishes can be a kind of ritual if you treat it as such. It's about pace and intention, the senses and the symbols. It's about the meaning you imbue into an object or an act, rather than a script you inherit. It's about noticing.

I may have been raised without religion, but I wasn't raised without ritual — and that is a critical difference. Religion is the story that we tell ourselves, tell our children, tell our communities about why we are here on Earth and what the right way to live is based on this most important “why.” But ritual is something less intellectual, particularly the daily version. Its very nature — repetitive, precise, often very physical — prompts a sort of turning-off of the mind and settling back into the body.

This kind of ritual is less about profound transitions and more about daily practices: the ways of seeing and behaving and gathering that keep us sane in an insane world. They organize our emotional lives, prompt us to count our blessings along with our grievances, remind us to look up and out more often. They are about caring — for ourselves and those we love, even caring about those long dead who are a part of our larger story. They offer a sort of gentle time outside of time.

I've always connected the idea of ritual to religious settings, in particular my Catholic schooling. Although I was never religious, I always enjoyed the rituals of weekly mass, song, candles, etc. In the article, she speaks about her nightly ritual as a child where her father would braid her hair before bed, and it got me thinking about what kind of rituals I engage with and what they do for me. I feel like my life is missing a more regular kind of daily ritual, so it's something I'll be giving some thought to!

Almost every Sunday my husband and I barbeque together. It sounds mundane, but we share a bottle of wine, decompress from the weekend and gather ourselves for the week ahead. It's a kind of ritual, and something I'd like to engage in more intentionally.

Every year at Christmastime, I take my husband to watch 'It's a Wonderful Life' at a fancy old cinema. It started out just because I love the movie, but now it's become a bit more important. It's a special day that we share together, and we use it as a jumping point to remember at such a crazy time of year what's really important in our lives (hint: it's not presents!).

What kind of (religious or non-religious) rituals do you have in your life?

Are they intentional, or just habits that sort of fell into place?

What do rituals mean to you, and what benefits do they give you?

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UPVOTES

Husband wants another kid, I really really don't

hyperfemme · 28 August 2017 · Archived copy · Reddit

Apologies as this is long and hopefully my thoughts aren't scattered. I originally created this account to ask this question a few weeks ago while my husband was gone and chickened out. He's leaving again this week so here goes.

How old are you and how familiar are you with RPW?

36, Familiarity is a few weeks of scanning through stuff here on this account. I was raised in a very traditional setting with extended family and demanding parents, but it was also very artsy, not religious and liberal. RPW is consistent with how I am with my husband, and the feminine ideal I was raised with, but not so much with our larger friend group hence why I'm asking here.

What is your relationship status?

Married, knew him when I was 19, together at 20, married at 21. We've never had any separation or serious issues. He is very much my favorite person.

What is the problem? (Don't badmouth your SO!)

As the title says, another kid. I'm not okay with this, we have 2 already and this was discussed prior to marriage. I have my mom to thank for this in part, we visited my parents in April. They took the kids immediately to their rooms and my mom made a big thing of showing us a guest house built on the property. She went super Russian on us and blurted out we'd be staying there because she wants another grand kid. It was hilarious at the time because she even stocked the fridge, my husband and I laughed until we couldn't breathe when she left us there. He had jokes I thought were just jokes.

A month goes by, the person with the job he wants retires. He had to learn languages, be up at 4 am, and travel a ton for years but he got that job when the person left. Over the years he'd brought in friends to work at his company through the economic crisis so all of his work was part of a larger plan that's fallen into place. He is thrilled, baby talk happens again. I make dumpster fire over 35 ovary jokes to deflect. He forwards me emails about our health insurance covering expanded genetic testing. I remind him we have 2 kids already, he uses them as proof we should have more, on and on it goes.

From my perspective, to keep this short: both kids were in an art and a sport when little, both are on the honor roll at school. This is a huge investment of time, and maybe he doesn't understand that because I was typically done by the time he got home. I don't hire tutors, this is me and them at the kitchen table or driving all over town. They were taught to read and add and subtract 1-20 before starting kindergarten. They work hard at what they commit to and understand reward, disappointment, and responsibility. Now they're older (daughter is in HS, son is under 10 still) starting to or having their own interests and it's been fun seeing where that goes. I would like to keep seeing where that goes, not start all over again.

From a selfish perspective, I just don't want to be pregnant at 36. I'm glad I did it in my 20's. It still sucked then because with our first the epidural fell out and I hemorrhaged twice, and the second was almost a c-section because I don't have giant pelvic bones. Delivery is high drama I don't want at my age. Also, I put a lot of time into the gym and whatnot, I like what I look like and would rather not tempt fate with a 3rd pregnancy. **Fake Edit** he just messaged me asking if I want a surrogate for my birthday. Wow.

How have you contributed to the problem?

Having a functional baby maker

How long has this been an issue?

As a serious thing, since May. And by serious I mean a legit consideration on his part. He hasn't been pushy but he's still testing for weakness and very busy. Turning a "no" into a "yes" is a favorite pastime of his, patience never

equals forgetfulness on his part.

What have you done to resolve this problem?

Nothing but cringe and try to avoid it honestly.

How long have you been together?

16-ish years

Is your relationship long-distance?

No

Do you have an active bedroom life?

Very

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UPVOTES

How did your man put a smile upon your face recently?

phantasmagnolia · 1 August 2017 · Archived copy · Reddit

Share anything about your relationship that makes you happy, in awe, or you just want to talk about :)

edit: Your replies are all warming my heart!!

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UPVOTES

New Study Finds That Women In Relationships With Attractive Men Are More Motivated To Diet And Seek A Slim Figure

Camille11325 · 15 July 2017 · Archived copy · Reddit

A news article posted recently discusses how FSU researchers found that:

women evaluated as less attractive were more motivated to diet and be thin if their husbands were attractive.

And that:

That extra motivation to diet, however, did not exist among women judged more attractive than their husbands. As for men, their motivation to diet was low regardless of their wives' attractiveness or their own.

Sounds like "dread" to me!

For anyone new to the community (welcome!) this refers to the negative feeling a woman gets when she notices her man advancing in sexual attractiveness and/or lifestyle. This feeling arises because his success highlights her own shortcomings, and she is more aware than ever of the possibility that he could leave her or be unfaithful.

A healthy level of dread within a relationship helps motivate women to stay on top of their game; men can intentionally evoke this feeling as a way to motivate their partner to make changes and/or respect them more.

The **actual study** isn't solely concerned with eating disorders, but the **news article** focuses on how these findings relate to the likelihood of developing disordered eating habits. The results of the study are referred to as an "ugly truth" and the bias of those involved is further revealed when they discuss what actions should be taken in light of the findings.

Two underlying assumptions that I can see in this article: that insecurity should be avoided at all costs, and that feeling comfortable with how you are presently is better than trying to improve. One solution to the "problem" found in the study is for men to compliment their women more:

"One way to help these women is for partners to be very reaffirming, reminding them, 'You're beautiful. I love you at any weight or body type,'" Reynolds said. "Or perhaps focusing on the ways they are a good romantic partner outside of attractiveness and emphasizing those strengths: 'I really value you because you're a kind, smart and supportive partner.'"

This sounds nice (for some situations) but why can't the husband support his wife in her efforts to lose weight/become more attractive and ensure that she is on a healthy path to that goal?

I'd love to hear your thoughts on the study, the article discussing the study, and anything else that comes to mind!

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UPVOTES

What are your goals?

StingrayVC · 23 June 2017 · Archived copy · Reddit

We all have things that we want to improve and that we want to get done. I often read here about women who have amazing to do lists, XL sheets, organizers and things to help them meet their goals. I also read fairly often about women who have anxiety here (I haven't connected the dots. I don't know if they're the same women).

I'm not an anxious person by nature, but I can tell you there are days where I wake up and feel completely overwhelmed by what I have to get done that day on my to-do list. That knowledge can make me completely shut down, hop on the internet and kill so much time that I get very little done. That is so counterintuitive but I allow the pressure to get the better of me.

I'm a housewife so a day might be:

dishes, laundry, vacuum, clean bathrooms, grocery shop, pick up, dust, etc ad infinitum

These were things I needed to do on top of regular daily routines. Make breakfast for the kids, decide on and make dinner, get the kids through school. Often days I'd get through school and shut down because I was overwhelmed.

My husband found [this program by Tony Robbins](#) (don't stop reading now. I thought the same thing. It's stupid and a waste of time. It wasn't a waster, AT ALL and if you can get your hands on it at the library, purchase it, borrow it, whatever, give it a try. It is so much more in-depth than I go to here and really good), and he asked me to give it a go.

What you are to do is change your focus. You come up with a handful of general goals. We all have to-do lists with every little things on it that we have to accomplish and you still need to do this. At the very least it dumps our brain on to a piece of paper so we don't have to think about what needs to be done any more. But these are not what we focus on. Take a look at my list above. These all fall under a general category. *I will be a domestic goddess and make my home a soft place to land for my husband and family!*

Yeah, it's cheesy, but it *feels* good. Your goals should feel good. Because the better they feel the more you're going to want to meet them. And here's the thing with this. Say I get three things done on my list above, but not the others. I haven't failed. I worked toward my goal! I made significant progress toward making my home beautiful. I don't need to look at what I didn't accomplish, just the fact that that day I did 3 things to make my home comfortable is something to be happy about. The other things I can do tomorrow, or the next day. You will be shocked by how much more you do get done, because your mind doesn't become overwhelmed when you think to yourself, "Today I'm going to make my home a soft place to land!" instead of thinking, "today I need to do X, Y, Z and also, L, M, N, O, and P." Your focus is on 1 thing! The other things are just details.

So write out 4-5 goals. Make them fun! Make sure that there is something in there for you alone! Then that to-do list, that is secondary. Put those little details underneath your big fun goal as just things to help you along, but what you want to accomplish is

1. I will be a domestic goddess and make my home a soft place to land for my family.
2. I will learn about out beauty so I can be a sexy MILF for my husband.
3. I will read about X as it is something I need in my life!
4. Be the wife my husband dreams about in his deepest dreams and can't keep away from!

I don't know, I'm terrible at the fun goal making part but make it something that *feels* really good. Because the better it feels, the more you will be able to focus on what it really important, because at the end of the day that pile of clothes in your hamper is insignificant compared to what you can make of yourself and your life if you focus is in the right place.

Ask questions, because I have only touched on a very little part of this here. But give it a try!

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UPVOTES

Deal Breakers in Your Relationships - What, Why, and From Where?

[deleted] · 16 June 2017 · Archived copy · Reddit

We see lots of advice threads and many of them are about unpleasant traits/characteristics "discovered" by women who are married or by women who are contemplating LTR/Marriage with their partner. Our advice generally follows that married women honor their commitments and that women who are vetting consider the long haul and choose what they can and cannot live with.

I'm curious how many women actually have a list of deal breakers and how many women just discover what they can't accept or tolerate by bumping into it in their relationship. Are you looking mindfully or are you swept up in lust and attention and don't care?

- What are your deal breakers?
- What do you do when you didn't know you had a particular "no way!" and now it's in your face?
- Did you ever have a deal breaker happen and then discover it wasn't one at all?
- Where do your deal breaking rules come from? Peers/family relationship history, social media/movies/TV, past relationship experiences?

Also, feel free to expand on my questions with some of your own :) Join us in chat to discuss in real time!

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UPVOTES

Surrendered Wives

PhantomDream09 · 27 April 2017 · Archived copy · Reddit

I thought it would be a good idea to share a great video "**Surrendered Wives**" originally found and shared by another member.

It's a long video, and I know it's hard to invest that kind of time on something so I'll provide a brief synopsis.

Some questions are posed near the start of the video, as a group of women sit and talk in a circle:

"Do you feel superior to your husband?", "Do you nag your husband?" with the options of 'rarely,' 'sometimes,' and 'often.'

The audience is introduced to self described "feminist and former shrew" Laura Doyle, the author of *The Surrendered Wife*. She talks about her six principles: relinquishing control, respecting the husband, receiving his gifts graciously, expressing your vulnerability, taking care of yourself...and two others I didn't catch apparently. Laura states that her book is for women that are strong, smart, controlling, stubborn, and still feel lonely at the end of the day.

Then we're introduced to some other women. Connie, a divorced woman struggling to commit to her BF. She jokes that "Connie" is short for "Controlling." She's skeptical that Doyle's book/class will work, but wants to give it a try. Fun detail, she's Jewish, wants her SO to commit, and hates that he loves shooting guns. She's unwilling to listen to what he thinks, her feelings are more important and therefore, the only valid ones. Adding to her charm, she mocks the Boy Scouts (a great place for young boys to learn skills, create friendships etc). She *abhors* the idea of 'serving' a man. Stubborn woman, with too much make-up and zero gratitude alert! To the surprise of no one, Connie immediately jumps to the obscene caricature of what it means to 'surrender' and assumes that her SO will not only abuse his status as leader, but do so gleefully and with spite. On the other hand, he has a *very* balanced understanding of what his role should be with this dynamic. He wants to be responsible, and means well.

When the narrator claims that Doyle is asking women to 'give away' their power, she replies that she's only asking women to re-think how they've been trained to negotiate. She a supporter of feminism, to a certain extent. She's accused of being old-fashioned, and happily accepts the title of 'sexist' within the sphere of her relationship without shame.

The next woman the audience is introduced to is Tammie, a woman now working on her 3rd marriage. She's immediately unhappy with the lack of presents from her husband. She wants grand romantic gestures. She blames her husband for the lack of appreciation. Her husband admits that if he isn't the leader, it's because he gave up that role - but he did so for peace. Once again, the woman's description of the issues in no way reflect the man's description of what's actually going on. Have we noticed a pattern yet? Initially Tammie blames her husband for everything, he admits there's blame to go around. He has ambitions, and she just criticizes the way he acts. She admits that she has a sharp tongue and not enough compassion. Tammie is a compulsive nagger. He wants a wife with a mind of her own - the caveat is that her opinions are delivered in a cruel way. He's being cut down by the woman that should be building him up.

Doyle tells the women that they will lose their desire to control.

Merilee (could be spelling her name wrong). Former over-eater, and drinker, she's not only engaged but also a business partner with her man. She wants the ideal dream relationship, and her man is saying they may already have the ideal relationship, she just can't see it. He reminds her to say "us" instead of just referring to herself. Merilee struggles to resolve her 'woman power' with her desire to surrender and trust the man she loves.

One thing to note - ALL of these women have children from previous marriages.

So that's the jumping off part for the video. How things develop for each woman, and her relationship is something you'll have to discover for yourself by watching the video. :0)

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UPVOTES

Femininity Personified

dalls18 · 19 March 2017 · Archived copy · Reddit

So, I've seen posts on here before where you ladies have talked about who you find to be a picture of femininity, celebrity or otherwise. While I usually agree with most I had never felt anyone fit it perfectly for me, until yesterday. I watched the movie 5 to 7 (it's on netflix or youtube). Has anyone seen it? The movie may have some sketchy moral lines that are crossed for some and some cultural differences but the lead character Arielle who is French actress Berenice Marlohe entranced me.

The minute she entered the scene she personified femininity in her manner. She exuded this kind of effortless feminine charm. Dressed in these very feminine clothes that worked so well with her figure. Even her speech was slower and softer and flowed almost like a song (I don't know if this was in part cause she has a French accent). The way she carried herself with impeccable posture and a beautiful walk. It was the first time in a long time of watching a movie with a feminine lead where I was like WOW, I had almost forgotten what a feminine character looked like. It made me wonder if it's a cultural difference because when I watch foreign movies most of the female characters exude this effortless feminine energy and beauty. Is it just American born women that have lost this natural presence within them?

Either way it kind of renewed inspiration in me to channel that since I think it's within all of us but a lot of us let it go dormant or altogether die.

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UPVOTES

What are your best homemaking "hacks"?

liseux · 17 March 2017 · Archived copy · Reddit

I am curious about those things you do in your home to organize or clean that are essential to your happy home and make life a little more efficient.

For example, after reading flylady.com a few weeks ago, I now take a paper towel and windex and clean the bathroom sink, mirror, and toilet every morning, and then I use old shampoo and a toilet brush to clean out the toilet bowl. Something about having a clean bathroom every single morning makes me productive the rest of the day!

At someone else's suggestion on here, I now slice up veggies as soon as I get home from the store and put them in Tupperware to make cooking so much easier! I also divide up chicken into freezer baggies (slicing them if I am using them for cubed chicken or nuggets), label them for the meal I will use them for, and put them in the freezer till I'm ready to cook with them.

Another one of my "hacks" is the way I do meal planning. It's taken me a while to figure out what works for us, so I am excited to share. In my home binder, I have a section for meal planning. I have a meal chart for the week in a page protector, so I can write the meals down with a dry erase marker (and I can erase things too if I decide to change out a meal for a particular day). I absolutely hate reading recipes, so I have typed up my own simplified shorthand version of recipes spanning about ten pages and divided them into categories such as chicken entrees, vegetarian entrees, soups and salads, desserts, breads etc. Then to do my actual meal planning, I scan the pages and write all the meals I will make for the next two weeks and all the ingredients I need from the store on a piece of paper. Then when I get back from the store, I put the store/meal list in the page protector on the back side of the meal chart. This way I can write the meals from my store list onto my meal chart and cross them out on the store list. Since I often have two weeks' worth of meals, I can continue to refer to my store list as I update the meal chart. Hopefully that made sense! It sounds more complicated than it is :)

There is a high probability much of this is common sense to some of you, but these are not things I ever witnessed in the home growing up and thus haven't learned them till now! So I'm curious, what other homemaking "hacks" do you do and love?

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What if Donald Trump and Hillary Clinton Had Swapped Genders?

Irisandoleander · 9 March 2017 · Archived copy · Reddit

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UPVOTES

The Sexist Billboard

StingrayVC · 23 February 2017 · Archived copy · Reddit

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UPVOTES

Valentine's Day!

Trauma_Burn_RN · 12 February 2017 · Archived copy · Reddit

Feel free to remove this, mods, if you had a thread like this planned.

What are you ladies doing for Valentine's Day? Does your man plan a sweet surprise for you? Do you plan a sweet surprise for him? Do you think it's a stupid Hallmark-y holiday and your love everyday is show enough?

I bought a tiny cookie cutter today and cut up sweet potatoes in the shapes of heart - I'm going to make him breakfast with heart shaped hash browns! I'm looking for a heart shaped egg mold too for a fried egg.

I plan on a good packed lunch and a sweet note in his box.

I'm making his favorite dinner and little cheesecakes with strawberries and chocolate on top! All my surprises center around food and heart shapes, but that's what we do and he's gonna get a kick out of it!

Plus, I may have bought a set of pretty new undergarments ;)

Thoughts, my ladies?

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UPVOTES

Advice Needed: Should I go back to work, for what reasons, and how?

bettsdressed · 2 February 2017 · Archived copy · Reddit

Ladies, I need your advice.

I get the sense that I should start working again, and this is because my husband told me yesterday that he 'hates being so jealous' because I am at home. He told me a month ago that he was alright with me keeping up the home. Yet he is a homebody, always has been, and he's started a new job recently. I have a chronic illness that keeps me from being super awesome at most things, but I am definitely trying to improve! And I've been sick the past week. We are both enjoying the peace and the time we have together since I am at home--the meals on the table, the kinder and peaceful relationship we now enjoy, my availability to him.

Anyway, in reply I said, "I see," and we didn't talk about it further. I am nervous and simply don't quite know how to proceed as a RPWife. Should I communicate with him as to what specifically he is jealous about (since maybe I'm not living up to his expectations for being a housewife)? Or should I just go out and find a job again?

I hesitate to get another job because I am not sure how this new type of relationship will succeed as well when I am tired from my job and not available for him. By the way, he isn't as concerned about the money aspects. I am saving us money.

I look to you women because you both work outside and inside the home, and you're able to tell me how to balance the two, or how to simply think or approach this in a balanced way. How do you balance your own needs when you work outside the home, all the while being a RPWi? And doing it while you have a chronic illness?

Edit: Field Report - Getting Back to my RPW-Self

I think you all might be glad to hear that I have had a good evening, and there's still a few hours to go. Thanks to your advice, things went great. But anyway, here's what went down:

- I got off Reddit and put on my cuter clothes, which I hadn't worn since two weeks ago.
- I took a cookie recipe from some blog and made cookies.
- I got up, cleaned up the kitchen, and made him some curry, which he loves.
- I put up some Valentine's decorations from our dating days. (Helped me more than it helped him, I'm sure.)

When he got home, I stayed quiet but sympathetic, as he did have a rough day. Job requires more risk with less feedback. Then we ate dinner. Then we got romantic, and after that, I asked him, "Would you be happier if I got a job again?"

He says, "Oh, you've got to take what I say this week with a grain of salt, it's been so stressful." He talked about how much different this job is compared to his last one.

I said, "I know how hard this job could be when you took it, and I wanted to be there for you even more. I so appreciate being able to care for you in a more direct way. If you ever think of anything that might help you, since you help me with your job everyday, let me know." And he basically thanked me for saying that in a really genuine way.

Wow. That's all I can say. This whole RPWi and Surrendered Wife thing is pretty amazing, isn't it? I realized that I needed to amp up my RPW game. How easy it is to slide into comfort and focusing on myself instead of him. Note: I am personally looking into part-time work, as I would like to have work available whenever the need becomes greater.

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UPVOTES

Advice for raising daughters around so many outspoken feminists

proprioceptor · 1 February 2017 · Archived copy · Reddit

I've seen posts in this community before about raising boys to be red pill men, and curious to see if anyone has any good advice about raising girls to be red pill women. My husband and I are getting ready to have a baby girl in April. So many of my friends and female relatives jumping on the women's march bandwagon, I'm worried about how this could influence my little girl in the future.

My mom and my aunts both tried to instill a lot of feminist principles in me while I was growing up. One of my cousins (and her girlfriend) recently attended the Women's march with signs saying things like "Defund the Patriarchy" (which kind of made me cringe).

These are people who really are loving, and I think anything they say to me or my daughter is motivated by love. However, I do not want them to lead my daughter astray with principles that I very heartily disagree with. Do any of you have advice for how to handle influence from close feminist relatives? Thanks in advance!

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UPVOTES

5 Mistakes Men Make When Proposing

BellaScarletta · 4 November 2016 · Archived copy · Reddit

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UPVOTES

Book Recommendations for RPWi's

CoochQuarantine · 12 October 2016 · Archived copy · Reddit

Hello ladies,

I'm a self proclaimed self-help book junkie. I love learning about the human behavior and psychology and am always enthralled by new book recommendations in this regard. So here are some books that I think are good for taming the inner psycho shrew if you are having a bit of trouble. I think that the topics are pretty self explanatory but ultimately, it comes down to understanding what you can and can't control. Please let me know if you have other books that you would add to this list and I can add it along with the link to amazon. FYI there is one audio book in here too and it counts!! I'm looking at you /u/BellaScarletta!

CQ

Single ladies:

The Surrendered Single by: *Laura Doyle*

This controversial approach to dating has given thousands of single women everything they need to attract romance, intimacy, and a marriage proposal.

Surrendered Single doesn't have to look for Mr. Right -- she attracts him. The principles presented in The Surrendered Single are simple: When you try to control who asks you out and when a man will call, or if you try to corner him into a commitment, you drive him away. When you let him woo you instead, you enjoy the pleasure of being pursued. You feel confident and feminine. Dating becomes fun again. Marriage follows. You stop going it alone.

Practical and compassionate, The Surrendered Single is a step-by-step guide that shows you how to:

- ASK MEN TO INVITE YOU OUT SO THAT YOU ALWAYS HAVE A DATE
- AVOID THE REMORSE OF "I WISH I HADN'T SAID..."
- BECOME YOUR BEST SELF AND ATTRACT GOOD MEN

Whether you're recovering from a breakup or a divorce, are on the dating scene, or want your romance to deepen, The Surrendered Single will bring you the relationship you desire with a man you love -- and who loves you.

He's Just Not That Into You: The no-Excuses Truth to Understanding Guys by *Greg Behrendt*

"He's just not that into you"

the six little words that changed dating forever

For ages women have come together over coffee, cocktails, or late-night phone chats to analyze the puzzling behavior of men. Greg Behrendt and Liz Tuccillo are here to say that -- despite good intentions -- you're wasting your time. Men are not complicated, although they'd like you to think they are. And there are no mixed messages.

The truth may be **he's just not that into you.**

Based on a popular episode of Sex and the City, He's Just Not That Into You educates otherwise smart women on how to tell when a guy just doesn't like them enough, so they can stop wasting time making excuses for a dead-end relationship.

Married/LTR ladies:

The Surrendered Wife by: *Laura Doyle*

A New York Times bestseller, this controversial guide to improving your marriage has transformed thousands of relationships, bringing women romance, harmony, and the intimacy they crave.

Like millions of women, Laura Doyle wanted her marriage to be better. But when she tried to get her husband to be more romantic, helpful, and ambitious, he withdrew—and she was lonely and exhausted from controlling everything. Desperate to be in love with her man again, she decided to stop telling him what to do and how to do it. When Doyle surrendered control, something magical happened. The union she had always dreamed of appeared. The man who had wooed her was back.

The underlying principle of *The Surrendered Wife* is simple: The control women wield at work and with children must be left at the front door of any marriage. Laura Doyle's model for matrimony shows women how they can both express their needs and have them met while also respecting their husband's choices. When they do, they revitalize intimacy.

Compassionate and practical, *The Surrendered Wife* is a step-by-step guide that teaches women how to:

- Give up unnecessary control and responsibility
- Resist the temptation to criticize, belittle, or dismiss their husbands
- Trust their husbands in every aspect of marriage—from sexual to financial
- And more.

The Surrendered Wife will show you how to transform a lonely marriage into a passionate union.

Fascinating Womanhood by *Helen Andelin*

How to Make Your Marriage a Lifelong Love Affair

What makes a woman fascinating to her husband? What is happiness in marriage for a woman? These are just two of the questions Helen B. Andelin answers in the bestselling classic that has already brought new happiness and life to millions of marriages.

Fascinating Womanhood offers timeless wisdom, practical advice, and old-fashioned values to meet the needs and challenges of today's fascinating woman. Inside you'll learn:

- What traits today's men find irresistible in a woman
- How to awaken a man's deepest feelings of love
- Eight rules for a successful relationship
- How to rekindle your love life
- How to bring out the best in your man—and reap the rewards
- Plus special advice for the working woman—and much more!

Fascinating Womanhood offers guidance for a new generation of women—happy, fulfilled, adored and cherished—who want to rediscover the magic of their own feminine selves.

How to help your husband in his social and business life by *Mrs. Dale Carnegie* - recommended by

/u/SadestLittleGirl

This did not have a good link on Amazon so might I suggest the library :D

Here is a practical guide which really lives up to its title! Everybody knows Dale Carnegie, the man who has shown millions how to win friends and influence people. This book, written by his wife, Dorothy Carnegie, demonstrates on every page that she is equally an authority where women and their interests are concerned. Every wife wants to help her husband get ahead, but few know exactly how to go about it. Here, for the first time, are specific, concrete, easy techniques which any woman can immediately apply to give him an assist up the ladder whether he is an executive, an employee, a doctor, a baker, or a candlestick-maker. This is no ivory-tower book, but a working manual for wives. The rules and suggestions Mrs. Carnegie gives you have been tested and proved in the laboratory of life itself.

Wife Dressing: The Fine Art of Being a Well-Dressed Wife - recommended by /u/SadestLittleGirl

Wife Dressing: The Fine Art of Being a Well-Dressed Wife is a republishing of a fashion classic, with an updated introduction from fashion commentator Rosemary Feitelberg. Fashion icon Anne Fogarty's advice for the style-conscious woman is every bit as witty today as it was when it was originally published in 1959. Feitelberg's additional text contextualizes Fogarty's original concepts, underscoring how Fogarty's observations and expertise still hold true.

How to Improve Your Marriage Without Talking About It by *Patricia Love and Steve Stosny*

Drs. Patricia Love and Steven Stosny have studied this all-too-familiar dynamic between men and women and have reached a truly shocking conclusion. Even with the best of intentions, talking about your relationship doesn't bring you together, and it will eventually drive you apart.

The reason for this is that underneath most couples' fights, there is a biological difference at work. A woman's vulnerability to fear and anxiety makes her draw closer, while a man's subtle sensitivity to shame makes him pull away in response. This is why so many married couples fall into the archetypal roles of nagging wife/stonewalling husband, and why improving a marriage can't happen through words.

How to Improve Your Marriage Without Talking About It teaches couples how to get closer in ways that don't require "trying to turn a man into a woman." Rich in stories of couples who have turned their marriages around, and full of practical advice about the behaviors that make and break marriages, this essential guide will help couples find love beyond words.

All ladies

The 5 Languages of Love: The Secret to Love that Lasts by: *Gary Chapman*

Falling in love is easy. Staying in love—that's the challenge! How can you keep your relationship fresh and growing amid the demands, conflicts, and just plain boredom of everyday life?

In the #1 New York Times bestseller *The 5 Love Languages*, you'll discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner—starting today.

The 5 Love Languages is as practical as it is insightful. Updated to reflect the complexities of relationships today, this new edition reveals intrinsic truths and applies relevant, actionable wisdom in ways that work.

Includes the Couple's Personal Profile assessment so you can discover your love language and that of your loved one.

Being wrong: Adventures in the Margin of Error by *Kathryn Schulz*

“Both wise and clever, full of fun and surprise about a topic so central to our lives that we almost never even think about it.”

In the tradition of *The Wisdom of Crowds* and *Predictably Irrational* comes *Being Wrong*, an illuminating exploration of what it means to be in error, and why homo sapiens tend to tacitly assume (or loudly insist) that they are right about most everything. Kathryn Schulz, editor of *Grist* magazine, argues that error is the fundamental human condition and should be celebrated as such. Guiding the reader through the history and psychology of error, from Socrates to Alan Greenspan, *Being Wrong* will change the way you perceive screw-ups, both of the mammoth and daily variety, forever.

Don't Sweat the Small Stuff and its all small stuff by *Richard Carlson*

Don't Sweat the Small Stuff...and It's All Small Stuff is a book that tells you how to keep from letting the little things in life drive you crazy. In thoughtful and insightful language, author Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life.

You can learn to put things into perspective by making the small daily changes Dr. Carlson suggests, including advice such as "Choose your battles wisely"; "Remind yourself that when you die, your 'in' box won't be empty"; and "Make peace with imperfection". With *Don't Sweat the Small Stuff...* you'll also learn how to:

- Live in the present moment
- Let others have the glory at times
- Lower your tolerance to stress
- Trust your intuitions
- Live each day as it might be your last

With gentle, supportive suggestions, Dr. Carlson reveals ways to make your actions more peaceful and caring, with the added benefit of making your life more calm and stress-free.

Codependent No More: How to stop controlling others and start caring for yourself by *Melanie Beattie*

Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book--*Codependent No More*.

The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life.

With instructive life stories, personal reflections, exercises, and self-tests, *Codependent No More* is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime of healing, hope, and happiness.

Your Brain on Love : The Neurobiology of Healthy Relationships by *Stan Tatkin PsyD, MFT*

"Understand your brain, improve your relationships." That's what Stan Tatkin has learned from his leading-edge work as a researcher and couples therapist. In this complete audio learning program, he merges current insights from neurobiology and attachment theory to help us shift out of conflict and into deeper and more loving connections. Listeners first learn to identify attachment styles-the patterns of intimacy that begin in our earliest years-both in ourselves and in those around us. Then Tatkin guides us through his proven principles and practices for building enduring security and commitment between couples, family members, and others that we love.

For Women Only: What You Need to Know about the Inner Lives of Men by *Shaunti Feldhahn* - recommended by /u/Lin333

What's going on in a man's mind? From their early days, every woman has struggled to understand why males behave the way they do. Even long-married women who think they understand men have only scratched the surface. Beneath a man's rugged exterior is an even more rugged, unmapped terrain. What bestselling author Shaunti Feldhahn's research reveals about the inner lives of men will open women's eyes to what the men in their life - boyfriends, brothers, husbands, and sons - are really thinking and feeling. Men want to be understood, but they're afraid to "freak out" the women they love by confessing what is happening inside their heads. This book will guide women in how to provide the loving support that modern men want and need.

Captivating by John Eldredge - recommended by /u/rwp111528

Every woman was once a little girl. And every little girl holds in her heart her most precious dreams. She longs to be swept up into a romance, to play an irreplaceable role in a great adventure, to be the beauty of the story. Those desires are far more than child's play. They are the secret to the feminine heart.

And yet?how many women do you know who ever find that life? As the years pass by, the heart of a woman gets pushed aside, wounded, buried. She finds no romance except in novels, no adventure except on television, and she doubts very much that she will ever be the Beauty in any tale.

Most women think they have to settle for a life of efficiency and duty, chores, and errands, striving to be the women they "ought" to be but often feeling they have failed. Sadly, too many messages for Christen women add to the pressure. "Do these ten things, and you will be a godly woman." The effect has not been good on the feminine soul.

But her heart is still there. Sometimes when she watches a movie, sometimes in the wee hours of the night, her heart begins to speak again. A thirst rises within her to find the life she was meant to live?the life she dreamed of as a little girl.

The message of Captivating is this: Your heart matters more than anything else in all creation. The desires you had as a little girl and the longings you still feel as a woman are telling you of the life God created you to live. He offers to come now as the Hero of your story, to rescue your heart and release you to live as a fully alive and feminine woman. A woman who is truly captivating.

Leaning more about men:

No More Mr. Nice Guy by Dr.Robert A. Glover

Originally published as an e-book that became a controversial media phenomenon, No More Mr. Nice Guy! landed its author, a certified marriage and family therapist, on The O'Reilly Factor and the Rush Limbaugh radio show. Dr. Robert Glover has dubbed the "Nice Guy Syndrome" trying too hard to please others while neglecting one's own needs, thus causing unhappiness and resentment. It's no wonder that unfulfilled Nice Guys lash out in frustration at their loved ones, claims Dr. Glover. He explains how they can stop seeking approval and start getting what they want in life, by presenting the information and tools to help them ensure their needs are met, to express their emotions, to have a satisfying sex life, to embrace their masculinity and form meaningful relationships with other men, and to live up to their creative potential.

Wild at Heart by John Eldredge - recommended by /u/rwp111528

Every man was once a boy. And every little has dreams, big dreams, dreams of being the hero, of beating the bad guys, of doing daring feats and rescuing the damsel in distress. Every little girl has dreams, too: of being rescued by her prince and swept up into a great adventure, knowing that she is the beauty.

But what happens to those dreams when we grow up? Walk into most churches, have a look around, and ask yourself: What is a Christian man? Without listening to what is said, look at what you find there. Most Christian men are . . . bored.

John Eldredge revises and updates his best-selling, renowned Christian classic, *Wild at Heart*, and in it invites men to recover their masculine heart, defined in the image of a passionate God. And he invites women to discover the secret of a man's soul and to delight in the strength and wildness men were created to offer. John Eldredge is the director of *Ransomed Heart*

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UPVOTES

Thank You, and Good Luck /u/LifterofThings!

PhantomDream09 · 12 August 2016 · Archived copy · Reddit

As some of you may or may not know, /u/LifterofThings recently had a baby. It should come as a surprise to no one that her life (which was busy to begin with) has understandably become even more chaotic. One of the things I have personally always admired about Lifter is her frank honesty and uncompromising sense of hard work and loyalty. So when Lifter approached the other Mods and myself to say that she felt guilty about not being around the sub and chat as much as she *'ought'* to be – I wanted to throttle her for even entertaining such notions. Lifter is, and has been, an amazing part of this sub. She brings a unique perspective to the table, and there can be no doubt in anyone's mind that **she's a talented, funny, and poignant member of this community.**

The moderating team wanted to take this opportunity to not only thank Lifter for all her hard work *as* a moderator and invaluable member of this community, but also to keep everyone informed about the situation in a broader sense. Lifter will be missed as a Moderator, and we all support her decision to set boundaries and understand her personal limitations. We are sorry to lose her as a moderator, but we all wish her the best moving forward. She has assured us that she will be dropping by to chat on IRC, and comment on the sub as her schedule allows. Please join us in giving her your support and wishing her all the best moving forward.

I believe it is also important to announce that although Lifter is stepping down as a moderator, the position she occupied will not be turning into a 'vacancy' so much as it will be 'closing for good' (or at least for the foreseeable future). We will not be looking for a new moderator, but if (and/or when) that changes in the future, we will be sure to make an announcement.

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UPVOTES

The Five Love Languages

Camille11325 · 8 August 2016 · Archived copy · Reddit

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UPVOTES

Advice needed

[deleted] · 4 August 2016 · Archived copy · Reddit

[deleted]

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UPVOTES

Caring for children shouldn't be like carpentry, with a finished product in mind. We should grow our children, like gardeners.

TempestTcup · 10 July 2016 · Archived copy · Reddit

This article in the [WSJ](#) has a lot of good points towards being a parent; too many parents do attempt to mold a child into what the parents decide the child should be instead of providing a loving stable environment where the child is allowed to be their own individual. Here is the excerpt from the article that drives the point home:

The most important rewards of being a parent aren't your children's grades and trophies—or even their graduations and weddings. They come from the moment-by-moment physical and psychological joy of being with this particular child, and in that child's moment-by-moment joy in being with you.

Instead of valuing “parenting,” we should value “being a parent.” Instead of thinking about caring for children as a kind of work, aimed at producing smart or happy or successful adults, we should think of it as a kind of love. Love doesn't have goals or benchmarks or blueprints, but it does have a purpose. Love's purpose is not to shape our beloved's destiny but to help them shape their own.

What should parents do? The scientific picture fits what we all know already, although knowing doesn't make it any easier: We unconditionally commit to love and care for this particular child. We do this even though all children are different, all parents are different, and we have no idea beforehand what our child will be like. We try to give our children a strong sense of safety and stability. We do this even though the whole point of that safe base is to encourage children to take risks and have adventures. And we try to pass on our knowledge, wisdom and values to our children, even though we know that they will revise that knowledge, challenge that wisdom and reshape those values.

In fact, the very point of commitment, nurture and culture is to allow variation, risk and innovation. Even if we could precisely shape our children into particular adults, that would defeat the whole evolutionary purpose of childhood.

The big difference in the way people approach parenting from when I was a kid in the 60s and 70s to the way it is done now, is that back then parents provided food, shelter, love, and a stable environment for us to flourish naturally. We were encouraged to spend time away from home, playing outdoors with the neighbor kids, developing our social skills, learning to make our own decisions (bad or good), and deciding our own fate.

I remember the beginning of helicopter parenting and was horrified at how these parents controlled their kid's every minute of time with planned activities, strict schedules, and how they protected their children from ever having to make a decision other than deciding between the choices the parent provided.

The shift between hands-off parenting and helicopter parenting took place sometime in the late eighties to mid nineties, due mainly, in my opinion, to Baby Boomers waiting until later in life to have children, and the resulting fewer number of children born to those parents. When a couple has four kids, they are much more likely to give those children freedom as opposed to putting all of your eggs into one child/basket, and then trying to mold that one (or two) child(ren) into the end product desired.

Letting your children experience childhood on their own terms is now considered dangerous, so all activities must be planned, must be scheduled, must be adult supervised, and must adhere to the specific results each parent wants for their child. We aren't growing individuals; we are building robotic automatons.

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UPVOTES

Finding out things that alter my perception of my SO [UPDATE]

elegance_ · 29 June 2016 · Archived copy · Reddit

Here's a link to my [original post](#)

Most of you urged me to talk to him about it. I promised I would get back to you after I had spoken to my SO about catching a glimpse of a dating website in his frequently visited tiles.

Sssooooo ... Here's how that went.

I had been checking out Reddit regularly all day in the hope for more good advice, rational explanations, etcetera. By the end of the work day, I was fairly calm. I wouldn't have been this calm if it wasn't for your comments.

I got home first and was preparing myself mentally, but I couldn't ask the question until we had finished our daily routine and were about to head to bed. I asked him: "Honey, something that I didn't quite understand occurred last week. When we were looking at furniture for our apartment on your laptop, I saw that there was a dating website in your frequently visited websites." That's it. I didn't get angry, I wasn't accusing him of anything. Simply stating the facts.

He froze a little - he is extremely sensitive to any kind of tension and he must've felt my underlying anxiety. "Ah, I thought that you might've seen that. You acted a bit weird afterwards. We were talking about online dating at work. I surfed to the website. One of my colleagues is giving it a try."

An innocent enough reason :-)

We snuggled up but I wasn't feeling 100% comfortable. The built up anxiety and past memories set something off. I was ready to burst into tears. (Yeeaahh ... Not completely recovered from the damage caused in a previous relationship.)

I went to refresh myself a bit but ended up quietly sobbing on the floor. (So awkward typing this out but I want to share the full event.) My SO probably heard me and came to ask me what was wrong. I was very closed about my feelings at first, but he urged me to open up. I ended up confessing how vulnerable I feel in this stage of our relationship. He confirmed that we have transitioned to a whole next level, with being together for over a year and living together half of it and all that. (I personally feel like the interweaving of our lives has just begun.) He also told me he'd be very shocked if I would ever leave him from this point onwards.

Then he tried to cheer me up a bit. At some time during the evening (before I asked the question) he had been mysteriously smiling. I had tried to get him to tell me what was so funny. He refused to tell me then, but he did now: he had felt the urge to ask me when we are going to get married. My heart kind of melted then and there.

Fast forward a bit: we talked until late in the night, had sex, talked some more and I ended the evening by saying "And in response to your question, we are going to get married once you've proposed."

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UPVOTES

Ayn Rand On Femininity

Camille11325 · 11 June 2016 · Archived copy · Reddit

Here is a lovely quote from Ayn Rand (from the December 1968 issue of *The Objectivist*):

For a woman qua woman, the essence of femininity is hero-worship—the desire to look up to man. “To look up” does not mean dependence, obedience or anything implying inferiority. It means an intense kind of admiration; and admiration is an emotion that can be experienced only by a person of strong character and independent value-judgments. A “clinging vine” type of woman is not an admirer, but an exploiter of men. Hero-worship is a demanding virtue: a woman has to be worthy of it and of the hero she worships. Intellectually and morally, i.e., as a human being, she has to be his equal; then the object of her worship is specifically his masculinity, not any human virtue she might lack.

This does not mean that a feminine woman feels or projects hero-worship for any and every individual man; as human beings, many of them may, in fact, be her inferiors. Her worship is an abstract emotion for the metaphysical concept of masculinity as such—which she experiences fully and concretely only for the man she loves, but which colors her attitude toward all men. This does not mean that there is a romantic or sexual intention in her attitude toward all men; quite the contrary: the higher her view of masculinity, the more severely demanding her standards. It means that she never loses the awareness of her own sexual identity and theirs. It means that a properly feminine woman does not treat men as if she were their pal, sister, mother—or leader.

How wonderful right?! Do you agree with her description of femininity? Have you experienced these feelings with your own man? Let's discuss anything that comes to mind from this quote!

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UPVOTES

What is your favorite method of sipping sparkling water?

Suzanne_by_the_River · 25 May 2016 · Archived copy · Reddit

So I know we all enjoy partaking in our favorite carbonated beverage, but I was wondering if anyone has some clever twists or additions. For example, someone in chat mentioned adding a spritz of lemon and some ice. Personally I enjoy adding some sprigs of mint to my sparkling water, really brings it to the next level. Has anyone tried sipping it warm? Might make for some cozy winter evenings, sipping warm sparkling water out of a mug while sitting in front of a roaring fire (not bothering Hubby in his favorite chair, of course!). On the other hand, warm sparkling water sounds....odd.

Anyway, was just wondering if anyone else has any flavoring or sparkling water presentation ideas we should try out!!!

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UPVOTES

MyFitnessPal RedPillWives group - come join us! (HOWTO join included)

OrganicSprout · 24 May 2016 · Archived copy · Reddit

Hello everyone. This post is about how to join the MyFitnessPal RedPillWives group.

Please PM me for a link to the group.

This is a group to hold yourself accountable for your health/fitness goals. **Please note that we only encourage healthy weight loss/gain and healthy lifestyles.** Pro-ED will not be tolerated. We will always encourage everyone to look their best and we plan on using this as a means to help you get there. If you are already there, you can still join as we would love some people who can mentor/guide others.

If you would like to add other members as your friend on MyFitnessPal, please send them a message first. It's the polite thing to do!

Alright, so you're asking yourself "Hey! I want to join! How do I do that!?". Well, look no further than below to find out how.

-First, you'll need to have a MyFitnessPal account. You can do this two ways. It's a simple sign up process, let us know if you have any trouble.

1. With the app MyFitnessPal on your phone. [Iphone](#) and [Android](#) links here
2. The online website [here](#).

-Second, go to the RedPillWives group and request to join.

- Please PM me for a link to the group.
- Or on your phone go to More... -> Community -> Search RedPillWives

-Third, you will be approved by a Leader of the group. Please note that if your MFP username is different than your RPW username, you will be asked to verify who you are in this subreddit.

-Fourth, take a look around, post, make some new friends. Whatever floats your boat.

Happy eating!

Special reminder about internet safety courtesy of SunHappyDC!

Ladies, let's all aim to have the best bodies we can have! We ask that you consider the following things though:

- Anonymity: If you join, consider using your Reddit username to protect your identity. Or make an anonymous mirror account.
- If you are uncomfortable using a profile picture, don't use it.
- Mods may ask you to verify your account if they have concerns about your account's validity.

Other than that, have fun and yay fitness goals!

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UPVOTES

Yo dawg, I heard you like chairs

BeautifulSpaceCadet · 23 May 2016 · Archived copy · Reddit

"I am a firm believer in the institution of the chair"

You can imagine this sentence being said with the vindication Lincoln must have had giving the Gettysburg address. It actually hasn't even just been said once, it's something of a catchphrase commonly used by my SO.

The man. Loves. Chairs.

I didn't realize it was possible to have a passion about chairs. But "chair time" to him is a thing. A real thing. He feels the way about chairs that some people feel about their morning coffee (not the people that just like it, the people that would stick a straw in your eye and drink the juices if they thought you stole their cuppa). Additionally, he also feels that way about coffee. So coffee + chair = BSC should stay the fuck away if she doesn't want bad things to happen.

"A couch is just ambiguous," he explains. "It invites the possibility of other people sitting there as well, when I want to be alone. But if you spread out, you look rude. Also, it's not always clear when the couch is at maximum capacity...we all know that person who thinks it can fit *just one more*. It cannot, and I don't want you there. This is a problem you don't have with chairs. A man *needs* his chair."

I hope you're picking up on the passion now.

So you know what my SO doesn't like? You know what my SO never considered any demon may do that could so thoroughly defile his reverence of the chair? You know what could lead my God-fearing SO to murder me in front of the pope?

This.

Guess whose love language is Physical Touch? And guess who happens to think *sitting like that together is fucking adorable*? **THIS GIRL!!!**

Alas. Defiling the institution of the chair is a criminal offense under our roofs.

So guess who sits (*cough* sometimes pouts *cough*) alone on the couch? This girl):

It's just a ~~stupid~~ boundary that I've had to learn to respect, even though every fiber of my being wants to invade his lap and bury my head on his shoulder.

But hey guess what? Who sometimes gets a really soft "okay come here baby" and is allowed to clamber like a puppy into his lap? This girl! And guess who sometimes sits on the couch alone and then finds a person next to me and an arm around my shoulder? This girl! And guess who has learned to say "can I sit with you?" and remain completely unoffended if the answer is "no" or "not quite yet"? This girl!

Chairs in our household are hilariously political. I also don't have one in my apartment (a crime by his standards) so we have agreed there is a border enforced by all the respect in our relationship halfway across the couch -- thusly I do *not* cross into foreign territories without the proper documentations.

We have reached a balance in our relationship insofar as the institution of the chair goes, but there was certainly a time where I brazenly invaded his jurisdictions with no regard for his (very) strong opinions on the matter.

Y'all ladies stay safe now. Beware of any chairs plotting the downfall of your relationship. They're nefarious...and they're everywhere.

Curtains Dramatically Fall

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UPVOTES

Devaluing Masculinity

eliza_schuyler · 20 May 2016 · Archived copy · Reddit

Recently a column was published in an Australian newspaper regarding men feeling "extraneous" in a family. The author, treading the line of political correctness, talked about how men have lost their place in the family, and that this is partly due to a lack of manual skills, which are no longer passed down from father to son.

I think that all RPW realise that this is not the only reason why many men are unhappy in family life today. However I would like to share with you a few of the replies to the column. Normally, opinion pieces would receive some affirmative and some negative responses. However, all the responses published to this particular article agreed with the author, and generally went further in their explanations of why masculinity has become devalued.

One woman mentioned that Scouts is a valid way for kids to access traditional, outdoor and hands-on activities that are generally missing in the education and lives of young boys today.

Another said:

We've been mocking and dismantling masculinity for some time. In classic texts, now relegated to vacant, obsolete libraries, we read of courageous and brave men, unashamedly strong blokes who were honoured to "take care of stuff". But now the words of CS Lewis ring in my ears: "We laugh at honour and are shocked to find traitors in our midst." No, we are not teaching them to be men. We are not allowed.

I think this is powerful, coming from a woman. She is obviously discontent with the politically correct "ban" on gender roles, and masculine roles in general.

Another woman talks about her mother-in-law referring to "proper" men as men who were capable in traditionally masculine roles!

This last letter, though, really struck home for me.

All of my mates cook, clean and help care for the kids. We toil for our families both at work and at home. We change nappies, light bulbs and oil filters, and bring home flowers. In spite of all this, we're still an afterthought, until the vet bill comes in or something else needs fixing. Not many are talking about this as a social issue, but the men I know are tired of being treated this way.

If my husband wrote this letter to a national publication, I would be wrecked and heartbroken. Yet I can so easily see how men "fit in" to women's "perfect" lifestyles. They are expected to do half the housework, when many work 3 times the hours outside of the home. They provide financially and emotionally, and yet would be mocked for being financially or emotionally dependent. They are useful, needed, but not *needed* in the way they wish to be. They are, as this writer so succinctly put it, an "afterthought".

So, ladies of RPW, I have a couple of questions for you. How do you set up your lives so that your SO is more than an afterthought? When you have children/if you already have children, how will this dynamic change? And lastly, how are you planning teaching or how have you taught your sons and daughters to navigate this strange, upside down society where masculinity is devalued and men are disempowered?

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UPVOTES

Letting him lead...

starista · 14 May 2016 · Archived copy · Reddit

Today we went shopping for patio furniture. He loves to look around at different stores where as I am an impulse buyer. In the past I've become frustrated with how "wishy-washy" he's been with buying things.

Patio furniture is pricy and shouldn't be hastily bought - which I know, but as I mentioned I am an impulse shopper. Hah!

Today I was very complacent, calm, and reassuring when he said he wants to price elsewhere. At first i was a bit whiny and wanted to do the whole "you never ---" or "you always--". But I remembered yo STFU and j smiled, touched his arm and gave a deep kiss after strapping the five year old in. :-)

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UPVOTES

So I heard you ladies can cook

wazzup987 · 16 April 2016 · Archived copy · Reddit

Do you have any good recipes that i could add to my collection?

Edit: Thanks for the recipes. Look forward to seeing some more awesomeness.

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UPVOTES

Online Dating

PhantomDream09 · 11 April 2016 · Archived copy · Reddit

I finally sat down and wrote a guide for online dating. There are definitely some sections that I want to refine, but I'm fairly happy with it for now. You can find the guide [here](#).

I will also provide a brief summary (and teaser) below.

Profile

Your online dating profile should represent who you are right now and leave visitors with a desire to know more about you (which will motivate them into sending you messages).

Photos Three of the ten guidelines provided in this section are:

1. Don't post any pictures that feature you holding alcohol, where you are inside a bar, or club
2. Avoid the bedroom or bathroom selfie
3. Include a subtle body shot in lieu of a blatant "look at me in a bikini" photo by having a friend snap a shot of you in a fitted dress or during a hike with friends.

Interests, Hobbies, Books, Movies, and Music

The post breaks down each of these subjects and gives you a new way to go about filling them in. For example, under the **Books** heading I suggest only listing any books that you are currently reading. This saves you the hassle of trying to remember your all time favorite novels, and it gives gentlemen looking at your profile something more interesting to read than (yet another) long list of books that provide no context or insight into the woman's personality.

What I'm Looking For

Be careful what you say here, as well as how you say it.

Describing Yourself

Take advantage of this opportunity, don't let it go to waste.

Messaging

The post covers many topics dealing with messaging. If I could only share one idea with you it would be this:

Respond to every message. Doesn't matter if you have zero interest in dating the guy. Doesn't matter if his message was rude, suggestive, or completely out of line. Every single one of those men took the time to message you. So even if all he spent was just five seconds typing out "wanna screw?" - You should reply with a short message. Be polite, direct, and if someone continues to hassle you - simply block them.

Rules and Boundaries

Establish a set of personal rules and always adhere to them. I never had a bad experience with online dating, and I attribute that largely to how much time I spent messaging before actually going on a date, and always following certain rules.

The Bottom Line

Online dating is a valuable tool, but you will only benefit if you are willing to invest time, effort and maintain patience.

Hopefully this, admittedly brief, summary piques your interest enough to follow the link and check out the actual post.

Questions, comments, concerns and observations are both welcomed and encouraged. Take care everyone.

:0)

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UPVOTES

FR - My Week Long Challenge to Not Nag My Husband

MsSadieDunham · 9 April 2016 · Archived copy · Reddit

A woman can never STFU too much. It's not possible. Try this for a week: only make positive, loving, or encouraging remarks. Speak to flirt with him, show that you respect him, and that you are prioritizing the health of the marriage first and foremost. A happy man does not leave his wife when she's the one bringing him happiness.

This was the comment from /u/PhantomDream09 that prompted me to start a week long challenge to myself to only say good and nice things to my husband. Seems simple right? I'll literally only say these kinds of things to him. It shouldn't be *that* hard, I'm not a raging shrew who flies off the handle for no reason (like I used to be). Well, it was a little harder than I thought but keeping the challenge in my head helped to pull myself back into that frame of mind when I would slip out. Here's a play by play of each day, M-F of what went well, what went bad and what my husband had to say about it all.

Monday: I was up early before he woke up, laying in bed on RPW and I found the idea for this challenge. I was able to start the week off totally fresh with this idea.

The Good no nagging. Asked my husband to fill out his partner history form for our midwife and scan it into the computer to email her. Did not mention it again. It was still sitting on the kitchen table when I went to bed that night. DH mentioned that he wanted to get an iPhone and iPad for his new job (he has not started yet). This made me bristle because we are trying to pay off the midwife and save for maternity leave which has left us depleted financially at the end of the month for a while. Instead I said, "Ok, but I am worried about adding extra expenses while trying to save for maternity leave." He said, "yeah, that could be difficult. I'll reward myself with those things at my six month mark." I didn't have to nag or be nasty at all!!!

Tuesday: The Good Didn't lose my cool when my husband came down from the attic insisting that the clothes he was looking for weren't with the spring stuff. I opened my mouth to say, "I'm not going to argue with you, I know they're there," but instead shut my mouth and went up with him, calmly went through the boxes and lo and behold, there they were! :-D But I didn't make a big deal or even a little deal. Came home tonight and my husband had filled out the forms for the midwife like I had asked yesterday morning!

The Bad I broke down and told him he was going to be late for his dentist appointment (mothering) even though he knew full well about it. I regretted saying as I made the decision to say it and while I said it, and after, I just couldn't help myself. He was on time.

Wednesday: The Good Made my husband lunch before work as I usually do but I was more exhausted than usual because work the night before had been difficult and I got home later than I usually do (I'm second shift) and I was up early. I had every intention of seeing him out the door but once his lunch was made he and his mother (we rent an apartment from them and share a door which is always open connecting our homes) were talking and I was getting mad waiting. Instead of rushing him out the door to work I said, "I'm going back to bed," and he said good bye to me and then continued to talk to him mother. Idk why, maybe other ladies are like this, but I prefer to be the last one to see my husband off to work. However if he is taking too long I get impatient and end up rushing him.

The Bad When he got home from work I slipped up and told him to make sure he covers the leftovers in the microwave so they don't dry out. My husband is the king of amused mastery without actually knowing what it is and he gives me this look, mocking me, and told me he's familiar with how to use a microwave. I took the hint and said "yeah I don't know why I'm telling you," and laughed it off.

Thursday: The Good/The Bad I usually call my husband on my ride home from work, I live 35 minutes away and its late, long stretches of road to drive, and I like to talk to him to keep myself busy. He likes talking on the phone but some nights he's in the middle of a video game or working on a project or watching a TV show and he wants to

get off right away. Normally I get mad that he doesn't want to talk and guilt him into staying on but tonight I said "Ok I'll see you when I get home," remembering that he probably doesn't want to hear the minutiae from my day. Well when I got home, (it has been raining for like three days) I pulled into the last available spot in the driveway and felt my tires sink into the mud. I was stuck. So that irritated me even though it's happened before and my car is easy enough to pull out. I got inside and made a sarcastic joke (a sarcastic comment that I meant but said with a smile) about how he said he'd finish the dishes and again he made a joke and asked if I needed to go back outside and re-enter the house nicely. I then realized it wasn't his fault my car was stuck and that he would be the one to pull it out so I changed my tune.

Friday: The Bad Friday morning we went to have the ultrasound done to tell us the gender of our baby!! Which was exciting! Except traffic going into the city was heavy the way my husband chose to go so I was getting all nervous that our appointment started in five minutes and we weren't even at the hospital yet. I got a little harpy about my way being better (turns out there's construction on the highway, particularly that exit which my husband knew because he drives it every day to work, and I didn't because I don't) and then the computer system for the hospital kept crashing so they were running behind anyway.

The Good We found out we are having a boy!!!!!!!

What My Husband Thought of My Challenge Last night I told my husband I had been experimenting all week and told him how it all came about and what my goals were and asked him if he had noticed a difference (looking back, I genuinely was curious if he had noticed a difference but I suppose a little looking for validation too). He said he had noticed but that it seemed like I had been doing this for maybe two weeks! :-) I said no, just the last 5 days but what made him say that? He told me I just seemed more supportive of his ideas and goals and that he had noticed the nagging had gone down and that I have been able to pull myself out of a bad mood quicker than I usually do. So that made me happy. Also, on Thursday night with my car being stuck, he thought I was mad that he didn't talk to me on the phone. I told him that I've realized how stupid that is and that I won't dwell on that anymore. He was glad. As far as Friday morning went, he could understand why I was irritated about being late, it's very important, it's very exciting, and that if I only have an outburst at times like that, he's ok with the occasional slip up. :-)

I've resolved to keep working on this worthwhile goal of not having sarcastic or harpy outbursts and to present everything in as positive a light as possible. It was a good week and while definitely some low points, I learned what I could from them and fixed them as soon as I noticed them. The one thing I could work on is in those instances owning up to being shrew-like and apologizing instead of just pausing for ten seconds and resetting my demeanor.

I hope you enjoyed my field report, and maybe inspired some of you to try it out! Thanks again,
/u/PhantomDream09 for the fantastic idea!

~ Sadie

P.S. Remember how I swore I wouldn't bring up him scanning our midwife documents again? When I began writing this it still hadn't been done. He asked me for them as he was leaving for work today, said he would do it during his downtime. And I literally haven't so much as dropped a hint (which he wouldn't get anyway) about it since I asked on Monday!

Edit: Formatting

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UPVOTES

Intro Post

eliza_schuyler · 6 April 2016 · Archived copy · Reddit

Good afternoon,

I'm new to RP after reading without posting for a couple of months. The impetus to join the RPW community has been my SO's recent proposal. I am excited to follow RP principles from the start of our marriage and hope to learn plenty from more experienced RPW.

I look forward to getting to know you and learn from you.

Have a lovely day,

E.S.

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UPVOTES

5 Mistakes I Continue To Make in My Marriage. A reminder!

cakeforalllofyou · 4 April 2016 · Archived copy · Reddit

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UPVOTES

What Is Your Love Language? What Is Your SO's?

Suzanne_by_the_River · 4 April 2016 · Archived copy · Reddit

test is [here](#)

Report your and your SO's love language in the comments. Let's take some time to reflect on how to optimize our relationship's harmony by understanding how our partners give and receive love. It's always good to be mindful of these things.

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UPVOTES

Loving like a mother (for your partner)

Throwaway235833 · 24 May 2019 · Archived copy · Reddit

Red Pill (borderline black pill) man here

After all this time I think I've narrowed what a good, functional relationship is supposed to be like. This captain/first mate analogy that is used here works well, as well as acknowledging that the man and woman are both in it together as a duo.

But I have reservations about it. I feel like it's missing something...

This pervasive statement has always been following me: "I feel like I was more his mom than his girlfriend" "I'm not your mom/therapist"

I never understood what redpill men meant when they said that women can't love you the way your mother did. I never knew because my mother never showed love to me. She was always working, to support two kids, all on her own. So she was never around. But I finally understand now what they mean when they say that. Mother's care for their sons. They will kneel down and hold their kid as they come crying after tripping into the gravel and kiss their boobies. Later they would give them a hug and listen to them patiently as they went through their puberty-induced mood swings. Then college and so on and so on.

I can get why a girlfriend/fiancée/wife would not want to have to treat their husband like that. It's a *chore*.

But honestly? I would do that for her. I want a marriage where I can come home after work and flop down on the bed and rest my head on her chest while she scratches my head and, just, unload, for lack of a better word. Someone who listens when I'm upset and comforts me when I'm crying. I don't care if it's unmanly. I served in the army, I don't have anything to prove. And then in turn when she's a big bundle of emotions I'd be more than happy to gather her up in my arms and, just hold her. It's a labor, yes. But it's a labor of love. I always saw it as, if she wasn't willing to listen to me when I was upset, she never loved me. That's where the average redpill man would say 'yep, she never loved you. Go spin a plate'

That's why I don't really go there, anymore. Women are of sounder mind than the redpill make them out to be. But at the same time, it provides a safe space to talk about inconvenient gender truths that can't otherwise be talked about outside of the manosphere. Truths like hypergamy and polygamy. So I guess that's why I'm at this sub specifically. You girls tend to be understanding but at the same time you seem to know what you're talking about.

Anyways. I consider myself a masculine man. By no means am I a chad. I am 23, slender runner build. I'm a lightweight but I'm stronger than I look. I'm working hard for a vision I have superimposed over the world around me, and each day I see the colors of that vision filling in the grey around me.

But I've got baggage. Like, *a lot* of baggage. So much that I can't fit it into this post.

The point is, I **strongly** believe a relationship can only truly be symbiotic if I could open up that pain to the other person and they just... I dunno, acknowledge it? We never can find a word for it, can we? Being vulnerable to someone, opening up, etc.

I'm sure you know what I'm talking about. You probably fantasize about it. I know I do.

I know having to emotionally reaffirm your captain is not something that would fit into your ideal relationship. But for me, personally, I need something along the lines of that in order to trust someone. And here's a secret, we're all barely holding ourselves together just as much as you women are. One small misstep and most of us are on our way off a twenty story bridge into a canal.

This is coming off as more of a rant than a coherent post, but in my experience, you all seem to alleviate my worrisome questions. In order for me to love someone, I have to emotionally trust them. In order to emotionally trust them, I have to know I can rely on their tender love and affection when I'm in a dark state of mind. Of course I

would have my own obligations to fill as well.

But in closing, is this asking for too much?

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UPVOTES

When do you stop being a bitch?

TranslatedSky · 1 October 2020 · Archived copy · Reddit

I was reading *Why Men Love Bitches* recommended through the other sub, which basically preaches how not to be a doormat. Its entire premise is on creating mystery and intrigue by saying “this is who I am and I don’t have to do nice things because it will be seen as overcompensating,” and passing tests which men throw to test how much control they have over you. A married woman I know has also advised me to be “bitchy” once in a while and that her HVM husband likes it.

I’m confused about how this “bitchy” behaviour is used in RPW context. This is actually how I naturally acted before I discovered RPW. I was in a LTR of 3 years at the time. For example, “I’m genuinely busy with my career and 100 other projects, I can only make it on this time and date take it or leave it.” This is the type of treatment that attracts a lot of attention insofar as that bitchy behavior is maintained.

Since discovering RPW though, I’ve adjusted my behavior to be more feminine and accommodating. But I’ve discovered if I’m nice and available for the one guy I’m interested in, and say something like “we can meet somewhere where it’s convenient for you since I have the day off”, or offering to deliver food for them because they’re sick, it seems to be an invitation to start treating me badly because they think they have control over me. Then they’re surprised when I walk away, and start reaching out to me multiple times, even a year or two later.

I’m not blaming RPW - just saying that this book is making me realise that I have some kind of yucky “nice girl” syndrome, if that’s even a thing. And I don’t know how to present myself that makes it *extremely clear* I’ll really walk away if treated badly, while at the same time being able to do nice, thoughtful, accommodating, cuddly gestures. I’m a more submissive/serving person in a relationship and fall quite easily into that role.

Since I’ve adjusted my behaviour to become more feminine, I’ve dated two guys who cheated on me early on in the relationship. I’ve examined my behavior left and right, which has been really confusing because I felt like I had worked on myself enough and both guys enjoyed showing me off to their friends and family, as well as telling me how happy they were to be in a relationship with me. Unprompted.

They were both surprised that I left immediately on the spot once I caught them in a lie, because apparently “they were waiting for the right time to tell me (that they slept with another girl/told lies).

I would not like to repeat this pattern ever when I start dating again after finishing therapy in nun mode. Just to be clear, on the outside I am assertive/busy by nature (or “like a bitch” as the book says), but become nice/submissive/accommodating once I’m dating *with a man I’m interested in*. It was easy with my ex, and I could let down my guard after 1 month. Since then it’s been extremely hard to replicate the same with anyone else - it feels like many people play stupid games and I lose respect fast once they do, then they start messaging me desperately once they lose my attention. It’s exhausting. If being a bitch like the book says helps keep the mystery, then at what point do you authentically switch to being nice, submissive and vulnerable?

Edit: TLDR: Early on in the dating phase, how to tread the fine line between giving more submissive feminine behavior, and coming across as assertive about boundaries without being a complete “bitch” - e.g. if you lie to me I will most certainly leave?

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UPVOTES

Hello all. I'm in need of a mentor

s3arching4rmwithin08 · 1 November 2020 · Archived copy · Reddit

I have so much going on In my life that I'm having a difficult time functioning like a normal feminine woman/wife. I don't have any older females that I can trust and so I'm wondering if anyone here would be so kind. I'm looking Preferably for an older (over 30) married woman who can help uplift me, motivate me, inspire me, and who can understand me.

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UPVOTES

What skills/abilities a good wife should have?

acgs1995 · 2 January 2021 · Archived copy · Reddit

Hello!

I'm newly married and I wonder what skills a good wife should have. I already am a good cooker (love to cook, so it was a natural thing for me), but I'm thinking about starting sewing.

I'm not a stay at home wife, unfortunately, but I still would like to learn some "classic" abilities.

Please, share your advice with me (:

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UPVOTES

Social Media Has Destroyed The Modern Woman.

kingbossdj · 2 April 2020 · Archived copy · Reddit

<https://youtu.be/OCTImbVubn8>

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UPVOTES

Where Will You/Did You Find a Trad Husband?

AngloTrad · 7 April 2020 · Archived copy · Reddit

Some questions for you, whether you're married or not:

1. Where or how have you tried meeting the right type of men in the past? What was successful and what wasn't? How has your approach changed as a result of TRP?
2. If unmarried, how or where do you intend to find your future partner? Are there any particular online venues or real-life social gathering places you feel likely to be successful?
3. Or, if already married, would you follow the same process now, if not, how would you improve on it, with hindsight?

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UPVOTES

Nice article about a UK trad wife

HappilyMrs · 30 June 2020 · Archived copy · Reddit

<https://www.thesun.co.uk/fabulous/11991078/quit-job-partners-dinner-table-home-work/amp/>

Her house looks lovely :) I identify a lot with her stance that freedom of choice should mean freedom to be a housewife too

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UPVOTES

I(22f) can't figure out how to bring up an issue to my bf(29m)

sabthefabk · 5 December 2020 · Archived copy · Reddit

My(22f) boyfriend(29m) was invited by a friend of his to his engagement. They had a weekend getaway in another city. My boyfriend kept in touch and posted some videos on his instagram too. Before he left, we had an argument about something he hid from me(basically he went on a trip with the same guy,his fiance, and the guy's female roommate but bf told me it was all guys so I won't be upset).

Anyways, I told him to have fun. While he was away, I stalked the insta of his friends who were getting engaged. The bride to be posted alot of videos publicly and in one of the videos I saw everyone sitting in a huge living room. There was a single couch in one of the corners and my bf was sitting there right next to a girl. I don't know who she is, I've never even heard him talk about her. They were sitting very close to eachother(bodies touching) which made me extremely uncomfortable. In the videos that my bf posted, he himself wasn't in the video, so I couldn't tell who he was sitting with.

I'm thinking maybe there wasn't enough space in the room so the girl or my bf had to choose that spot? Would this be a big deal to you people? And how do I even bring it up to my bf? Do I tell him I was stalking the bride to be's instagram and I saw the video there? Am I being overly insecure?

Any advice would be really appreciated:)

Tl;dr Saw my boyfriend sitting uncomfortably close to a girl.Don't know if I should bring it up to him or let it go.

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UPVOTES

Married Red Pill

Lightandlush · 4 May 2021 · Archived copy · Reddit

Hi ladies, I am married to my husband of 5 years (with 2 small children). Derek is so sweet, and kind and hardworking, and he loves me so much. Our relationship is solid with a big "BUT".

I've always been attracted to more dominant/ take charge men. My husband is like that in his work/ social life/ hobbies etc but for some reason has never been like that with me. We will both SAY that we want him to lead our family, but we can't seem to actually make this happen. He feels that I am making a decision to not be submissive to him. And I feel like he (inadvertently) keeps giving me control/ final say in things regarding our relationship/ kids/ family etc, and that makes it SO HARD for me to TRUST him/ submit to him, when it seems like he doesn't trust himself.

Anyways, I discovered TRP and Married Red Pill about a month ago and oh my goodness, I feel the more I read, the more I understood my own feelings, even those I couldn't verbalize or understand before.

My question is this: Would you ladies (and men?) recommend me sending my husband to the link Married Red Pill and kind of just telling him... that this is what I want? Do you think that is a terrible idea?

Thank you for your input, and I am happy to be here in this community :)

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UPVOTES

Where have all the important RP theory posts disappeared to?

sekoiasan · 12 March 2021 · Archived copy · Reddit

Hello everyone! I just discovered that one of the most important posts of this subreddit has been deleted!! The user who posted was one of the founding mothers of this community, one who contributed with a great many fundamental posts, Camille! Both she and her posts are gone! What do we do? If you happen to have copy pasted the following post to your PC, could you help me and send it to me?

[A Comprehensive Guide To Vetting Men : RedPillWives - Reddit](#)

I'm so sorry for being so frantic! Where have Camille and her wonderful posts gone?

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UPVOTES

Is there a sub like r/cleanlivingkings for women?

orangerose18 · 6 April 2021 · Archived copy · Reddit

I enjoy lurking on this sub for relationship help, but I would like a positive daily life sub where women motivate each other on their goals. Stuff like school, working out, time management, nofap, self-improvement WITHOUT a focus on relationship hunting. It seems like [r/cleanlivingqueens](#) has been banned, is there something similar to [r/CleanLivingKings](#) for women?

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UPVOTES

Update: Yellow Flag?

VladNook · 13 June 2021 · Archived copy · Reddit

I just wanted to say thank you for everyone sharing their perspectives when I asked for advice. It's been a couple months since then so I wanted update.

We ended up having a couple more wonderful dates, he lead and even I surprised him with a little picnic in a garden where we went. Until an evening we quickly met after work and had dessert, ended up walking me to my car and then got a little touchy. I had to stop him and literally clarify, that I don't have sex without commitment. He said he'd guessed it's what I tried saying before though he wasn't sure, so I confirmed. Then he explained he was concerned because he did have a former relationship where he did that and then all the sex ended up being horrible - I told him I understand why he'd think in such a way after and I respect it, but I have my stance and he needs to think about this coming from here.

Not long after something very personal and heavy did happen to him and he was emotionally affected, from then he stopped asking me to dates and I understood completely. After even a month we'd text everyday but still no initiation, even after I did propose having a quick coffee if he needed to vent emotionally, not a date - he said thank you but refused. After some time I started feeling stale, like this person just lived in my phone and I'm starting to forget the real life interactions, so I started texting less, I just didn't know what else to say anymore because it felt repetitive and he slowed down too, then suddenly he just stopped replying and that's it - finished, yay.

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UPVOTES

Admiring your husband... ideas? examples? suggestions?

anothergoodbook · 28 July 2021 · Archived copy · Reddit

I realize the topic of Fascinating Womanhood has been talked about a lot and if I search I may find my answer.

But I'm on the chapter about admiring your husband and she gives the areas for which he should be admired. But how does one do that without coming off as fake or as someone who may not do it often - disingenuous?

With how many Reddit posts I see that come from men feeling frustrated because they never get compliments - I can see the need for it. But I feel like it's going to come off as not genuine or even how to approach some of the things she mentions in her book.

Her list is:

1) His superior strength. 2) His manly courage. 3) His sense of honor and duty in men's affairs. 4) His leadership ability. 5) His sexual capacities. 6) His determination and power. 7) His devotion to a cause. 8) His mental capacity. 9) His unyielding steadfastness. 10) How clever are his tactics in the world of men. 11) His achievement, success, or excellence. 12) How decisive his judgment and decisions are. 13) How noble are his masculine ideals, standards and aspirations.

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UPVOTES

Image Posting is On - share your pleasures

blushingoleander · 22 July 2022 · Archived copy · Reddit

<https://i.redd.it/otgrd2ruy5d91.jpg>

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UPVOTES

7 Tips to Retain a Loving Relationship with Small Children

ArkNemesis00 · 19 July 2023 · Archived copy · Reddit

1. Build Good Will

Our partner is our greatest resource when pregnant or taking care of small children. The best way to get what you want is to see that your partner is looked after, then ask them directly for whatever it is you need.

The simplest way to build good will is to appreciate anything and everything they do. Hell, if they appreciate you for something, you can thank them for noticing. We all want our partner to notice our efforts, no matter how small. And for many of us, knowing we'll be rewarded with praise is additional motivation to take on a new task.

2. Ask Him to Assist You, Not the Baby

Caregiving is a skill, and like most skills, it feels easy and obvious when you know how to do it and daunting when you don't. Your partner *will* get comfortable with small children, but if you're the primary caregiver, you will gain experience and confidence significantly faster. Watching him fumble in crucial moments when you're at your wits end is a recipe for disaster.

Ask him to help get **you** whatever **you** need, and let him build baby skills when times are good and you have the patience to walk him through it. Things will go more smoothly if he can get you that cup of coffee, as opposed to him watching the baby while you grab the caffeine.

Note: for times this isn't applicable, like when you need a shower, walks with a baby carrier are fairly fool proof.

3. Give Choices When Requesting Help

It's mutually enjoyable when I lay out what needs to be done and ask my husband to choose who does what. Asking questions like "do you want to wrangle Thing 1 or Thing 2?" lets us get on the same page without me feeling like I'm giving an order.

Choices work the best when they seem "real", as in, they take roughly the same amount of time and effort to accomplish. Asking if he'd rather get you a glass or water or retille the roof can seem more like an attempt at manipulation than a genuine request for help.

4. Be Careful When Saying You Need More

Having small children can be extremely time-consuming and draining. However, it's important to remember that there's a substantial difference between saying you need more, and saying he needs to do more.

I've told my husband before that when I need help, I wish I didn't have to ask him because I know how hard he works. Both of us can feel like we're putting in a ton of effort, and everything still isn't getting done. To inspire that extra burst of energy in both of you, make sure your tone isn't accusatory. You want to nurture the feeling that the two of you are on the same team. He's far more likely to help if he can be the hero dad lifting up the family, than the loser dad who needs to step up.

5. Spent Your Time and Energy Wisely

Every relationship needs effort. Due to how labor-intensive kids can be, you'll likely reduce the romantic gestures you do for your husband. Prioritize what has the greatest effect on his happiness for less effort. Consider his love languages and his favorite things you've done for him in the past. What do you have the energy for now? Planning a spontaneous, romantic weekend might be out of the question, but taking a few minutes to add one or two of his favorite treats to the shopping list can go a long way.

6. Intimate Touch is a Must

There will be times when sex is off the table. Even for the smoothest of pregnancies, PIV will be advised against post birth until your OBGYN gives you the okay (and please be mindful if you break the six week guideline, as this is a period of hyper-fertility).

I highly, highly encourage things like flirty touches, casual nudity, and intimacy outside of PIV sex. Something as simple as taking a few minutes to rub his back as he falls asleep at night can really help your partner feel cared for!

My personal experience is that my husband's touch was an incredibly help to my self-esteem and happiness throughout the process. I can't overstate how worthwhile an investment I found this to be.

7. Dad's Night Off

Something I've found really interesting is seeing how many parents fantasize about divorce simply because in a joint custody arrangement, they could get time to themselves where they weren't expected to care for the kids. It's so powerful to give your partner time to do whatever it is they want, without having to feel guilty.

Once a week, my husband gets off work and has the rest of the night completely to himself. Adding a couple more hours as the solo parent to my plate doesn't cost me nearly as much as those few free hours give him. And getting to be around someone who's happy and appreciative afterwards is really, really pleasant.

Anecdote:

I didn't find negotiating personal time to be effective initially. When I first tried this approach, it seemed like my husband dreaded "mommy time" more than he enjoyed "daddy time." I became frustrated. We argued. When I dropped that idea and gave "daddy time" freely and happily, that worked better for us. Then, after a couple months or so, we had a discussion about "mommy time" and it went very well. We realized we could sandwich some in over his lunch hour, which worked better for both of us.

I believe building up that good will mentioned in tip #1 culminated in us having more energy to work towards a better solution. And once he became comfortable handling "mommy time" on his own terms, it opened the door for us to trade free time. I still like to give him his own time unprompted, but it's nice to know I can now effectively get a break when I need one.

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UPVOTES

Wish I just didn't have to work so dang hard in my marriage

anothergoodbook · 25 July 2023 · Archived copy · Reddit

The last 2 weeks have been really hard. My husband doesn't think so and let me know last night that I was being dramatic about it.

Here's my last couple of weeks:

- Neighbor called the police on us about us getting rid of a yellow jacket nest. While the officer was very helpful and kind (and gave me good advice about dealing with a terrible neighbor) it was still stressful. My neighbor is stressful. She stands outside "praying" that God will smite us.
- I was sick with a cold and then a stomach virus.
- My mom fell and hit her head. The fall was a result of her blood pressure and then realized at the hospital she was experiencing heart rhythm issues. She stayed overnight in the hospital.
- The day after getting home from the hospital my mom came down with a stomach virus (that I ended up catching from her). This caused dehydration so back to the hospital where she was admitted again this time for 4 days.
- My period has been weird. Last month I was like 10 days early. I had no idea when it was starting. I started 2 days ago but leading up to it was major PMS symptoms.
- We have 4 kids and life at home didn't stop even though I was still working and taking care of my mom.
- I had a continuing education class I had scheduled months ago for this past weekend. It was long. By the end (even though I loved the class) I just was at the end of my rope.

Yesterday was going to be my first "day off". Then I had to take my mom to an appointment with her oncologist. It was important I go because there was a discussion on her continuing with her medications since it's obviously seriously affecting her health. So no "day off" for me.

Oh and yesterday was my birthday. I didn't do a whole lot after my mom's appointment. I played a video game for a little while because it's the last day it would be available unless I purchased it (which I didn't want to do). My husband called and asked what we were doing for dinner. I said I guess I am making dinner.

I was fried yesterday. I made dinner and asked the kids to help. They were being argumentative about it. I didn't want it to be some big thing and I had zero bandwidth left to handle it. So I went upstairs to wait until the timer for dinner went off. My husband came home he didn't say anything to me when I asked how his day was. So I let it be. At dinner the table was a mess. Kids start bickering over who has to clean. My husband starts getting involved and arguing with them over who needs to clean it. I just went upstairs. I didn't get angry I just couldn't handle it anymore.

My kids wanted to go out for ice cream. However the entire day they kept pestering me and asking if we were going. My initial response was, "I don't know what dad has planned so I'm not deciding without talking to him". Finally after 5-6 times of being asked I said if they continued asking my answer would just be no. They stopped asking. For a while. So I said "okay my answer is now no to ice cream". So then my husband got upset because he was going to take us all out for my birthday (I didn't want to go out for ice cream so I don't see why he is the one upset by not going).

Through all of this I was just quiet. I wasn't even angry. Just... done. I wasn't upset about not doing anything special for my birthday. I wasn't upset about my husband being withdrawn (he's had to handle all the other things while I've been busy with all my things). But he was angry with me for being tired. "Life is hard for everyone and I should

just deal with it and get over it.” He wanted to do something for my birthday and I ruined it by going upstairs. He said I should have had the table clean for him when he got home from work and how dare I be playing a video game that close to dinner when I should have been taking care of the house and making the kids clean.

So I'm at the park daydreaming about someone that wouldn't be this hard to make happy. And perhaps love me even though I am broken and have adhd so things are messy sometimes. Sorry that's this is so long. Thank to anyone getting to the end of it.

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UPVOTES

What are your sacred daily habits as a wife?

Admirable-Ad-9190 · 16 July 2025 · Archived copy · Reddit

I'm a Bible-following trad wife and I genuinely love taking care of my husband. It brings me joy to serve him, make our home peaceful, and do the little things that help him feel supported and respected. I know every marriage looks different, but I'm really curious...

What are your non negotiables when it comes to doing things for your husband?

Like, what are the things you always do or would never skip because they matter to you, to him, or to the rhythm of your marriage? I'm trying to be more intentional and would love to hear from others who are like minded.

Do you have set routines? Certain things you never say no to? Little habits that help keep the respect and love strong?

No judgment here, just genuinely curious what things you hold sacred in your role as a wife.

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UPVOTES

Advice for a Ex feminist teenage girl

AmbitiousQueen · 31 October 2018 · Archived copy · Reddit

Any advice for me particularly in personality and looks. Also can I be a red pill wife if I'm a lawyer at a top firm?

Thanks in advance

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UPVOTES

Being a Woman: Fulfilling Your Femininity

whitcris · 27 September 2018 · Archived copy · Reddit

I just received a copy of Being a Woman by Dr. Toni Grant (the woman who wrote about the Four Archetypes). Would anybody be interested in a write up? Haven't had a chance to get started yet, but thought it might be interesting to further explore her ideas.

<https://www.amazon.com/Being-Woman-Fulfilling-Your-Femininity/dp/0380706989>

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UPVOTES

How do you find balance?

Riversly · 6 September 2018 · Archived copy · Reddit

I have recently become a stay at home mom. The first month was a dumpster fire because I was depressed about how terrible the transition went (my daughter was very sick, I had to quit suddenly over doing a two weeks and every thing was thrown for a loop).

I have discovered the traditional mom and homemaker lifestyle that I was NOT raised to follow, and I love it! This is my calling from God, I truly believe that.

But how do you balance homemaking and time with the little one? My LO just turned one yesterday!

Any tips appreciated.

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UPVOTES

Did you improve your relationship/marriage by being more submissive?

LaneysWorld2 · 6 August 2018 · Archived copy · Reddit

In what ways did you manage to improve your marriage or relationship by being more submissive and more feminine? When did you begin to notice a change and how did you work on yourself? Do you talk about such things with your husband or do you try to be subtle about it, by just changing your behavior?

I know this sounds like an obvious question but it's reassuring for me to know this behavior pays off and makes sense, so examples from your own relationship are welcome :)

It's also nice to know I'm not alone when facing criticism for my lifestyle. I wanted to post this in AskWomen too but I know they will not take me seriously this time either. Thank you!

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UPVOTES

"The Tyranny of the Home-Cooked Family Dinner" - thoughts??

Zombies_InTheSnow · 10 April 2018 · Archived copy · Reddit

20

UPVOTES

Can single girls participate here?

glitterchild · 22 December 2017 · Archived copy · Reddit

I know you allow girls who are in relationships or engaged but I am totally single and I still really would love to participate on this sub because red pill women makes me crazy. :(It seems like for the past few months it's all obvious trolls, extremely rude moderators, and views that aren't even remotely red pill. All it does is bring out my sarcastic side and lack of tolerance for ridiculous people haha (which I probably should work on reining in but it's not easy🙄) Many of the best posters are not even on there anymore and I stopped posting threads months ago because I got sick of it. I love FNF and participate often but that doesn't talk as much about the deeper red pill concepts. I lurk this sub all the time and I really appreciate the insights on here :) Not sure if it's because everyone here is in successful relationships so you know what works, but the vibe is way more mature and consistent. I'm sorry if this has been answered already but honestly couldn't tell from the side bar, please let me know :)

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UPVOTES

Some Funny Images To Brighten Your Day :)
Camille11325 · 26 October 2017 · Archived copy · Reddit

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UPVOTES

Why I Finally Accepted Being An "Intimidating" Woman

tintedlipbalm · 27 July 2017 · Archived copy · Reddit

This hilarious, masturbatory article just made the rounds in my feed and I just couldn't wait until Shit Post Saturday to share this turd. Yet another year of women expecting their abrasive, UNATTRACTIVE CHARACTER to be met with the perfect love life with the perfect man.

It all started with my father who, trying his hardest to console a weepy teenager who didn't have a date to prom, told me that it wasn't my fault that men didn't want to date me. "They just find you intimidating," he said. He totally meant it as a compliment — he'd raised a strong, outspoken young woman, and he knew it — so I tried to take it as such.

This is a discussion on its own because it's not the first time I've seen this happen. We discuss how mothers have affected our worldview/behavior but what about this phenomenon? Fathers raising loud mouth girls who are going to repel every possible mate out there. Why is this?

But as I got older, and the men I'd date started calling me intimidating as a way to weasel out of the situation we were in

Typical shrew experience, when your domineering ass is called out as nicely as possible, it's *men being weasels*.

And in talking to my queer friends

rolls eyes

The queer men and women I spoke to had never been given the excuse of intimidation as the reason why they weren't finding dates

Please, do ask less than 10% of the population how the world works.

I was immediately pissed, because a lot of the characteristics that men evidently considered intimidating were fundamental parts of me.

When a woman's first reaction to finding out she's not the best thing out there is to be "pissed", that's a red flag.

Consider your intimidation the best fuckboy filter on the planet.

This appears highlighted like gospel on the article, when my perception is just the opposite. It will filter out long term prospects that don't want to **deal with you**. The only men who will put up with you will be for one night to be in your pants, no commitment after. After all, with that attitude, *what else do you have to offer?*

As for me, I'm convinced I'll one day find a dude who sees the things some call "intimidating" as incredibly exciting.

The author **hasn't even found** this mythical man yet she's writing an advice article?

Dear intimidating woman, you're not "intimidating" to anyone - it's an *euphemism* for absolutely intolerable.

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UPVOTES

A French Take on Feminism | Notes From a Red Pill Girl

Irisandoleander · 20 June 2017 · Archived copy · Reddit

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UPVOTES

Anxiety and Psychological Femininity

littlegoosegirl · 2 June 2017 · Archived copy · Reddit

Here at RPWi, a *lot* of emphasis is put on cultivating **Psychological Femininity**, and rightly so. Cultivating a feminine mindset puts you in an ideal state to function smoothly in a traditional/male-led relationship dynamic. But, sometimes your own mind can get in your way. If you have anxiety, relaxing into a truly feminine mindset can feel almost impossible. And by “anxiety,” I mean **anxiety disorders**, not situation-specific worries or stress (though those can also hinder progress towards a feminine mindset). Camille’s **recent re-post** about Feminine Sexual Strategy inspired me to open up discussion about femininity and anxiety, and hopefully help any other women struggling with anxiety disorders to move closer towards the light, joyful and supportive ideal. It is easy to understand the benefits of cultivating psychological femininity, but sometimes it’s much harder to put into practice if you’re fighting your brain every step of the way.

I have **Generalized Anxiety Disorder**, or GAD, and yes, I *have* been diagnosed by a professional. My personal struggles with GAD are not as debilitating as some people’s, but it has definitely hampered my progress towards the ideal feminine state of mind. Trust is incredibly difficult for me, and I don’t just mean trust in people. I mean trust that the world isn’t going to fall apart at any moment. My personal baseline level of anxiety is much higher than a normal person; I constantly feel a low level of worry and fear. This is my “normal.” I have a good life, and I am usually happy, but the bliss is always accompanied by a slight feeling of unease.

It is hard for someone who is *not* anxious to understand this feeling of pervasive, anchor-less anxiety. Imagine for a moment that you have a looming deadline: a final exam, a large project at work - something with high stakes that is important to you. That undercurrent of fear, the hollowness in your stomach, the slight jumpiness, the constant rumination over everything that could go wrong with the project - *that* is how I feel. About everything. All the time. Other people with anxiety disorders may (and do) feel their anxiety in different ways, but telling an anxious person to just “calm down and go with it” is about as useful as shouting at the wind to stop blowing. It isn’t going to happen, at least not instantly.

As you might imagine, trying to fit all that anxiety into a feminine mindset is hard. It is difficult for me to hand complete faith over to my husband without fear - not because I doubt *him*, but because I am simply in a constant state of doubt. Some women manifest their anxiety in a desire to control everything. I am not this way; I prefer to hand control over to someone who I feel is better-qualified to direct my life. I think this is a reflection of my Low personal dominance level. I don’t want to be in control, I want to be *under* control, but I also worry that whoever is *in* control will *lose* control. Again, this isn’t an actual reflection of my husband’s ability to lead. I will simply anticipate disaster in most circumstances, especially ones that are of great import to me. No matter how wonderful a track record a person or situation has, *I still anticipate its failure*. This is completely irrational, and that’s what anxiety disorders are. Unfortunately, you can’t reason away your brain imbalance.

However, it’s utterly irresponsible to simply throw your hands up and say “oh well, this is how I am and everyone has to cater to my neuroses!” This is what SJWs do, and it’s so deplorable. The current trend of wallowing in your own personal failings has just got to stop. If you have an anxiety disorder, it is *your responsibility* to do what you have to do to make sure you can function in a relationship. You can’t expect your man to just “deal with it.” My husband has accepted that I will never be as naturally calm as a woman without GAD. But he has *not* accepted my dysfunction. He has insisted that I take steps to mitigate my anxiety, and has offered me his help in doing so. But I still have to take responsibility for myself, or he will leave me. And he would be right to do so.

Again, if you have an anxiety disorder, it’s important that you recognize it, accept it, and then do what you need to do to live and function in a happy relationship. **This is your job**. Don’t deny your problems, but don’t be lazy either. A woman with anxiety can still achieve psychological femininity, and she *should*. It will be more difficult, but that’s life.

I’d like to take a moment to talk about anxiety medication and antidepressants. There is a lot of scathing

commentary (especially within the RP community) regarding women and psychological medication, and I think quite a lot of it is well-founded. Women are prescribed antidepressants as a first-line quick fix, and this is a bad idea. In my opinion, you should only seek medication when nothing else is working for you. But, if you need it, *take it*. Don't feel shame in taking medicine if it's the only thing that is getting you through the day. My husband and I have decided that the side effects of most antidepressants are not worth the benefits - I, personally, can manage my anxiety with diet, adequate sleep, exercise, structure and positive thinking/activities. But some women just *cannot*. If you are one of those women, please for the love of God *take medicine*. Don't let your pride or pre-conceived notions about psych meds get in the way of your personal growth. You don't have to take them forever, and they can be the last-ditch effort you may need to boost yourself out of a hole.

I am hoping that this discussion can create a learning space to help women feel empowered (yes, empowered) to actually take control of their mental health. You don't have to be a victim to anxiety, and you *can* achieve true femininity with an anxiety disorder. You're not helpless!

With that out of the way, I'd love to open up the discussion to the community. Have you experienced problems with your own anxiety (situational or disordered) getting in the way of your psychological femininity? Has it negatively impacted your relationship? Has your relationship/SO helped to ease your anxiety, and if so, how? What have been the steps you've taken to mitigate your anxiety and move closer to being a "goddess of fun and light"?

Feel free to answer any or all of these questions, or touch on anything else you feel is relevant! I'll answer my own questions in the comments too :)

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UPVOTES

Saw a post elsewhere in Reddit Land...

TVEMisty · 31 May 2017 · Archived copy · Reddit

I never quite realized how vehemently some women were about their dislike of men. The lady said that she was not sure how she'd feel about having a son because of all the blah blah blah advantages or whatever men have. I just can't wrap my head around disliking a gender that much.

I feel like sure, men do have some advantages but I feel that women have advantages as well and those advantages dove tail together and that's what makes the genders great.

I consider myself, as I'm sure many of you do as well, a strong woman. I feel that being a strong woman is a great thing to have along with a strong man at your side or in the lead. Heck, in our house we take turns leading because we have different strengths.

How have we veered so far of course?

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UPVOTES

The Next Generation of Americans (Gen Z) May Be the Most Conservative Since WWII

BellaScarletta · 20 May 2017 · Archived copy · Reddit

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UPVOTES

Do you have secret codes in your relationship?

PhantomDream09 · 10 May 2017 · Archived copy · Reddit

I was thinking about the love languages and how people communicate. At some point Occam came into the office and grunted. I immediately knew this grunt mean "feed me now or perish." Later I realized that he actually has several different grunts that range from "your silly," "I'm tired," "[teasing] stoppat," "[serious] stop," and "I'm going to chase you around as though I'm a gorilla." There are a lot of little movements he will make and from them I can interpret his mood or if he's really focused on something.

At the same time, I also have a **lot** of nonverbal, and just plain *odd* noises that I communicate to him with. He's really good at reading me, so sometimes I just go overboard to see if he can figure it out (spoiler: he always does).

I wanted to hear from other women though, so please share your oddities and shared quirks!

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UPVOTES

A Great Point About The Concept Of "Love Languages"

Camille11325 · 4 May 2017 · Archived copy · Reddit

We talk about love languages a lot on RPW but I read an insightful blog post that brings up another side to the subject that isn't discussed as much. Everything below the horizontal line is directly from the post, I haven't changed anything, just copied and pasted the parts relevant to our community. Let's discuss!

We know that love languages refer to the varied ways people give and receive love. Some feel loved when they receive affection, others when they receive gifts or affirming words. There are five of these languages and most of us have been taught to rank them in order of personal preference.

When we are honest about love languages, we admit they are prone to begin to speak with a “dark and greedy growl.” Here’s how it works for me: I am never far from making my preferred love language the ultimate expression or even proof of my wife’s love for me. When I have it I feel loved; when I lack it I feel unloved. It takes surprisingly little time for “I feel most loved when you are affectionate with me” to become “I don’t feel loved unless you are affectionate with me” to degenerate all the way to “You need to speak my language if you expect me to love you in return.” For another person, “I feel cherished when we spend quality time together” may soon become, “I feel loved when you drop everything to focus on me, are completely understanding, give me unconditional love, agree with all my opinions, and never disagree with me, question me, or interrupt me.” These are good languages filtered through a bad heart.

When I demand that people speak my preferred love language, when it becomes the one way I receive love, I unnecessarily narrow my experience of love. I miss out on all of those “exquisite forms of love that do not ‘speak my language’.” Sure, I experience the language I prefer, and it is good to be loved this way! But I miss out on so many others including the ones others may most love to speak.

The challenge and joy of love languages is not in demanding someone else learn to speak my language or manipulating them until they learn to do so. It is in learning how to speak other languages, to receive love in new ways. As long as I am satisfied with only the language I prefer, I miss out on the joy of those other four languages and the millions of others that exist beyond the reductionist categories.

Source (It's written by a Christian but obviously if you aren't Christian don't let any references push you away from the main message.)

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UPVOTES

I went on a rant on my blog

Irisandoleander · 19 April 2017 · Archived copy · Reddit

Hi ladies! Sorry I have been so MIA work has been super nutty the last few weeks. We have hired like 150+ people in the last 30 days alone. So nuts!!!!

Anyway - I went on a rant on my blog - you can read it [here](#) :)

I really do challenge you all, as I challenge MYSELF on a daily basis to love Husband. All day, every day, even when he's not showing it himself. Because we can only control ourselves. When we hold our love and respect hostage to when he shows his love and respect we're doing a great disservice to our relationship and home. Playing games, and keeping score, are terrible ways to go through life with your guy.

Oh - and Fishy update! Ultrasound pics on [Twitter](#). My placenta has moved out the way so I'm free to go back to all pelvic activity (thank god!!!!) and he's weighing in right where he should be for 26 weeks!

Happy Wednesday all!!!

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UPVOTES

Sarrah Le Marquand: It should be illegal to be a stay-at-home mum

Irisandoleander · 21 March 2017 · Archived copy · Reddit

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UPVOTES

"My Husband Is Not Romantic" - Great Post About Letting Go Of Expectations And Accepting Your Man!

Camille11325 · 20 March 2017 · Archived copy · Reddit

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UPVOTES

Do you ladies have any ideas on how to pull of dresses/skirts in the winter without getting too cold?

[deleted] · 4 February 2017 · Archived copy · Reddit

[deleted]

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UPVOTES

February 2017 Challenge For Single Women

RPWives · 30 January 2017 · Archived copy · Reddit

February 2017 Challenge For Single Women

February is all about love so we are challenging all single women to do at least one thing per day to advance their love life!

The foundations of RPW are: girl game, traditional relationship dynamics, and good character. A woman who is not in an exclusive, committed relationship cannot *fully* employ these three things but she can use them as a means to obtain commitment. Something that cannot be overstated: **RPW is about obtaining and maintaining a harmonious relationship with a man.** If you are single and not actively trying to get into a relationship, you are **not** on an RPW path.

We've created a bucket list of things that must be done at least one time this month. The more you do the closer you'll be to a great relationship! These actions are not in any particular order, and it is assumed that you are familiar with RPW ideas and have an SMV and RMV above 5. There will be a check in during the middle of the month, and then a final check in on the first of March.

1. Spend an entire day flirting with every man you meet. Practice is the best way to hone your skills! Charm your waiters, cashiers, strangers standing next to you in line, etc. You can be subtle (glances + body language) or more overt.
2. Change your profile picture and cover photo on all social media sites to show you at your most fabulous. If you don't have any pictures that show you as an interesting, fun, and sexy person, be sure to take some while you're completing other things on this bucket list!
3. Find a makeup look and hairstyle combination that accentuates all your best features, perfect it over the month and be sure to make sure eligible men see you looking your best.
4. Attend a local event one weeknight with a friend.
5. Let at least one older woman know that you are on the market and open to being set up on dates.
6. Initiate conversation with an attractive stranger that you'd be interested in dating.
7. Imagine your ideal man. Where does he go to lunch? Go there and try to meet someone!
8. Attend a local event during a weekend afternoon with a friend.
9. Attend a local event during a weekend evening.
10. Take a friend with you to a fun bar and listen to live music!
11. Ask a woman you trust to give you honest constructive criticism about your appearance, personality, and behavior.
12. Reassess your friends. Cut one person who is weighing you down or a bad influence.
13. Start one new friendship or improve an existing friendship with a woman who could help you achieve your goals. It's easier to meet desirable men when your social circle includes people that are likely to know and encounter those types of men.
14. Join a club, organization, sports team, MeetUp, or other regular social group where you could reasonably meet eligible men. Attend at least 1 event/meeting!

15. What is your biggest personality flaw? Take 1 actionable step to fix it!
16. Buy at least one new lingerie set. Don't limit yourself to bras and panties, look at babydolls, teddys, thigh highs, garter belts, corsets, etc. Whatever makes you look sexy!
17. Is your home an inviting place for a man? Make changes now so that he feels comfortable when he starts to spend the night.
18. Your choice! Come up with a bucket list item and make it happen!
19. Your choice! Come up with a bucket list item and make it happen!

Have fun and good luck!!

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UPVOTES

How To Stop Whining And Learn To Love Being A Mother

Kittenkajira · 17 January 2017 · Archived copy · Reddit

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UPVOTES

Ivanka Trump: Loving Wife, Mother, and Daughter

PhantomDream09 · 10 November 2016 · Archived copy · Reddit

I'm a fan of Trump. I remember watching the first season of "The Apprentice" with my own father when I was younger. I thought it was so cool that Ivanka had the opportunity to work with, and learn from, her father. Over a decade later, when she spoke at the Republican Convention, I was once again reminded of why I like Trump, and also why I love my own father so dearly.

Ivanka's Speech:

Good evening. Thank you. One year ago, I introduced my father when he declared his candidacy. In his own way, and through his own sheer force of will, he sacrificed greatly to enter the political arena as an outsider. And he prevailed against a field of 16 very talented competitors.

For more than a year, Donald Trump has been the people's champion, and tonight he's the people's nominee.

Like many of my fellow millenials, I do not consider myself categorically Republican or Democrat. More than party affiliation, I vote on based on what I believe is right, for my family and for my country. Sometimes it's a tough choice. That is not the case this time. As the proud daughter of your nominee, I am here to tell you that this is the moment and Donald Trump is the person to make America great again.

Real change, the kind we have not seen in decades is only going to come from outside the system. And it's only going to come from a man who's spent his entire life doing what others said could not be done. My father is a fighter. When the primaries got tough and they were tough, he did what any great leader does. He dug deeper, worked harder, got better and became stronger.

I have seen him fight for his family. I have seen him fight for his employees. I have seen him fight for his company. And now, I am seeing him fight for our country. It's been the story of his life and more recently the spirit of his campaign. It's also a prelude to reaching the goal that unites us all. When this party and better still this country knows what it is like to win again.

If it's possible to be famous and yet not really well done, that describes the father who raised me. In the same office in Trump Tower, where we now work together, I remember playing on the floor by my father's desk, constructing miniature buildings with Legos and Erector sets, while he did the same with concrete steel and glass. My father taught my siblings and me the importance of positive values and a strong ethical compass. He showed us how to be resilient, how to deal with challenges and how to strive for excellence in all that we do. He taught us that there's nothing that we cannot accomplish, if we marry vision and passion with an enduring work ethic.

One of my father's greatest talents is the ability to see potential in people, before they see it in themselves. It was like that for us to growing up. He taught us that potential vanishes into nothing without effort. And like him, we each had a responsibility to work, not just for ourselves but for the betterment of the world around us. Over the years, on too many occasions to count, I saw my father tear stories out of the newspaper about people whom he had never met, who were facing some injustice or hardship.

He'd write a note to his assistant, in a signature black felt tip pen, and request that the person be found and invited to Trump Tower to meet with him. He would talk to them and then draw upon his extensive network to find them a job or get them a break. And they would leave his office, as people so often do after having been with Donald Trump, feeling that life could be great again.

Throughout my entire life, I have witnessed his empathy and generosity towards other, especially those who are suffering. It is just his way of being in your corner when you're down. My father not only has the strength and ability necessary to be our next President, but also the kindness and compassion that will enable him to be the leader that this country needs.

My father has a sense of fairness that touches every conviction he's hold. I worked along side of him for now more than a decade now at the Trump Organization and I've seen how he operates as a leader. Making important decisions that shape careers and that change lives. I've learned a lot about the world from walking construction jobs by his side. When run properly, construction sites are true meritocracies. Competence in the building trades is easy to spot and incompetence is impossible to hide.

These sites are also incredible melting pots, gathering people from all walks of life and uniting them to work towards a single mission. There have always been men of all background and ethnicities on my father's job sites. And long before it was common place, you also saw women.

My father values talent. He recognizes real knowledge and skill when he finds it. He is color blind and gender neutral. He hires the best person for the job, period.

Words and promises, no matter visionary they sound will only get you so far. In our business, you're not a builder, unless you've got a building to show for it, or in my father's case, city skylines. Most people strive their entire lives to achieve great success in a single industry.

My father has succeeded in many on the highest level and on a global scale. One of the reasons he has thrived as an entrepreneur is because he listens to everyone. Billionaire executives don't usually ask the people doing the work for their opinion of the work. My father is an exception.

TRUMP: On every one of his projects, you'll see him talking to the super, the painter, the engineers, the electricians, he'll ask them for their feedback, if they think something should be done differently, or could be done better. When Donald Trump is in charge, all that counts is ability, effort and excellence.

This has long been the philosophy at the Trump Organization. At my father's company, there are more female than male executives. Women are paid equally for the work that we do and when a woman becomes a mother, she is supported, not shut out.

Women represent 46 percent of the total U.S. labor force, and 40 percent of American households have female primary breadwinners. In 2014, women made 83 cents for every dollar made by a man. Single women without children earn 94 cents for each dollar earned by a man, whereas married mothers made only 77 cents. As researchers have noted, gender is no longer the factor creating the greatest wage discrepancy in this country, motherhood is. As President, my father will change the labor laws that were put into place at a time when women were not a significant portion of the workforce. And he will focus on making quality childcare affordable and accessible for all.

As a mother myself, of three young children, I know how hard it is to work while raising a family. And I also know that I'm far more fortunate than most. American families need relief. Policies that allow women with children to thrive should not be novelties, they should be the norm. Politicians talk about wage equality, but my father has made it a practice at his company throughout his entire career.

He will fight for equal pay for equal work, and I will fight for this too, right along side of him.

Americans today need an economy that permits people to rise again. A Trump Presidency will turn the economy around and restore the great American tradition of giving each new generation hope for brighter opportunities than those of the generation that came before. In Donald Trump, you have a candidate who knows the difference between wanting something done and making it happen. When my father says that he will build a tower, keep an eye on the skyline. Floor by floor a soaring structure will appear, usually record setting in its height and iconic in its design. Real people are hired to do real work. Vision becomes reality. When my father says that he will make America great again, he will deliver.

We have a chance this year, to reclaim our heritage as a country that dreams big and makes the impossible happen. Fortunately, Donald Trump is incapable of thinking small. When I was a child, my father always told me, Ivanka if you're going to be thinking anyway, you might as well think big. As President, my father will take on the bold and worthy fights. He will be unafraid to set lofty goals and he will be relentless in his determination to achieve them.

To people all over America, I say, when you have my father in your corner, you will never again have to worry about being let down. He will fight for you all the time, all the way, every time.

Maybe it's the developer in him, but Donald Trump cannot stand to see empty main streets and boarded up factories. He can't bear the injustice of college graduates who are crippled by student debt, and mothers who can't afford of the childcare required to return to work to better the lives of their families. Other politicians see these hardships, see the unfairness of it all, and they say I feel for you. Only my father will say, I'll fight for you.

The hard working men and women of this country identify with my father. He is tough and he is persevering. He is honest and he is real. He's an optimist and he's a relentless believer in America and all of her potential. He loves his family and he loves his country with his heart and his soul. Politicians ask to be judged by their promises, not their results. I ask you to judge my father by his results. Judge his values by those he's instilled in his children. Judge his competency by the towers he's built, the companies he's founded, and the tens of thousands of jobs he's created. He is the single most qualified serve as chief executive of an \$18 trillion economy. My father will call upon the best and brightest people from all spheres of industry and both side of the aisle. A new set of thinkers, to face our countries existing and future problems with fresh perspective and brave new solutions. Come January 17, all things will be possible again. We can hope and dream and think big again. No one has more faith in the American people than my father. He will be your greatest, your truest and your most loyal champion.

This is the fighter, the doer that you have chosen as your nominee, in ways no one expected, this moment in the life of our country has defined a mission and given it to an extraordinary man. He is ready to see it all the way through, to speak to every man and every woman, of every background, in every part of this great country. To earn your trust and to earn your vote. He earned that and much more from me a long time ago. I've loved and respected him, my entire life. And I could not be more proud tonight, to present to you and to all of America, my father and our next President, Donald J. Trump.

When I first joined reddit, one of my earliest (and most popular) comments talked about how important the role of a good father is in a child's life. I was responding to a new father that was seeking advice on how to raise his daughter.

As a daughter, I realize now how important my father's actions and behaviors were in influencing my development. He was always available to listen and advise me when I had a problem. When I was upset, he would listen to me, but he wanted the facts of the situation - my emotional state was secondary. He would always tell me to take deep breaths, calm down and think. His voice was calm and he relied on logic to help me navigate through my problems. He never emphasized material possessions - and from a very young age, my parents made it clear that I could not get anything through pouting or throwing a fit. They did not spoil me, and they had a lot of rules, but not to the point of insanity. I wasn't allowed to wear spaghetti strap shirts, or show my stomach. My clothing was modest and modern.

My dad kept me busy. I played four sports until high school. Two my freshman year, and then focused on one. I played for club teams. I had a curfew, and school was important.

My father cannot be manipulated, and I can only remember one time in my entire life when I saw him angry and heard him yell. It was terrifying. He never had to raise his voice to let people know he was displeased or disappointed. To this day, the thought of letting him down is one of my greatest fears. I want him to be proud of me.

Be a good man, teach your daughter to think and use logic. Push her to be better, get her involved in activities. Whether it's sports, debate club, theater, or volunteer work. Teach her that it's important to be able to work alongside other people, even if you don't always agree with or like them. Athletics taught me so many lessons, most of which I didn't start to appreciate or recognize until college.

Teach her to be responsible with money. I had to work for my allowance, my parents didn't buy me a car or anything frivolous and expensive. I had to earn the things I wanted. I am the youngest child, and I grew up with hand-me-down everything, and I am so thankful for that. My parents always wanted to know where I would be, what friends I would be with, their numbers, and an adult always had to be around if I was at a house. I wasn't given free reign to wander around and do whatever I wanted.

We ate meals together most nights. My dad was involved in my sports. He wasn't a crazy spectator. When I was young, he coached two of my sports teams (different sports). He asked me if I enjoyed what I was doing. When I wanted to quit one sport my freshman year of high school, he told me that I had to finish out the season, and then tell my coach that I wouldn't be returning the next year. If I started something, I had to see it through.

My father loves to build things, and he had me help him from a very young age. I learned to hammer, saw, measure, cut, and use power tools. He remodeled our old house, and whenever I was home, I was expected to help. I enjoyed working with him, even though it was hard.

My father has a way of turning any conversation into a lesson, and I have never stopped learning from him. He values family and has taught me that I have a responsibility to my relatives, regardless of where they live or when I last saw them.

Be a good man. Be firm and loving, and your children will be just fine. Don't worry about force feeding them specific ideas, talk with them, debate in a calm manner. Teach critical thinking and set a good example.

[Link](#)

When Ivanka spoke, I saw myself reliving my own childhood, and I swelled with happiness and pride as I listened

to her. If there had been *any* doubt in my mind about the kind of man and father Trump is - her words would have erased all my concerns. She spoke with admiration, understanding, and love about a man that not only encouraged her to succeed - but pushed her to be her absolute best.

I have mentioned previously that there are really only three people I honestly trust in the world. This doesn't mean I treat people cruelly, or with distaste. I am friendly, and open, but yes, also generally reserved. Occam (my SO) is the first person I turn to, prior to knowing him, I always went to my father when I needed advice. I find a great deal of comfort in the fact that Ivanka feels the same way towards her own father.

If you haven't listened to **Ivanka's speech** - I encourage you to do so now. She is eloquent, poised, intelligent, and feminine. She works hard and makes everything look easy.

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UPVOTES

How will Donald Trump's election affect inter-sexual dynamics and mainstream American culture?

Camille11325 · 9 November 2016 · Archived copy · Reddit

Please follow subreddit rules when responding to this post. Negative responses about Donald Trump are allowed but you must write a thoughtful comment and actually answer the questions. You also must be prepared to defend your position. Celebrating Trump's win is fine too, as long as you also include a thoughtful response to the post itself.

Donald Trump's presidency is going to have an enormous impact on American culture. His disposition sets the tone for the country and already people are reacting strongly. On the left many people now feel afraid, unsafe, depressed, and angry. Feminists and strong liberals are understandably in shock and they don't seem to be handling the news of his win very well. In contrast those who supported Trump are filled with renewed energy and hope. Trump has motivated many who were disillusioned with the state of US politics and they see that he has disrupted the course of events, opening the door to new possibilities.

Some RPW related questions:

- How do you think Donald Trump's election will affect inter-sexual dynamics?
- Will men embrace masculinity and stop adhering to feminist standards? Will they decide to commit more or enjoy their freedom knowing that they don't have to be guilted into treating women a certain way?
- Do you think feminists will double down on their positions, use Donald Trump as the ultimate example of "toxic masculinity", and resist him every step of the way?
- Will media outlets portray women who support Trump in a negative light, shame them, or otherwise try to lower their status? Or maybe non feminist women will be able to voice their opinions and even hold influence?

Feel free to answer any or all of these questions or just share your thoughts on how Donald Trump's presidency will affect the SMP, gender relations, marriages, or any other thing we discuss on the sub regularly.

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UPVOTES

SHIT POST SATURDAY!

RPWives · 15 October 2016 · Archived copy · Reddit

That's right it's Shit Post Saturday!!!! Post any memes, funny pictures, comics, videos, tweets, and more in the comment section. Almost anything is fair game, especially if it is anti feminist, anti leftist, and anti SJW. Check out the previous ones we have done for inspiration ([SPS 1](#), [SPS 2](#), [SPS 3](#), [SPS 4](#), [SPS 5](#), [SPS 6](#), [SPS 7](#)), but don't feel limited! All we ask is that you refrain from anything pornographic or gory, and that you mark things NSFW as necessary.

Have fun and let's all laugh together!

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UPVOTES

RPW HAS 1500+ SUBSCRIBERS! LURKERS AND NEW WOMEN INTRODUCE YOURSELVES, EVERYONE COME CHAT <3

RPWives · 3 October 2016 · Archived copy · Reddit

Yay 1500!!! Everyone who hasn't introduced themselves or participated yet now is the time! RPWs who have been here for a while let's welcome the new women and make some connections. Feel free to use this thread as a space for general chat. Also don't forget that we have an IRC room (link on the sidebar and in the wiki) where you can chat with other RPW all day every day. Pop in and say hi when you get the chance :)

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"What Makes Call-Out Culture So Toxic" - a great read for anyone who has ever felt bullied by feminism on social media

RedInkRiot · 3 October 2016 · Archived copy · Reddit

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UPVOTES

Littleknownfacts Presents: Love Your Body No Matter What

Littleknownfacts · 24 September 2016 · Archived copy · Reddit

We've seen all the campaigns **about loving your body the way it is**. They are generally outside the realm of RPW since it is considered an extension of the fat acceptance movement, and there are definitely those who use it as excuse to not improve themselves. However, if we look at that statement again, *'love your body'* through an RP lens, you will find it more true and satisfying than any FA ever could.

"Why does that 300 pound land whale deserve to love herself as much as I do when I'm fit and lean and run 5 miles every day!?"

When we consider our love for our spouses, it is not a feeling, but a series of actions and attitudes meant to bring you both harmony and happiness. Love for your body works the same way. It is the act of treating your body well, eating healthy, staying active, and avoiding harsh damaging substances. This is the type of self-love that could improve anybody's life, and their relationship with their body. A fit and attractive body is only the result of such a love, not the source of it. Everyone should love their body starting today, even the 300 pound woman can love her body starting with eating a goddamn carrot stick instead of Cheetos.

Treat your body similar to the way you would treat your SO. Think positive things about your body. Don't get upset when your body doesn't respond to something the way you think it should. And perform acts of love and self-care for your body. So in this sense, it doesn't matter if you have a few extra pounds at the hips, or if your hair begins to grey, or if you and your skin are going through a rough patch. If you have honestly done (and are continuing to do) the best you can for your body, you have nothing to be ashamed of.

So, did you love your body today?

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UPVOTES

Conservative activist and anti-feminism advocate Phyllis Schlafly has died at 92

whistling_dixie · 6 September 2016 · Archived copy · Reddit

Article: <http://stlouis.cbslocal.com/2016/09/05/longtime-conservative-icon-phyllis-schlaflly-dies-at-92/>

Phyllis Schlafly was a fantastic advocate for families and various conservative causes throughout her life. While she was also an accomplished attorney and activist, she was also devoted and dedicated to her family was even named Illinois Mother of the Year in 1992. Mrs. Schlafly was very outspoken about the consequences of feminism and was active until fairly shortly before her death today.

Mrs. Schlafly was a voice for women everywhere who reject feminism and her contributions will be missed. Her biography can be found [here](#), but the website has been having some issues this evening (I'm guessing due to heavy traffic now that the news has broken).

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6 Feminist Myths That Will Not Die

TempestTcup · 8 August 2016 · Archived copy · Reddit

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UPVOTES

I finally did it.

pxntmercy · 6 August 2016 · Archived copy · Reddit

Backstory: I run a midwifery practice with a colleague of mine. It's been many moons in the making, but I've recently finally been able to pass the reigns over to my business partner while I step away to focus my time and energy on my marriage, our son, and our home. I'll still be going in about three days a week to take prenatal appointments, but no more on-call!! I'm so so excited be able to spend more time with my family.

**If these kinds of posts aren't allowed, please let me know and I will delete. I just wanted to share my excitement with you ladies. I just know that you'll get it!

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UPVOTES

Will this certain feeling of fakeness pass? Am I too far gone to ever be a RPW for him?

[deleted] · 24 July 2016 · Archived copy · Reddit

[deleted]

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UPVOTES

What Is A Red Pill Woman? | Notes From a Red Pill Girl

Irisandoleander · 19 July 2016 · Archived copy · Reddit

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UPVOTES

Shakespeare: Bard, Playwright, Misogynistic Shitlord

cats_or_get_out · 11 July 2016 · Archived copy · Reddit

From the final scene of *The Taming of the Shrew*. Here Katharina (a reformed shrew) is admonishing the other wives for their shrewish qualities. Enjoy!

Fie, fie! unknit that threatening unkind brow, And dart not scornful glances from those eyes, To wound thy lord, thy king, thy governor: It blots thy beauty as frosts do bite the meads, Confounds thy fame as whirlwinds shake fair buds, And in no sense is meet or amiable. A woman moved is like a fountain troubled, Muddy, ill-seeming, thick, bereft of beauty; And while it is so, none so dry or thirsty Will deign to sip or touch one drop of it. Thy husband is thy lord, thy life, thy keeper, Thy head, thy sovereign; one that cares for thee, And for thy maintenance commits his body To painful labour both by sea and land, To watch the night in storms, the day in cold, Whilst thou liest warm at home, secure and safe; And craves no other tribute at thy hands But love, fair looks and true obedience; Too little payment for so great a debt. Such duty as the subject owes the prince Even such a woman oweth to her husband; And when she is froward, peevish, sullen, sour, And not obedient to his honest will, What is she but a foul contending rebel And graceless traitor to her loving lord? I am ashamed that women are so simple To offer war where they should kneel for peace; Or seek for rule, supremacy and sway, When they are bound to serve, love and obey. Why are our bodies soft and weak and smooth, Unapt to toil and trouble in the world, But that our soft conditions and our hearts Should well agree with our external parts? Come, come, you froward and unable worms! My mind hath been as big as one of yours, My heart as great, my reason haply more, To bandy word for word and frown for frown; But now I see our lances are but straws, Our strength as weak, our weakness past compare, That seeming to be most which we indeed least are. Then vail your stomachs, for it is no boot, And place your hands below your husband's foot: In token of which duty, if he please, My hand is ready; may it do him ease.

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UPVOTES

Relationship Dynamics Part II: All About Men!

Camille11325 · 30 June 2016 · Archived copy · Reddit

This is the official second post in my relationship dynamics series! The introduction can be found [here](#). I also posted a [follow up](#) that clarifies and expands on part one and offers several media examples of the dynamics in action.

While the first two parts were my own original ideas, this post is a mixture of fundamental RP concepts, my own opinions, and conclusions that were reached within the IRC channel. In this post I mainly wanted to explain fundamental concepts in an easy way, since I know a lot of women had questions about male dominance.

There are an understandable amount of misconceptions surrounding the terms “alpha” and “beta”. A large percentage of people, even the most RP aware, are guilty of assuming that alpha is always good and beta is always bad. This same group usually also considers the terms to be binary and/or mutually exclusive, instead of existing on a spectrum. Many believe that all alphas act one way, and all betas act another way. Referring to all alpha men as “Chads” and conflating betas with omegas only furthers the misinformation.

The source of this confusion stems in part from the multiple ways that the term can be used. There are alpha, beta, and omega traits, and the proportion of each type within a man contributes to both his success in the sexual marketplace and his position in the male hierarchy.

Alpha personality traits are not the same as the “ideal” traits a man should have. Most are expressions of dominance, superiority, and strength, in one way or another. What I will refer to as “positive” characteristics inspire arousal and submission in women, and command the respect of men. Some examples: confidence, security in oneself, physical prowess, passion, charisma, bravery, resilience, drive, independence, ambition, sexuality, leadership, strategicness, magnanimity, and overall excellence.

The “negative” characteristics can cause pain, fear, mistrust, and heartache. Some examples: controlling others, manipulation, selfishness, cruelty, violence, arrogance, stubbornness, and being demanding of others. The terms positive and negative have nothing to do with morality, they are a description of the effect each trait has overall on another person or on the man himself. There are definitely situations where qualities in with the positive label could be used against others, and where “negative” qualities are actually preferred.

There are some other terms that we use in this community when describing alpha men, so let’s define them!

- **Dark Tetrad** - Many of you know the term “Dark Triad” refers to a man with a high amount of narcissism, Machiavellianism, and psychopathy. The fourth trait is sadism, but most people use DT to mean the first three.
- **Caveman** - this descriptor is used when talking about a man with a more primal masculinity. He is untamed by society and extremely aggressive. This is not a man for low threshold women! They seem to be uniquely suited for HH women, since these ladies have stronger frames.
- **Patriarchal** - There are two different ways that “Patriarchal” is used. The first is when they are describing what should actually be called a greater beta. There is however a more elevated/extreme type of Patriarchal alpha, and this man would embody the King archetype (more info below), with a little more alpha-ness mixed in. Tywin Lannister is an excellent example of this type of man.
- **Renegade** - Renegade alphas are also known as sigmas. These men are outside of the male hierarchy but unlike omegas, their outsider status is a bonus. [Here](#) is a great post that another user made that gives an excellent portrait of this type of man.
- **Apex** - These guys are all around awesome. They excel in every way, even if you can’t put your finger on it. A lot of professionals are Apex alphas whether its athletes, wall street execs, musicians, or politicians.

Beta traits are essential to civilisation, and key to a solid long term relationship and marriage. Many positive beta traits are actually mistaken for alpha traits; some examples include responsibility, lawfulness, honesty, integrity, intellect, honor, generosity, and consideration of others. These traits allow others to connect with men and form relationships built on trust and mutual benefit. **Greater Betas** have a mixture of these positive traits, and positive alpha traits. They are traditional masculine men and excellent husband material for the majority of women. Negative beta qualities are often the inverse of positive alpha qualities - insecurity, supplication, spinelessness, weakness, feminine emotions/sensitivity, etc.

Omega traits arise when there is a lack of alpha and beta traits. The omega category is often forgotten, and unfortunately it leads to the dismissal of betas entirely. While negative beta traits arise from an innate desire to care and provide for others, omega traits are repellent. Men with a high amount of omega traits suffer from an inability to understand social dynamics and often respond inappropriately to situations, making others uncomfortable. They are off putting, which keeps them outside of the mainstream. This does lead to pseudo alpha traits since they can thrive in isolation and disregard the feelings and preferences of others.

Contrary to popular belief, men with 100% alpha traits do not rule in the male hierarchy. **Different proportions of alpha and beta are required in any group leader, the exact amount depends on the overall status of the group he belongs to.** The average lacrosse player will need to be more alpha than the average marine biologist. Similarly, when it comes to women, beta traits are necessary for harmonious committed relationships.

In an earlier draft I was playing around with the idea of male archetypes. I spoke about female archetypes in my last post and I wanted to devise a parallel system for men. After trial and error I settled on four categories, and then the next day I decided to google what was already out there. Imagine my surprise when the exact four categories I came up with (using different terms) were part of an extensive theory on male development! I am sharing this backstory because it was really exciting to have arrived at these ideas on my own.

In this next section I am mixing my personal thoughts in with the official theory, focusing specifically on how each archetype relates to others. I don't agree with the theory in its entirety but it is worth a read, the Art Of Manliness has an amazing series on these archetypes, and you can find it [here](#)!

Male Archetypes

Keep in mind that these are not personality types, they are behaviour patterns, and each man has elements of each category. Each archetype has two sub-types that are a result of different proportions of negative alpha and beta traits, whereas the main type is mostly positive alpha with just a small amount of positive beta.

- **King** - The king is a leader. He is decisive, powerful, mighty, centred, practical, and wise. He is protective of those under his care and aggressive against his enemies. He establishes order and is magnanimous with those who please him. On one extreme, the King becomes a **Tyrant** - cruel, demanding, unreasonable, selfish, and exploitative. On the other end of the spectrum, the King is a **Weakling** - cowardly, passive, immature, and insecure.
- **Warrior** - The warrior is strong. He has a raw masculine energy that cannot be contained. He is aggressive, energetic, purposeful, decisive, adaptable, skillful, unstoppable, and loyal to his values. One extreme is **The Sadist**, who delights in the misery of others, destruction, and pain. The other is **The Masochist**, who is powerless and unable to command respect.
- **Magician** - The magician is "the knower". He is adept at social situations, intelligent, cunning, and masterful. The original theory gets very new age with this. In my personal theory I labeled this type of man "The

Politician” because of the way he can navigate the ins and outs of power plays and leverage other’s weaknesses to his own advantage. One extreme of the Magician is **The Detached Manipulator**; this would be a man who is Machiavellian, cynical, and withholding. **The Innocent** One is the weaker extreme, he is not willing to put in effort to attain the power he wants, and he denies any responsibility and agency for his life.

- **Lover** - The lover is passionate. About women, and about life. He is sensual, charismatic, and understanding. He can read people with ease and seeks out life’s pleasures. **The Addicted Lover** takes this too far and burns through women and experiences quickly to the point where he does not enjoy them or feel fulfilled. The **Impotent Lover** is depressed, lonely, and lacking. He is unable to connect with others and overly strict with himself.

This chart shows the relationship between the various qualities, along with the boyhood versions that I didn’t include. Just like the female archetypes, each man switches between the roles based on the situation at hand, in addition to having primary and secondary archetypes. Also these traits don’t have to all be at the same level - a man could be a Tyrant, Warrior, Detached Manipulator, and Lover.

Don’t get locked into thinking that only one of the archetypes is the true/best type of alpha. We can have our preferences but that doesn’t mean that the qualities we don’t like are lesser. If you are drawn to Warrior types that is great! But the Lover archetype is a valid manifestation of alpha, as is the Magician. I think Game of Thrones is an excellent example of the many different forms that alpha men come in (no spoilers in the comments I’m only on season 5 lol) and in the future I will write more about the show as it applies to this series.

Now for some notes on how this all ties in with the dynamics:

- High dominance (H) men have over 50% alpha characteristics (positive and negative) and low dominance (L) men have over 50% beta characteristics (positive and negative). Omegas are not incorporated in this theory because it only applies to people who are a 5+ in both SMV and RMV.
 - Greater betas are L men, however **they are still more dominant than the LL women that they are suited for.** These men also are good matches for HL women, however there won’t be harmony if she does not respect him as a man.
 - Personality traits can sometimes be misleading. Not all alphas are extroverted, cocky - funny players, nor are they always explicitly leading others. Betas are also not all dorky losers who are inept with women.
 - Lower threshold women require a greater amount of positive beta traits, and the positive alpha traits are thrilling for her. An extremely low threshold woman may even prefer a man who only has positive beta traits, but she is likely to end up with someone that has negative beta traits as well.
 - High threshold women are drawn towards both the positive and the negative alpha traits. They may not require as many good beta traits, it depends on the individual woman.
 - Be careful about assuming that your man is H just because you are attracted to him! As **tintedlipbalm noted in the comments of my last dynamics post**, learning about RPW often alters both your relationship and how you view it. You may have a greater awareness of his masculinity, as well as your own submission/deference, and this may have led to your man exhibiting more alpha traits since he is free to be himself. The elimination of negative beta traits, and the increase of positive alpha traits, makes him a Greater Beta :)
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Thank you for reading I hope this was helpful and interesting! Looking forward to discussing it all with you in the

comments <3

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UPVOTES

"This is What I Want" --the only scene in Mona Lisa Smile that was relevant

Sunhappy_DC · 25 May 2016 · Archived copy · Reddit

This is probably one of the most condescending movies I've ever had the displeasure to watch, but there is a scene in the movie that I think is relevant. I think a lot of us can relate to Julia Stiles' character, who despite being very smart and ambitious for a while, wants to settle down and be a loving housewife for her husband, who is supportive of HER choices, whatever they are.

[Check out the Clip Here](#)

The reason this clip spoke to me is because Julia Roberts character is a smug bitch! She thinks she cares about Stiles' interests, but she's actually just projecting her own values and beliefs onto her. She's barely listening to her student and often times, I feel that society is barely listening to women like us.

To clarify, I'm a very confident, education, and outspoken woman of color. I have a great career. I'd pushed for social change in the halls of power at the top levels of government in the United States. That said, I really want to eventually stop working so hard, settle down and start a family. Preferably be a stay at home wife and mother. Those are my goals. Why is that so scary for feminists?

Are women not told they can do it all? If we can do it ALL, then we can easily do the SAHM thing without fuss. I am frankly tired of feminists telling us we have all the choices in the world but then berating us for choosing one that deliberately supports a man.

What are your thoughts ladies?

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UPVOTES

1,000 Subscribers!!! New users, come say 'Hello' :)

RPWives · 17 May 2016 · Archived copy · Reddit

We have officially passed the 1,000 subscriber mark!

In the spirit of celebrating this wonderful community, please take a moment to answer a few fun (and silly) questions:

1. What is your favorite piece of advice? (This could relate to life in general, relationships, finding happiness)
2. What is your Stripper name? The name of your first pet makes up your first name, and the name of the street you grew up on is your last name (please exclude numbers, and 'court,' 'place,' 'avenue' etc) **Edit:** If you use any of this information for passwords I recommend that you do two things. First, immediately change those passwords to something a bit more secure. Secondly, don't disclose any information that you think might compromise your personal identity.
3. What are some of your favorite romantic movies?

Please be sure to take a look around the sub. /u/TempestTcup wrote [this](#) introductory post for anyone that's trying to get their bearings here.

The addition of flairs has made it easier than ever to find topics that interest you the most! **We have had some amazing Field Report threads**, and it would be a shame for anyone to miss out on **the humor** posts.

If there's content you find yourself wishing there were *more* of - then the moderating team would like to encourage you to create a new thread! The Mods are always happy to help review any thread if you want some additional input, and we love it when users come together and organize personal projects like the **Self-Care Mega Thread** that /u/beautifulspacecadet, /u/eliza_schuyler, /u/mssadiedunham, /u/sariaru recently put together.

Thank you one and all for making this community something truly special.

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UPVOTES

The "Son Test" and How to Use it in the Vetting Process

Littleknownfacts · 1 May 2016 · Archived copy · Reddit

The 'son test' is a piece of theory that I've been working out in a couple of previous threads and when some questions came up about it in iirc chat, I was asked to make an independent thread to discuss it.

In essence, it is a way to do an honest self check to see where certain traits sit on the spectrum of need-want-red flag-deal breaker. We all know during the vetting process, we may excuse some bad traits in favor of other good ones, but over time those bad traits may grow to annoy us, or embarrass us, or anger us. You can try so hard to be the 'cool girlfriend' and try to overlook these traits, but if they are deal breakers for you (or lack of a need), you won't be happy in the long run.

If you believe your son absolutely needs a certain trait, it shows that you highly value that trait (that is a need value for your partner to have). If you think your son should be a certain way, but you wouldn't feel the need to punish him if he wasn't that way, it's a want in your partner. If you think your son should absolutely have no part of a certain thing, that should be something that's a dealbreaker for you because you value it's avoidance. If you would rather not have your son involved in a certain thing, but wouldn't really do anything to stop him, that's probably a red flag for you.

In practice this works because your husband will be the future father and role model for your children. If you want your children to share your certain values, it is your safest bet to find a father with those same values.

In the iirc, someone mentioned that you don't need to have a degree (as an example) to value education, but studies show that the children of families where both parents went to college are more likely to go to college than children where only one parent or neither parent goes to college. If you value education, you need to give your children the best chance to share that value. And by the numbers, the best way to do that is to have your partner with that value. Your husband will be your children's role model, they will pick up his worst habits and his best. Make sure that his worst habits are not something you would have to punish your son for, because if it bothers you that much in a son, it's an easy way for resentment to enter your romantic relationships.

As another example, if the idea of your Son smoking pot is terrifying to you, and your husband is a pot smoker, it is more likely that your children will be pot smokers. So use that as an elimination factor during the vetting process. Not sure if he drinks too much? How would you feel about your son drinking that much under the same circumstances? Not sure if he is treating his mother well? How would you feel if your son treated you that way?

It's true that your husband is not your son, so your standard of behavior would be different for each of them. And there would be times you and your husband do things that you rather not have your sons and daughters do. But the 'son test' is a values test. It's not saying that if your husband acts in a way that you wouldn't want your son to act he is a bad father. It's eliminating men that you think will be bad father's from the dating pool before you get to that point. It is saying that if a man you are getting to know acts in a way that would be appalling to you if it were your son, he needs to be nexted.

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UPVOTES

Repost - sex is important, k?

whitebunny87 · 30 April 2016 · Archived copy · Reddit

I came across [this post](#) in /r/deadbedrooms some time ago and just *loved* the top reply.

Re-reading it now, the OP seems pretty trollish, but regardless, it's a great post to look at. OP complains that she doesn't understand why her husband wants sex, when she's being such a great wife in all the other ways (like going to church and BBQs with him). She has a pretty boring whinge about it, but then a (now deleted) poster comes in and slaps some truth into her. In short, your husbands going to be fucking somebody, best be sure that it's you. Her point is so perfectly articulated that I won't even try to summarise it in here, go over now and have a read.

What I loved about this one is that it was posted in a non-RP sub, and the response to it was brilliant. *Everyone* agreed with her and a whole lotta gold was sent her way. I could see no evidence of RP in her posting history, which gives me hope that there are still "naturals" out there who aren't afraid to share their views on this. Good on her.

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UPVOTES

Hygge- The Danish Tradition of Making Anywhere Feel Like Home

MsSadieDunham · 28 April 2016 · Archived copy · Reddit

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UPVOTES

The Magic Mirror in Action

StingrayVC · 20 April 2016 · Archived copy · Reddit

Once you learn that people project their own deepest fears and insecurities upon you, your happiness increases. People who rage at you are usually not mad at you for what you did. They are outraged that your behavior revealed something about themselves. This concept is known as the magic mirror.

Most of us run into people who, in some manner, challenge what we do here. Sometimes it is kindly curiosity and sometimes it's just not. This can have the affect of second guessing our choices, most especially in that moment.

Shame is a powerful tool. But while others might try to drive us toward shame, it actually comes from ourselves. If we fully believe in what we are doing, no matter what others say to us or about it, it doesn't matter. We won't feel badly about it because *we* know we are right.

The effect this can have on those around is amazing. Some will rail. These are the people that are being written about in the article above. But for others, they become curious. They want to know how we can be so content, happy, and peaceful and while it will take longer, many of the people will ask you about it or comment on it because contentment and happiness are tangible.

When you are faced with people who would deride you for your choices, you must understand that the shame you might feel does not come from them. It can only come from you. Once you come to terms with this and the choices you have made in your life, there is no more shame. There is no more doubt. This is when people will begin to see and some will even reach out to you to learn how you've become so peaceful.

Don't let others lead you to doubt about how you live your life. You are the person who decides what is best. When you are in a relationship and it is truly happy, know this and live it. People from the outside will either hate you for it, or want to know how you did it. But the steadfastness and confidence to write off the world in favor of your own peace all come from you.

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UPVOTES

The Happy Wives Club

lazysnakes · 9 April 2016 · Archived copy · Reddit

My nickname for this group from now on is going to be The Happy Wives Club.

If anyone ever asks me what's your secret, how come you and hubbs are so happy and in love, I will say I found this group that explained to me exactly what I needed to do to have a happy marriage and a great relationship. It's called the Happy Wives Club.

It doesn't have to have anything to do with the redpill. That is the theory that supports it, but all we are doing is being supportive and working as a team with our SOs rather than being combative and cantankerous.

The next time some journalist comes snooping round and says all you women are regressive believing that women *must* stay at home and *must* defer to their husbands, they will be caught off-step with "we have free choice and we find we are happier this way". Put that in your pipe and smoke it!

And all the haters coming to say how can you do that to yourselves, what on earth possessed you to be nice to your husbands, what's wrong with you? Yeah.....

Personal reflection bit...

I took a great leap forward the other day, I believe thanks in great part to the kind support I got in the IRC room.

Right now I am thinking that this is not about him or us, this is about me. This is about making a commitment to myself. Instead of worrying about what everyone else says I should be doing, I need to commit to focus on those things that are relevant to me (obvious I know but I am an inveterate people pleaser and just need to keep realising that it's okay to give myself permission to value myself).

I unsubscribed from about three quarters of the subs I had, (including 'relationships' because I spend too much time there getting involved in other people's problems lol). I took facebook off my phone (for the third time!) but I suddenly had zero interest in looking at it, whereas recently it has been the first thing I look at in the morning and in every spare second of the day.

This is maybe going to sound dumb but also to keep on top of the housework and make myself look pretty for me, not for him per se, because I could never do it much because years of that kind of "check your privilege" indoctrination left me with an immobilising guilt in my heart.

Rambly bit!

There is a place to get to where you love yourself. Not in the narcissistic way promoted by popular culture, but authentically loving yourself in your heart and being at peace with your place in the world.

I actually believe that that is what we have all come here to do, from a spiritual perspective, but it takes a step by step journey (for most of us) to realise this in our own lives.

I stepped away from the environmental movement some time ago because I don't believe you can create a peaceful world through rage and revolution. I read a lot of 'new age' stuff during a reclusive phase which gave me a spiritual philosophy to increase genuine compassion and peace in my heart.

One of the key tenets that the authentic writers emphasise⁽¹⁾ is to take what feels right to you and discard the rest. Use your discernment to find your truth.

That has been very helpful for me, being someone who was for the most part overly idealistic and lacking in discernment i.e. everyone is wonderful and kind and I wouldn't want to be mean by saying that that person is a bad

person etc.

The point being that if it hadn't been for that approach I had been practicing I would not have been able to bear witness to and accept the reality of the redpill. Because the approach means taking everything to your heart and seeing if it feels right, irrespective of what your prejudices might say.

I always felt there was something 'off' with feminism because they have never admitted the eroticism of being objectified. The male gaze is what we crave, it's just that we want to feel the right combination of safe and sexy as we experience it. Well that's my truth anyway, and I have never come across anyone acknowledging that in public.

If you read any of the new age stuff that's around now, they talk a lot about 'raising your vibration' and 'ascension' which sounds like claptrap but I had a lot of time on my hands to get to the bottom of what they were talking about from my perspective the practice of ascension and the redpill philosophy have a great deal in common; at the bottom line, they are both about freeing yourself from co-dependency.

It is so interesting to me to be part of this journey and experience the positive impact on my life. The more I work on myself it benefits me and it also benefits everyone around me. It increases the amount of peace and happiness on earth. And that's what I'm all about!

1 (i.e. those that aren't trying to sell you something)

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UPVOTES

Podcast Recommendations

eliza_schuyler · 7 April 2016 · Archived copy · Reddit

I've started multi-tasking by combining morning work around the house with some podcasts. I would love it if you would share your favourite podcasts, whether they are RP-oriented, useful or just something you love!

I'm also looking into purchasing some audiobooks- any good suggestions other than "The Surrendered Wife" and "How to Improve Your Marriage Without Talking About It"? (Those two are already on my wish list!)

Thank you!

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UPVOTES

Helpful Habit: "Is It Worth It?"

utleya · 7 April 2016 · Archived copy · Reddit

This thought comes from a great book entitled "What Got You Here Won't Get You There," by Marshall Goldsmith. It's a career advice book, centered around the idea that successful people believe they are successful because of their choices and behaviors -- which makes them blind to when they are actually successful *in spite* of their behaviors. The book describes several behaviors that successful people can change to become even more successful at work.

...Asking "Is it worth it?" forces you to consider what the other person will feel after hearing your response. It forces you to play at least two moves ahead. Not many people do that.

...Asking "Is it worth it?" engages you in thinking beyond the discussion to consider how that person will behave the next time you talk.

...Think about the last time you floated an idea in a meeting and the most senior person in the room (assuming it wasn't you) ripped you for saying it. It doesn't matter whether the idea was dumb and the other person's response was brilliant - or vice versa. Just think about how you felt. Did you think more highly of the other person for saying it?

I re-read this book recently while looking for some advice about two of my personal behaviors: talking over people who misunderstand me, and ranting about problems instead of fixing them. I had noticed both of these behaviors generating negative responses from my husband, and I remembered this book being very insightful.

When I first started trying to practice this, I felt stifled. I felt like not being able to complain or correct people meant that I "couldn't be myself". After all, I love my husband precisely because we can talk about anything.

But as I continued practicing, I began to realize how much poured out of my mouth on a daily basis that just wasn't *worth it*. My words weren't harmful or cruel, but they weren't adding value, either. I had assumed that because my husband would listen to anything, that I should tell him everything. I began to realize that wasn't true. There is a great deal that floats through my mind every day that is neither emotionally helpful for me to share nor intellectually interesting for him to hear. It simply doesn't need to be said.

I've been continuing to practice asking myself "Is it *really* worth it?" before speaking, both at home and at work. If I value the person I'm conversing with, then asking "Is it worth it?" before every sentence prioritizes the relationship over whatever particular thing I have to say.

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UPVOTES

Happy Everyday- The Celebrations Between The Holidays

[deleted] · 6 April 2016 · Archived copy · Reddit

[deleted]

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UPVOTES

Mental Floss: 9 Strange Courtship Rituals From Around the World by Ethan Trex

PhantomDream09 · 4 April 2016 · Archived copy · Reddit

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UPVOTES

Husband Not Affectionate | Laura Doyle

wingnut · 4 April 2016 · Archived copy · Reddit

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UPVOTES

[Question for clarification] Why is a Beta Fucks a bad investment for an RPW?

Xemnas81 · 3 April 2016 · Archived copy · Reddit

On the breakaway thread on r/PurplePillDebate, I saw the complaint that TRP is engaging in 'beta solipsism' regarding what women want. They said that TRP is likely 'building a better Beta' which (among other complaints) was not in line with female sexual strategy.

My question is; why is a beta in this context a bad thing? (Beta *Fucks*, not Beta Bucks, naturally.) If AF is a man who is likely to plate or pump and dump you, and wild Alphas are just plain psychopathic, then surely either BF or Alpha Bucks are the ideal SOs/husbands? If Hypergamy desires a high value masculine man with many options to commit to her, is not BF better sexual strategy than AF, despite your visceral attraction to AF? Though not as wealthy or high status as ABs, BFs differ from BBs in that they actually are attractive, masculine (typically in a rakish manner,) seductive, and good in bed. In which case, what is the difference between BF and the apparently loathed build-a-better-beta?

Thanks for your time.

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UPVOTES

Women attracted to dark and brooding men because they want to find a mate

TempestTcup · 3 April 2016 · Archived copy · Reddit

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UPVOTES

Women And The Death Of Femininity

Camille11325 · 3 April 2016 · Archived copy · Reddit

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UPVOTES

Feminine clothing at home

LaneysWorld2 · 25 May 2019 · Archived copy · Reddit

Are there certain clothes you wear at home to feel more in line with your role as a wife, mother or girlfriend? Especially for housework and when serving your family.

Whenever I visited my fiance I made it a habit to put on an apron to feel at home in my role, now that we live together I already feel like a housewife and ready for any chores or cooking. I also add kerchiefs for dusting or oven mitts for baking and he loves it.

The recent posts about the chapters in "Fascinating Womanhood" about feminine appearance and being a domestic goddess inspired me to do this thread! It's called a "housedress" in the book and a cute idea for looking more feminine and elegant at home.

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UPVOTES

Boyfriend will go to a bachelor party in Amsterdam

notreallyintothat_ · 26 June 2019 · Archived copy · Reddit

- How old are you (and how old is your partner) and how familiar are you with RPW?

I'm 23 and I've been reading RP material for a few years now, my boyfriend is 29.

- What is your relationship status?

We've been dating exclusively for about a year.

- What is the problem? (Don't badmouth your SO!)

My boyfriend told me he would be going to a bachelor party in Amsterdam in a few months. I've always thought that this kind of bachelor/bachelorette party were pretty trashy and that I wouldn't want to have for myself or my partner.

- What have you done to resolve this problem?

I've told him that I didn't like the idea but that I wouldn't control him and tell him not to go. I think the issue is also that we've never been on vacation together and that he won't really take time off or spend money to do expensive things like that with me. Overall it just makes me feel sick and like I'm not that important to him. Is this something that I should be okay with?

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UPVOTES

on the verge of failing at homemaking 101

piratebabygirl · 14 April 2020 · Archived copy · Reddit

tl;dr: Poor country girl marries upper middle class businessman. He expects me to decorate home with my womanly insight; I do not understand where to start.

My husband and I have been married for 2.5 years, 2nd marriage for both of us. We have a very traditional relationship; except he does all the cooking (he loves to cook). We have a large 2 story home that is a hodge-podge of stuff. He has asked me to go room by room over a couple years as our budget allows decorating. He told me to start with my office/craft room. I decided on my paint colors. I ran out and bought the paint right before my area's stay at home order, thinking great time to get the painting done.

In random conversation he asked me how the color I picked for my office will flow into the rest of the downstairs rooms. He made a few comments about cohesion and "keeping an eye on decorating a whole home, not a collection of disjointed rooms." Boy, that had me looking like a racoon caught in the trash can.

I started reading, watching, podcasting, and pinteresting til my hand cramped. I have no idea where to even start. I know we want a country/French coastal style. I know we want color on the walls but I need to somehow make my already purchased Sherwin-Williams silver peony with gentle grape accent wall office colors seem not out of place.

I do think he would consider hiring an interior decorator is a frivolous expense. He has a wife for that.

I feel like I am on the verge of failing at homemaking 101. Please help!

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UPVOTES

Defining the use for a room.

anothergoodbook · 31 May 2021 · Archived copy · Reddit

Homekeeping is an ongoing art, a process, not an end product. It will never be "all done." Bathrooms, clothes, and dishes, once clean, have a way of getting dirty again. But home is meant to be lived in, in the fullest, most potentially fulfilling way for everyone in it. That means that every room does not need to be picture perfect and waiting for a perfect display, but rather, each room has a sense of order and calmness to it. The home looks like someone lives there, without appearing messy or cluttered. ~Mrs's Dunwoddy's Excellent Instructions for Housekeeping

I read my husband this quote and said, "I have no idea how to do this. I only know the in between - absolute mess or perfection". He said, "I know what it is. It's when you define a room and it has a purpose and the things in it are all contributing to that purpose. Like yes dishes in the sink happen and don't look like a huge mess, but dishes on the side table in the living room aren't supposed to be there and it looks cluttered and messy".

He talked about our living room that has the school bookshelf and computer in there along with boxes of books to be donated, a tub of toys that isn't ours, and an arts and crafts shelf. He explained as long as those are there this is a school room. And it will feel chaotic if you are trying to sit in here and relax because you can't relax in a school room. This all finally clicked for me and it feels like an epiphany. We talked about how we can arrange it so when people come in this room can be a welcome calm instead of feeling like chaos.

I was worried about money (we'd like to set up a sitting area) and he said "we will figure that part out - it's not a big deal". We came up with a plan to redecorate this room to line it up with our expectations. Of course the other part of this is not having more than we need. Which is definitely a problem for us. I have a hard time saying no - so when friends offer me clothes or whatever hand me downs they are passing along I just quietly accept and we have more clutter.

Anyway so the point of this was discussing the idea of the purpose of a room. What rooms do you have and what are their purpose? Does that help it feel calmer in your home? How do you achieve that lived in, not messy not perfect feel in your home?

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UPVOTES

Tips on keeping him in good spirits, despite unemployment. NSFW

aussiedog2017 · 7 August 2017 · Archived copy · Reddit

Quick summary: My boyfriend is in his mid-twenties is a recent college graduate and is unemployed. I'm looking for ways I can help keep his mood positive without stepping on his toes. Please advise.

How old are you and how familiar are you with RPW? I am in my early twenties, and I've been a long time lurker on RRW. However, I decided to make my first account in order to become more involved with the community here.

What is your relationship status? I have been happily dating my boyfriend exclusively for 6 months, however we were close friends for three years before we began dating.

What is the problem? (Don't badmouth your SO!) My boyfriend is a recent college graduate. He is sharp and well-educated, however he has been having a difficult time since his graduation in early May. He has been applying and networking since January and has not found much success in the job hunt.

While he has been diligent and patient for the majority of this time, I think the stress of unemployment and impending student loans are starting to manifest itself in other places in his life. He has had trouble sleeping and has stopped wanting to go to the gym. Instead of reliving pressure through self care tactics, he seems to prefer drinking and rough sex.

How have you contributed to the problem? I have been very anxious about the possibility of him remaining unemployed. I have kept a relatively happy face, but I'm terrified of the future. He has always been sure-footed and a strong leader, so seeing him this low has been difficult for me. There's a chance that he has picked up on my nervousness because he has always read my emotions very well.

How long has this been an issue? This has been an issue for two months.

What have you done to resolve this problem? This week especially, I've been staying positive and letting him vent frustrations to me. A few things I have tried to help him unwind: favorite dinner, bjs, back rubs, editing emails/cover letters (when asked), dishes, laundry, surprise love notes, hiking, face masks, intercourse twice daily, and spooning (which he loves).

How long have you been together? 6 months as significant others. 3 years as close friends.

Is your relationship long-distance? N/A

Do you have an active bedroom life? Extremely. It's a little more aggressive and forceful during this difficult time. I like it rough, but this has gotten to the point where he has been ripping my vagina on the sides.

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UPVOTES

[Hi-First Post!] BuzzFeed's "Plus Size Fashion" video is cruel and stupid [little long, but hilarious]

KathAmerica · 24 January 2017 · Archived copy · Reddit

<https://youtu.be/stUvK6YLvOs>

loading...

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UPVOTES

Want to be a stay at home wife but.....

throwaway37384858 · 17 February 2022 · Archived copy · Reddit

18F Indian, I want to marry and be a stay at home wife but I'm scared of abuse and getting cheated on or my future husband might have a mistress behind my back. I have witnessed so many close relatives in my life who are all housewives get abused and cheated on and have seen the mental and emotional toll on them this has made my other sisters disdain marriage and have taken vows to never marry. But I still want to marry I want to be a stay at home wife and have kids. but my biggest fear is that what if my husband never finds me attractive after I give birth it's more disheartening to see the rates of married men who hire escorts or visit prostitutes. It makes me lose hope that I will ever get a loyal husband or an honest and respectful marriage.

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UPVOTES

Great new homemaking YouTube channel - GWEN

rosebyanyothername1 · 3 April 2022 · Archived copy · Reddit

Less than 3K subscribers so far, but it's a gem -- more people should check her out. Great perspectives. Found her while searching for childless homemaker.

<https://youtu.be/SRYbgxHmP-k>

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UPVOTES

Hubby/Boyfriend/SO gratitude chain?

Sillkentofu · 3 May 2022 · Archived copy · Reddit

Maybe this doesn't need its own post, but I'm feeling so grateful for my baby rn I just had to express it somewhere!

My boyfriend and I are both young, so while he does try his best to provide, I contribute to the relationship as well. We have a mutual goal for him to be the main provider one day, but that's not why I'm with him.

He just ran to target to do me a favor and I sent him the money for the things I needed and a couple extra dollars so he could get himself a snack or something. He called me asking what kind of chips I prefer out of two choices, and when I told him the snack money was for him, he said he knew but he really wanted to share. He's so selfless when it comes to me to the point where he can't even buy himself something without wanting me to have some too. I'm just grateful to have a man who is so thoughtful and loves me the way he does. He does a lot of grand selfless acts but the small things show me that he's constantly thinking of me.

Please drop any gratitude/love/prayers for your man if you want ☺

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UPVOTES

How to keep minor complaints to myself?

TeddyPicker916_ · 3 April 2023 · Archived copy · Reddit

Like most human beings, I (30F) suffer ailments from time to time. I have a pretty rough first day on my period, one or two migraines a month and I tend to doze off/get lethargic in the evening (after dinner and the kitchen is put to rest!)

My husband (32M) is a loving and attentive partner and if ever I'm not feeling well he's always on hand with a hot water bottle or encourages me to go up to bed to get some rest.

But lately I've noticed that I am quite vocal when it comes to these regular and ultimately manageable inconveniences. If I've got cramps I'll send him a text in the middle of the workday about it. I guess I just want to be acknowledged in that moment but what is he supposed to say? I'm not sure I'd know what to say if I got the same text asides from 'poor you!' over and over.

In the moment though, I want to let him know how I'm feeling. But I'd rather save it for the end of the day when we're face to face. Or, push through and not have our conversations revolve around my constant state of being.

Are there any strategies you use to deflect this sort of compulsion? Write it down somewhere? I'd rather not just tell a friend instead - same problem but different person I'm even less intimate with.

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UPVOTES

What would the “Surrendered Wife” approach be to husband’s excessive porn use?

abysmalrotoscoping · 4 August 2023 · Archived copy · Reddit

I read Doyle early on in our marriage (we’re 28F and 47M) and was so excited to be in that kind of marriage. I’m a SAHM and we have 2 babies under 2. I do 100% of the cooking and cleaning. He spoils me financially and in our lives, always picking up projects to make me happy and make my dreams come true. He’s extremely affectionate and compliments me often, loves to cuddle and spend time together.

From the time I got pregnant with my first, sex has been an issue. I just never felt desired and would be frequently turned down. He’s loving and treats me like his queen in most ways, except in the bedroom. I could walk into the room naked and he wouldn’t even glance up. He doesn’t try to remove my clothes during sex and has almost never touched my breasts/genitals/butt etc in a way indicating that he’s attracted to me. I’ve surprised him with his favorite fantasy roleplay costumes, I’ve offered him head EVERY morning, I’ve done romantic bubble bath massage things and he just goes to sleep, I’ve tried texting nudes.. If you name it I’ve tried it. Basically the only times he’s been excited about sex has been trying to conceive.

I swallowed this because he always said it was stress, work, aging, tired, busy, depressed, something different every time. I thought maybe it was age and didn’t want to be the younger partner blaming him.

Then I found the porn.

And I scrolled back and it all made sense.

Almost every day going back months and years he’s been watching porn and I had no idea. Watching while I slept, while I took care of the babies, while he was supposedly working in his home office. Watching extremely skinny and perfect girls. Watching girls who look younger than me and like they’ve never had babies. I was fucking crushed and we fought for months.

I read a ton about porn addiction and sent him all the studies. I begged him to cool it. I told him I would be available and enthusiastic any time possible, I would focus all my efforts on weight loss and fitness, get whatever hairstyle or a tummy tuck or boob job or whatever it is he needs to want me instead but it WILL NOT WORK if he’s desensitizing his brain with infinite novelty every day. I told him I will do my part but he has to do his.

We had a few false starts where he talked about stopping but didn’t explicitly promise and I’d find he never stopped, and he’d weasel out of it - say he didn’t realize I wanted him to, or he just forgot and clicked on it out of habit without realizing it or didn’t think it counted if he was just using it to get to sleep while he was on a business trip and I wasn’t there anyway, or he just watched it to get ideas of things to try with me and wasn’t getting turned on by it, etc. So I finally cornered him and got it explicitly in writing - no porn for 1 month, whatsoever, while we work on our sex life. He promised, in writing.

I checked today and looks like he made it 7 days before caving. I didn’t tell him I knew, just asked how the no porn was going and he said great. Btw, he’s making an effort with flowers and compliments but in terms of feeling him want me, the sex has not improved.

Clearly my attempts are failing. I don’t want to be the porn police or try to control him. I want to go back to the beginning and win him over softly. I’ve tried SHOWERING him in affection, pampering him, being super fun and getting us out doing things, offering as much new and exciting sex as I can fit into our day utilizing babysitters and sleep training and screen time, but it doesn’t seem to be working.

For instance, when he told me he was into the anime cosplay look I surprised him dressed up that way and even watched the specific videos he had watched even though it was painful so I could try to do the expressions/sounds etc he likes - literally with a 1 year old and 2 month old I made time to shave, moisturize, self tan, dress up, do makeup and hair, get everyone to nap at the same time — what ended up happening was that he didn’t finish, and

hours later was on the ipad watching anime cosplay porn. Like wtf.

Following his lead here scares me so badly but taking charge doesn't seem to be working either.

I vetted him well and read Fascinating Womanhood and Surrendered Wife and Empowered Wife all early and I just don't know where to go from here.

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UPVOTES

Seeking words of encouragement

Bubbly_General_6100 · 4 October 2023 · Archived copy · Reddit

Here lately I don't know what is into me... I am usually always the type of woman who loves my husband, loves serving him, loves tending to our children and loves making a home.

However recently I've been so bitter and angry. I feel inconvenienced by my children, I've been holding onto little irritations I have with my husband, and I've been looking at my wife and motherhood duties as like a maid servant and misery more than a joy.

I think part of me just looks at the women around me and I'm the only one who stays home and they all treat me like I'm a victim, like it's so sad to be doing what I do. (These aren't friends but rather family and in-laws) And I think over time it's gotten to me. I think the issue is inside somewhere I worry im missing out and that im doing all of this for nothing but I miss enjoying what I do because I believe it's important. Any advice or encouragement would be so appreciated.

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UPVOTES

The death of an ideal...what's next?

Poppler789 · 2 March 2024 · Archived copy · Reddit

My husband recently disclosed that he had considered divorce a few years ago when we were going through a hard time. I was lying to his face about bingeing food. I understand it was the lying that was the problem and not the bingeing itself. In summary, he was totally valid to consider it, I can understand his point of view and I know I was in the wrong.

I know logically he proved his commitment by never threatening me with the D word at the time, doing everything he could think of to help me, plus he stayed by my side all the way through despite having these private thoughts. We are now on the other side where things are objectively better than ever. We are in a great place, at least from his perspective.

However, my existential malaise has surfaced again. I haven't felt this for a very long time and I need to get my thoughts into the void for some perspective from others.

I am really sad about the fact that my husband had those thoughts about divorcing me because I never ever once had that thought cross my mind when things were in a really bad place. I stuck by him when he had a very serious illness where there was the possibility he might not be able to work again. It changed his personality (thankfully temporarily) where he acted resentful and upset with me and my only thought was "HOW am I going to endure a marriage where my husband resents me, for the rest of my life?" The question was never "SHOULD I endure this for the rest of my life?". And therein lies the fundamental difference in our ideals.

His testosterone levels were low (unbeknownst to us at the time) and he was being grumpy and critical of me but I never once waived in my commitment to our marriage despite it slowly eroding my self-esteem.

In hindsight, I now look back and see all the problems which led us to that point and they have been resolved by both of us doing real, hard work on ourselves and our relationship. He is a truly great man in every sense and I am lucky to have him (and vice versa).

But what do I do with this realisation that my husband didn't hold our marriage vows as an unbreakable, sacred oath in the same way I did? I thought we had something really special that people aspired for, I thought we loved each other unconditionally. I now know logically that unconditional love is unrealistic and unhealthy. Just because I upheld myself to this ideal, doesn't mean that others do too. And it also prevented me from speaking up and retaining some semblance of self-respect during the lowest times.

So my idealisation of unconditional love needs to die. I feel like I am grieving it somewhat like a death. Now that my husband has mentioned he thought about divorce, I have had to imagine what my life would look like without him in it. I am a practical person so I need to plan for this new perspective. I know I would be fine, and he would be fine. But the fact that I even had to think about it as an alternative makes me feel this intense emptiness. Now what is the point of life? Not in a depressed, going to end it all way, just in the fact that my whole life was working towards being that old content couple who achieved Plato's ideal of male and female halves feeling whole. I am left with the realisation that he is not the manifestation of my projected ideal. It was a naïve notion. Can I deconstruct my reality and build something different from the ashes to achieve an end goal even better than what I previously wanted? What is it?

Can I still work towards that dream of complete intimacy after knowing this? My husband is ready and trying to coax that level of deep, all-encompassing connectedness out of me, as he is finally ready (and he deserves it). I sometimes yield, but it's only temporary and the rose-coloured glasses fall off again leaving me back at this point. He has said some of the most real, intimate things to me (and I him) in the past year which have reassured me for a while. We have felt a level of intimacy in those moments that I would catalogue as a peak human experience; if you've felt them before you know what I mean. I now know why humans chase this feeling our whole lives, but it fades. Why do women (humans?) need this much constant reassurance! I wish I was free of it! Now what? Where

do I go from here? Can any wiser people out there give me some advice?

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UPVOTES

Mod Note: New Sub of Cranky Singles

blushingoleander · 24 June 2024 · Archived copy · Reddit

Hi y'all. The last week we have been seeing women from [r/BurbNBougie](#) wandering in here to hate on RPW. These are the type to hate men and think we are doormats or pickmes for trying to have a cooperative relationship with men.

We will be banning as we see them. You are certainly welcome to argue or to not waste your time but if you see this sub in a persons post history, especially if the person is being argumentative and non-RPW, please report that so we can handle it.

And as a note, the mods long ago set up this sub so that enough reports will automatically remove problem posts and comments so by hitting the report button, you are helping in a real and tangible way!

And if you are reading this because you stumbled in from BurbNBougie, we are living happy lives and don't need your help or input. Thanks but please do us a favor and see yourselves out. Too much more of this and we will be reporting your sub for brigading.

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UPVOTES

The Temperament of You & Your Husband - It Matters

ThatStepfordGal · 12 July 2024 · Archived copy · Reddit

If there's a key element that made the emotional side of things easier for me, navigating a relationship and now a marriage emotionally, it's knowing my temperament and my husband's.

What is a *temperament*?

These are personality types that categorise someone, though to be more accurate, most individuals classify under one mostly but have a bit of another. There are 4 temperaments:

Choleric

Phlegmatic

Sanguine

Melancholic

This is something you can learn about through books, sites and podcasts and the more you read into it, the better. So, I will include just a brief description here, you can extend your knowledge by accessing these resources. These descriptions are in no way extensive, just to note.

Choleric:

Strong and bold individuals who speak directly and bluntly, assertive voices. Qualities include always focusing around 'being right' and solutions, simplifying issues and being brutally honest.

Phlegmatic:

Individuals who value teamwork and avoid conflict, they are usually quieter and choose words carefully, being a listener. Qualities include seeing things in different spectrums, taking their time in processing information and emotions, as well as being great at 'reading' people.

Sanguine:

Outgoing and sociable characters that demonstrate great charm in their relationships and circles. Qualities include being great at coming up with ideas, getting someone to come out of their shell and bringing life into a room.

Melancholic:

Deep and thoughtful characters who care about their performance and perfection - as well the feelings of others. Qualities include having great attention to details and holding things to great standards, while also hesitating saying no to things.

How to approach...

(Taken from the book: The Temperament God Gave Your Spouse)

Choleric: Treat them with respect and admiration, as they take charge in the right ways. Encourage their empathy by demonstrating how that can lead to success.

Phlegmatic: Encourage them to start taking charge, with praise and affirmation. Grow their confidence through gentle reminders and support.

Sanguine: Do things together and express love and affection openly. Support them in taking accountability in seeing things through.

Melancholic: Respect their space and rules, appreciate their insights. Give them time to make decisions and allow them to make up their own mind deeply.

No type is better than another, and I'm sure if you take a good look around, you'll be able to identify someone of each type in your life - but the most important one to know, is your husband.

Since if you can see the differences and contrasts between your temperance, miscommunications can easily begin to make more sense and you can be more intentional in working with his temperament.

You also need to accept that he isn't going to communicate and process emotions as you do.

I know now that my husband and I have the same values, but in character? Almost total opposites.

For example, these days as we are moving house, there's so many people to contact to get updates, contracts and the such. He's so great at remembering what everyone does, the details and deciding major factors. But as things have been getting complex mistakes and things are missed and he becomes increasingly frustrated at multiple individuals involved, he stewes - but me? I'm not afraid to start calling and asking for answers, he's more patient.

I'll step in with some force if needed.

Because I am now so heavily pregnant and I'm not having this nonsense going around, I just want to be settled so I can sort my hospital bag already!

That is the choleric in me, and the phlegmatic in him.

This also means in times that are quite emotional and stressful, I notice he tends to process this inside and sort it all in his head, which needs time.

To the contrary, I'm all for discussing and breaking thoughts down with him, a friend and even writing notes so I can see what I need to do about it.

These are all just examples in our lives, but it all comes from knowing our temperaments. If you want to take the next step in your marriage and upgrade your understanding, be a better communicator and almost have a 'cheat sheet' to approaching your husband, start learning the temperaments.

All you need is the internet, good books and an inquisitive mind!

How about some resources to get you started? You're welcome.

Books

The Temperament God Gave You - Art & Laraine Bennett

The Temperament God Gave Your Spouse - Art & Laraine Bennett

The Four Temperaments: A Rediscovery of the Ancient Way of Understanding Health and Character - Randy Rolfe

Links

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[https://www.sunrisewaldorf.org/post/the-four-temperaments-in-waldorf-education-tips-for-parents#:~:text=They%20are%20sanguine%20\(air\)%2C,harmonize%20the%20temperaments%20in%20themselves%2C,harmonize%20the%20temperaments%20in%20themselves](https://www.sunrisewaldorf.org/post/the-four-temperaments-in-waldorf-education-tips-for-parents#:~:text=They%20are%20sanguine%20(air)%2C,harmonize%20the%20temperaments%20in%20themselves%2C,harmonize%20the%20temperaments%20in%20themselves)

- <https://www.theaiam.com.au/wp-content/uploads/2016/09/Hippocrates-4-Temperaments-Digital-Copy.pdf>

- <https://fourtemperaments.com/4-primary-temperaments/>

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UPVOTES

That Stepford Gal: Through Pregnancy, Postpartum and Profound Things

ThatStepfordGal · 28 September 2024 · Archived copy · Reddit

Greetings ladies!

It's great to be writing again, as I've needed the last couple months to gather my thoughts, since there had been so many changes and I needed to process them.

These realisations and thoughts I've come to developed and evolved, so I'll share them here in their depth and complexities, as different and specific topics.

Just know, these are *my* thoughts and so, they reflect my experiences and truths to me - I understand that depending on where you are, your choices and the such, you could see these things differently..

In August I gave birth to our beautiful daughter, she came ahead! My husband and I entered this new chapter with so much joy, trepidation and excitement. Not long before that day, we moved into a new home and just managed to settle.

A week later, she said she wanted to join us too and so she came.

I can't even begin to describe those initial days.

Nevertheless, I'll try to do that here, because from the beginning - honestly? It was all a lot.

The Experience of Labour and Mother's Experiences Are Not Spoken About Enough

Since I gave birth a month ahead, I didn't actually get much time to even get anxious about the birth, at that time I was just starting to think about it and I was just a little scared.

The experience as it came itself, was in short, excruciating and terrifying even though it was all worth it.

My waters broke the day before and I was admitted, just waiting for labour to start, I thought to myself I just wanted it to happen NOW so I could finally meet her, get it done.

Then it happened so quickly, one minute I was talking to my Dad on the phone, bored and a little uncomfortable due to minor contractions and then it hit like a wave. I was screaming intermittently and being wheeled into the birthing room.

My labour was about 5 hours but I felt every minute.

I became dilated and progressed through it quickly, I dreaded every contraction and I sucked in that gas like nothing else in my life. I was in so much pain that by the time a nurse came to me to ask if I wanted an epidural I was already too late, writhing and moaning and my husband had to tell her I couldn't sit still anymore to be even injected.

Then she came and it...is magic, such a beautiful moment even though I was barely conscious. I couldn't believe it, this is our daughter, our selves combined!

I cried.

There was family there, they had been waiting outside all those hours and my stepmother, husband and mother-in-law had comforted and encouraged me throughout the labour.

They could hear me scream all that time.

Yet, I'd been so glad to be holding our amazing girl as they all came in to say hi for the first time.

The difficult bit there is the next days, especially being discharged.

It's like...everyone forgot I even went through labour, barely anyone asked how I was going (especially physically), if I was recovering, after the nurses at the hospital. I understand that everyone is excited for baby (especially us!), but no-one really checked in if I started to feel back to normal again.

Except for my mother-in-law who sat me down and just asked me about me, and I couldn't keep it in that time, I got teary talking to her. She's amazing.

She also reminded everyone, my husband and I to check in and maybe see a specialist just to see if my lower body (especially pelvic area) was healing right.

Maybe it's the fact I had a 'short' labour, natural birth and no epidural that everyone assumed it was easy. It could be the hormones and etc.

I wish that everyone checked in on me more, acknowledged the pain and the work I endured in labour. It's just that emotional affirmation.

It doesn't mean that I regret it, goodness not at all because all I had to do was look at her and I knew I was witnessing a miracle. I am joyful I gave birth to our daughter, but also traumatised by the birth, they are both true and valid feelings I experienced at the same time.

I gathered myself and some courage to express this to my husband and he's become such a big emotional support. He said he started to get an idea I'd been struggling but didn't like to assume til I confirmed it.

Granted, he's been so helpful and supportive from the beginning, though more so hands-on in the duties and everything, but after this it also became emotional.

I think it's not a single person, it's a societal attitude towards women, labour and the pains. I'm just grateful that my husband and those close to me listen and care, as soon as I've began to share.

I also needed to learn how to share such feelings.

Even now I definitely want another child, but I'm terrified of the labour and birthing itself.

The Man You Choose To Be Your Husband Is Going To Determine Your Happiness In Life As A Mother

Now, I'm not saying everything is about men and you start becoming a slave and worshipper - not at all. I'm saying it makes the biggest difference who you choose to be at your side, as this is going to determine how easy/difficult your life is going to be as you become a mother.

To all those single and dating ladies, listen.

These times that you are dating, should be crucial. I know in these circles there's common sentiments about 'settling' and getting 'Mr. Good Enough' but I don't believe in that, never did. The man you choose to be with, marry and have children with, is everything.

I'm telling you, as I stood there before the mirror the night I gave birth, barely able to stand, bleeding and running on 2 hours sleep, seeing my stomach still kinda big...I just felt as if I weren't myself and I wanted to cry.

The following nights as baby cried and needed diaper changes and I'm so tired and healing and everything...I saw my husband get up to change her, smile and cradle her despite getting no sleep and dark circles - I knew. I just knew.

This is the best person I could go through this journey with. Someone patient, kind and strong.

Someone that understands all that needs to be done, holding such a great love and bond for his child.

It's just that.

So many women just settle because someone is nice, 'rich' and all that, but god, how could you go through those initial days and the sleepless nights and you're still weak and emotionally and physically recovering - alongside someone lazy and neglectful, half-assed and even the slight bit lacking in support?

You might as well just shoot yourself in the foot and then run a marathon!

My husband is going to back to work soon but the toughest days are behind us now. I definitely could not make it to now, if he didn't step to the table.

Truly.

So ladies, the next time you go for a date and look across to that guy, especially if things are getting serious - think about that. If you want children is this someone who'd go sleepless and bottle-feed a screaming baby?

Is this a guy that still smiles despite being vomited at, eyes twinkling at his baby?

Someone that'll dedicate everything to you and your children, knowing everything you've been through just to grow and birth your baby into the world?

If not, you ditch them straight away. Save yourself the trouble and don't doom yourself.

Because this is going to affect your life for the next 18+ years and even after, the man you choose to call your husband.

The Parenting You See 'Everywhere' These Days Is Misguided and Ineffective

Even when I was still pregnant, I already started searching for and reading parenting books, my favourites are normally Catholic-based. I'm someone who likes being ready for something, ahead of time.

I live in Australia so the parenting I normally see is 'modern' (except the immigrants). Gentle and all that shebang, daycare is big and normalised, and through the years teaching and nannying, I've seen many things that I just don't like.

In my eyes, I think in developed countries there's a growing trend against children. There's a sentiment that parenting is too difficult and especially having several young children - to some extent I do agree, but life has its challenges.

I believe the negativity towards parenting comes from the culture of disrespect among children and teenagers, resulting from lacking in parenting itself. Now I'm not going to claim that I've been raised 100% right, since as some of you know, I experienced divorce. But before that, I can say that in many ways, they've brought me up greatly and taught me respect and discipline.

Goodness knows I hated it at the time, but I'm going to say it'd been right.

So what do I mean exactly?

It's avoiding 'gentleness'.

It's parenting that actually focuses around establishing respect, parents as leaders and not allowing their life to revolve around their children.

To love and cherish your child, but not allowing them to be the centre, your marriage and partnership is the driver.

Creating good boundaries and establishing order so that you can care for and guide them at the same time. To this day, I give credit that I've been taught this. Good morals. Values.

Even from the beginning I worried about my daughter. In today's culture there is such a disrespect for women (and celebrities are even proud to be sexualised!), social media and the culture does not encourage children to take responsibility and be an integral part in their family. They do not encourage those family strengths, they promote consuming, instant gratification and in girls, 'grace-lessness.'

The reason so many don't see parenting in a good light anymore is because they see it as years being spent running after toddlers and screaming and unruliness.

It's simple, if you raise your children to have structure, respect and love you can avoid that. Yes, not every child is the same so it's not an ideal guarantee, but it's your strongest bet.

I aim to be different.

I'm going to teach my daughter all these lessons I also learned in these years about grace, discernment and self-awareness. Femininity.

I'm going to teach her about responsibility, through creating routines and delegated chores and accountability. I'm reading books, listening to episodes and talking to my grandmother about this, she's already given amazing advice.

So that by the time her sibling comes, she can be a great and loving elder sister - but also a tiny helper (to an appropriate extent) to Mum.

I say this but I know it'll be tough, considering the culture and even myself, as right now I'm all too used to cooing and spoiling her!

But I know I need to do the best I can as the time comes, since it'll be a key determinant to her joy and contentment in life.

Conclusion

As I sit now typing this, baby girl is sitting in her bassinet gurgling and looking up with those bright eyes.

All the sleeplessness, sore chest and crazy schedule cycles disappear every time she begins to smile and...I could just grab those chubby, bubby cheeks!

Just there, my groggy husband is at the couch, chuckling as he notices the cute little sounds, glancing at her...

*...I know it's all alright and I'm so **blessed**.*

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UPVOTES

What to do when overwhelm affects the marriage

Internal-Low7928 · 20 October 2024 · Archived copy · Reddit

First post, trying to follow all the rules!

Self: I am 42. Husband is 38. I am not very familiar with RPW but I am not sure where else to ask this. Truthfully I'm coming more from a complementarian Christian perspective but this board seems relevant.

Relationship: My husband and I have been married 7 years, together 9. We share a home and a child. Our bedroom life is less active than we would like, although we believe we have a new babysitter so I hope that will change! (I seem to care more about the issue than he does, but it's hard to tell, he's def a strong-and-silent type.)

Problem: The problem is that I let my husband take on way too much of the childcare and I don't think it's fair to him and it's not consistent with the ways in which I would like to serve him. This issue has been going on almost forever (our child is 6), but I'm only recently acknowledging that it is a problem, rather than just... feeling a mixture of guilt and gratitude that I try to ignore because it's uncomfortable.

My contribution: I think the basic problem is that my husband is just much better self-regulated than I am. So first of all, I get way too impatient with my son. This makes my husband step in when he senses I'm at my limit--but my limit is way too little! My husband is much much more patient with him, almost endlessly patient. Second of all... We both work full time, and it's probably true that my job is more high-stress than his is, but it's also certainly true that I am MUCH less good at handling stress. He just basically doesn't ever seem to feel overwhelmed, truly almost never, whereas it is common for me.

He volunteers to take on so much childcare, or if I ask him he will do it too. But it just ends up feeling as though he's constantly serving me in this way whereas I would like to be serving him! Obviously there are other ways of serving and I do a bunch of other things--a lot of the cleaning (that said he does a big clean every week when I take our kid to a far away French class), a lot of the shopping and social organizing, I make his coffee each morning, I try to clean up after him (that said I'm sure he cleans up after me too), I do the large majority of the cooking, and I just try to do things like... If we're all sitting down and my son wants something, I try to be the one who jumps up and gets it. If we need something from upstairs, again, I try to be the one that gets it. But all of those things end up feeling "little" when he's doing so much of the childcare, I guess especially because I enjoy the childcare less, in most cases, than I enjoy the other domestic work. But a day like today, I really wanted to be the one to volunteer to take LO to a birthday party, but it filled me with anxiety because I needed the time to do so many other things--which I did (thus the Reddit break)--but did I really need all that time, or again was it just anxiety?

I know that if I asked it he would say it was okay, but I kind of suspect he resents it, and in any event I certainly want him to have more time to himself on weekends! To do things he wants instead of things a child wants. I have certainly picked up on the fact that my husband gets irritated if he thinks that I am anxious irrationally. (Which is probably a lot of the time, because anxiety is mostly pretty irrational.)

Thanks. I started writing this thinking the fundamental problem was my job, but now I'm thinking it's more about my lack of coping skills.

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UPVOTES

Best Hubby Ever

hawleyj9 · 26 December 2018 · Archived copy · Reddit

Just came to brag a little about how wonderful my husband is. For Christmas this year he surprised me with tickets to see Ariana Grande. Not only is that amazing but the concert is one my birthday! I just broke down in tears when I opened the envelope.

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UPVOTES

Women's Mysteries: Chapter One (anyone for a book club?)

Vellore992 · 13 November 2018 · Archived copy · Reddit

I'm currently working my way through [this book](#), and feel that some of the women here would appreciate its content, so I'm going to make a short post after each chapter to summarize and collect my thoughts. As a Jungian text, it deals quite heavily with the subconscious, mythology, archetypes and symbols. It may feel a little hocus-pocus for some of the more analytical minds in here (like me), but encouraging and acknowledging the more intuitive, feminine-brained parts of ourselves can be very helpful - and seems to be the point of this book!

If you'd like to read along with me, you can download a copy for free [here](#).

Mary Esther Harding was born in 1788 in Shropshire, England. She trained as a medical doctor and worked for some years in a London hospital before moving to Switzerland to study psychoanalysis under Carl Jung. By the 1930s she was a well regarded Jungian intellectual in New York City, and published her first book on the topic - Woman's Mysteries. Ancient and modern: A psychological interpretation of the feminine principle as portrayed in myth, story, and dreams.

Chapter one - Myth and the Modern Mind

This first chapter opens with a discussion of scientific advancement, and what this means for humanity in general. She speaks about the shift humanity has made in recent years from a more holistic worldview, where the physical and the spiritual worlds are inextricable and equally respected, to the purely rational or objective.

She is concerned about the psychological and spiritual effects of this shift on all mankind, but singles women out as being particularly vulnerable to it as the feminine, subjective approach to the world is the one being neglected and diminished.

She then speaks about the difficulty in explaining and understanding the feminine mind, as it is by its very nature intangible and emotive, but that this doesn't mean it should be ignored. She says that the best way to understand such a subjective world is through mythology and symbols, and points to the moon as an example of a feminine symbol that it extraordinarily widespread across time and culture.

I've pulled my favorite paragraphs from this chapter to summarize below, I'd love to hear your thoughts on them!

Some discussion questions if you feel like sharing:

- Do you agree with her assertion of there being two separate and worldviews that are both complementary and conflicting? Do you feel both of these in yourself? Is one much stronger than the other?
- Do you feel that with societies endless advancement in the rational (masculine) realm that the subconscious, intuitive (feminine) worldview is being lost?
- Do you feel that her concerns of a one-sided psyche have been alleviated since the time of writing, or have they intensified?
- When do you feel most in touch with the feminine part of yourself? Do you actively seek this out? Do you feel that this part of yourself is respected and encouraged by society/the people around you?

The scientist pays attention to the inner psychical realm only that he might be sure to exclude it from his observations.

...

There is hardly to be found a human being who is not at some time profoundly affected by the sight of the full moon rising over the sea.. there is more in such an experience than just the objective material fact, there is also a subjective

experience which in a man's life is perhaps more important and more powerful than the scientific knowledge of the nature of moonlight. So that to say that the scene which so deeply moves him is nothing but salt water and light reflected from a cold dark body moving round the earth, fails to take account of one part of the facts.

...

Today, however, we are increasingly dissatisfied with this mechanistic aspect of life... Whatever the reason, there is no doubt about the large part unhappiness and neurosis, dependent on unsatisfactory human relationships, plays in the dissatisfaction with life from which so many people suffer. The life of today is empty and sterile and we look for renewal, whether we want to or not, to that source of spiritual awakening which lies within. For our science has proved itself strangely impotent in face of a threatened break-down in our culture.

...

Each one has a nature which seeks for love and relationship and also there is embedded in everyone the necessity to strive for impersonal truth. These opposing tendencies are expressions of the duality of human nature which is both objective and subjective. In all human beings such an opposition is at work and leads inevitably to conflict.

In the Western world of today this conflict is most severe, and bears hardest upon women, because Western civilization lays especial emphasis on the value of the outer and this fits in more nearly with man's nature than with woman's. The feminine spirit is more subjective, more concerned with feelings and relationships than with the laws and principles of the outer world. And so it happens that the conflict between outer and inner is usually more devastating for women than for men.

There is another reason why this problem is a particularly urgent one for women today. This is related to the recent development of the masculine side of woman's nature which has been so marked a feature of recent years. This masculine development is definitely related to her life in the world of affairs, in the majority of cases it is even sought as a prerequisite for earning a living in the world, practicing a profession, or following a trade. The change of character, which has accompanied this evolution, does not stop at the professional part of a woman's life but affects her whole personality.

These changes have produced for woman an unavoidable inner conflict between the urge to express herself through work, as a man does, and the inner necessity to live in accordance with her own ancient feminine nature.

...

In the physical realm he knows that he overcomes nature only by obeying her laws, but in his own person he has, in not a few cases, become so entranced by his power to stand against nature that he has forgotten her laws.

In the Western world this is so in regard to the essence or principle of masculine and feminine. Not infrequently we hear it affirmed that there is no essential difference between men and women, except the biological one. Many women have accepted this standpoint and have themselves done much to foster it. They have been content to be men in petticoats and so have lost touch with the feminine principle within themselves.

This is perhaps the main cause of the unhappiness and emotional instability of today. For if woman is out of touch with the feminine principle, which dictates the laws of relatedness, she cannot take the lead in what is after all the feminine realm, that of human relationships.

...

But important though it is, the feminine principle or essence cannot be understood through an intellectual or academic study. For the inner essence of the feminine principle will not yield itself to such an attack, the real meaning of femininity always evades the direct interrogator. This is one reason why women are so mysterious to men — to the man, that is, who persists in trying to understand a woman intellectually.

In seeking to understand the nature of these hidden reactions we must renounce our superior intellectual attitude which considers them only errors, mistakes, dross, and attempt to understand them in their own terms.

When intellectual acumen fails us in this way we have to turn to unconscious products for enlightenment and see whether a study of symbols and instinctive ways of acting may not throw some light on the obscurity.

The moon, first as an influence of fertility and later as a deity, has been considered throughout the ages to be in a peculiar relation to women. It is source and origin of their power to bear children, the goddess who keeps watch over them and all matters that primarily concern them. These beliefs are very wide-spread. They are to be found almost all the world over and persisting from remote times up to the present.

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UPVOTES

Broken up with, not coping well

midori_cat · 20 August 2018 · Archived copy · Reddit

Not married, just prefer it in this subreddit..

I was recently broken up with and I am devastated. I don't want to be the girl that sits at home crying, but I feel so lost. He was a truly wonderful man, and an absolute catch, and losing him feels like the worst thing.

I'm scared to tell my friends, I just feel like I don't have anyone right now. What can I do? I've never had my heart broken like this. I've been up all night crying so much that my body aches. I'm planning NC, but it's hard. How can I distract myself?

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UPVOTES

KonMari Folding— Does Anyone Else Follow “The Life Changing Magic of Tidying Up”?

jack_hammarred · 23 July 2018 · Archived copy · Reddit

<https://youtu.be/D3SOeQUhbrY>

loading...

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UPVOTES

A New Way of Looking at Relationship Dynamics - Part 1

whitebunny87 · 19 June 2018 · Archived copy · Reddit

I wanted to repost this brilliant piece of theory that was created and written by our own /u/Camille11325. It's long and meaty, but I highly recommend taking the time to read and absorb it, as it's a piece that can be really useful for married and single women alike.

I'd love to hear your thoughts on this theory, and where you feel you and your partner might fit into it.

This is part of a three piece series, so please look out for the next instalments

Our disposition, personality, and behaviour all have a profound effect on the types of relationships we thrive in. A couple doesn't need to be identical, but the right balance of traits is necessary for compatibility. This new RP theory focuses on two important characteristics: the dominance level of each person, as well as the woman's dominance threshold.

What is Dominance Level?

Your "Dominance Level" (DL) measures attributes such as your natural tendency to assume the lead and how you exercise authority in interactions. DL takes into account all behaviour, it is not limited to actions within a romantic relationship. For the purposes of this post I will use a scale of 0 - 10 to discuss DL, with 10 representing the maximum possible level of dominance one can have. There are separate male and female scales - a woman who is a 6 is not more dominant than a man who is a 5, and a man who is a 10 is more dominant than a female 10.

How are dominance levels expressed in men?

A 10 has 100% alpha traits, and a 0 has 100% beta traits. As you move across the spectrum, the ratio shifts. So a 2 has 20% alpha traits, a 6 has 60%, etc.

Men who are lowest in dominance (0-3.5 on the DL scale) have the highest ratio of beta traits in comparison to alpha traits. They can be easygoing, empathetic, gentle, and considerate. They can also be sensitive, emotional, unconfident, indecisive, and soft. Keep in mind that these are just a few examples, these traits do not define these men nor are they required to be in this category.

The 3.5s-6s exhibit more alpha traits but their nature is that of a "greater beta". These men are able to provide comfort and leadership as required in a relationship. Most women have men in this category, especially on RPW. If you are looking for a "medium dominance" category, this is where your man belongs (but to be clear, he is still in the "low dominance" category of this system).

Men who are a 6-8.5 on the DL scale have a higher ratio of alpha traits in comparison to beta traits. There are many types of alpha men: apex, renegade, patriarchal, criminal, corporate, political, etc. and they all have different characteristics that allow them to succeed and take charge in their respective environments. One thing they all have in common is an immense amount of masculinity, which can be both good and bad.

8.5 - 10s can fall into any of the alpha subtypes. They also have the highest amounts of Dark Triad traits, and are the rarest group of men.

How are dominance levels expressed in women?

The alpha/beta ratio does not apply to the female dominance scale. There are no easy, clear cut terms for the spectrum, just various dispositions and behaviours. While the ratio of masculinity and femininity plays a role, the DL is not measuring either of those traits directly. I have chosen both positive and negative examples for each type but again, these are generalisations and only a fraction of the possible characteristics one can have.

Women who are in the low dominance category (0-6) are non confrontational, sensitive, and accommodating. They are psychologically feminine, not only with their men but in their everyday lives, automatically. They can be doormats, passive, weak, and insecure if they do not learn how to prioritise themselves first instead of others. This does not mean that they are incapable of having any of the traits that high dominance women have, just that the concentration of high dominance (H) traits lowers as you approach zero (and vice versa with H women and L traits).

High Dominance Women (6.5-10) are more confident, driven, assertive, and ambitious. They can also be more masculinised, argumentative, self serving, and insubordinate. Some women like to think of themselves as “alpha women” but this is a myth, not an RP concept. Do not fall into the trap of thinking that being high dominance is superior. Both categories have their strengths and weaknesses. Feminists have pushed the idea that male characteristics and virtues are a universal ideal that all should strive for so women are encouraged to be high dominance. The only way that high dominance women can have romantic success with a dominant man is if they can master psychological femininity and deference within their relationship.

What is Dominance Threshold?

Your “Dominance Threshold” indicates how dominant your man has to be in order for you to feel attraction, commitment, and love. I will also be using the 0-10 dominance scale when referring to the dominance threshold. For the purposes of this discussion it is assumed that all women have a range of 0-2 points past their threshold where attraction is possible. The threshold is the minimum but most women who prefer a 5.5/10 would not be comfortable with an 8 or higher.

How are dominance thresholds expressed in women?

Women with low dominance thresholds require less alpha, and more beta in their relationships. This means more affection and softness, more obvious and frequent displays of love and care. These women are repelled by or afraid of extreme displays of male aggression, anger, or arrogance. They also do not like strict boundaries or being controlled. They are suited for betas and greater betas.

Women with high dominance thresholds require more alpha, less beta. They crave arousal, displays of power, raw masculinity, etc. from their man and view the same beta traits the low threshold women love as weaknesses. They are perfect mates for all types of alphas.

When a man’s DL is way too low for a woman, she reacts with disgust or infantilisation. If it is merely a point or two lower you’ll see shit tests. If it’s slightly too high, she’ll comfort test, and when it’s way too high she’ll be afraid. This applies to all women regardless of their threshold or dominance level.

Defining the Dynamic

Taking the 4 categories into account (low/high DL, low/high threshold) there are 8 possible relationship combinations. Not all are optimal or RP but all of the dynamics exist in the real world. Moving forward we will use these labels within the subreddit in our discussions and the advice we give.

By using a combination of 3 letters (all of which are either H or L) we can refer to each dynamic with ease. The first letter establishes the man’s dominance level, the second the woman’s, and then the third is for her dominance threshold. So a high dominance man (H) with a low dominance woman (L), who has a high threshold (H), would be described as HLH. A low dominance man (L) with a low dominance woman (L), who has a low dominance threshold (L), would be LLL.

An overview of the different dynamics

These will be described with an emphasis on the effect on the woman. They are ordered from least potential to be RP to most potential to be RP, with 3 equally RP dynamics, there is not one universally ideal dynamic. Please keep

in mind that these descriptions are all generalisations of what is most likely to happen, there are always exceptions. Note: future posts will help you identify your dynamic, do not fixate on labelling yourself from this introductory post.

High dominance man, high dominance/low threshold woman (**HHL**) - she vies for dominance and feels little to no comfort or security. Possible violence as she is likely to stir up trouble by constantly challenging her man.

High man, low/low woman (**HLL**) - she needs more beta comfort and can't stay motivated when feeling unloved. She feels he is mean or scary. There is also a strong chance of violence in this relationship which only further discourages the LL woman from being her best and creates a cycle where the man is constantly punishing her.

Low man, high/high woman (**LHH**) - she walks all over him or bosses around. This is a very common dynamic as it is what usually happens when a woman is out of the CC riding/AF phase and has settled for her beta bucks.

Low man, low/high woman (**LLH**) - she is repulsed and/or can't respect him, wishes he was more dominant. Whenever you see an RPW post where the OP asks: "How can I get my main to be the captain" or says "I tried captain/first mate but he's not taking the lead" then you know it's an LLH situation.

Low man, high/low woman (**LHL**) - a lot of feminist relationships are like this, and they can work, and people can be happy in them. There is also a chance that the woman walks all over the man and disrespects him and he just puts up with it. It all depends on how attracted the woman is to her man, and how well he is able to maintain that attraction.

High man, high/high woman (**HHH**) - potential to be RP if the woman respects the man. "Captain and First Mate" as described by RPW is not an adequate description of the dynamics in HHH relationships. This combination can be a power couple, or there can be violence if the woman does not defer to the man (think Chris Brown and Rihanna).

High man, low/high woman (**HLH**) - potential to be RPW and a classic fantasy that is not seen as much in reality. The woman is naturally submissive and aware of it. She is drawn to a dominant man and requires power over her. There is a strong sense of ownership and there can also be a paternalistic element to the dynamic. This differs from HHH relationships in that the woman is not a partner in crime, but rather a source of support and feminine energy while the man takes on challenges. At its worst, HLH relationships involve the man taking advantage of and abusing the woman.

Low man, low/low woman (**LLL**) - this is the most common both in and out of the subreddit. Contrary to what many may assume, most RPW are interested in or already with greater betas! When done right, these relationships are the epitome of the captain and first mate concept. The man leads and the woman occupies the traditional female role, but it may not feel like submission or deferment to her because of the lack of power imposed explicitly. If the man fails to take the lead, the woman may feel forced to assume that role and her respect for her man will decline. If no one assumes the lead, arguments are more likely to happen, and again, the woman will lose respect for the man.

Can you change your dominance level?

You can absolutely eliminate the personality traits that hinder your success. If you are a high dominance woman, you may need to work on being less controlling, argumentative, or disobedient. RPW is great for that! If you are low dominance, you can become more assertive, confident, and more. However, men who want the traditional, RP relationships are not interested in women who do not listen to or respect them, so it's important not to go too far in the other direction.

Can you change your dominance threshold?

Attraction is non-negotiable. It's important to be aware of and honest about your preferences and select a partner wisely. Understanding how men think can help you become more comfortable with a man that has a DL way higher

than your threshold. If you are with a man who's DL is below your threshold RPW can help you with respect, loyalty, and all of the other issues that come with those dynamics. Your threshold may change naturally over time based on life experiences, as you learn what you actually like in relationships.

What can we do with this information?

As mentioned earlier, this system will be a great way to have everyone on the same page when it comes to discussing relationships and giving advice. We should all be aware of our biases, and our individual dominance levels and thresholds greatly affect the responses we leave about other people's relationships.

A lot of women with low dominance thresholds can't understand masculine, dominant men, and that contributes to them advising women to leave their men in certain instances or worrying that something is abusive. The reverse also applies, women with high dominance thresholds are less able to wrap their heads around how other women can stay with and be attracted to low dominance men.

It is important to be aware of our biases and work to overcome solipsism. It's not about what we would do in their situation, but what they should do in their situation. Hopefully having the language to identify dynamics will help us all provide suggestions that work well with whatever dynamic a user is involved in.

Thank you for reading, I hope this all made sense and was helpful!

The next post in the series will be about female dominance levels. I've created a quiz that will help you figure out where you are on the DL spectrum so get excited!

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UPVOTES

Go To Kitchen Staples- What Ingredients & Tools Do You Have To Always Have On Hand?

jack_hammarred · 14 June 2018 · Archived copy · Reddit

In an effort to have more conversation about homemaking and cooking, I want to know what kinds of things you always keep in your kitchen! Is it a random ingredient that you use in every recipe, or maybe a series of ingredients for recipes you always end up making at least once a week? Is it a tool you've worn out and replaced time and again, or a tool you can't live without? Tell us everything!!!

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UPVOTES

RP mothers, do you teach your daughters traditional skills like cooking/cleaning/etc.?

nfuds · 22 April 2018 · Archived copy · Reddit

My daughter (9) is just starting to take an early interest in cooking so any advice for encouraging/teaching young children cooking would also be really useful!

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UPVOTES

Field Report: Superfail that ended surprisingly well.

g_e_m_anscombe · 5 July 2017 · Archived copy · Reddit

Update from https://www.reddit.com/r/RedPillWives/comments/6h6umw/advice_getting_your_man_to_oys/

I started reading *The Surrendered Wife* and I implemented the "ouch" approach to dealing with my husband's negativity, which worked very well. Before if he said something negative, I'd cleverly snap back which only served to escalate the problems. Saying "ouch" allowed me to acknowledge what he said was hurtful without hurting him back - super effective. I said "ouch" once a day until I went on a 5 day trip for a reunion with some old friends.

Right before my trip, we also sat down and had a long conversation about my vocation / career choices. We did this exercise from John Gottman's *The Seven Principles For Making Marriage Work* for overcoming gridlock. It helped me to see why he's so keen to save money (even if it's driving me crazy to balance everything), and helped him to see how his pressure regarding these goals was making me feel totally overwhelmed. This helped us to reach a compromise regarding my career. The plan is to live on a strict budget this month to make sure we can live off just his income while meeting reasonable saving goals; if it works, then I can quit at the start of next quarter. He also walked away from this conversation realizing that he's been very depressed lately; he made an appointment with a counselor.

On the plane, I started reading the book *Boundaries in Marriage* (which isn't exactly RP, but I found their other books very helpful). There was one scene where it described how a husband tried to manipulate a wife into doing something she didn't want to do through cajoling, light guilt-tripping, etc. I realized that my husband does this type of thing quite often to trump my boundaries (esp. regarding food) and that I find it immensely frustrating even if I don't cave in. It makes me feel very disrespected. It's another way for my husband to be very negative, but it's not obviously hurtful in the way that saying "ouch" would make sense as a response. So I was trying to think of how to deal with it.

On the last day of the trip, I got a call from my husband. He had logged into my account (as we share passwords) on our joint laptop and had opened reddit. I had forgotten to sign out of this account before I left. He read the entire thread. He went through anger, grief, acceptance. We had a talk about it, but we couldn't really finish the conversation over the phone. He discussed the situation with the counselor that he met with.

When I came home, he sat me down and said: "I was very hurt by what you wrote, but then I read the RP sidebar and I understand. You're frustrated because I haven't been leading. So here's the deal: I'm not going to give you 20 minutes. I'm going to stop agreeing to do things I don't want to do. You are not responsible for getting me to eat right, to exercise, or to do anything else. I will handle it myself, and if I don't, you can't keep tabs on me for it." I agreed to this.

What hurt him the most was reading that I didn't respect him. I had basically said that point blank in the thread - so I was stuck having to explain that my respect was somewhat conditional. If his behavior lately is because of his sleep apnea, so there's a biological basis for why he's been so out of sorts lately, then I can still respect him. [I'm 99% sure he has sleep apnea.] But if by some weird stretch, he didn't have sleep apnea, I would have a really hard time respecting him. He seemed placated by this answer. I also said that it was hard to respect him since he's been very disrespectful to me in a number of ways, so we're going to work on addressing those as well. (I know there are many here who would say respect for your husband is unconditional and unearned, but I'm not emotionally there yet...) In the end, I know my husband is one of the "good guys" but sleep apnea has stolen so much of his normal character.

I also realized that part of what was frustrating was my husband's subtle ways of pinning work on me (which added a lot of pressure and frustration). For example, inspired by /u/StingrayVC, I decided to focus on my macro goals instead of getting bogged down in the details. So I let the dishes slide for two days (it's just two of us, so this isn't a huge pile). My husband then said very condescendingly, "Why haven't *you* done the dishes yet?" This boiled my blood, because he basically attributes all responsibility for housework to me and makes it seem like I'm just

incompetent rather than recognizing how much I'm juggling. In our long talk, I pointed this out to him as an example of how he can be negative and verbally manipulative. He acknowledged it as such, and I'm going to try to get better at pointing out when he says stuff like this. [I welcome any suggestions here on good ways to point this type of stuff out in a better way.]

Through this conversation, I realized how I had gone from being a chill wife to being a controlling one. We would have a hard conversation like "I can't manage all the chores while working" and then he would agree to do more housework (because it's the "right" answer) but then he would never follow through. Each time we would revisit this conversation, he would continue giving the "right" answer, which forced me to bring it up a few months later as he failed to live up to his promises. I trusted his words instead of his actions. What I really needed was for him to be honest about what he was willing to do - even if it's the "wrong" answer. At least then we could come to a real solution (me quitting, or us hiring more help, or SOMETHING) rather than him dropping the ball for me to pick it up over and over and over. I was blind to how this process developed and became very controlling over time.

I guess what I was looking for in my last post was some more thought on how the RPW philosophy inspires men. Sometimes women here will talk about how now their husband sees them struggling, so he'll pick up the slack. Because of his apnea, my husband really isn't able to pick up the slack right now. But I just need him to be honest about that reality rather than making commitments he won't fulfill and to be more chill/less controlling when the house isn't as clean as he would like. He's reading NMMNG and realized he has to stop saying "yes" when he won't follow through. This should hopefully be easier for him since I'm asking for WAY less.

We ended up meeting with the counselor he had spoken to, as the counselor thought it was a good idea for us to meet as a couple (since communication issues are at the heart of our conflict). I told him what your advice was (focusing on myself and what I can control, not trying to control him, putting my attention on my main goals, recognizing that sleep apnea is a big part of this). He was slightly dumbfounded: "The internet actually gave GOOD advice."

So I wanted you gals to hear that. I didn't fully go about this in the proper RP way (since my husband found out...fail), but we're in a much better place now thanks to RP principles. We had some hard conversations, but on the other side, we were much happier this past week than we've been in a while.

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UPVOTES

How Can We Promote Or Inadvertently Hinder Masculinity In Our Men?

Camille11325 · 27 June 2017 · Archived copy · Reddit

Let's have a general discussion on the subject! I'd also like to explore some specific sub questions:

- In your opinion, what is the difference between acting to promote masculinity, and trying to make your man more alpha?
- Where do you see the line in terms of encouragement vs manipulation?

Looking forward to the conversation :)

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UPVOTES

Accept Him As He Is | Finer Femininity

rpw111528 · 16 June 2017 · Archived copy · Reddit

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UPVOTES

Does Anyone Else Make/Pack Their Man's Lunch? Let's Share Tips And Tricks!

Camille11325 · 15 June 2017 · Archived copy · Reddit

Most of us here are responsible for cooking breakfasts and dinners but I'm curious about how everyone approaches lunch. Some discussion qs:

- What are your fav dishes and snacks to include in his lunch? Does he want the same thing daily or do you mix it up?
- Do you do prepare multiple days in advance or make it the morning of? How do you balance your schedule with making his lunch?
- What do you include that others may not think about (moist towelettes, cute notes, etc!)? Do you do anything special to help it last all day?

Feel free to answer any or all of these questions. Or just chat about whatever comes to mind - all tips and tricks welcome :) I'll include my answers in the comments too!

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UPVOTES

Advice: Getting your man to OYS?

g_e_m_anscombe · 14 June 2017 · Archived copy · Reddit

How old are you and how familiar are you with RPW? 26. Started reading RP stuff about a year ago, went through the sidebars for TRP and RPW, etc.

What is your relationship status? Married, for about 1.5 years

What is the problem? (Don't badmouth your SO!) I feel really overwhelmed by my to-do list on a regular basis. I'm a student, have been working part-time, and am responsible for 90% of our personal life (managing family dynamics, motivating to exercise, household responsibilities). I also have a thyroid problem; it got better about 6 months ago but it recently started to get worse (stress-related, I think, because I started working more hours).

My husband owns his shit when it comes to making money. This might not matter, except he also wants us to save 50% or more of our income. However, he is unmotivated to put in much effort outside of work for anything else; he says it's because he's exhausted by work, but he puts in pretty normal hours (albeit at a job with much responsibility). I think it's because he has sleep apnea; he has made an appointment for a test, which is a month out. He is obese, about 100 lbs over a healthy weight. He's aware that losing weight would help the sleep apnea, but he's repeatedly said he doesn't care about his health. We also don't share the same bed because I can't sleep due to the snoring. I'm pretty sure the sleep apnea is what's causing him to be exhausted and demotivated, but I'm afraid he's caught in a loop: he needs motivation to exercise to fix the sleep apnea, but the sleep apnea makes him very demotivated. [I'm sorry, I tried really hard to lay out the facts without badmouthing my SO here. Please cut me a bit of slack if I am being too harsh.]

I want him take more of the lead to own his shit when it comes to anything outside of work (exercise, budgeting, or help with meal prep). I think this would be helpful so that I can focus on trying to improve my own health. There's a rather intense elimination diet I should be trying, but it's impossible to do with everything else I'm juggling.

How have you contributed to the problem? If I didn't have a thyroid problem, I would just own my own shit and not need as much help on this front. I'm currently on a doctor-imposed strict diet (no gluten, dairy, nuts, or corn) that makes eating out and cooking at home more challenging. Also, because I'm in school, that puts greater pressure on our finances (mostly due to the loss of my income and not because school itself is expensive). I could be better about exercising without him. I also sometimes sign us up for more social obligations than we necessarily need. It's hard to say if this is good or bad - he also gets depressed if he doesn't see friends regularly. Lately, he's been complaining about singing at church which is something I pushed him to do.

Deep down, I don't really respect my husband, but I try to show him respect as best I can. I think he might be a little demotivated to exercise because we started going to a fitness class together and it's very clear that he's holding me back. (Would give more details, but this is already so long!) Basically the only reason I haven't completely lost all hope is that I blame it on sleep apnea, and I'm hoping that once that's treated, he'll be able to improve. But I also can be overly negative. Probably 5 days a week, I just think about it to myself and say "I'm miserable. I hate being married. Why the fuck did I do this? Why does it have to be so damn hard?"

How long has this been an issue? For as long as we've been dating, really. My husband didn't do much to manage his finances, health, apartment, laundry, eating habits, or friendships while we were dating either. He's made slow progress since then. For example, now he puts his laundry in the bin rather than leaving it on the floor.

What have you done to resolve this problem? We've had multiple arguments over managing household chores.

- At first, we agreed to a to-do list. He failed to do 70% of his chores, and he pointed to the fact that I had failed to do 20% of mine as evidence that we were both sucking equally.
- I tried to gamify the chores / life maintenance stuff (using the Habitica app). He stopped playing.

- I asked him to do a single chore (the dishes) every night. He only did them 50% of the time.
- I asked him to cook instead. This worked slightly better, as starvation proved a better motivator. He pushed me to cheat on my doctor's diet because of his poor planning. We used a grocery delivery service; he wouldn't check it regularly so we'd get food I couldn't eat. I ended up taking it over again because I was frustrated with his failure to own it.
- Our latest agreement is that he gives me 20 min a day to do my bidding. [Other friends have found this mysterious and very generous on his part. But keep in mind that he otherwise contributes like 1 min / day to anything around the house.] Thus far, I've used it to ask for help with things like the dishes, going through the mail, checking our budget, practicing his music. I also waive the 20 min if it makes sense that day (traveling, going out with friends after work). He's been sick for the past week, so I haven't asked for the time. Even so, I wish that he would just do stuff around the house without my having to tell him exactly what to do. I also wish that he would commit to exercising rather than me having to beg him every day to come with me to exercise.

If married or in a committed, monogamous relationship:

How long have you been together? A little over three years total, 1.5 years married.

Is your relationship long-distance? No.

Do you have an active bedroom life? Yes. Probably 2-4 times a week when I'm not fertile (we do NFP). I initiate more often than he does, and he turns me down probably 2-3x times for every time I initiate. It used to be worse (1-2 a week, turned down more frequently) as he claimed he had a low libido due to work stress. He was right; since starting a new job a couple months ago, he's begun initiating more and rejecting less.

[Edited to fix formatting]

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Modern Manhood

tintedlipbalm · 12 June 2017 · Archived copy · Reddit

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UPVOTES

"I can't do it alone" or "Hi it's me... CoochQ. I suck at relationships without y'all!"

[deleted] · 23 May 2017 · Archived copy · Reddit

[deleted]

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UPVOTES

Proud of myself : Took first steps to self improving for my man !

closetedideas · 25 April 2017 · Archived copy · Reddit

Hey guys ! So basically I spent a lot of time telling myself I needed to get into shape (160lbs with 32% body fat yuck) and doing nothing to change it. The fact that my SO is in really good shape from all the sports he does just kinda kicked me into gear! So yesterday I went to the gym for the first time in months .. Its not much but its a step forward, right? What have you guys done in self improvement lately?

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Feminism Bad for More Woman Than it Benefits

DarkEdgeoftheSea · 28 March 2017 · Archived copy · Reddit

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UPVOTES

A Day Without Women

PhantomDream09 · 8 March 2017 · Archived copy · Reddit

This year, financially secure liberal women are encouraging women to skip work, and not buy anything in order to show America how powerful women are, you can read about it [here](#).

Now, there's no specific mention that participants are well-off, or financially secure, but the movement itself is geared towards women that can *afford* to take a sick day, or just not go in. Furthermore, it assumes that all women work (sorry stay at home moms, grandmothers, and students that don't work). Women are also encouraged not to buy anything (thus including the non-working demographics).

I dislike the idea that 'sisterhood' ("we're both women so we're in a club!") is idiotic, and I dislike the promotion of skipping work, and the assumption that women just 'can.' It's one thing when workers come together to protest a business for what at least passes as a legitimate reason. Unions exist to protect workers and look out for their interests. While I do think Unions can create just as many problems as they try to solve, and I often disagree with the reasons *for* strikes - at least there's a cohesive purpose, and specific goals in mind.

Are these 'sisters' going to help out those that get in trouble if they skip out? Or donate money/food to those that take a hit by opting out? What about homeless women?

In addition, this is ultimately a pointless gesture. If all women agreed to stop working and buying things for a week or a month - *that* would make a meaningful splash. Tomorrow it will be business as usual. They'll go to work, and buy everything they avoided yesterday. When people boycott a specific business - it's not just for a day. Sustained boycotts on companies for a specific reason *do* get attention. When you hurt the profit margin, people notice.

Furthermore, I think the best time to *do* a gender boycott would be during the Christmas shopping season. That would be an enormous statement. Get *all women* to abstain from participating in the holiday season. No cards, no gifts, no meals. If women are as *serious* about proving how integral, important, and essential they are to the economy (both as workers and as consumers) then leaving the country in a lurch during the most profitable and frenetic time of the year would be impressive and actually *add up to something*.

But that's the trick - women don't *actually* care. At least not enough to actually deal with real inconvenience and struggle. The article talks about prior protests. Black Americans didn't stop riding public transportation for a day. I've read accounts of workers that woke up three or more hours early, so they could walk multiple hours to and from work, in any kind of weather - simply to make sure the buses felt their absence. The fervor, sincerity, and true willingness to sacrifice that was so overwhelmingly present then, is wholly absent *now*.

What we're left with is yet another example of pointless virtue signaling. Liberal, financially secure women get to partake in something that makes them *feel* better, while accomplishing nothing. Participation is a blip on the screen in terms of commitment and dedication, but they get to pat themselves on the back and pretend they actually *did* something.

What are your thoughts?

Edit: [Great article highlighting the hypocrisy of this protest](#)

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Should Couples in Unhappy Marriages Stay Together?

HappyWifeLifeX · 24 February 2017 · Archived copy · Reddit

A new UK study finds that most people who are unhappily married end up happy if they stick it out.

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Proven: High heels DO have power over men

TempestTcup · 20 February 2017 · Archived copy · Reddit

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Housewives and Homemakers of RPW: How do you respond to negativity?

ThatStepfordGal · 18 February 2017 · Archived copy · Reddit

One of my aspirations is definitely to be a housewife, aside being a teacher (either or). That's how I started my blog, because I felt a lot of negativity from everybody around me, especially women, when I told them I love homemaking and would be a housewife one day to my family.

"That's it? That's so idle." "What about your career?" "This is not the 50's. That can't be all that you do."

I generally get more positive reactions once I say I am teaching, though to me they are quite equal and personally if one is homemaking for their family, that is even more important! So I am curious, those who are already homemakers and housewives, **how do you deal and what do you say in turn to those who give you a negative reaction? Or even people who openly discriminate you?**

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What's your "finding RPW" story?

RedPurpleWhite · 17 February 2017 · Archived copy · Reddit

How did you find your way to this sub and RPW ideas? Give us the play by play or the tldr.

My story?

I run in a pretty liberal circle. I heard about MRAs and TRP and went over to "hate read" them, and yes, TRP really pushed my buttons and turned me off. I clicked through the sidebar and came across the old RPWo before the split and was surprised to find that a lot of the principles and advice jived with a lot of the aspects of my upbringing and beliefs about relationships, especially the emphasis on personal responsibility, which seems to be a concept many in my liberal circle don't understand or don't feel capable of (insert eye roll here). I followed along to RPWi after the Wo/Wi split since the quality content and posters are here. I made the mistake of using my main account on Reddit for everything, burned out, left Reddit for a while, and recently came back.

tldr Came to hate-read, realized I was a closet RPW.

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Bill Maher Defends MILO Invitation: Boycotters 'Reason Liberals Lose Elections'

[deleted] · 16 February 2017 · Archived copy · Reddit

Dis gon be good

I thought I might share this here. Please remove it if not really appropriate. But I thought you ladies might wanna know if you didn't already.

ME THIS FRIDAY NIGHT

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UPVOTES

How I Hacked Online Dating - Amy Webb

QueenBee126 · 15 February 2017 · Archived copy · Reddit

I thought you ladies might get a kick out of this. I sure did! :-)

[How I hacked online dating](#)

If you don't want to watch the video just click interactive transcript and read through

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UPVOTES

"28 Days Of Romance Challenge" Week Two: Support!

RPWives · 8 February 2017 · Archived copy · Reddit

Happy February!

The purpose of the “28 Days of Romance” Challenge is to bring you closer to your man! RPW is all about harmonious relationships and romance is an essential part of maintaining harmony. Since February is known for being all about love we thought it would be fun to have a month long challenge that encourages you to take action to strengthen your marriage (or serious LTR). The idea is to do at least 1 romantic thing per day that is above and beyond what you normally do. This can mean big gestures or small moments, whatever brings you closer as a couple.

Wednesday February 8th 2017: Support!

We often talk about being a soft place to land but it's also important to be his cheerleader and his advocate. This week focus on ways you can celebrate who he is and really make him feel admired. Boost his ego both publicly and privately, and make it clear that you are always going to be there for him.

Ladies: what do you plan on doing this week? How did everything go last week? Update us :D

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Ann Widdecombe Calls Women's March 'Pathetic'

PhantomDream09 · 2 February 2017 · Archived copy · Reddit

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UPVOTES

"28 Days Of Romance" Challenge For Women In Serious Relationships

RPWives · 30 January 2017 · Archived copy · Reddit

28 Days Of Romance For Women In Serious Relationships

The purpose of the "28 Days of Romance" challenge is to bring you closer to your man! RPW is all about harmonious relationships and romance is an essential part of maintaining harmony. Since February is known for being all about love we thought it would be fun to have a month long challenge that encourages you to take action to strengthen your marriage (or **serious** LTR). The idea is to do at least 1 romantic thing per day that is above and beyond what you normally do. This can mean big gestures or small moments, whatever brings you closer as a couple. Each week has a theme and we will have a post where you check in every Wednesday and give updates!

Note: This challenge is not meant as a remedy for failing relationships. It is something fun for people who have a great dynamic already, or maybe they have some minor issues that these steps would correct. The assumption is that things with your man are already pretty great and you want to keep that going or make them even better.

Overview Of Each Weekly Theme:

Wednesday Feb 1, 2017: Fun!

Focus on spontaneity and new experiences. If you are in a rut, make him see you in a new light. Shake off the stress and enjoy each other. Be a goddess of fun and light!

Wednesday February 8th 2017: Support!

We often talk about being a soft place to land but it's also important to be his cheerleader and his advocate. This week focus on ways you can celebrate who he is and really make him feel admired. Boost his ego both publicly and privately, and make it clear that you are always going to be there for him.

Wednesday February 15th 2017: Passion!

You've been a GOFL, you've been a companion, and your relationship has new energy. Channel this energy by focusing on physical pleasure and intense emotions. Make him fall for you all over again. Be enthusiastic, dynamic, and insatiable in the bedroom. Take risks and surprise him, you may even surprise yourself!

Wednesday February 22nd 2017: Intimacy!

After a month full of heightened romance you and your man will feel closer than ever. During the final week be sure to cement this and do something every day to strengthen your bond. Be tender, deep, and vulnerable.

Each Wednesday we will have a post that focuses on the theme of the week. You will be able to share ideas and give updates on what you're doing and how your man is responding. On March 1st we will have a big check in thread where both single and taken women can reflect on the romance challenges.

If you have any questions please let us know in the comments! Feel free to brainstorm in advance some possible activities that fit within any of the themes :)

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UPVOTES

Quote for free Friday

WorksAtBank · 27 January 2017 · Archived copy · Reddit

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UPVOTES

The Ugly Truth About The Women's March

[deleted] · 26 January 2017 · Archived copy · Reddit

[deleted]

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UPVOTES

There is no such thing as perfect [REPOST]

StingrayVC · 19 January 2017 · Archived copy · Reddit

This is a repost from several months ago for all the new ladies here. As always, please ask questions if you have them!

A trend I've noticed here and there in the comments lately is this idea of being a perfect RPW or that the women here should live up to some perfect ideal set by the mods and Endorsed Contributors.

I would like to put this idea of perfect to rest. There is no perfect. There is only improvement.

To give you an example, I've been in the RP world now for about 6 years and I've learned a great deal. I've implemented it into my marriage and it has gone from good to great. This is not to say that I don't have problems from time to time. That I don't have set backs and sometimes just flat out fall on my face and fail. I don't talk about it here very often for several reasons (none of them really conscious until I started to think about this issue) 1. My age. I'm old and I just don't really talk about things like this with anyone. 2. I know what I did wrong and how to fix it. I just failed in the implementation. Or, in other words, I slipped up. 3. I'm very private especially when it comes to my husband.

There are probably other reasons, but there you go. Now, for the sake of exposure and truth, things have been stressful around here lately. We have a huge amount going on and my husband and I are both strung tight and very tired. I have been snippy (more than snippy) from time to time and causing some strife. Not horrible, but enough that we've been upset and angry with each other some over the past couple of weeks.

This is the usual stuff. Letting the frustration bubble up and saying something I shouldn't in a tone that shouldn't be used. My husband responding. I couldn't tell you if he responded as he should or not, because that doesn't really matter. I screwed up. I know I screwed up. After I had time to cool off, which took much longer than it usually does, I could see things for what they were and we moved on.

Things are coming to a close soon and the stress has let up some and things are getting back to normal. But I want the women here to know that there is no such thing as perfection when it comes to your relationship. It is never something to aspire to because it's a false idea. What should be worked toward is continued improvement. There will always be something that you can improve in your relationship. It might become more and more difficult to pinpoint, but it is there. The only time one can utterly fail in this endeavor is to stop working to improve.

Perfection is not the ultimate goal here. Continuous work and improvement for life is.

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UPVOTES

The Show That Basically Contradicts All Of RPW?

ThatStepfordGal · 18 January 2017 · Archived copy · Reddit

I am HOOKED with reality TV shows like Real Housewives, 16 And Pregnant, Teen Mum and Pawn Stars. In between though I keep seeing ads about The Bachelor show. It just makes me shudder? You see all these grown women basically lowering themselves and being a plate for this one guy, who we can all see is usually a f*ckboy who is so low quality. Acting all slutty, desperate and though sometimes they are quite successful with career, when it comes to emotional common sense it's just 0%. I get it's dramatised but still...shudder!

TLDR; I'm ranting about a reality TV show apparently about a relationship with slutty girls and a low quality guy. Haha.

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UPVOTES

Camille Paglia: How to Age Disgracefully in Hollywood

StingrayVC · 9 January 2017 · Archived copy · Reddit

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UPVOTES

Reductress » How to Give Your Kids The Sex Talk Without Revealing Mommy Used to Be a Hoe

TempestTcup · 12 December 2016 · Archived copy · Reddit

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UPVOTES

How Do You Define Cheating?

Camille11325 · 9 December 2016 · Archived copy · Reddit

In the most recent [Random RP Thoughts](#) post /u/PhantomDream09 had an interesting comment about infidelity:

I'd like to know how others specifically define cheating in their own relationships, and what rules (if any) they have in place to make sure problems don't crop up. This would expand into a broader discussion of why it's important to not tolerate cheating at all when it comes to LTRs. I do believe there is a valid argument to be made that marriage can survive infidelity, whereas it's foolish to stick around if it's just an LTR. I think there are some people that would argue that LTRs can survive infidelity - and I agree that it is possible....but ultimately not worth the effort in any way.

Really the only thing that makes an LTR valid is the presence of absolute fidelity. You don't have a ring, or legal bond that ties you together - it is only a verbal contract. The minute that contract is violated, the legitimacy of the relationship is dissolved. Essentially my argument is that LTRs live and die on trust, whereas marriages (due to the added ropes of obligation, duty, and penalties upon separation) are in a better position to withstand the blows of infidelity (and rebuild) the relationship. Spouses can't just walk out the door and never return, an LTR can.

I do realize there are things like common law marriage as well - but I that's still not as binding as an actual marriage. People that marry go through a deliberate public ritual and they are recognized as family by the law. Even if it's just a courthouse wedding. It's also important to clarify that yes, lots of people get married impulsively, with no idea what they are doing, and marriages can be annulled. Just as couples that don't marry can still have relationships that last their entire lifetime. LTRs can bounce back from infidelity - the smarter option however would be to move on in the vast majority of cases.

I'd love to get everyone's thoughts on the subject of cheating. How do you define it? When do you think it is justified or at least forgivable? Do you consider escorts cheating? What about excessive porn use or "emotional" affairs?

Let's discuss!

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UPVOTES

100 Women 2016: I am a 'surrendered wife' - BBC News

littleeggwyf · 4 December 2016 · Archived copy · Reddit

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UPVOTES

Trump's child-care policy: Influenced by his daughter, Ivanka

whistling_dixie · 12 November 2016 · Archived copy · Reddit

Link:

<https://www.washingtonpost.com/news/post-politics/wp/2016/09/13/donald-trump-joined-by-ivanka-trump-to-outline-child-care-policy/>

I felt like this was relevant for a number of reasons. For me, I have accepted the fact that I will be returning to work after we have children. While I would prefer to stay home and raise them, we are accustomed to a certain quality of life that we are not willing to compromise on - so keeping those two incomes is necessary. I've struggled with this, as I was unsure about having someone else take care of our children during the day while I work. On top of that, we face astronomical childcare costs as Americans. Trump's plan is fantastic for women! I am so happy that he has promoted something so wonderful for families. If he's able to enact this, we'll be able to afford maternity leave, childcare with someone we trust, and still come out ahead and build prosperity for the future of our family.

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UPVOTES

Had the ultrasound!

Kittenkajira · 28 October 2016 · Archived copy · Reddit

That was my first pregnancy ultrasound and it was very neat! My husband had a better view than me - they gave me a mirror so that I could watch the screen as well. The baby was moving around the whole time, we weren't sure it would sit still long enough to find out the gender! It was something else, feeling the baby move while watching it move on the screen. Saw the little feet and counted 5 toes on each!

IT'S A GIRL!

We stopped by the store on the way home after and got a cake. Decorated it with girly things and had a little "it's a girl!" ballon, then took a picture and sent it to family. Our families are really excited about a girl. It's the first girl on my husband's side in like 2-3 generations. First granddaughter for my mom. Kid's going to be spoiled rotten, I bet.

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UPVOTES

It's so much better being a nice wife...

StillTraveling · 2 October 2016 · Archived copy · Reddit

Since I started coming here and being more aware of my behavior, I will occasionally catch myself ALMOST acting shrewy, and then I'm like, "Damn, what is my problem?" It happened today. I brought out all 15 or whatever of my husband's pairs of jeans, and asked him to try them on to see if we could get rid of any. He was 100% willing to do so and friendly about it. He was wearing a big, long-ish coat when I asked him. When he took his pants off and went to put the first pair of jeans on, he didn't take his coat off. Now, there is no way that I would do what he was doing. I would totally take the coat off. It would drive me nuts to have the coat on. I came sooooo close to saying something like, "Why don't you take your coat off? Shouldn't you take your coat off? Or, Take your coat off!" I stopped myself, and I was just amazed at how annoying and controlling I have been in the past. WHY was it bugging me so much that the coat was on? I have no idea. Well, I did not say anything about the coat. I told myself that he is a grown-up who is perfectly capable of deciding whether or not to leave a coat on. A little bit later, we were cuddling and making out on the couch. I'm sure that had I annoyed him about his coat, there would have been no cuddling. We'd probably be fighting, or at the very least, he would be irritated and turned off by me.

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UPVOTES

Let's get ready to TUMBLEEEEE!

BellaScarletta · 24 August 2016 · Archived copy · Reddit

So, and this is not a joke, as a part of my job I actually spend a disgusting amount of time on Tumblr. My company provides SEO services and backlinking on various social media actually benefits our clients. So, anyway, yeah...tl;dr I'm paid to be on Tumblr. Lucky me. But then it occurred to me...how selfish am I to enjoy this all for myself?

SO BEHOLD! I'm bringing the bowels of Tumblr straight to you lucky ladies! We've got it all -- You want triggers? We've got your triggers. You want your quirky bitches that deserve the best man evar? We've got some thuper duper inspirational quotes to go with them! You want your daily dose of #DownWithThePatriarchy? You name it, we got it!

On your marks...get set....TUMBLEEEEE!

#Skeptical #ThatsNotTheProblem

Well, I agree with this from "if a man..." to "...he doesn't want you." But then they lose me.

2 deep 4 u

HA HA BUT ITS CUTE RIGHT, RIGHT? GUYZ?

Sorry, mom

brekk down mah walls baby, show meh u worth it - ps i am deep

Relationship strategies for success! Love, Tumblr

Worst thing that Tumblr ever threw at me during work hours (NSFW)

Rape trigger, get your consent forms ready

This is like, actually the greatest love story since Titanic. And pretty RPW.

Oh noes it's da wage gap):):

Needs more unicorns!

Ermagerd so deep

Address your issues and work on yourself? Noooo RUN AWAY FAR AWAY IS BETTER

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UPVOTES

Littleknownfacts Presents: Building Trust, Surrendering, and When Not to STFU for Women New to RPW

Littleknownfacts · 20 August 2016 · Archived copy · Reddit

Building Trust in the Captain/First Mate Dynamic

So you've hit the six month mark with your new boyfriend and everything is going great. YAY! He has no obvious deal breakers. You've met each other's family, and you're good there. He hasn't crashed your car and gotten arrested for DUI. Great! You've found your captain, and it's time to hand him your leash, let him know when your vaccinations are due and retire to the couch to eat bonbons right?

Wrong!

The dating process, also known as vetting, is your chance to observe your POTENTIAL captain in a variety of real world situations. And at any point in this process, if you can't live with his decisions or decision making process, it's time to cut and run. The sooner you come to this realization the better.

You don't just dump all of your responsibilities into his lap all at once, because you are still responsible for you, and you are responsible for thorough vetting of a man. You start small with letting him lead, such as where to eat for dinner, or taking movie/book recommendations. And over time he establishes that his decision making process is not just good at achieving his goals, but also that his goals are compatible with how you want to live your life. Don't move forward with a guy that is consistently making what you believe are bad decisions, and don't marry someone you aren't confident in to make the right decisions.

Lastly, don't treat your boyfriend like your husband (the exception is if you've been living together for many years, and/or don't plan on ever marrying). I know your eager to settle down and play house, but doing so with the wrong man could be devastating. So try to fight the urge to give him control of your finances, or decided where you should go to college, or what region you should live in. These are things that effect your whole life, and so the decision should be reserved for the people who will be part of your whole life, and you simply can't count on a boyfriend of a few months to a couple of years (depending on your tolerance) to be there that whole time.

On Surrendering

The concept of surrendering stems from [Laura Doyle's book The Surrendered Wife](#). And though we reference often it really only applies to a specific situation. You know, the nagging harpy wife has smashed her husband's masculinity and it's taken its toll on the relationship. In any advice thread the prescription is The Surrendered Wife and STFU. And we don't just say this to punish the woman for her years of unilateral domination, or because we think that a woman should have no say in her husband's decision making process. It's because there is years of damage already done that needs to heal before balance can be restored in the relationship.

If years have gone by where the husband has been doubted, and corrected, and nagged, and denied autonomy he will shy away from taking the lead that he so desperately craves. He may think it a trap, with his shrew wife waiting in the rafters to pounce on him with screeches of "I told you so!" as soon as he missteps. Like a muscle that hasn't been exercised, his captaining skill will be weak at first, and it's your job to help him grow them and help him achieve his idea of happiness.

This delicate time when he is just coming out of his shell it's important for both of you that you step aside and let him do his thing. For him, it's about learning that he can step-up, rebuilding his confidence, and know that you have his back. Win or lose. For you, it's a time to grow trust, watch him succeed, and learn how to deal with not being in control. If you interrupt this process with correction, or suggestion, reminder; it could set him back in his development. And it will set back your own progress if he returns to following your lead.

When to Not STFU

So you may be asking yourself, "Should I surrender?" And the answer is, have you taken any authority in the

relationship that is not yours? If so, I recommend you read *The Surrendered Wife*, and take a big ol' dose of STFU. If not, you don't have anything to surrender now do you?

One of the goals of RPW is to get you to a place where you can be completely supportive of your SO's decisions. For some women, that means closing their eyes and looking the other way to give him the opportunity to succeed. For other women that means asking questions and discussing solutions until you're on the same page as him. Above all RPW seek to make our men's lives better, and that means pointing out a big ass iceberg if you see one and he doesn't.

One way that I've learned to communicate with my SO without causing conflict is to simply state my preference and then let him decide. Normally I'd try to run around the point and logic him into coming to the conclusion that I want, but I've learned that I can want something just for the sake of wanting it, without it being the most 'logical' (by my own standards).

So instead of *"Hey maybe we should get Mexican for dinner since its right around the block from us."* It's *"I'd like Mexican, but wherever we go, I'll find something to eat."*

Sometimes he picks my preference, sometimes he doesn't, but at least I know I'm always heard since I speak plainly about what I want instead of going all the way around or making him guess.

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UPVOTES

Authenticity to Femininity

rialuxe · 13 August 2016 · Archived copy · Reddit

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UPVOTES

Woman has the most ALPHA sex of her life, then regrets it when he gives her the ol' P&D. She calls it RAPE!

Littleknownfacts · 11 August 2016 · Archived copy · Reddit

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UPVOTES

1300+ Subscribers!! New Women And Lurkers Introduce Yourselves :)

RPWives · 29 July 2016 · Archived copy · Reddit

Yay!!!!!!! New subscribers and lurkers please introduce yourselves! This post is a general chat so everyone feel free to just talk and make new friends. Thank you all for making this sub an amazing place :)

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UPVOTES

Name one thing you'd like to change about yourself to improve your relationship?

Sunhappy_DC · 28 July 2016 · Archived copy · Reddit

Hey ladies!!

I love a good self improvement challenge! Since taking them on, I've lost 5 lbs, I've learned how to master daily makeup and I'm more confident overall.

Name one thing you'd like to change about yourself to improve your relationship -- and then devote your energy to changing that one thing for the next 7 days!!

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UPVOTES

Red Pill Wives Survey! (It's not long + completely anonymous)

Camille11325 · 27 July 2016 · Archived copy · Reddit

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UPVOTES

Women are using Tinder to con men into doing chores

StingrayVC · 8 July 2016 · Archived copy · Reddit

I find this article fascinating.

As we continue our descent into feminism, women feel free to voice their true motivations. Instead of backlash, they receive praise. I find reading the article simultaneously refreshing and frustrating.

The 47-year-old, who has been dating in NYC for the past 20 years, decided to put the app to use after being repeatedly disappointed by the city's dating pool. "I've tried speed dating and all the dating apps, but every time I put my real age, all I get are idiots and losers," Bloom, a publicist, tells The Post. "I figured, why not make them useful and have them help me around the house?"

...

"Men are hard-wired to feel strong and be a provider," she says, noting she's also used this method to hitch a ride to the Hamptons. "I don't feel guilty using them for a little help."

My favorite part of the article:

Just don't expect men to be asking women to do their dishes via the dating app. "I know no single woman in NYC who would ever do a man's chores," Kinrys says. "It feels like the 1960s."

Articles like this fascinate me because there is so much RP truth being said, like the provider part and then turned around and subjugated in creative ways by women. Their actions portray more truth than what they say, only they usually don't connect the dots. So the disconnect is just as fascinating to me as what they say and what they do. Then when they are called out for their behavior the bafflement is amusing.

I know there is a lot more to say about this, but this is the part I found the most interesting.

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UPVOTES

Some RP Comedy - Iliza Shlesinger

littleteafox · 17 May 2016 · Archived copy · Reddit

So I'm sitting here, listening to stand-up comedy on Netflix to get me through cleaning my pantry, and it's hilarious how many RP concepts are sprinkled throughout this particular comic's show. It's on Netflix:

<http://www.iliza.com/freezing-hot.html> Iliza Shelesinger's Freezing Hot. Looks like it's on youtube too:

<https://www.youtube.com/watch?v=bhBNlpRjdnE> From crazy girl logic to shit tests to hamstering, it's pretty funny.

:)

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UPVOTES

Dating stories! The good, the bad, and the hilarious!

PhantomDream09 · 5 May 2016 · Archived copy · Reddit

Share your favorite dating moments, best and worst kisses, horrifying moments, and things you wish you could do-over. :0)

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UPVOTES

An Important Announcement From The Mods

Camille11325 · 4 May 2016 · Archived copy · Reddit

An Important Announcement From The Mods

As we move forward in this new space it is essential that all Red Pill Wives subscribers understand the purpose of this community, and the standards we have for submissions. We are also implementing new moderation policies that will be explained at the end of this post.

Red Pill Wives is a subreddit for **like minded** women to discuss **Red Pill** ideas as they apply to our lives and to the culture as a whole. It is by nature **anti feminist**, and we are **not a debate subreddit**. If you are interested in debating RP ideas, check out /r/purplepilldebate and be sure to have “RedPillWives” somewhere in your flair!

What do we mean by “like-minded” and “Red Pill”?

/r/RedPillWives is a community centered around specific subjects. You wouldn't go into the hockey subreddit, complain about the lack of posts on birdwatching, and expect to be taken seriously. You also wouldn't go into a subreddit about Catholicism and expect your posts in support of ISIS to be welcomed with open arms. So, with this in mind, please respect the parameters we have established for this sub.

[To learn about the purpose of this community, read All About RPW.]

(<https://www.reddit.com/r/RedPillWives/wiki/about>) Posts and comments that are not in line with these ideas or other RP concepts will be called out and/or removed.

If you are an RPW novice, take the time to get a feel for the community before participating. You can use the search feature, sort posts by flair, look at the top posts, read the wiki, and submit posts with the flair “Ask RPW” if you have questions.

What is the difference between a discussion and a debate?

Debates are combative by nature, as they consist of one or more people attempting to prove the other side wrong. /r/RedPillWives is not a place to debate or argue against RP theories or concepts. It is not a place to make a case in support of feminism, cultural marxism, or anything similar.

In contrast, discussions are conversations about a topic or thematically similar topics. At RPW, our discussions serve multiple purposes:

- Increasing clarity and understanding of a subject or issue
- Identifying and exploring the various RP generalities, frameworks, and truths
- Strengthening the bonds of the community
- Helping women by giving them the tools to make the most optimal decisions for their lives

Is there any room for disagreement or arguments on /r/RedPillWives?

No one at RPW sees eye to eye on every single thing. Voicing alternate opinions and interpretations within the comment section is fine so long as you adhere to the **subreddit rules** and these **guidelines on interactions and respect**. To be clear: you can express hesitation, doubt, confusion, and disagreement without starting a debate. The moderation team will determine what comments are appropriate as we see fit.

What should you do if you disagree with a post or comment and want to offer an alternate opinion?

If you want to correct someone, explain an RP idea better, or otherwise call out bad content, go right ahead! Don't

rely on moderators telling people why they are wrong. If you notice it yourself, speak up. If you're not confident in your abilities: report the post, link them to a relevant blog post or RPWives post, or mention a user you think could help.

If you want to challenge an idea that others seem to be accepting as valid for RPW:

- **Consider why you disagree** - Do you have any personal biases that may be skewing your interpretation of the post or comment? Are you jumping on Team Woman out of habit? Did the post or comment hurt your feelings or offend you? Is it possible that you are misunderstanding? Are you simply uninformed and reacting based on your lack of information on the topic?
- **Think about who wrote the post, and who submitted it** - If a post was written and/or submitted by a moderator, endorsed contributor or an established member of the manosphere, they know what they are talking about :) If the moderators allow a post on the sub, it has merit. If you aren't sure what that merit is, ask questions instead of tearing down the submission.
- **Think critically before responding** - If you are going to say anything, it must be expressed thoroughly and politely. You also must be able to back up your assertions if challenged.

New Moderation Policies

To enforce the above standards more effectively, moderators and select endorsed contributors (you know who you are) will be responding to non RP comments or posts asking the OP to explain how their statements are in line with the subreddit. We want women to learn as they spend time here, and responding to the question will create an opportunity for growth. A bad comment can turn into an interesting conversation, a post that usually doesn't meet the standards can impart lessons to all.

We will still be deleting content that will not yield those sorts of constructive experiences. And, to encourage quality content, we are running a contest this month that will grant recognition to the best posts and comments submitted during May. [Read more here](#) and get pumped :)

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UPVOTES

The 7 Habits of a Highly Effective Shrew

MsSadieDunham · 30 April 2016 · Archived copy · Reddit

I am re-reading *The Surrendered Wife* and I came across one of my favorite passages today. It is a great reminder to new and old rpw's.

The 7 Habits of a Highly Effective Shrew

1.) Talking on my husband's behalf and making decisions for him.

This one is self-explanatory. Like Laura says, being bossy is an intimacy killer and puts you in the position of being his mother, which makes neither of you feel good.

2.) Give my husband a disapproving look.

You may, as Laura says be able to hold your tongue and not utter criticisms but throwing looks is just as bad. Maybe your husband won't catch one look or any of them (mine does not take even the most obvious of hints!) but it still isn't going to make you feel light or feminine and can leave you with the "nagging hangover".

3.) Asking questions that seem innocent enough but clearly conveyed my disapproval (i.e.; "you're going to wear *that*?")

Now I have a husband who is an exceptionally well-dressed man, he loves clothes and follows trends. I can not sympathize with you ladies who have SO's that are dressing impaired. I think if you feel the urge to say something because you're genuinely concerned it will affect his well-being (i.e.; a mismatched shirt and tie when he has a big presentation or something) then think of a nice way to say it. But if it's only bothering you and there honestly isn't harm being done then do yourself and your SO a favor and stfu. Maybe you don't want him wearing jeans to church but that's not your call.

4.) Try to explain to my husband what I would do if I were in his situation, hoping that he would do what I thought he should.

This was a rookie mistake I made. I thought "well if I'm only giving him my opinion, he can still choose to do what he wants," but my husband is not like that. He takes my opinion as what he should do. I can easily dominate him and he only steps up to lead if no one else is. I noticed this happening so I started asking "do you want my opinion?" Which, he's not going to say no, so same problem. Now I just stfu and ask him what the plan is or just watch and see what he does.

5.) I've made countless unsolicited suggestions

Guilty! We all are, and if you say you aren't you're lying. :-) Anything about loading the dishwasher, when to mow the lawn, how to speak with a client, how to deal with a friend, criticizing his parenting, saying something passive aggressive like "oh, *another* beer?" are all unsolicited suggestions.

6.) Gaped in the car while he's driving

This could be anything, not just driving. Laura makes the excellent point of *"If you treat him disrespectfully, you're saying that you made a poor choice and that you settled for someone beneath you."* Think about that the next time you gasp, sigh, roll your eyes, huff, cough, whatever.

7.) Frowned at the lettuce he bought, all in the desperate, futile attempt to modify his actions.

■

We've all done these things, thinking we are not nagging because we aren't using actual words. The only person you're kidding is yourself so cut it out. Your husband still feels nagged.

I was ashamed the first time I read this section in particular because I realized if I put myself through the "Shrew Test" I failed miserably. It's a good test to use to show you what areas to work on and a yardstick to measure how you are doing each day and in general.

Happy reading, y'all!

~Sadie

Edited: formatting, spelling and grammar, and clarity.

19

UPVOTES

George Sand: feminist selfishness in the 19th century

ffigurethisout · 28 April 2016 · Archived copy · Reddit

Hi ladies.

I thought this would make for interesting discussion, but after re-reading this it's more like a rant LOL.

I play at my student's piano recital annually (I've always felt it's nice for the teachers to play too). I chose **Chopin's Nocturne op.55 in f minor** this year. I urge you to listen to it if you haven't; it's melancholic but beautiful.

In the process, I re-read **Chopin's biography**. George Sand, a French writer and later Chopin's lover, is often praised today for being an early feminist and withstanding societal norms. She dressed in men's clothes later in her life and smoked in public (both which were quite scandalous back in the day). She was also quite open about her love affairs.

My mom always sighs romantically at the mention of George Sand, imagining some beautiful and romantic relationship with the Polish composer.

In Gossip Girl (lol), a professor says she's one of her favorite female figures.

Books and articles tout how awesomely feminist and independent she is due to defying social norms.

The truth? She's a self-centered, egotistical, and proud woman. However "strong" people may lead you to think she is, she absolutely is not. She is brittle, breaking under the pressure of life as soon as it gets difficult.

Backstory: Earlier, Chopin proposed and became engaged to a very sweet, young artist named Maria. She painted **this lovely portrait of him**. However, due to Chopin's health declining, as well as rumors of him meeting George Sand, Maria's mother ended the engagement in a letter to him. Even though Chopin was disgusted with George Sand when he met her, it wasn't good in the public's eyes that they corresponded and Maria's family disapproved.

George Sand was deeply in love with Chopin from the start. It sounds like she ended up pursuing him (thus branch-swinging from another lover at the time). After the failure of his engagement to Maria, they somehow ended up together.

This boggled my mind a little, but then I remembered that people often "shelve" their bad qualities to seem better than they are. When life is good, those bad qualities can stay neatly tucked away...

Anyway, they still had a rocky relationship from the start. I could spend forever pointing out the early "red flags", but let's talk about when life really started getting hard.

Her true nature starts unfolding as Chopin is diagnosed with a terminal illness (suspected tuberculosis): I am absolutely disgusted by her behavior in these last years...

- She often wrote to people that Chopin was her "third child", and disrespected him with words like "little corpse". She ranted about her frustration with the situation. Oh, yes, you POOR, poor, woman...what a terrible life you have...wait, who is the one that's dying? She essentially resented him while he was dying, unable to walk, and in pain...
- She picked fights with him when he was violently ill. She never took his side and was always against him. Feminist logic: he was the one turning against her, obviously!
- Chopin was 'indifferent' to her radical political pursuits, which I believe caused her some frustration. Is this surprising to us? Nope.

- Sand was clearly jealous of her daughter, Solange, who seemed to have more grace and compassion than she did. They had a lot of disagreements.
- Let's also turn to the fact that all of this arguing happened while Chopin was staying at Sand's estate in the summers. She should have made this a peaceful environment where he could rest and compose. I feel like he could have composed way more pieces even though he was sick, but due to all the drama and fighting, he probably couldn't focus in such an environment!
- She ends up writing a novel about a rich actress and a prince in weak health, which was a clear allusion to Chopin. The prince ends up getting a negative role in the book, everything written about him is unflattering. Chopin knew of the book, of course, which leads us to...
- ...An angry fight, leading to him FINALLY leave her. Her response to him leaving her was that it was "a strange conclusion[...]". Actually, George, if you were any smarter you would see that it was the only logical conclusion. Anyway, we should feel happy that he finally left her, right?
- Except...he died two years later. She never contacted him, never apologized, nothing. The last they remember of one another is an icy argument.
- Solange, Sand's daughter, was at Chopin's deathbed. Solange's husband made his death mask. The couple were very supportive of the composer even though he left Sand.
- And...you guessed it: Sand wasn't at his death bed. There is no mention of her going to the funeral. And, when Chopin's sister returned their love letters to Sand, she destroyed them all.

George sand is far from being the "strong" woman feminists think she is. She is weak and solipsistic. She couldn't put aside her personal qualms and simply love and care for Chopin while he was dying. Instead, she had to make everything about her and her suffering. Meanwhile she was in perfect health and her lover was one of the most amazing composers to date.

How would she feel now, knowing that millions of people worldwide adore his music? That he lives beyond his death? Meanwhile, she's a straw that feminists grasp at to say "look, see, feminism in the 1800s!"

I pity Chopin for choosing such a vile woman. Not only did he have a terminal illness, but he had ZERO support from his lover when life started getting really tough.

Side-note: I believe the Nocturne was written a year after things started going downhill (1844). You can hear his melancholy in the music.

Oh, she was openly hypergamous too. I just found **this**:

Sand was a true Romantic. She wrote she was only happy "when I love" and not always then. She declared, "Love is all." But for Sand, love is only love when both partners are equals, "when two hearts, two minds, two bodies meet in understanding and embrace." She drifted from lover to lover, agonizing over the breaks and partings. **She sought the perfect relationship, and if she couldn't have it, she would readily leave one man to join another who was, in her words, "closer to perfection."**

No, Sand does NOT know what love is. She was NOT a true romantic. She was selfish, vile, and hypergamous. No man could EVER make her happy.

Shame on you, George Sand. Unfortunately, there are too many Sands in modern-day society to count.

There is one lesson we can take away for ourselves here: It's easy to be pleasant and feminine when life is good and you're dating a famous pianist. But when life gets tough, that is when your true nature will be put to the test.

We must always prioritize loyalty, compassion, and femininity unlike Sand. These qualities are what create true feminine strength.

edit: LOL at the puns. love you ladies hahahaha

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UPVOTES

A case for discussing exclusivity before entering a relationship

TempestTcup · 24 April 2016 · Archived copy · Reddit

Huffpo has a good article about [discussing exclusivity before entering a relationship](#). Here, the author discusses the modern approach to relationships and the pitfalls of "being in his stable", or as we like to put it, being a plate he is spinning:

No one gets to exclusivity from the stable. I know it's tempting to think you'll be the one who can. "If I can just keep my cool, be agreeable enough and hot enough, I'll get my spot. If I show him I'm not the 'crazy girls' he's dated in the past, that I'm easygoing, chill, and never complain ... then everything will change, in time."

That's the bait. And that's the hook where we get stuck. It's not about us. It's not about being good, or being the best. It's about this type of man's disposition. He's not a bad guy. He's simply in no hurry to make a decision. He's assuming, as many guys do nowadays, that you're okay with this set up. Since dating doesn't automatically mean moving toward partnership it's free of the rules regarding relationship behavior.

Her solution to the problem is very much like ours:

When's the right time to discuss exclusivity? This concept needs to be stated as a foundational element, up front. It should be part of a modern woman's online profile, initial dating statements, and the focal point of her partner selection process. When put on the table as a condition of partnership, it doesn't need to be asked later as a question.

This isn't a subject that can be ignored. If exclusivity is ignored for fear of "losing a man," then it's already too late. Whenever a woman compromises her values in order to gain admission to the game of love, she's already set a precedent for future treatment.

Yes she mentions "empowerment" numerous times, and comes at the subject from a very Team Woman approach, but the basic idea is the same.

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UPVOTES

The “Women are Wonderful” Effect

TempestTcup · 15 April 2016 · Archived copy · Reddit

I stumbled on this Wikipedia article and it gives a name to the overwhelming trend towards assigning positive attributes to women on a wide-scale basis. This trend is most seen on television commercials featuring the smart woman and the bumbling man, which seems to be the norm these days. Sure, this trend could be excused by the fact that **women control the lion's share of consumer spending**, but if you look at other aspects of today's society, you will see that this effect bleeds over into all areas of life.

Women tend to **receive lighter sentences** than men **for the same crime**, their **physical tests** for rigorous jobs **are easier**, men are more likely to get blamed for domestic violence despite that women are **reported to be the perpetrator in a majority of cases (70.7%)**. A large part of the bias towards women is seen in instances like these. From the article:

The “women are wonderful” effect is the phenomenon found in psychological and sociological research which suggests that people associate more positive attributes with the general social category of women compared to men. This bias reflects an emotional bias toward women as a general case. The phrase was coined by Eagly & Mladinic (1994) after finding that both men and women participants tend to assign positive traits to women, with woman participants showing a far more pronounced bias. Positive traits were also assigned to men by both genders of participants but to a less significant degree. The authors supposed that the positive general evaluation of women might derive from the association between women and nurturing characteristics. This bias is suggested as a form of benevolent sexism -towards females- which is a concept within the theoretical framework of Ambivalent sexism.[citation needed] It can also be seen as an example of hostile sexism towards men under the same framework.

The ‘women are wonderful’ effect is the main reason that women can largely screw up without consequences, and that coupled with peoples’ **overall positive bias towards people they found attractive**, means that young, attractive women are excused for bad behavior the most often. This tends to make those women feel entitled, and it feeds the feminist agenda and the **feminine imperative**. From the last link:

When women do bad things, they are treated like children morally, let off the hook, protected from the consequences, yet they are allowed to make potentially disastrous choices without adult supervision, choices that men will pay for when those choices go wrong. Thus women receive substantially lesser penalties for crimes, and are not really expected to honor contracts – yet any business that discriminated against contracts signed by women would be in big trouble, even though it is also in trouble when it tries to enforce those contracts.

The underlying mechanism leading to the Feminine Imperative is that adult women are assumed to be adult, to be capable of making responsible decisions about sex and reproduction. And when it becomes painfully obvious that they are not, then men have to pick up the pieces, without however having the power and authority to restrain women from making bad decisions.

I also think that this effect is feeding the entitlement women have today; the entitlement to the best man (without being the best woman), the best job (without being the best candidate), etc.

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UPVOTES

1939-Ladies Handbook of Home Treatment

eliza_schuyler · 11 April 2016 · Archived copy · Reddit

I found this book in the rental house I moved into with my SO. It includes some lovely watercolour plates illustrating childbirth, and a large variety of questionable home remedies.

It also has a section on **Making Marriage A Success** This includes advice such as

"Both have years before them to weave into one harmonious life-pattern. This can be accomplished only through the exercise of mutual love and forbearance, the sharing of joys and sorrows, and the reciprocal surrender of what one is prone to call one's "rights""

"The possession of a sunny disposition is indeed a wife's most valuable asset"

"So wholesome and attractive may the home be made by a content cheerful woman, that the husband will leave it with reluctance, and will return to it at night with naught but thoughts of quietness and peace."

And my personal favourite...

"No doubt the foundation of a happy home lies very largely in the kitchen. Too often have ill-cooked dinners put asunder that which God hath joined together."

The chapter also emphasises that a good wife will always look after her own health.

This may be written in a quaint and old fashioned style, but I believe the message is still relevant, and somewhat lovely.

Share your lives and don't keep score.

Be pleasant to be around.

Keep your house tidy, and give him a soft place to land at the end of a hard day at work.

Learn to cook at least one or two meals well!

I just rediscovered this today, and thought I would share the common knowledge of the 30's on how to create a good marriage. Perhaps knowledge that is a little more difficult to find in 2016. I wonder what the 2016 edition of the "Ladies Handbook of Home Treatment" would read like...

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UPVOTES

Advice from Momma

SeasideJune · 11 April 2016 · Archived copy · Reddit

My mother and I sat down today and chatted about my relationship. She's never been an advice giver, but tonight she earnestly offered me advice on how to treat my guy. It boiled down to this: Spoil him.

Yes sure I faithfully shower him with kisses, tell him how I love him, let him take the lead and emotionally support him. But the shirt he gave me lies in the back of my closet because I find it ugly. The dishware he gave me sits dusty because it's smaller than I'd like. I recently took home the leftovers from our meal out because, after all, I payed for more than half of it.

I've been harbouring so many expectations for him, keeping score and not appreciating every single thing... and hiding that fact even from myself.

I'm so grateful for my mother's advice. That's why I'm sharing it here.

No showing love only where I want to, no discarding his showings of love, no expectations, no grudges, no selfishness. I'll spoil him, spoil him absolutely rotten.

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UPVOTES

29/31 by Garfunkel and Oates

HieronymusBoschClone · 8 April 2016 · Archived copy · Reddit

Garfunkel and Oates run an absolutely hilarious youtube channel I highly recommend all of you check out. This video has probably been seen by most of the vets here, but it is one of my favorites. It talks about "the wall", just without any RP terminology. Hope you enjoy it!

<https://www.youtube.com/watch?v=H-gfxjAaZg0>

Best, HieronymusBoschClone

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UPVOTES

Spring Clean Your Marriage - The Gottman Institute

cakeforalllofyou · 7 April 2016 · Archived copy · Reddit

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UPVOTES

If not college, then what? And where to begin with major self-improvements?

Leopardcake · 6 April 2016 · Archived copy · Reddit

How old are you and how familiar are you with RPW?

I recently turned 21 and I've known of RPW for a while now, though haven't really dove deep into the literature and such. I have a pretty decent understanding of what I should be doing to be better and get where I want to be, but don't necessarily know where to begin and how to start.

What is your relationship status?

Somewhat recently single after my first and only relationship of about 4-5ish years ended. Mostly my fault, I'd say. We both had our problems though and probably started dating too early and lived together when we shouldn't have. In any case, it was one of many wake up calls that I really needed to work on improving rather than wallow in my depression and despair over life issues that were out of my control and focus instead on what I could control. Been having trouble getting over the pair bond I had with him and missing the comforts and good times we had, but that's not my main concern right now and I can manage it with time.

What is the problem? (Don't badmouth your SO!)

My main issue right now is that I have a TON of improving to do (appearance/grooming, attitude, picking up hobbies and interests, making friends and meeting people, getting my license and becoming more independent, etc.) and I'm running out of time. And I'm poor, so that makes things a bit more difficult when deciding where to focus my attention.

I'm also wondering (after seeing the Lost Art of Self Preservation post which I plan to read through) what a woman should do if not go to college. I've already completed two years of community college and have a Lib Arts associate's degree, but I feel like there isn't really much I can do with that job wise. I have limited work experience as it is, so I'm wondering how I could ever earn enough money to support myself one day without going to university to get a higher degree (even though I don't even have a clue what I would want to major in).

I do enjoy school and feel like that setting would benefit me in some ways like making friends, getting involved in new things, continuing my education in the classroom setting that I thrive in, etc. But the cost and the fact that I'm still undecided really worries me. I think I'm just at a point where there's so much on my plate to do that I don't know where to begin. And there are other complications in my life such as my living situation, depression/anxiety that make it even harder to decide what I should do and where I should go.

How have you contributed to the problem?

I am, like, the entire problem, haha. I was depressed and without help for far too long, immature, and unable/unwilling to take control of my life and didn't have good role models or a strong family unit to turn to for help. So now I'm 21 and trying to learn how to be a person, a good woman, and hopefully one day a good wife and mother. Preferably before I'm 30. So I need all the advice and help I can get from wherever I can get it.

How long has this been an issue?

I guess ever since I graduated high school? Maybe before then, since late middle school when I first started dealing with depression while in boarding school and after going through different medications and finding that nothing really helped, I concluded the problem must be I was unhappy where I was and made the decision to leave boarding school (which all the adults in my life thought was an A-OK decision!) and subsequently experienced extreme regret and realized that I just gave up a lot of financial assistance and support networks and other things, etc. I've since learned that my unhappiness stems from something in me, not my surroundings. Which have changed quite a few times since then.

What have you done to resolve this problem?

I've been trying to seek advice and counsel from people about what they think might be best for me to do, but honestly no one has been very helpful on that front (not to say the people in my life have been entirely unhelpful, I've received support and assistance from a lot of people. It just feels like I'm not getting the advice and help I truly need and desire).

In terms of improving on other fronts, I've been working out more the past few months, but I tend to have long stretches where I do really well and am consistent and then have periods where I sink back and do nothing. It's just a matter of fighting through my bad moods to maintain a strict schedule I think. I also follow other subreddits like SkinCareAddiction and have been trying to find a skin care routine that works for me. My inconsistencies, easy discouragement, and lack of funds have made progress slow on that front though.

I picked up knitting for a while to include a hobby in my life besides games and movies and whatnot. It's ok, it feels sort of nice to create something, but I don't know if I really love it or anything. I also got my permit so I can work on getting my license but the only person who can teach me right now (my sister) is very busy since she works in the military and there simply hasn't been much time. So overall I've pecked a little at different areas of self-improvement but haven't made a ton of progress and feel like I'm a little stuck until I figure out some future plans like college or no college and find out what other options are really possible.

Sorry for such a long post! Any thoughts or advice would be much appreciated though.

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UPVOTES

How your personality type expresses and asks for love

PhantomDream09 · 3 April 2016 · Archived copy · Reddit

First, take [this](#) test to determine your personality type. Then read *How Does Each Personality Type ask, "Do You Love Me?"* by Antonia Dodge.

Post your results, and discuss whether or not you agree with your personality type and the descriptions provided.

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UPVOTES

For married women thinking about birth control beware of: NEXPLANON implant

WonderWomanxoxo · 1 February 2019 · Archived copy · Reddit

Good evening, I just wanted to share my experience with those of you who are considering the nexplanon implant. Understand that this is just MY experience but alot of women have experienced this.

Me and my husband have been married 3 years, together for 6 and are very sexually attracted to one another. We are finally planning on having kids and I get my implant removed on Tuesday and CANNOT wait for my raging hormones to come back.

Before the implant my husband and I were having sex maybe 3x a week. About 6 months into the nexplanon my sex drive was on the decline. My husband would point it out as it had been 3 weeks since we had sex. I thought nothing of it, until it caused serious arguments and pushed my husband away emotionally due to my lack of sex drive.

Ladies do not consider the nexplanon implant if you want to keep your sex drive. It has damn near costed me my marriage and I know for a fact the nexplanon is to blame. I want to be horny again and long to feel those feelings of sensitivity. While on nexplanon I didnt even think about sex :(

Just some insight for you guys. Please wish me luck on my journey into healthy sex and raging hormones.

Thank you

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UPVOTES

Dax Shepard Wasn't Sure He Wanted to be with Kristen Bell

raspberr jam1 · 18 August 2019 · Archived copy · Reddit

While not a RP couple, I thought of RP strategy while listening to Dax Shepard talk about his journey to and with Kristen Bell. If you have the time, give it a listen. Only 5 mins. I thought it was a great example of the powers of living by example instead of struggling/nagging/trying to control things about our husbands we can't control.

EDITED TO ADD: Can't tell if the link worked, so adding it here. Sorry!

<https://www.youtube.com/watch?v=P3EQfvEQSWU>

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UPVOTES

Looking for Laney

LemurianStarseed11 · 26 September 2020 · Archived copy · Reddit

This is a personal post, I am just looking for my mentor Laney who became a good friend of mine through this subreddit. I was going through a lot and did not update her on what was going on with me, now she has deleted her profile and I'm not sure if it's because I've upset her. If you're out there Laney, please let me know you're ok! I'm sorry for not writing you back.

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UPVOTES

Permanent link to the Tea Room discord group

cloudlilies · 10 September 2020 · Archived copy · Reddit

There have been some issues with invite links to the discord I set up some time ago. I wanted to create a new post with the permanent link for new people or people struggling to join to see. I will also update the old post with this link.

Sorry to anyone who has had an issue! <https://discord.gg/STf3Ftp>

Edit: so sorry! Fixed it!

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UPVOTES

Inspiring women

[_tiff_](#) · 30 September 2019 · Archived copy · Reddit

In my current situation, I don't have many (in which I mean zero) like-minded female friends around so I derive inspiration from online ladies who seem to be similar minded.

I thought it would be nice to open a thread where we can share bloggers, YouTubers, et cetera who inspire us in some way toward higher ideals.

Also - hello everyone (I'm new here) and happy Monday :)

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UPVOTES

STFU and emotions...

anothergoodbook · 10 October 2020 · Archived copy · Reddit

My husband is happy for like the first time in a couple of years. But it's over a promotion at work and that's all he talks about and thinks about.

I should be excited (and I have been), but almost every conversation revolves around work. I've been keeping my mouth shut and being supportive because I feel like the novelty will wear off. But it's to where I have to offer information about my day (and it's been incredibly stressful and anxiety producing with sick kids, vehicles not working, etc). But his mind is on work.

Then the icing on the cake is sex. Which we've struggled with. And we have like a script written out for how things go. We haven't had sex in about 2 weeks. I've backed off and not initiated as much because he typically declines. But it's been two weeks so I tried and got turned down (3 times *sigh*). But we also do this cycle and I'm trying to break the cycle. I get annoyed. We argue. And maybe have sex and then go back to not doing anything for 1-2 weeks.

But I want to break the cycle. I hate the arguments around it. But I also hate the rejection (and my initial reaction is to retaliate so he can feel as bad as I feel). Ugh. So I'm keeping my mouth shut.

But. All the anger, resentment, frustration, rejection is still there. How do you manage emotions while STFU? How do I not be a bitch doing the silent treatment and be feminine and graceful and kind? It is hard to not withdraw in other ways in the process. Like - no I don't really want to kiss you goodbye. No, I don't want to sit next to you and cuddle after being turned down for sex repeatedly...

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UPVOTES

Failing....

misstulip97 · 24 February 2020 · Archived copy · Reddit

I've always dreamed of becoming an amazing sahm, I studied home economics, cooking, and Childcare, it's something I feel deeply passionate about and I realize how important mothers are in general.

4 months ago I gave birth to my second son, so I now have an almost 3 year old and a 4 month old and an amazing husband. Honestly I feel everyday like I don't deserve them. They're really amazing and I feel so blessed. But I'm slacking and I'm failing.

My husband goes to work 2 days, then is home 2 days, so sometimes I'm alone with the children. I find it hard keeping up with the messes. The 4 month old is very needy and attached to me. My 2 year old wants and needs more quality time. I need better self care routines, I'm lucky if I can brush my hair.

I want to be better at this. I want to have it all together. Usually everyone is happy and healthy and okay but that's mostly when I'm overwhelmed and juggling everything too fast.

My husband helps when he's here. My toddler is learning habits to prevent habits and to be more independent.

I'm just trying but it's not working. The house is usually a mess, I make quick meals to get us by, my mood is usually a wreck, I have almost zero enthusiasm in caring for the kids sometimes, and absolutely worn out by the end of the day I don't enjoy staying up with my husband and prefer to just sleep or be alone and not needed.

You can skip this part but my routine is something like

Wake up at 7 with children, change and feed them milk. Prepare breakfast, we eat and clean up. I start chores when baby's asleep because I can't leave the toddler with the baby ever. I let the toddler play independently or help me do chores. I clean until 9 or 10, depends when baby wakes up. I take care of him and hang out with the kids and we play. When he naps again I go prepare lunch with my toddler and we have snacks. Baby's awake again and we watch TV until he's asleep. I do some chores while holding him if I can.. Things like putting away laundry or dishes. When baby naps again (by now it's like 2) I play with my toddler, or get us ready to go out if weather is good. We go out, he plays, baby watches. Or we stay home and I play with them both. Around 6 baby sleeps, and then I do bedtime routine for toddler, he sleeps at 7. Then after 7 I pick up the house, do final dishes, sometimes I do a weekly chore if I have energy if my hubby's home we just hang out.

My routine doesn't look bad but omg my mood throughout the day is drained and sad. I don't want to be like this.

**I admit some days I don't cook or clean or teach my toddler or play with them. I just sit, turn on the TV, and feel so tired. **

Disclaimer I don't have postpartum depression but I do have some anxiety.

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UPVOTES

Being an emotional sponge

HappilyMrs · 22 February 2021 · Archived copy · Reddit

Does anyone else get really easily swayed by their husbands emotions? If he's feeling a bit low or out of sorts, I immediately feel the same. If he then bounces back and flirts or is loving or playful, it's like a light switch and I will just be reset. It's not even happening subtly now, I can feel it start and stop. Am I alone in this?

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UPVOTES

What are your thoughts on how one should dress to attract relationship-minded men?

hopingforapartner · 18 May 2021 · Archived copy · Reddit

I'm 24F. I've always been shy and quiet, and for whatever reason this has always been coupled by an instinct to avoid showing a lot of skin. I've been this way since early adolescence, and for me it was never calculated but rather, in my opinion, born of a desire to camouflage myself and not be noticed and potentially faulted for anything by "the tribe" (my peers, etc).

Now, however, I've been entertaining fantasies of not covering up so much. I've never been in a relationship or had sex, so I've never experienced someone else's lust or attraction for me. For better or worse, I'd like to feel pretty in the eyes of another. I've never really felt "sexy."

I've always been slim, and I take good care of my skin. However, it's always covered up, and sometimes I want to free it (I'm obviously not going to go streaking lol) just because I know my youth and health is fleeting and I know one day I won't be able to go out in the world with young skin - the ship will have sailed.

I know that many high quality men are turned off by women who flaunt their bodies, and I think I understand why. I'd be put off by a guy flaunting his abs all the time - I think both genders tend to associate this kind of behavior with a lack of commitment and infidelity. However, in my situation it's not about wanting to be polyamorous or have casual sex; it's about wanting to feel beautiful and physically desired/appreciated. Like I said, I have very little dating experience, I'm a kissless virgin, and I've never had a boyfriend. I think that plays into my feelings.

Do you think that wearing mid-thigh shorts and tank tops would ward off men who would otherwise take me seriously and want a LTR or marriage with me? I don't want to sabotage my chances of a real relationship and only attract men looking for casual sex.

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UPVOTES

Update to Dog Problem

Hot_Wasabi_4270 · 2 June 2021 · Archived copy · Reddit

Hi ladies,

I wanted to post an update to this post I made a month ago.

https://www.reddit.com/r/RedPillWives/comments/mzsx69/dog_dilemma/

I appreciated everyone's advice so much! The timing of my question was interesting because right after I asked, I read this post -

https://www.reddit.com/r/RedPillWomen/comments/n7kegs/men_are_not_made_of_porcelain/

Which was so perfect for my actual "dilemma" as well.

I grew up the oldest child and was known to be "bossy" as a little girl, my parents nicknamed me "queenie" - I guess because I had to be in charge of everything!

Now that I've been viewing my past relationships through a redpill lens, I've realized how as an adult when I thought I was being assertive, independent, or even "cute" in a bossy way, I actually probably sounded quite bitchy and unattractive. So even though I know men weren't made of porcelain- I wanted to find a new way to communicate healthy boundaries and needs. And you ladies have me the perfect language.

I waited until the next time we were together in person and his dog came up naturally in conversation at one point over lunch. I said something along the lines of, "yeah actually (dogs name) really worries me." And he asked what I meant and I explained that I didn't think the dog was a good listener, and he had nipped at me, and that makes me uncomfortable as a mom and I wasn't sure that I wanted my daughters around him.

In between bites he causally said something like, "yeah, that's understandable. Maybe you can tell me some of that stuff you're learning in dog training with your dogs."

Haha and that was it! I looped him in to some of the techniques and philosophy I've learned and he started implementing it right away. I tried not to be a know-it—all and would really only address issues that he brought up or asked about. I would say, "well the dog trainer said..." or "I tried this with my dogs and was amazed at what a difference it's made"

And honestly, there have been no more issues with the dog. He stopped jumping and my bf started commanding him and taking control of situations. I think the main thing was that the dog thought he was in charge and my bf had no idea. Like he thought it was fine if the dog pulled ahead on walks the whole time and didn't realize that was signaling to the dog that he was alpha. Im sure there is more training to be done, but once the hierarchy was recalibrated, there were no more major issues.

It was so refreshing to have an issue, bring it up in a non confrontational way, and then have such an easy solution! Thank you all for helping me find my words on how to approach this situation. :)

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UPVOTES

Dealing with monotony

anothergoodbook · 28 May 2021 · Archived copy · Reddit

Ladies, here's my struggle. I am working on decluttering and keeping to a routine for keeping my house tidy.

How do you deal with doing the dishes *again*? I have PMs and cramps so just pulling myself out of bed was hard this morning. Just to be met with a messy kitchen that needs to be cleaned... again.

I'm trying to find joy in what I do. I'm trying to be content. But it's really dang hard.

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UPVOTES

Would anyone be interested in a bi-weekly/monthly “what are you reading & listening to” - type thread ?

anothergoodbook · 25 June 2021 · Archived copy · Reddit

I was thinking about this today and wondering if anyone else would like it or just me ☹️.

Edit: started a thread here:

https://www.reddit.com/r/RedPillWives/comments/o7vjdk/625_what_are_you_readinglistening_towatching/?utm_source=share&utm_medium=ios_app&utm_name=iossmf

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UPVOTES

This Joke Never Gets Old, And It's So RP!

Camille11325 · 19 July 2016 · Archived copy · Reddit

<https://www.youtube.com/watch?v=J7QNw1LRJv4>

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UPVOTES

Sex, Glorious Sex

SeasideJune · 2 July 2016 · Archived copy · Reddit

He says he loves me but he's actually lying and one day I'll find out he's been dating another girl along with me and because I've invested my heart, my heart will be broken. Also, he's overly devoted. Also, he's overly detached. Also, he's not manly enough because he's gentle. Also, he's too manly because he's driven. Also^also^also^also

Oh my brain.

Many nights it goes off like this, and I squash the horrid rambling as much as I can. On the *rare* occasion, something of this strain bugs me so incessantly that I text him about it and always end up ashamed of having done so.

How long has this been going on, you ask? The whole relationship. Over a year.

But recently I had a personal epiphany. I literally sat bolt upright in bed at 2 am and realized that sex is my answer.

Do I ever overthink so irrationally when I'm with him? No. Do I ever overthink so irrationally recently after seeing him? Not usually. Why only "usually"? Because sometimes we don't have sex. When I sat bolt upright in bed I realized in a rush of one year's memories that it was only ever after recently having sex that I was free of my overthinking. Not after texting him, not after just seeing him, not after a *cough* personal session. After sex. With him. It was a perfect pattern.

We talk so often of our men needing our sexual availability, but I need it regularly too. Evidently.

1. Sex grounds me. It reorients me out of my mind and into my body. It halts the overthinking and erases the unreasonable emotion.
2. Sex connects us. It renews our dynamic. Through total vulnerability, it reinforces that above any little "issue" I'm overthinking about, we are a couple, we are a unit, we are committed.
3. Sex makes us both happy. And it's darn fun.

It's surprisingly relaxing for me to have "solved the puzzle" of how and why my mind runs off this way. It seems that regular sex with my man keeps me rational.

I'm sharing firstly just to share, but also because it might be nice to talk about how sex affects *us* as women. **Does being physically intimate with your partner influence you personally in some way, and how?**

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UPVOTES

Update to things...

anothergoodbook · 7 September 2021 · Archived copy · Reddit

I wrote a post about how I left and stayed in a hotel and then deleted it. I didn't want to leave everyone hanging so here I am.

I left because I realized I was more angry with myself than anything else. It hit me that for the last 2 years I've bent over backwards to make my husband happy. If he was upset or had an unmet expectation I would jump to meet it and make him happy. All the while I was like, "hey, can I get something"? Understandably he's been angry about things in our marriage, but I couldn't keep chasing him like a lost puppy.

I felt like the desperate girlfriend checking her texts all the time while he's out not thinking a bit about her.

When I got home I told my husband all of that. I explained that I understood that he had expectations (like there being dinner made or the house neat or me being healthy). But that I have expectations also. I don't want to be given the cold shoulder if I say the "wrong" thing or for no reason whatsoever. I'd like to be kissed and hugged and shown affection to. I'd like to be honest and not have my words bite me later when they're used against me.

I also told him that for the last several years I've been doing everything to not lose him but he's never stopped to think that maybe he would lose me (and that I've never looked at it that way).

I explained how incredibly hurtful his comments about sex were. And how it made me see that all my efforts in chasing him were fruitless. And that if he was interested in keeping me then he would have to change how he's doing things.

I was surprised that he wasn't angry and we didn't argue. We sat calmly and talked about our expectations and what we both want.

And we were very sweet with me yesterday. Last night he actually played with my hair while we were laying in bed going to sleep (something I've done for him but he never responds).

I realized my need to focus on things for me and stop trying to make him happy. Yes there are expectations and things I need to do, but to constantly worry about "does he like me? What did I do wrong that he seems unhappy today?" Is just controlling and exhausting. I'm rereading *The Empowered Wife* and remembering to focus on my happiness .

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UPVOTES

From r/sex "My wife and I made up a 24/7 [sex game] that keeps things spontaneous."

Irisandoleander · 1 December 2016 · Archived copy · Reddit

https://np.reddit.com/r/sex/comments/5frc3b/my_wife_and_i_made_up_a_247_sex_game_that_keeps/?st=IW6C4661&sh=38a9b8c8

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UPVOTES

Is this an overreaction?

anothergoodbook · 12 December 2021 · Archived copy · Reddit

I asked my husband if he was interested in doing anything last night. Sex is a big deal between us at the moment and I've dealt with a lot of rejection from him.

He came upstairs and laid down next to me and put his hands in my pants. No kissing no anything else. Just put his hand down my pants. After like a minute I just wasn't into it because...well. He obviously wasn't into it either. I just said, "you know it's okay. We really don't have to do anything". He said, "I thought you wanted to do something?" It was a little back and forth. And it just stopped. And I went to bed.

This morning I'm just feeling upset and brought it up. He said basically that I asked to do something and he did so if I feel upset about it all that it's on me. He said, "I didn't even feel like it." To which I replied, "then please just say that. It was just awkward and weird". He is all upset saying that I don't care that he is at least trying and I just want "the plane to wreck".

Is it an overreaction to not just want to be fondled but actually have sex with someone who was wanting to be there?

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UPVOTES

Help: I've made a lot of mistakes; will my husband ever be okay, or did I break the relationship?

Desperate2makeitw0rk · 11 February 2022 · Archived copy · Reddit

Hmm

Ladies, I am experiencing a substantial emotional crisis over this, and I feel like I have no one in the real life that I can talk to— in my experience people's advice is either unsupportive (it's all that "you go girl! You need to do what makes YOU happy and not worry about anyone else!") or that people just cannot relate to my outlook/goals in life (RP stuff). This is my first time posting here, I read the rules and hopefully this is okay. Please know I am just very desperate and feel so hopeless about things ever being okay.

TL;DR

Husband and I had tumultuous marriage, with 2 separations, during which times I cheated and he did not. He got RP'd during our second period of separation and wanted to stay together. We have both changed drastically since this time, but he is having significant emotional struggles because of my behavior in the past. Is there any way I can help him, and will it ever get better?

Questions from Rules

-
- How old are you (and how old is your partner) and how familiar are you with RPW?
 - 32/33; comfortably familiar
 - What is your relationship status?
 - Married since 2009
 - What is the problem? (Don't badmouth your SO!)
 - TL;DR above and detailed problem below
 - How have you contributed to the problem?
 - Same as above
 - How long has this been an issue?
 - Same as above
 - What have you done to resolve this problem?
 - I've tried to do anything he has asked and more, but I feel desperately hopeless to help him at this point

If married or in a committed, monogamous relationship:

- How long have you been together?
 - Since 2008
- Is your relationship long-distance?
 - No
- Do you have an active bedroom life?
 - Intermittently

The Background

I come from a broken household (father chronically cheating, drinking, etc; mother was actually very faithful and put up with everything to raise her kids) and at 16 ended up in a relationship with someone almost 10 years older. I did not lose my virginity, but we did a lot more than I wanted to; it was an abusive relationship and I was afraid of him for the year or so that we were together.

At 17, I met my husband; we ended up dating when I was 18. He was a virgin, and we did fool around while dating. Admittedly, we both professed that we did not want to due to our Christian beliefs, and we both went further than we would have liked. Reflecting back, I think I was pushing for physical intimacy out of my own insecurities, and he holds this against me at present.

The dynamic of our relationship was sadly typical: we both worked full time, I went back to college for my Master's, we did not have a particularly healthy relationship due to immaturity, limited support, and misguided life goals. I experienced a lot of rejection and what seemed to be contempt from my husband, and did not understand why, which fueled poor behavior on my part, and continued unhealthy patterns. I learned years later he was addicted to porn, which negatively impacted our sex life (and thus my emotional life) and every time he tried to stop using, he would put the burden of it on me (i.e. if he would use while I was at work, he would say it was my fault because I did not call to check up on him). We ended up with that dreaded dynamic where I felt like I had to be his mother, I had little respect for him, and I know he resented me for a lot of my behaviors.

We had so many problems, I suggested therapy a few times, he always refused. I ended up asking for a divorce, he also refused. In my misguided 24 year old mind, I believed if I did something drastic, he would see the error of his ways and we could work on things— so I moved out. Unsurprisingly, this infuriated him, which I did not understand at all at the time. I genuinely believe I was showing him how serious I was about trying to make it work. Instead, whatever resentment he had towards me exploded and I saw no hope of us getting back together.

I spent the next few months experimenting with drugs, alcohol, and strange men like a total degenerate. It was a very bad time, I ended up suicidal and just a mess of a person. After about a year apart, my husband and I started spending time together again, and decided to give it another go. During our time apart, he got into RP and followed his moral convictions that he should try to work on his marriage. During our time apart, he worked through a lot of his porn problems and remained untouched by another woman.

After 2 years back together, old habits were back in full swing. I was pursuing my career, things that I thought made me valuable as a person, and we got back into the routine of me having little respect for him, being his mom, and he was back in to porn, and he became so unhappy as a person that he became just plain mean. I became arrogant and felt like I was too good for this, and did not need to put up with being so “mistreated” and ended up having an affair over a span of a few months. During that period, he began to RP hard. He became a totally changed man. Drastically, completely, a new person.

I felt like I had dug myself too deep into a hole at this point; I had rationalized when we were separated, we were both sleeping with other people (I found girls pants at his house, and another toothbrush, so I assumed— he says its not true, there was not another woman). This time, I was patently unfaithful while we were living in the same house. We were sleeping in different bedrooms, but what I did was abhorrent. I knew our relationship was over because of my actions, so I planned to move out so we could both move on with our lives. I got a place an hour away and moved everything, and was staying my last weekend in our house. At this point, he asked me not to move out and to stay. I told him about the affair; he said he knew, and wanted me to stay anyway.

From this point forward, everything about us changed. He was totally red pill, and I was willing to do whatever he wanted or needed in the relationship. Over the next few years, I pretty much got out of the work force, we

converted to a pretty conservative religion, we adopted 2 young relatives that needed a home, and had 2 children of our own. There have definitely been periods of struggles, but for the most part, we function as unit and look like we are doing well.

The Current Situation

I am fully repentant of the poor choices I have made in our relationship. I was selfish, short-sighted, and hurtful in the things that I did, and I don't feel like I deserve my husband. I fall short a lot as a person, I have a lot of things I need to continue to work on, and I am not always an easy partner in life. I really do try, and I am accepting of feedback from my husband, and I am willing to make pretty much any change he wants or asks of me.

Regardless, I understand that no amount of behaviors today can change my behaviors in the past, and I have caused my husband a lot of pain. A lot.

I have 2-fold problem; one is selfish and one is not. The selfish one, is that every time our past is brought up, it is always 100% my fault. I understand that I absolutely made the worst moves in the relationship, but I feel like there is an element of things that aren't fair— like him accusing me of knowing what I was doing at 17 by wanting to cross physical boundaries (I was no where near that cunning, I was just wanting to feel wanted in a broken way) or him not really acknowledging how his constant rejection of me or lack of willingness to be any type of leader impacted our relationship dynamic. I feel like it is unhealthy for the entire burden of problems of a relationship to be on one person, but I also feel like there is really no way for me to communicate that because everything I did is so much worse than anything he did. I feel like he holds on to this and it fuels a lot of resentment towards me. Additionally, it is so incredibly hurtful that he tells me he got my first boyfriends "sloppy seconds" and that he finds me repulsive often because of things in my past. Do I need to just accept this, because I deserve it, and let this be how things are whenever our past comes up?

That being said, does anyone have any advice on what I can do to help him through this? I feel like I am doing whatever I can to support his wants and needs, but I know there is always room for improvement. The other thing I am wondering is: is there even a chance for him to heal? Or did I do so much damage that he is going to have to suffer through my choices the rest of his life?

I feel so helpless and hopeless, and I feel like literally no one can relate to this situation. He tells me that there is no one in the world that gets a second chance like me, and every other man would have left their wives, and rightly so, and that I need to understand how hard this is, and always will be, for him.

Is there any hope, or do I just need to suck it up, put my head down, and accept things for how they are?

Thanks for anything. This is the first time I have ever really told my story to anyone in all of these years.

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UPVOTES

I wish my husband was more romantic

giraffio · 18 July 2022 · Archived copy · Reddit

Hello ladies, I have been following Laura Doyles advice as well as Fascinating Womanhood books lessons and although our marriage is more peaceful, it is very grey and dull. Laura Doyle explains how we need to be more recieving - but what if we are recieving nothing? I just would love more compliments, surprises, gifts, random flirting and intimacy. Im doing all I can to be an attractive, fun, loving housewife and I give him so much love but he can be somewhat cold, at times insensitive, Ive expressed minor things I would love to have, but he never takes the hint. I dont want to ask him to compliment or be intimate with me more. Id love any experienced wives advice on this issue♥ Also note our life is very calm, theres nothing troubling him work or health wise. Thanks!♥

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UPVOTES

How Did Marriage Become a Mark of Privilege?

Zombies_InTheSnow · 4 October 2017 · Archived copy · Reddit

https://www.nytimes.com/2017/09/25/upshot/how-did-marriage-become-a-mark-of-privilege.html?_r=0

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UPVOTES

Advice for daughters and young girls?

LaneysWorld2 · 29 October 2018 · Archived copy · Reddit

Is there any piece of advice you value very much or even gave to your own daughter or other young girls in your family?

What are the most important lessons to teach a daughter when she is growing up, especially concerning relationships/marriage and how to live a fulfilled life by embracing femininity?

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UPVOTES

Don't act like a wife while dating?

Geolady_ · 27 August 2018 · Archived copy · Reddit

For background, we don't live together and haven't slept together for religious reasons. My [28F] boyfriend [38M] of 4 months travels a lot for work. He's been gone about half the time we've been dating (which makes the relationship feel like it's moving half as fast as a "normal" one, but that's off topic here). He's very hard working, and his job wears him out, so when he's home I want so very much to take care of him. I know he needs time to be alone, so I keep in touch but respect his physical space, but when we do meet up, it's tempting to do things for him that are more wife-y (have dinner in the fridge for him when he gets home from a trip, clean his apartment while he's gone, sit and listen to him vent about co workers, etc...). I know I can come across as intense in relationships, and I don't want to scare him away with a too-much-too-soon type situation. I also don't want to start thinking of myself as his wife prematurely and set myself up for deeper heartbreak if this doesn't work out.

How do you curb those desires to take care of the man you hope things work out with early on? What's an appropriate level of trying to meet his needs without going to far too soon? This is my longest running relationship and I'm out of my element.

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UPVOTES

About weight

Ok_Philosopher · 21 August 2018 · Archived copy · Reddit

I'm in a culture where others discuss a person's weight and appearance rather freely. I had to tell my husband that I was *not* from such a culture and to use some sensitivity.

Well... about a month ago, he looked at me and said, "you've put on some weight." Not with a negative tone, just matter-of-fact. My first reactions were as you'd expect: defensiveness, embarrassment, etc. After stepping on the scale later that evening I found he was right--my BMI had gone up to 20 instead of my usual 19, a difference of about 7-10 pounds. While it sucked to hear I then got my butt into gear and I've lost 7 lbs.

It's taboo for men to comment on their SO's weight, but I wonder if it should be. I think it's a fair expectation to remain within the same weight parameters, exceptions being medical circumstances and of course pregnancy/a window post-pregnancy. Maybe it's on par with expecting our husbands to earn just as much as when we first met them? I don't know. If that's the equivalency then a man commenting on weight would be like women commenting on a man's paycheck that it's less than usual.

In hindsight, though, I'm actually thankful my husband said something. I didn't notice I had gained weight because I think it was so gradual (plus I hate stepping on scales). But it did take a ton of pride swallowing, and it made me wonder: Is weight ever a topic of conversation in anyone else's relationship? Or is the topic off-limits? Has your weight stayed the same or has it fluctuated?

Also, how do y'all manage weight loss? Sometimes I go straight up raw vegan, but this time I counted calories. It *sucked*. Subsisting on 1200 calories is doable but not fun. Nonetheless it definitely revealed that even though I eat healthy/clean, it's still possible to overeat. I'm happy with where I am now, but I'm in that annoying phase of having to transition out of calorie counting while not reverting back to old portion sizes.

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UPVOTES

An Awesome Tip If Your Man's Preferred Language is Quality Time

jack_hammarred · 11 August 2018 · Archived copy · Reddit

<https://www.reddit.com/r/AskReddit/comments/966s1c/comment/e3yu7n8?st=JKOWQPGN&sh=4cfcb47f>

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UPVOTES

Overwhelmed & Considering Leaving Husband

throwaway12347292 · 29 July 2018 · Archived copy · Reddit

I'm not sure how to shorten this but I'll try to.

My husband and I are in our mid-late 20's and have been married for 6 years & together for 10. When we got married my husband had a good income and was a senior in college. When we got married, he decided he ultimately wanted to be a doctor and added another major to his degree plan (since he was nearly done with the 1st degree and it was unrelated to med).

Things got bad after he started his new classes. He had to quit his job bc of the rigor of the program and we began to struggle financially. His studying schedule became intense as well, with him leaving around 7 am and not returning until 9-11 pm. He'd also study on the weekends. Because of this, around year 2 I considered separating. Soon after that I thankfully found the red pill and decided I had a responsibility in making our marriage work and he agreed to reduce his study hours.

Well, it's year 6 now and guess who just told me he doesn't want to be a doctor after all? He says the hours/stress are too much and I agree, but this is after 8 years to get his bachelor degrees, 1 year of studying for the MCAT full-time, and 5 years of not working a job. He's applying for jobs now and has had some interest but I feel resentful that I've spent the past 5 years living in crappy circumstances to make his dream come true.

He has been reassuring me that now we'll finally get to buy a house and have kids etc. but I feel so defeated. We've been having sex once a month for a couple years now and I just don't feel attracted to him at all. He looks great, is incredibly kind, and makes me laugh all the time but since we got married I feel like things went from 'passionate lovers' to 'best friends.' I'm wondering if I should stay at my parents awhile. Or maybe I should stay until he makes good on his next promise.

I'm feeling very overwhelmed and would really appreciate some advice.

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UPVOTES

Family Diets

2-3-or-not-2-3 · 23 June 2018 · Archived copy · Reddit

Being responsible for grocery shopping I hold a 'gate keepers' role on what ultimately ends up in the house.

The other day my husband and I were talking about focusing on 100% healthy eating (on his initiative) and cutting out all sugar plus switching to the Paleo diet (basically only eating meats & greens - foods available to cavemen). There seems to be some great app's that have recipes and generate shopping lists, etc. plus it sounds like a logically healthy diet.

I'm curious if others ever have similar discussions with their SO, who initiates them, what their contexts are (ie saving money vs living a healthy life), particular diet plans of interest, do you plan meals per day and how far ahead, or other ideas on the topic.

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UPVOTES

Resource Roundup! Help us find the best RP (and related) content out there

whitebunny87 · 17 June 2018 · Archived copy · Reddit

We have a list of blogs and books in the [Recommended Resources](#) section of our wiki, but it's looking pretty out of date and I'd love to give it a clean up.

I'm going to post different sections in the comments below, please comment under these headings with anything you think the other ladies here would like to know about.

It doesn't need to be strictly RP - anything related to relationships, marriage, culture, philosophy, beauty, homemaking, etc is fantastic!

Thank you :)

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UPVOTES

Now I'm confused

killerbeeeez · 17 June 2018 · Archived copy · Reddit

I ended up subscribing to both here and RedPillWomen. Now I can't remember where I'm getting my reading lists and pointers from. Y'all have a better resource list but just in case...Would you say there is a large philosophical difference between the two?

Thanks in advance!

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UPVOTES

Stop complaining: It's ruining your relationships

Zombies_InTheSnow · 27 March 2018 · Archived copy · Reddit

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UPVOTES

Good advice from a book I'm reading

Kittenkajira · 9 November 2017 · Archived copy · Reddit

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UPVOTES

Seeking feminine energy in our relationship with a man

phantasmagnolia · 29 October 2017 · Archived copy · Reddit

I was reading the Amazon preview of the book **Conscious Femininity** by Marion Woodman. I recommend reading it, since I'm angling it per the title. I'll screenshot and quote parts but you may find the whole thing helpful (even if you may disagree with some things).

One thing she brings up is when we try to have our men fulfill needs they are not suited to fulfill:

Sexuality will be crippled if a mother does not learn to love her little daughter's body. When she grows up, she may want a man to be her mother. Ann Landers asked her women readers whether they preferred to make love or to be held. Seventy per cent said they wanted to be cuddled by their husbands. But when a man has to be both mother and lover, it emasculates him.

While I love physical touch in my relationship, I hate the word cuddling when it involves a man. I just associate it with two girls, however I'm sure many use the word to mean being close. Nevertheless it's useful to distinguish between it and other types of touch. What function does the touch serve? What kind of closeness are you seeking from him? Are we sometimes coming to out men with needs better suited to our girlfriends?

This isn't only about touch. We've recognized that as women we have needs we shouldn't try to make our men fulfill. Our need for drama, and our need to unload our day or emotional experiences often in a more detailed way than our man wants to hear. Are there other misplaced needs we take to our men that we as a community haven't recognized?

Marion Woodman mentions the **cyclical life of the feminine** and the accompanying chrysalis stage. Our menstruation signifies death and destruction, a child will not be born. In the western culture the death part of the cycle is not acknowledged. People just don't want things to die. We recognize pms as moodiness and irritability that can translate to destructive behavior. Instead of going to the menstrual hut we may withdraw somewhat from our relationship if we notice a bad mood coming. Do you acknowledge this need, and what is a productive way of mirroring this death part of a cycle?

We are also craving of a more continuous sense of connection. While men are perfectly happy without checking in and sharing feelings, women will sooner feel nervous and alone. Connection is inarguably important. But what kind of connection are we seeking? Today there is a trend to want a romantic relationship that fulfills our need for both masculinity and femininity. Women express wanting men they can have frequent emotional dialogue with, men claim they want women to be casual for example about commitment. Of course these are valid desires, but are the results the ones we want?

That isn't to say that we shouldn't adapt to the needs of our men. But instead of overriding our femininity with imitation of masculine quiet companionship, we use STFU from the feminine need to please our man. Nor do I mean that we shouldn't let our men in on our emotions, or let ourselves be comforted by him. But we can explore: when does this add to his masculine identity, and when does it make him feel like we are pushing him to be something he's not?

Marion Woodman writes:

The feminine is the instrument of recognition of the masculine, as the masculine is the instrument of recognition of the feminine. The one is present in the other as the instrument of consciousness itself.

One issue arises when our men feel pressured to express femininity instead of recognizing it and reacting to it. I think this is the hardest for LL women, but that everyone can fall into the trap. LH and HH women who lack feminine sources of energy in their lives may also try to make their man be both masculine and feminine, which is particularly at odds with itself. So we ultimately need friendships with other women.

A central function of female relationships and communities is to fulfill each others' needs for other-sourced femininity. This both nourishes our own, and lets us relax our bids for the same energy in men. But there is an obvious obstacle. Finding people to trust and be open with is hard. And with the pervasive masculinization of women in the western culture, the friendships we do attain are often unreliable for filling our other-sourced femininity needs. At worst it leaves us with relying on our men for all kinds of support.

Touching on this is how we can protect our femininity from the encounters that demands adaptation to a harsher world. Most of us have things or people in our lives that robs us of our feminine expression. What can be done to unload these demands and to mitigate their influence on us?

I would really like to hear your thoughts around anything mentioned, and express how much I appreciate this community as one of a kind :) feel encouraged to use this as an outlet post and share what's bugging you in the moment ♥

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UPVOTES

Conflict Resolution For Happy Relationships - Research-Backed Strategies For Success

Camille11325 · 9 October 2017 · Archived copy · Reddit

Conflict Resolution For Happy Relationships

Beginning in the 1970s, Dr. Gottman and Robert Levenson systematically studied the relationship dynamics between married couples to discover the patterns that lead to success and failure. These studies reveal how emotions, conflict, personality, and more relate to the happiness and longevity of a couple. Dr. Gottman completed 12 longitudinal studies with over 3,000 couples, some followed for over 20 years. There is also an institute that carries on his work and provides counseling to couples in need.

Note: I am summarizing from the [Gottman website/blog](#). Most of this information also applies to men but since I am writing to a female audience I will speak in terms of how women can improve their relationships with their men. If you are unmarried replace “husband” with “significant other”. Also while this information will be helpful in getting to marriage, it is designed to help couples that are invested at the highest level and are committed to honoring their vows.

Underlying Principles

Conflict is inevitable and a natural part of marriage. Gottman mostly focuses on how couples interact when in conflict and his belief is that lasting relationships occur when couples are able to properly manage conflict, with the understanding that they'll never eliminate all of their problems.

The difference between happy and unhappy couples is the balance between positive and negative interactions *during* conflict. Additionally the ability of a couple to bounce back from conflict and reset completely is a strong indicator of marital success.

A “culture of appreciation” is essential in households; this means both parties are constantly showing: respect, gratitude, affection, and companionship. It also means that they focus on what is going right more than what is wrong.

The Six Skills Of Conflict Management

- **Soften Startup** - the first three minutes of a conflict are crucial. Avoid accusations, blame, and judgement and instead describe what is happening with a focus on the facts.
- **Accept Influence** - avoid strategies like distancing, attacking, and defensiveness. Remain open to your husband and adopt a yielding mindset instead of a competitive one.
- **Make Effective Repairs During Conflict** - acknowledge your mistakes, accept responsibility, apologise, act to lighten the mood.
- **De-escalate** - actively reduce tension during conflicts. This can include saying phrases like “Let me try again” in order to clarify or re-frame your statements.
- **Psychological Soothing of Self and Partner** - Take a timeout if necessary to calm down and reset, Gottman says 20 minutes is ideal.
- **Compromise** - work together to find common ground and ensure that you both feel valued, respected, and supported.

The Four Horseman Of The Apocalypse

These behaviors are strong indicators of an unsatisfying marriage that will likely end in divorce.

- **Criticism** is different from complaining or legitimate feedback. Criticism is a personal attack designed to make the other party feel hurt. The solution is expressing your feelings honestly and without blame using the six skills of conflict management listed above.
- **Contempt** is used to make the other party feel worthless. Mocking, name calling, eye rolling, mimicking, and other forms of disrespect derail conversations and even have long term effects on your health. Dr. Gottman found that more contemptuous couples suffered from weakened immune systems and were more likely to get colds, the flu, etc. This “horseman” is the #1 predictor of divorce!
- **Defensiveness** is defined as, “righteous indignation or innocent victimhood in an attempt to ward off a perceived attack.” Remaining self aware, accepting responsibility, and avoiding excuses are the antidotes to defensiveness.
- **Stonewalling** is defined as, “being unresponsive, tuning out, turning away, acting busy, or engaging in obsessive behaviors.” Withdrawing from the conversation prevents a real resolution. Psychological self soothing may be necessary if you find yourself pulling away.

The “Magic Ratio”

After years of experiments, Gottman and Levenson discovered that a stable marriage needs a ratio of 5:1 positive to negative interactions during an argument/conflict.

“When the masters of marriage are talking about something important,” Dr. Gottman says, “they may be arguing, but they are also laughing and teasing and there are signs of affection because they have made emotional connections.”

Examples Of Positive Interactions

- **Display Interest** - Listen, ask open ended questions, use body language to indicate that you care and are invested in the conversation.
- **Express Affection** - hold hands, embrace your husband, tell him that you love him, etc.
- **Show How Much He Matters** - demonstrate that you truly respect your husband and hold his interests on par with yours.
- **Internal Appreciation** - focus on the positive aspects of your marriage and your husband instead of negative thoughts.
- **Find Opportunities For Agreement** - “An alliance in conflict, even minor, can fundamentally shift how couples fight.”
- **Empathize and Apologise** - Show that you are on the same team and avoid placing blame or avoiding responsibility.
- **Accept Your Partner’s Perspective** - Make it clear that you understand his position instead of making assumptions or dismissing his perspective.
- **Make Jokes** - be careful to maintain respect while adding necessary lightness to arguments as necessary.

Other Interesting Findings From Their Research

- 69% of relationship issues never get resolved because they spring from personality differences between partners.

- 80% of the time, women bring up issues in heterosexual relationships.
- Male disinterest and irritability in routine conversations (e.g. going over the events of the day) more often than not leads to women initiating conflict, even if unrelated to the routine discussion. Men who take the lead in maintaining the companionship aspect of the marriage have happier marriages.
- There is a clear link between physiological measures (heart rate, skin conductance, gross motor activity, and blood velocity) during conflict and marital satisfaction. Essentially they explored how our bodies change in line with our emotions and thoughts, and found that the more couples are physically aroused in the areas listed above, the greater the decline in marital happiness, regardless of how happy they were when the relationship began. So to maintain harmony, self control and remaining calm are key!

Discussion Questions

- What are your thoughts on these conflict management strategies?
- How do you see this information relating to what we talk about on RPW?

And of course feel free to share other ideas or stories related to the subject :)

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UPVOTES

Getting married in two weeks!!!

mrs-pickard · 23 September 2017 · Archived copy · Reddit

After three years of waiting, the day is finally coming and I couldn't be more excited! Originally we were going to wait until next summer because we wanted a full two year engagement, but since he's joining the military next month, we decided to move the date up. Figured I would post here and share my happiness a little bit and see if anybody has advice for newlyweds and/or military wives.

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UPVOTES

Why Can't Male Sacrifice Be Acknowledged?

Camille11325 · 21 September 2017 · Archived copy · Reddit

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UPVOTES

Get Pregnant at 25 If You Want a High-Powered Career!

littlegoosegirl · 18 July 2017 · Archived copy · Reddit

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UPVOTES

Crazy feminist thinks deep down all men are rapists, even her son. Because feminist men actually want sex too.

Irisandoleander · 13 July 2017 · Archived copy · Reddit

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UPVOTES

Surf Safely!

PhantomDream09 · 27 April 2017 · Archived copy · Reddit

I am re-posting this thread because **certain things** have happened recently and it would be a good idea for **everyone** to read through the comments and see what's being **said**.

Furthermore, **do not** be fooled by any sentiments of "aww well that sucks" or "no one thinks doxxing is okay" because those same people will still *talk* about the doxxing incident (spreading the information, making the topic gain in popularity). I debated back and forth for quite some time on whether or not I would comment on the thread. Ultimately I decided to because some of the things being said were dismissive and missed the point entirely in my opinion. **Here** is my comment for anyone that is interested.

Recently I have noticed a few issues. A user will use a RP dedicated account that their SO knows about, which leads to deletions of material. You should have a dedicated account for the community, you should have as much anonymity from your SO as you need in order to participate without continually deleting. Some people have been using an account to comment on RP (or other controversial subs) while also browsing and participating on normal/common ones. This *will* lead to a problem for you at some point. You are gambling when you use one account for all your reddit activity. I won't say that it *can't* be done, only that over the course of three years - I have seen far more instances of "I was in a completely unrelated sub and ended up banned/trolled/attacked" than I have of "it's never been a problem."

Please be careful about the information you share. You are the first and last line of defense. Do searches of your real name and your username to see what's out there.

In addition **please beware of anyone claiming to be a reporter**. You can read about this topic **here** and **here**.

If anyone receives odd messages or notices a user 'following' them around on reddit - please let the mod team know. We want everyone to be as safe as possible.

In a world where technology continually creeps into your daily life more and more, it's important to keep in mind the various ways you can protect your identity. The Red Pill and Red Pill Women subs here on reddit are fairly controversial for various reasons, and in the past there have been incidents of users getting doxxed.

Dox: Personal information about people on the Internet, often including real name, known aliases, address, phone number, SSN, credit card number, etc.

I am by no means a technological guru, so if you have other suggestions you would like to see included, please don't hesitate to share.

Multiple eMail Addresses This may sound like a lot of work and inconvenient, but using different accounts for various things has a few advantages. If you have one email solely dedicated to, say, purchases you make on amazon, and you suddenly start getting spam mail - you'll know why. You can easily track which sites are selling user information which can be useful. Similarly, if one of your alt accounts gets hacked by a virus, then your friends and family won't get spammed as well (because you only use that email to purchase, not to write messages to colleagues or family). Keeping track of your emails is simple. You can alter an address book very easily to suit your needs. Be sure to vary the names you come up with, and include bogus first/last names, age(s), sex, and location. Signing up for an email should not require you to outline the basics of your life. Don't use the same security questions or passwords for different things (facebook and bank logins, for example, should be *very* different).

Personal Information Don't risk telling people your real name (first or last), or the names of the people you know. Don't disclose your specific geographic location (city, town etc). If you are linking to something on a personal social site that you use (facebook, myspace, google+), make sure that all profile images are completely obscured. Better yet, simply summarize or quote what's being said in your post, as opposed to linking to imgur (again, you'll want to

make sure that your imgur account doesn't contain anything personal).

If you are on social media sites, or manage a blog, be aware of the information you include. You may keep your reddit account clean, but if you link to another site that *has* some personal information about you, then that can lead to problems. I always tell my friends to limit the information they post on FB, and encourage people to set their photos etc to "Only Friends" (I'm wary of even the "Friends of Friends" setting).

Don't Use Auto-Fill Whether you're using a personal computer, laptop, or cellphone, don't use the auto-fill capabilities. Clear your browsing history when you're done on a public computer, and try using incognito windows.

Conduct Self-Searches It's always useful to try and see what you can find on the internet using either your real name, or an alias you use. Knowing what currently exists on the web will help you keep track of any significant (or alarming) increases. If you are good, or have a friend that knows of a good service to use, try testing it out to see if it can unearth anything you were previously unaware of.

This isn't so much about safety, but take care when posting a new thread or commenting on an existing one. Don't submit anything that you would be ashamed to have connected to your real identity. If you feel compelled to comment on subs *outside* of the RP sphere, consider using a secondary reddit account.

Take care, and be well.

:0)

EDIT: I had a brief chat with someone that knows a bit more about this process, and they pointed out something I found rather interesting. If someone starts asking you to confirm or deny personal information - the best response is a non-response. If you confirm a detail (geographical location for example), then they know one more thing about you. Similarly, if you *deny* a specific detail (example: Do you shop at *x* store? -- No, I have never been to *x* store) then that's still giving the individual a useful piece of information.

Both on the RPW sub and on other RP/W related blogs - there have been instances of doxxing (or attempted doxxing) very recently. I urge **everyone** to think very carefully about what information they disclose. One woman was encouraged (by an outsider) to post a picture of herself so that people could more effectively tell her how to look younger. Meanwhile, there's been a lot of "selfie" posts on another sub that shall not be named, and it's a luxury they *think* they can afford. Another incident almost occurred when a user asked other women here to friend her their information on a gaming site. It was an innocent mistake, and everything was sorted out - but the problem could have been much more serious. Being doxxed and having your real identity exposed could have wider reaching consequences than you realize.

Also, please understand that even if you delete your comments or a thread you posted - there are sites that search, save, and file **everything you write**. Furthermore, anyone can take a screenshot and other subreddits have used screenshots to talk about material that was removed. Bottom line: you never know what other people are doing for certain, so just be careful.

I don't mean to sound like an alarmist, but I think many people take it for granted that their identity is secure. If your user name is tied to other sites you use that are tied to your *actual* life, I encourage you to change them immediately.

Be careful, and be safe.

Here are some other sources I found about taking preventative steps:

- [Don't Get Doxed: 5 Steps to Protecting Your Private Information on the Web](#)
- [So You Wanna Learn How To: Prevent "Doxing"](#)

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UPVOTES

Is this a burden women carry alone?

TempestTcup · 11 April 2017 · Archived copy · Reddit

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UPVOTES

I feel like a provider in my relationship

m_vassone · 28 March 2017 · Archived copy · Reddit

How old are you and how familiar are you with RPW? I'm 25 and I've been a lurker for a couple of years now.

What is your relationship status? In a relationship for over a year, we're living together. He's 31. We have an active bedroom life, however I feel that my libido is a bit higher than his.

What is the problem? (Don't badmouth your SO!) I'm a programmer, I've been working in a field for a few years now and I make pretty decent money. I like my job but it certainly stresses me out - especially near deadlines and releases. I'd love to code just for fun and take all the household responsibilities but it's never been an option in my relationships.

I've met my partner at my previous job, I quit it not long after we'd started dating and I immediately found a new, better paid one. My partner stayed there for another year and finally left in February. Since then I'm the only provider in our relationship. I can't help but to feel resentful when I see him relaxed at home, going for all day hikes or playing games while I'm stressing my guts out at work. It's not a money issue as he has some savings, it's more like... I know how easy it is to find a job in IT in our country, hell, my company would love to hire him but he's very picky. Two months have passed and he went to only one job interview.

How have you contributed to the problem? I know logically that there's no problem in him not working right now. He can take his time, find a place that suits him, I understand. But I feel less attracted to him when I'm coming back home to find him in front of a screen watching youtube videos which he's been doing all day... It just scares me that he is capable of doing nothing productive for weeks and being fine with it. I also feel that my financial stability is what keeps him relaxed while it's making me stressed.

How long has this been an issue? As I've stated above - since February.

What have you done to resolve this problem? I don't think that I can do anything besides telling him that I don't feel well being a sole provider (which I've done). He'll definitely find a job sooner or later, but I fear I might lose my respect for him before it happens...

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UPVOTES

Battle of the Boobs: Feminists defend freedom – but only for the right kind of women.

TempestTcup · 7 March 2017 · Archived copy · Reddit

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UPVOTES

Older women, what depressing social changes have you seen in your lifetime?

blushinglilly · 6 March 2017 · Archived copy · Reddit

This topic came to my mind the other day when I was browsing the front page of Reddit. Since they made the changes to that landing page recently lots of stuff from different subs is coming up.

There was something from some sort of reaction gif sub. It was basically a character from a film saying 'No' in a somewhat exaggerated way. And the poster had captioned it 'My reaction when she asks if she can stay the night so we can have sex again in the morning'.

Most of the replies were debating whether or not morning sex was enjoyable or worth it. There were a lot of replies so I didn't read them all but none of the ones I saw picked up on what I was feeling, which was shock that it was now considered normal to kick out someone you've had a one night stand with, without even allowing them to spend the whole night, and that staying the night was something you sort of had to plead and negotiate for. It seemed that this as a concept was totally accepted and normal now.

Admittedly I've never had a one night stand so I don't know how it's supposed to work. But I still believe that when I was younger it was common practice that if you had a ONS you at least slept there till the morning. It was such an established idea that it was a common trope in comedies, dramas and even adverts.

Is this really what happens now? Do women really hook up with a guy at 1am and find themselves walking the streets or clambering for an Uber at 2am? Are they really happy about this and prefer to go home to their own space, or do they just put up with it because that's the best they can get or because they feel it's what is expected?

The other thing that depressed me was watching the film 'Risky Drinking'. It was produced by HBO and it's an exploration of alcohol abuse in America. Amongst others it features a late 20s girl called Kenzie who split up with her partner a year before and has been drinking to excess on weekends to cope with her sadness.

In the film, while very drunk, she debates with her friends which of the boys she knows that she is going to sleep with. Eventually she has sex with one of them in a public toilet and confess that the sex was 'just OK'. There is no evidence that she gets any actual enjoyment from it or that she has any real feelings for this boy. We see her later on in the night, sobbing her heart out in her apartment because she is so miserable.

Drunken hookups have always been a thing, but watching Kenzie it felt like her and her friends had a very clinical approach to it. There seemed to be no passion, true desire or joy, it just seemed to be a sort of crossing off of a list of 'How to have fun'. It was as though that was what she thought she ought to be doing to have 'a fun night' so she just did it, even though her heart wasn't in it.

It just seems like socially everything is falling apart to the detriment of women.

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UPVOTES

How to Break Out of a Victim Mentality: 7 Powerful Tips

Irisandoleander · 20 February 2017 · Archived copy · Reddit

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UPVOTES

In your relationship, what are your "Blessings In Disguise"?

BellaScarletta · 6 February 2017 · Archived copy · Reddit

This may be a seemingly difficult aspect of your partner or your relationship that ends up being a force for good. Or, it may some kind of personal struggle but has ended up yielding positive outcomes within your relationship in unexpected ways!

What unexpected things have you grown thankful for??

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UPVOTES

7 Ways to Turn Your Husband's Bad Day Into a Good One

Camille11325 · 31 January 2017 · Archived copy · Reddit

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UPVOTES

National Spouses Day

jade_cat · 26 January 2017 · Archived copy · Reddit

Thanks to /u/irisandoleander, I learned that today is the **National Spouses Day**!

Have any of you ladies made plans to celebrate it?

Personally I intend to cook my husband one of his favourite meals tonight. (I was initially thinking of making fish, but since he prefers red meat and bacon, bacon it will be!)

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UPVOTES

[Singing to the Choir!]Stop Taking Pride In Not Knowing How To Do Basic Shit

TempestTcup · 11 January 2017 · Archived copy · Reddit

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UPVOTES

Power of the Boobies

QueenBee126 · 29 December 2016 · Archived copy · Reddit

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UPVOTES

Lessons From My Mother

BellaScarletta · 13 December 2016 · Archived copy · Reddit

This is not a traditional Field Report per se, but it's certainly more an FR than any other thread flair. It is actually a compilation of direct quotes, accompanied by only a small amount of context to set the stage.

I will offer a few words at the end, but primarily I'd just like it to fuel some discussion in the vein of **this comment** by /u/onacasserole in the **Random RP Thoughts** thread.

These are conversations largely between my mom (M) and her husband (A) throughout the weekend they helped R and I move into our new place. R and I (B) are also peppered into the interactions.

This is the epitome of a non-RP dynamic, and entirely what I was turning into before I found this sub. It may not be pleasant, but it is pretty fascinating (albeit morbidly so).

Parents just arrived in town and parked in my apartment's main complex lot - after greetings:

A: Alright so let's get our car with the trailer unloaded with our personal belongings, and put those into your car and get closer to your apartment to unload. We can leave the trailer here overnight.

M: What? I thought we agreed we would just meet here and then have B show us the way to find a spot closer to her apartment where we can park the trailer.

(To be fair, that was the plan)

A: Yeah I think it will be too hard to navigate the complex and find an open spot, and this is a good place to leave it. Lets just leave it here and get our personal bags out. *starts unloading car*

(M keeps talking to me about old plan, ignoring A)

A: Uh hello, am I doing this alone? Can you help?

(I start unloading things)

A: Okay M, just stand there then. We can do this alone.

M: This wasn't the plan. It doesn't make sense.

B: It's fine, let's just get it taken care of.

(M begrudgingly starts unloading/loading)

A: Okay, only one person can fit in B's car, two have to walk.

B: Why don't you drive it, A? I should walk with someone so you guys actually find the unit, and if I give you directions to my parking spot I know you won't get lost.

A: No you just drive it to your spot. I know this complex. I'll walk your mom and I over.

B: Alrighty.

(me waiting at my building and my mom calls)

M: We can't find the building.

B: Shit, I don't know the complex that well. I can't really give good directions. Uh...it's one of the buildings by the pool? I don't know...I'll stand somewhere visible.

(A is talking in the background about old friends he had who used to live in the complex, and pointing out to my mom different units he's been in)

M: Could you just shut the fuck up? I don't give a shit where Scott or John or Brad or who the fuck ever lived. I'm trying to get us to B's place.

A: We will find it, it's not a big deal.

M: Right and your plans work so well, evidently.

Last day of moving and being in old apartment, coordinating day's plans:

A: If I run over to the old apartment to do repairs, I can empty the fridge and bring the food back here.

B: Ooo! Could you also grab the last pile of 'things to sell/donate'? The fridge and that pile are the only two things we have to get from there. Then we would be done.

A: No, I'm not going there to do your organizing and packing. I'm going over there to do repairs, but I will get fridge things since that's easy.

B: Okay that's fair, thanks for doing that.

M: So you're going to make us go *alllllll* the way back there to get one small pile when you're going to be there anyway?

A: That's not what I'm going over there for! I'm going there to sand and paint and repair any damage so she gets her security deposit back. I don't even have boxes to put it in.

M: So get a box.

A: You want me to empty one of these things now? No, that will take an hour unless I just dump it out which you won't want me to do.

M: Okay so leave then. What was even the point of this conversation.

A: What? I can do the fridge?? That was the point, I'm trying to--

M: And *I'm* trying to end this conversation. Got it? Buh-bye.

My mom and her friend, T, (realtors) volunteered to come down one weekend and reorganize our furniture to maximize space and make our place look great. Conversation between my mom and I while R was at work:

M: So T and I will come down next weekend and spiff this whole place up. I can see a few things we should change but she really has the vision so she will work her magic.

B: Awesome, just talk to R a bit. He's open to you guys doing all that but he wants to make sure his preferences don't get steamrolled in the process. It's his place too, after all.

M: Well if he's going to be micromanaging there's probably not even a point asking T to come down.

B: What? How do you figure? That's not what I said, anyway. He just wants to make sure he likes it.

M: Well there's what he *thinks* he'll like, and there is what he will *actually* like. We're going to do the latter.

B: Okay I don't care if one way is objectively better, if he doesn't want it then he doesn't want it. I won't have him feeling like his opinions don't matter in his home, that's ridiculous.

M: Who put that TV stand there? It's so ugly it's giving me cancer.

B: I know, it's awful. Dad gave it to us but it's a higher quality than the one I had. R wanted to use it, I hate it too but he thinks using the better quality makes sense. It's fine.

M: Right. If he thinks that looks good then he doesn't get a vote on decorating at all.

B: Doesn't get a vote?? This is *his* home! I don't care if wants our couches upside down, he "gets a vote"!

M: That's not how this works.

B: Well that *is* how healthy--

thinks about implications of what I'm about to say, proceeds to laughing maniacally instead

M: Fine.

Later, my mom talking to R about her same moving plans as above:

R: That all sounds awesome. Just do whatever you want, I won't get involved. Worst case scenario I will move back things I don't like, but I'm totally open to seeing what your ideas are.

M: That sounds great! I'd like to hear what you want to see happen though? Just so I know what you're looking for.

(I'm actually impressed she asked that)

R: I'm just tired of clutter. We were so cramped at our old place I'm still feeling claustrophobic and want the place to feel open.

M: That sounds like a great plan (:

(R leaves the room)

M (to me): I'm just pretending to listen to his preferences, and then when I'm done he will like it anyway and feel like he was included!

(Cue my palm going through my face and out the back of my head)

Conversation between parents sorting their week:

M: When is your next business trip?

A: Monday. Gotta leave before 7am, I'll take one car and just leave it at the airport since you work.

M: I actually have Monday off now, I can drive you?

A: No that's okay, you won't want to wake up that early.

M (eyes turn to slits): I won't want to wake up that early? Despite the fact I wake up nearly every day between 5 and 6 for work? I "won't want to wake up that early"?

A: What? No, I just didn't think you would want to wake up that early if you didn't have to. That's all.

(to me) How did this become an argument?

M: Well considering I do it most days of the week, it *seemed* like a sarcastic jab at my sleep schedule.

(To be fair, my mom had a *really* gnarly sleep schedule post-cancer and despite her shit handling of the situation, I do (charitably) see why she could be offended)

B: WHAT IF WE ALL STOP FIGHTING? LETS TRY SOMETHING NEW!

My mom and I out and about, she's telling me about how I should handle some situation with R:

M: So what you need to do is--

B: Mom, god knows I love you but I've spent years reading and learning how *not* to behave like you in relationships. I don't really need your advice in this arena.

M: I can't argue with that.

I'll add additional thoughts in the comments below with everyone else, but I'd like to finish here with the rules of engagement:

My mom is a TERRIBLE wife. She is NOT a terrible mother, friend, neighbor, or person. I am completely fine with comments/analysis about her shortcomings as a partner or anything in that arena. I am not okay with insults or criticisms of the rest of her life. Please just use common sense.

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UPVOTES

[FR] It pays off to be a lady!

TinyFraulein · 4 December 2016 · Archived copy · Reddit

TL;DR I'm a young woman who decided to finally embrace my feminine instincts combined with the etiquette I grew up with, and it changed my life and social reception :)

Background: I work in the CBD and am always surrounded by suits. I am a traditional female and I support traditional feminine callings such as as homemaking, motherhood and family care. I work at the moment to get some experiences. I love all things vintage, especially the 40s and 50s, as a lot of the era matches my values.

Right, so I decided to get my vintage dresses out of my cabinet a few months ago. I had been cautious and wary of wearing them since I have a baby face, I didn't want to look too immature or even like a minor. I started reading some books on etiquette that I had and refresh myself, as well as some books that explain the importance of femininity. Ultimately...I decided to follow my instincts. I just had to remember to do so, after many years of smothering it away.

I let my voice return to the lighter tone it naturally was, smiled more often. I thanked anyone who would move aside on the street/public transport or opened the door, very sweetly. I apologized eloquently if I bumped into anyone or needed to squeeze through spaces. I smiled back to anyone who smiled. I carried my handkerchief instead of the usual tissues.

Guess what?

Men began to actually greet me in familiar streets, quickly opened doors for me and helped me if I dropped anything. Not in a socially obligated way, they were even more friendly and smiled or even asked me how my day was. They were happy to do such things. When I apologized for anything they were quick to say it was fine with a grin. Women were also more friendly. So what if I look like I'm from another time? So what if I'm the only woman in the office not in pants and a blazer? So what if I don't walk around 'like a boss'? I basically learned one thing, if you want to find chivalry...act like a lady.

A gentleman only exists if a lady does!

I understand RPW is all about psychological femininity, of course, but if you let that seep into your outer appearance, gestures, vocabulary and intonation, you will see an amazing change to how everyone reacts around you. A real lady will be treated like one. For me, this vintage style helped make me comfortable in expressing my true femininity (or letting it out, so to say). I feel it really reflects my innermost femininity, like I'm being my complete, true self. Thanks for reading! :)

What do you guys think? Have you had similar experiences?

Note: I can see many people have gotten easily confused. I am not 'role playing' anything, it's a little odd to hear it being put this way. I'm finally showing my femininity 100% through how I dress and act, which I think reflects it well. As for the sweet manners and eloquent speech, those were taught to me as a child and I had slowly let go of them growing up more liberal. Is taught old fashioned etiquette a little unnatural? Maybe, but for me they are a part of me that I had ignored for a long time. I'm glad they're back. :)

I'm not saying you should do what I do, but if you've always wanted to be more feminine and wants to express it, you can definitely give it a try. See what happens.

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UPVOTES

Learning how to parent correctly annihilated marriage problems, fixed our fighting, and helped us handle issues with other "adults"... and we don't even have kids yet.

[deleted] · 11 November 2016 · Archived copy · Reddit

[deleted]

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UPVOTES

NAWALT vs AWALT

StingrayVC · 7 November 2016 · Archived copy · Reddit

This is for the FAQs post that is going up soon.

When reading anything Red Pill related, one will eventually read that All Women Are Like That. Most typically our reaction to that is, "They are not! I'm not like that. I know this other girl who is not like that!" etc ad nauseum.

Quite frankly, when we do that, we are demonstrating precisely what AWALT is.

Having said that, when you read AWALT what you must keep in mind is that what this means is all women are hypergamous. We herd, we're solipsistic, we're emotional, etc. Do we do this at the same level as all other women? Not at all. We all have these natural tendencies at varying degrees. What we DO with these natural tendencies, however, is completely under our control. These things do NOT rule our behaviors. We do.

We do not have control over being born woman. Our natural proclivities are what they are (and they are not inherently bad), but we have complete control over how we behave and how we allow these tendencies to manifest in our lives.

On a side note, this is why the term is *unicorn* because unicorns are a myth. AWALT. This does not mean that you can't be a tremendous woman. It simply means that you ARE woman. Embrace this as it is who you were born to be.

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UPVOTES

You Know What You Are

PhantomDream09 · 28 October 2016 · Archived copy · Reddit

There's a funny story that's been attributed to various historical figures over the years and it goes something like this:

A man asks a woman "would you sleep with me for [enormous sum of money]?" The woman replies in the affirmative. Next, the man asks the woman "Would you sleep with me for [pitiful sum of money]?" To which the woman replies sharply "What kind of woman do you think I am?!" Calmly the man responds "My dear lady, we've already established *what* kind of woman you are, now we're just haggling over the price."

[The Quote Investigator](#) site has an article that explores the various permutations and instances of this story - check it out when you can.

I've always enjoyed this story and it drives home a valuable point: how you present yourself, and interact with people will *always* affect how people regard you. I'm also reminded of two other quotes:

(1) Once is a mistake, twice is a choice.

(2) I know of no way of judging the future but by the past.

Like it or not everything you say, everything you wear, and everything you *do* shapes your reputation and your personality. It's incredibly important to vet the men we choose to become romantically involved with - but it's *also* important that we take the time to vet *ourselves*.

It's easy to explain away mishaps and mistakes when we look back on our past *from* our own perspective. After all, we know our thoughts, and every minute detail that weaved together and influenced our decisions. But how often do you review your past from a *stranger's* point of view? Take away all the silent thoughts that only *you* are privy to, and instead go through the events using *only* the obvious and apparent facts.

Reading your personal history from an outsider's point of view, *might* be a useful tool for anyone that struggles to tame their emotionally driven thoughts, or for anyone that doubts they have a hamster at all.

I'm going to challenge myself to examine my conduct from 'the bleachers' in the coming weeks, to see if I notice any differences between how I personally evaluate my behavior, and how *others* are likely to perceive it.

Are there other quotes or stories that remind you to take stock of your actions and motivate you to be accountable for the things that you do?

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UPVOTES

He doesn't say 'thank you' anymore

CoochQuarantine · 6 October 2016 · Archived copy · Reddit

Well ladies, I've gone and done it. I've spoiled my man. I've ruined everything. Now he has expectations of me. He doesn't acknowledge when I do nice things for him because I do them all the time. He has stopped appreciating me at every single turn and bowing before my greatness AND MY AWESOME GIRLFRIEND POWERS... ok. Let me stop before I start laughing out loud and the people around me start to think I'm crazy.

Seriously though. /u/LittleKnownFacts quite eloquently said this:

It should be routine to do something special for him, to treat him, and to show him affection! That should be the everyday standard! **To withhold those things because you fear they will become mundane will mean you are letting your relationship tarnish just so you can pretend to shine it later.** Why let your marriage sink to that place when you can protect it from ever getting there?

This blew my mind and has inspired me to create this post. A recent exchange with a girlfriend of mine is also fueling this (I promise to get to the meat of the post in a sec).

(m)=me (f)=friend

M: when my so and I started going out it took me a while to figure out that he doesn't really like to eat leftovers. now I realize I need to cook a bit more than I thought I did

F: well he better cook too if he isn't going to eat left overs

M: ummm... no. I like cooking for him it brings me happiness to have him eat something I made.

F: Well he better appreciate it.

M: hehe. Not even. I'm sure he enjoys it but I don't think he even realizes that I'm doing it for him as much as I do because I want to make him happy. I think he just sees me cooking and accepts it as fact that I am cooking most nights.

F: well that sucks!

M: It does not suck. I'm happy my SO is happy. What is there in that equation that sucks??

F: I dunno. hamster hamster hamster.....

Now I can see where my friend is coming from. It is a bit misguided though. The response LKF's was giving was in response to someone who also was a bit misguided. Where is this coming from?

APPRECIATION MODE ACTIVATE

Isn't that all we really want? Someone to acknowledge us? Someone to say "yes, what you did was good and I appreciate it"? Someone who doesn't take for granted what we do? Obviously! However, the standard you set for yourself should be so damn high, that the things you do where they show appreciation should be out of this world. You cannot expect to be lauded for the BARE MINIMUM effort you put into the relationship. You cannot expect to be told you are appreciated at every single nice act of kindness you do.

Let me backtrack for a second here.

What exactly is appreciation? HEHE Y'all know my affinity for definitions so let's start with that.

- ap·pre·ci·a·tion əˌprēSHē'āSH(ə)n noun: the recognition and enjoyment of the good qualities of someone or something

Nowhere in the definition does it say that that appreciation needs to be verbally expressed. Fundamentally, we expect that if someone is going to appreciate something, they need to say it. I don't actually believe that. Insert cheesy quote "Actions Speak Louder Than Words". Doing something for your SO should be done because you want to do something for your SO. Simply put. Doing it intermittently as a way to manipulate them into seeing it as a treat, is not only abusive, it is downright fucked up. We set the bar in our relationship and need to keep meeting it and/or exceeding it on a daily basis. Here is an example from my very own life.

I've said it before. I make my man his lunch. 4-5 times a week. I get up at 5:30 am. Make his lunch. Send him off. Get ready for work. Admittedly, I don't HAVE to do this. My man wouldn't love me less if I didn't. He wouldn't love me less if I only did it sometimes. I CHOOSE to do this. The first week it happened, he said it was the most thoughtful act of kindness to him. (Read 5 languages of love!! Game changer right there!!) As time went on, the luster of that act wore out. Now he requests stuff to be put in there. Now he tells me when whatever I gave him wasn't good and not to repeat it. Now he even sometimes doesn't even eat it for XYZ reason. All things that he wouldn't have dreamed of doing that very first week I did it. He woulda ate a shit sandwich that first week because he wanted to demonstrate his appreciation to me (well not really but you get my point!). Now, it's a thing I do. Another act. Another day. Another lunch. AND THIS HASN'T BEEN HAPPENING FOR YEARS. So why do I keep doing it? Why is it that this act of love isn't being shown more appreciation? It is because it is now my everyday love act. This is the bar I set for myself. This is the bar I need to exceed in order to receive kudos and accolades in my relationship. I could very well have only done it sparingly. I could very well not do it at all. However, this is how much love I have for this man. I want to do something for him even if it means it becomes routine because I know I can beat that level of love. I know I have more love to give than just a bagged lunch. I know I have more love than buying his favorite candy at the store. I know I have more love than watching his favorite movies most nights.

So back to the original argument here. What is appreciation really? Is it words? Or is it demonstrations that he is yours every day?

In sum, set the bar high and expect that to become the standard. Show your love all the time and expect that to be the norm. Live your love!

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The importance of how we dress

littleeggwyf · 20 September 2016 · Archived copy · Reddit

OK, I am posting this as a field report, but also for discussion, because it's something people have many different opinions on, I know, and i'm sure it's not the same for everyone.

So, on Saturday we went to a wedding, and it was a family wedding which i wanted to look really nice for, but i'm slightly odd proportions since having a baby so off the rack dresses don't tend to fit well. My bust really changed from a B/ small C to finally an E even after losing baby weight, so I had to go to the dressmakers in town and get a new dress. I may have stressed a bit here about that process (sorry!), but it all worked out :)

We went to the wedding and had great fun, we danced for about 2 hours and my daughter was angelic, so everything was great. On the drive back hubs said something like "you looked gorgeous, I really liked your dress, and you didn't look like you were going clubbing." Later he said that it I looked like a wife, not a girlfriend.

I guess i got the image right for my husband, quite a lot of the ladies had gone for little mini dresses for the evening and I think he felt that would have been wrong for a wife and mother and the contrast was what he noticed. But maybe on a young woman that is fine?

So, anyway, I think that dressing appropriately is part of unspoken communication which men really pick up on and it would be good to hear other ladies ideas on this.

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The Modern Guide to Becoming a More Classy Woman : 8 Things You Should Always Keep Private

Littleknownfacts · 13 August 2016 · Archived copy · Reddit

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UPVOTES

The Wise Words Of Camille Paglia

Camille11325 · 5 August 2016 · Archived copy · Reddit

Here are a few quotes from the amazing and brilliant **Camille Paglia**! If you are not familiar with her definitely look her up, her perspective is so unique and refreshing to hear from the feminist camp.

- "If you live in rock and roll, as I do, you see the reality of sex, of male lust and women being aroused by male lust. It attracts women. It doesn't repel them."
- "Beauty is our weapon against nature; by it we make objects, giving them limit, symmetry, proportion. Beauty halts and freezes the melting flux of nature."
- "There is no female Mozart because there is no female Jack the Ripper."
- "Manhood coerced into sensitivity is no manhood at all."
- "Leaving sex to the feminists is like letting your dog vacation at the taxidermist."
- "Men know they are sexual exiles. They wander the earth seeking satisfaction, craving and despising, never content. There is nothing in that anguished motion for women to envy."
- "Young feminists have been sold a bill of goods about American feminism. The enormous changes in women over the past 40 years are constantly and falsely attributed to the organized women's movement of the late 1960s and '70s."
- "It is capitalist America that produced the modern independent woman. Never in history have women had more freedom of choice in regard to dress, behavior, career, and sexual orientation."
- "Working moms commonly testify that they feel guilty when they are away from their children and guilty when they are not at their jobs. Devoted fathers certainly miss their children deeply, but it does not seem to be with the same gnawing, primal anxiety that often afflicts women."
- "Are we like late Rome, infatuated with past glories, ruled by a complacent, greedy elite, and hopelessly powerless to respond to changing conditions?"
- "I believe that history has shape, order, and meaning; that exceptional men, as much as economic forces, produce change; and that passe abstractions like beauty, nobility, and greatness have a shifting but continuing validity."

And of course one of her most famous quotes:

- "If civilization had been left in female hands we would still be living in grass huts."

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A Great Article About Women And The Idea Of "Sexy"

Camille11325 · 2 August 2016 · Archived copy · Reddit

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UPVOTES

Week 7 Girl Game Challenge: Declutter your life

CoochQuarantine · 29 July 2016 · Archived copy · Reddit

These posts are inspired by the Art of Manliness. This is for day 13: [here](#)

Day 12 of this challenge was to create a bucket list. However, I have found that looking at life as “things I need to get done before I die” can often times make us forget to appreciate the moment we are in right now. It is fun to dream, but in context of a relationship, you want to appreciate the here and now, more so than things you *need* to get done in your life. So I skipped it.

Decluttering your life is a great girl game challenge IMO. I’m actually in the process of reorganizing my closet. I have so much stuff I never know what to wear because I’m always overwhelmed with how many choices I have. Here are just a few articles from Psychology Today that I quickly found with a simple google search. There is no doubt about it: A clean life is a happy life.

- [The Psychology of Spring Cleaning](#)
- [The Powerful Psychology Behind Cleanliness](#)
- [Why Mess Causes Stress](#)

So it is not a stretch to believe that decluttering your life can be beneficial to your relationship. Here is the article from AoM (modified like always :D)

Why Declutter

It reduces stress. I definitely think there’s something to the idea that clutter can block the flow of good karma and energy in your life. Whenever I’m in a room filled with crap, I get tense and feel like I’m being buried in stuff. When I clear things out, I feel like a load has been taken off me physically and mentally. I think clearer, I’m more productive, and I have a bit more pep in my step.

It gives you a fresh start. If you feel as though you’ve been stuck in a rut lately or if you’ve gone through a tough break-up or recently been laid off, decluttering your space may be just the thing to kick start your life and move it out of neutral. You can get rid of stuff that reminds you of a part of your life you want to move on from. Holding onto stuff you associate with bad memories and feelings keeps the bad energy in your home. After you clear out your crap, you’ll have a clean canvas on which to create a new life.

It saves you time. I don’t know how many hours I’ve wasted in my life looking for something in the boxes and drawers of junk I’ve accumulated. When you have a house free of clutter, you can spend less time looking for stuff and more time focusing on more important things like reconnecting with nature or writing in your journal.

It can save (and make) you some money. When you have a disorganized mess, important things like bills can get lost in the mix. When that happens, you run the risk of forgetting to pay a bill and being slapped with an overdue fee. You also forget what you have and don’t have, and thus end up buying duplicates of things already in your possession. Save yourself money by keeping your place clutter free.

Also, through the process of decluttering, you may run across a few things that you can sell on eBay or Amazon and thus make some cash in the process.

How to Declutter

Set aside a big chunk of time. How much time you allocate for decluttering will depend on how much crap you’ve accumulated over the years. Usually when I declutter the house, it takes about four hours of focused work. It may take you longer or shorter. But I would give yourself at least 2 hours this weekend to get started on it.

Get some garbage bags. You’ll either be tossing stuff out, donating it to Goodwill, or selling it on eBay or in a tag

sale. Have one trash bag for each one of these purposes.

Tackle the task one room at a time. One thing I've noticed when I've done some heavy duty decluttering is that I'll begin in one room, but somehow end up in another. This just makes my job harder because I have to keep track of what's going on in both rooms, and I've made a mess in two rooms instead of one. It's better when I just focus on one room or closet at a time and focus completely on clearing it out until I'm satisfied with the job I've done. So fight the temptation to have several irons in the fire while decluttering. Pick a room in your house and work on it until you're done. (Special CQ Note: Whenever I used to clean I would do this BIG TIME!! I would start in my room and walk through the kitchen and notice the counters were dirty and start wiping those up and then go to the bathroom and realize the sink was a mess then start to clean that. Get tired and go back to my room to rest and realize that I didn't finish the room and feel frustrated that I got nothing done... when in fact I did. But you'd never know because I didn't finish up where I started. It can be self-defeating if you don't finish what you start!)

After you've selected a room, work on it section by section. For example, start with your dresser or desk and go through it drawer by drawer. Or start with your closet and look at what's on each hanger. Don't move on to another section until the one you started on is done.

Finally, leave no stone unturned. Go through your underwear drawer and throw out those socks without matches or those boxers with gaping holes in them. Clean out your medicine cabinet and throw away anything that has expired. Go through your desk drawers and chuck your pens that have run out of ink. Get every last piece of unusable clutter out of your life.

Sort Through Your Stuff

As you work through each section, take everything item by item and decide whether you're going to keep it or which bag it goes into: trash, sell, or donate. Here's some advice on how to make that decision:

Books

Go book by book and ask yourself if you're ever going to read it or read it again. Be honest here. Don't keep a book because it makes you feel smart while deep down you know there's no way you're going to read it. Books aren't accessories or decorative pieces. Also, keep in mind that if you get rid of a book and then regret it, you can always check it out from the library or buy it used for \$2 on Amazon or at a used book store. This is not a life or death decision, so err on the side of uncluttering.

Take the books you don't want and put them for sale on sites like Amazon or half.com. Or take them to your local used bookstore. If you can't sell them, donate them to the library.

Clothes and Miscellaneous Items

Go through your clothes and other stuff piece by piece. Ask yourself this question as you hold each item, "Is this something I have used/worn in the past year?"

If you haven't, then get rid of it. We often hold onto stuff because we think we're going to need it "someday." But if you haven't used something in a year, you're probably never going to use it, and it will just end up taking up space in your house. Even if you would end up using it 10 years from now, the cost/benefit analysis of lugging that thing around for the next decade just doesn't make sense.

When you make this decision, be quick. Don't mull over it too much. The more you mull, the more likely you'll hold onto it. Remember, if you hesitate at all, you probably don't need it. You have to learn to detach feelings and emotions from stuff. Stuff is just stuff, a bunch of atoms and molecules. Unless something is truly irreplaceable, then it's okay to throw it away and keep the memories in your mind and heart.

Put your old clothes, with the exception of your underwear, in the donate bag. As you put stuff in the bag, make a note of what the item is on a piece of paper and give it an approximate value. You can use this to get a receipt from Goodwill and write off the amount you donated on your income taxes.

Items that are interesting and usable can be sold on eBay or in a tag sale.

Paper and Mail If you don't have one now, go out and buy a file box. And then make folders labeled as "Bills," "Instruction Manuals," "Letters," "Receipts," and so on. Then go through your mail and paper piles piece by piece, throwing away what you don't need and filing what you do need. (CQ note; House Binder anyone???)

Chuck It or Donate It

When you're done decluttering, take the bags designated for trash to the curb. Drop off the donate bags to Goodwill and make sure to get a receipt from them for your income tax deduction.

Preventing Clutter from Re-entering Your Life

Once you have successfully decluttered your home, you'll be amazed at how satisfying and amazing it feels. The hard part is holding on to that feeling and not letting everything get cluttered up again. So here are a few steps to take to prevent clutter from creeping back into your life:

- Every time you bring home something new, get rid of something. This keeps the balance of clutter in check.
- Every time you go to bed, spend 5 minutes moving from room to room and throwing away junk that's been lying around.
- Each time you get the mail, open it immediately, throwing away what you don't need and filing what you do.

This week's task is to declutter your place. It's almost the weekend, so most of us have plenty of time to take on this project. Maybe you have so much crap that you can only get one room done all day. So be it. Just get started. Report back here and let us know how your decluttering went. Also, if you have any tips on how to prevent clutter from re-entering your life, share them in the comments.

EDIT I just thought to say this. DO NOT UNDER ANY CIRCUMSTANCES THROW OUT ANYTHING THAT IS YOUR SO'S WITHOUT THEIR PERMISSION!!!! That is all.

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UPVOTES

What is your daily mantra?

Irisandoleander · 28 July 2016 · Archived copy · Reddit

RPWs... what is your daily mantra.

This is mine, I found it Bella Grace magazine a few months ago and it really resonated with me.

"This is it." Whenever I remember, I repeat it to myself. Waking early to write and work? This is it. Walking my daughter to school on a warm afternoon? This is it. Potty training my son? This is it.

This mantra is grounded in gratitude. It says, be thankful for this, whatever it is, because this is it. I need to see that my life is lovely and wonderful just the way it is, even when the week is hard and gratitude feels far-flung. The life I want isn't out there somewhere. It's right here. This is it.

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UPVOTES

Saw my past flaws in someone else - Feel really good about how far I have come.

Irisandoleander · 18 July 2016 · Archived copy · Reddit

This weekend R and I went to his co-worker's lake house for the weekend. There were 13-14 adults mostly late 20s-early 30s with the parents of one girl being the owners and hosts for the weekend. I'd like to share some observations.

Backstory: I'm a recovering attention whore. It's something that I have been working on since college. When you go to a Technological University you are all the sudden surrounded by men and it's very easy to get a very big ego and your personality can become ugly. R has helped me a lot with this and often says he's proud of how I behave today, compared to college, when I had to be the life of the party to the point of embarrassment.

Observations Owner's daughter is in her late 20's and married just shy of a year. Off the bat she seems really fun. She's relatively attractive, fit, runner, she also can go ripping around the lake on a jet ski and is up for adventures. Throughout the weekend though she became less and less tolerable. We were all drinking - having a great time - but if attention moved off her she would start pulling it back in even in negative ways. She constantly talked over people, interrupting both her dad and husband when they made simple suggestions.

Some work needed to be done on a jet ski - a rope was tangled, the jet ski ended up upside down - no big it happens. So her father, an engineer, and the other guys, also engineers, are leaning over figuring it all out making sure they get it all working the first time. (drain the water, check the sparkplugs, check the oil etc) She felt the need to comment often about what they were doing and how. Mainly the men just started to ignore her so she would physically try to stand closer and her voice only got louder. Her husband was called to start grilling for dinner and I think he was happy to leave the group for another task. R and I were just sitting watching the whole thing rolling our eyes together.

After dinner we were going to take our drinks down to the fire pit and relax. This was not her idea so she got noisy saying we should play a drinking game repetitively until we all gave in. She wanted to play a complicated game (Waterfall) which a few people had never played and uses a deck of cards. Each card type has a rule. It can get confusing especially as you drink. She got louder and crankier until again, they all gave in. Once the game started she was unhappy with how others were playing and then decided she didn't want to play and just said really obnoxious things until the game slowly dissolved because no-one wanted to be around her. (At one point she was going on and on about eating placenta, anything to get the attention back on her.)

Closing As we were driving home R brought all this up and said *"She seems like a handful, she starts off really attractive and then she opens her mouth"* I agreed and said I hope I had never gotten that bad back in college. He said there were times - but he was always able to reign me in. He also commented that he does not think her husband has the ability to reign her in and that *he was embarrassed for the husband*. R told me he was happy with who I was today, and he never once felt disrespected this weekend. I'm really proud of my self, ladies.

While I wish I hadn't been that way in college I'm so happy with how far I have come. I'm glad I'm able to see this in other people and use it as a tool to better myself. Also, because R knows he's able to reign me in I feel like I've created a healthy space where he does not have to tiptoe around my feelings. I have created a relationship where he *can* call me out if he needs to call me out. In the end I'm very appreciative he's able to call me out - even something as simple as a hand on my knee under the table to signal *you're hitting that line, close your mouth*.

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Why is this no longer the norm?

StephanieCitrus · 14 July 2016 · Archived copy · Reddit

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Tiny quick post...

VintageVee · 17 June 2016 · Archived copy · Reddit

Last night OH started quizzing me about what I want in a house when we live together - specifically - and where exactly I want to live. He just wouldn't let it go, he brought it up 4 times over one evening. It was really amusing, and exciting! We agreed on everything we wanted in a house and looked online at houses in the area we want.

Then later in bed we were chatting and he was saying he's so happy at the thought of spending forever with me and said, "we'll have just another 6 or so months of dating..." and grinned at me all sly. He knows I won't live together before being engaged at the very least. And as I was saying to u/CoochQuarantine the other day, it was our 1yr together at the weekend and among other things, OH took my dad out for a drink alone and said "discussions were had".

I AM SO EXCITED GIRLS! I'm going to get engaged in 2017! Squeeeeee!

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UPVOTES

Time to Vote!

RPWives · 3 June 2016 · Archived copy · Reddit

If you haven't already, please read [this post](#) explaining the contest we ran all last month! Here are three quick and anonymous polls that will be open for a few days:

- [Vote for the Best Field Report](#)
- [Vote for the Best Link Submission](#)
- [Vote for the Best Original Content](#)

Congratulations to all nominated!

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The Don't Be A Bitch (DBaB) Method

CoochQuarantine · 16 May 2016 · Archived copy · Reddit

Preface

This past weekend my niece had her first communion. It was a lovely service and everyone was happy and having a good time. At the end, everyone was taking pictures with the little wonder and my sister and brother-in-law are with her trying to get some pics with her. There are about 10 people trying to take pictures saying "look here". Utter chaos as obviously it should be when this major life moments happen. No biggie right.

My sister snaps at my BIL and says "just look at my fucking camera". He snapped back "how the hell am I supposed to know which one to look at". Another snap from my sister "MINE IS THE ONLY CAMERA YOU NEED TO LOOK AT OBVIOUSLY!!!"

This made everyone so uncomfortable. I mean we all know she is high strung and always has to be right so this type of interaction isn't uncommon. However, after 15 years of them being together, IT IS STILL UNCOMFORTABLE.

The awkwardness never goes away. You know why? Because you are not supposed to behave that way. You are just not supposed to be argumentative. At all! This is such ugly behavior and only serves 2 negative purposes. 1. That you are a bitch. 2. That you don't respect your man. It doesn't even matter if you are in private. This type of communication doesn't foster intimacy. It works against your relationship and makes it harder to remain close. So with that, here are tips on how not to be a bitch.

Preemptive mental preparations

Holiday party coming up? High school reunion coming up? Court date coming up? *Insert some tense situation* coming up? The day before you actually have this event, think about what is actually going to go into it? Are you on a time crunch? Will there be a lot of people around? Do you have much more on your plate than you can handle?

Talk to your SO about it. He can create a game plan for the both of you so you don't have to carry the entire burden yourself. **Read: Controlling** Once he has a game plan... BREATHE! Understand that shit isn't going to be perfect. Maybe you don't get the right picture. Maybe you don't say hi to everyone you wanted to. Maybe you spill stuff on your dress. Maybe no one shows up. Who the fuck cares!!!! You are there to have a good time and your attitude will affect those around you so prepare to have fun.

Right before the event, I suggest to BREATHE AGAIN if you haven't done so since your first breath... lol. Relax and repeat

I am here to have fun. I am here to make sure others have fun.

During the event

I know for myself I need a reality check when I'm in the thick of things. I make it a point to check in with my SO so that I can decompress. I ask him things like "How am I doing?" or even "How do you think this event is going?". His honest feedback will get me to either snap out of the stress I'm in because things are going great or I will snap out of the stress because I realize I'm the one causing the tension because I'm so stressed. Either way, you can realign yourself with your original mantra. During the event I usually tell myself

Everything will be ok

HIGH INTENSITY MOMENT WHERE YOU SNAP

I know it is a common theme in my posts about failure. However, no one can be perfect, especially if you are in the early stages of surrendering. These moments should be taken as lessons learned. Had I been in my sisters position, I believe I would have thought about how I could have handled it better. I analyze how my behaviors affected those

around me and tried harder next time. I would have thought about how I could have facilitated the situation with more direction so no one feels stressed out about it. My mantra will be

I can't be perfect, but I can try harder

I feel like most of the time being reactive can be so hurtful. Your motives might come from a purely altruistic place, but what comes out might be BITCHY MCBITCHERSON. Don't be that girl. CTFO, STFU, and DBaB!

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[Hamster, Hamster, Where's the Hamster?] The Things I Missed Out On Because I Got Married As A Teenager

TempestTcup · 10 May 2016 · Archived copy · Reddit

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UPVOTES

"How to be a doormat" from MrsUppity

VintageVee · 8 May 2016 · Archived copy · Reddit

A nice little blog post with video about the difference between being a doormat and being a submissive woman with a dominant man. Short, sweet and irons out any confusion!

"A dominant man wants you to speak to him, to be open with him, to tell him what is on your mind, where you may need help, where you are concerned... You need to be able to string two thoughts together and voice them. He can't make things work in the family if you don't, don't ever underestimate that."

<http://www.mrsuppity.com/?p=4179>

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What a Young Wife Ought to Know ~ Dating and courtship

Kittenkajira · 6 May 2016 · Archived copy · Reddit

This excerpt is from a 1901 book I found while antiquing this week - What a Young Wife Ought to Know, by Mrs. Emma F. Angell Drake, MD.

But there are certain characteristics, certain soul-possessiones that every young woman, if she herself be really fitted for matrimony, has a right to expect; nay more, to demand, of the man she chooses. Discovering that these are lacking, let her not cheat herself with the belief that she can, after marriage, school him in these missing qualities until they are fixed traits, for the rule does not read that way. The time for easy implantation of fixed characteristics is gone, and whatever is now taken on, is apt to set uneasily. What sins and gross faults are coaxed down after marriage are very apt to leave glaring scars, both in the husband's character and in the wife's soul. (Pgs. 59-60)

Dr Emma Drake (b. 1849) was a graduate of Boston University Medical College, and professor of obstetrics at Denver Homeopathic Medical School and Hospital. She was the author of a series of books on sex, childbirth and obstetrics, several of which were published under the auspices (endorsement) of Sylvanus Stall (1847-1915), a Lutheran pastor most famous for his 1897 sex education and anti-wanking book What A Young Boy Ought to Know and its many sequels. She may have contributed to the formation of the euphemism "the birds and the bees". I could not find any other information on the author's life or death.

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UPVOTES

Difference between following and being lead?

marmar80 · 4 May 2016 · Archived copy · Reddit

- How old are you and how familiar are you with RPW? 35 years, RPW 6 weeks
 - What is your relationship status? Married
 - What is the problem? (Don't badmouth your SO!) I keep having this conversation with my SO. I feel compelled to be lead by him, however, he tells me I'm doing a good job at following, but I won't let him lead me. I am having trouble knowing the difference and wanted to get clarification and direction from this subreddit. I know trust has a lot to do with letting someone lead you. For example; he sends me **posts** (from MRP) about female behavior and tells me that I fit this to a T. I read them and then try and apply it to how I have behaved and then question that all of the theory presented in the post is true. He tells me the fact that I am questioning him means I cannot be lead. I don't want to follow blindly and want to be well informed, however my questioning of these theory's (which is what he believes) feels fear based (still analyzing what I am afraid of). Any help on this is appreciated.
 - How have you contributed to the problem? I don't trust him completely and I question.
 - How long has this been an issue? Our whole relationship, 9 years
 - What have you done to resolve this problem? Trying to be more vulnerable. Be a high value spouse, defer, self improve.
- If married or in a committed, monogamous relationship: •How long have you been together? 9 years
- Is your relationship long-distance? No
 - Do you have an active bedroom life? We do now, not always this way.

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UPVOTES

Information On The "Best Submissions Of The Month" Contest

Camille11325 · 4 May 2016 · Archived copy · Reddit

The moderation team is still working out how the nomination and voting process will work but this month we will be running a contest to highlight the best content submitted to /r/RedPillWives!

Every single submission, whether it is a post or comment will be considered, with the exception of posts flaired as "Advice" and "Ask RPW". The winners of the various categories we establish will receive awesome prizes and surprises so get excited!

Basically, make sure you submit awesome content this month. We will update everyone when we've settled on the procedures for the nomination and voting process.

Ask any questions below!

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UPVOTES

Update: 29F, virgin... Depressed and thinking of going on monk mode.

[deleted] · 24 April 2016 · Archived copy · Reddit

[deleted]

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UPVOTES

SHIT POST SATURDAY!

Camille11325 · 23 April 2016 · Archived copy · Reddit

That's right it's Shit Post Saturday!!!! Post any memes, funny pictures, comics, videos, tweets, and more in the comment section. Almost anything is fair game, especially if it is anti feminist, anti leftist, and anti SJW. Check out [the last one we did](#) for inspiration, but don't feel limited! All we ask is that you refrain from anything pornographic or gory, and that you mark things NSFW as necessary.

Have fun and let's all laugh together!

Please use Sli.mg instead of Imgur when sharing images!

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UPVOTES

Comfortable vs. Passionate Relationships

Sunhappy_DC · 20 April 2016 · Archived copy · Reddit

I was discussing relationships with a friend recently and we were talking about my second to last relationship vs my current one.

I was just sort of thinking out loud, but I was explaining to her how nice it is that in this current relationship, I don't feel anxious or stressed. My current boyfriend is really laid-back and considerate. He says what he's thinking and feeling, in a masculine way, and as a result, I'm not second guessing myself. We're on the same page. Although still a new relationship, I'm very comfortable with myself and him and I'm pleased with how things are going. Personally, I like this dynamic and think it's a great thing. While maybe a tad mundane to some, I like routine when it comes to relationships.

In my previous relationship, everything was on "HIGH ALERT." It was super passionate, and I always felt the peak of every emotion that came with being with him. I never knew what was going to happen or how I was going to feel. My ex always kept me guessing. While this was sometimes exciting for me, it was draining and ultimately I think this dynamic really stressed me out. However, some women I know REALLY like this. They tell me that it "keeps things fresh" and they consider it "romantic."

Through having this discussion I realized that society and the media define "good" relationships as super passionate dynamics involving 2 people who experience the peak of every emotion you can imagine for and about each other. Never constant. They describe "comfortable" relationships almost as boring. How many times have you heard of women engaged or dating someone they've known for years, but their relationship entered a more steady or routine phase and they got REALLY bored and wanted the guy who was totally inconsistent but "exciting." They start to push their SOs to doing things to "get feelings out of them." Super dramatic arguments and "on and off" again stories.

These women start to think that they need something different or can do better and so they leave their relationships for something more ideal, and in my opinion, uncertain and chaotic.

Example movies of this (I can't think of better examples right now!):

- The Notebook
- Titanic
- Sweet Home Alabama

I want to know what you ladies think of this. Why do you think that society favors uncertain and unstable relationships over steady and comfortable ones? Why is consistency in relationships read as boring? Is it wise for women to favor passion over comfort in relationships, or vice versa? What do you prefer in your own relationships: passion or comfort?

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UPVOTES

Girl Game For Different Life Stages

Camille11325 · 18 April 2016 · Archived copy · Reddit

The Rules Revisited is a wonderful site that focuses on Girl Game from a mostly RP perspective (although the author has made it clear that he is not part of the Manosphere). Here are three posts that explain the optimal sexual strategies for women at different stages in their life:

- [Female Game For Girls In Their Teens](#)
- [Female Game For Girls In Their 20s](#)
- [Female Game For Girls In Their 30s](#)

These are the best introductory resources so be sure to bookmark them!

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UPVOTES

Severely diminished productivity when SO is around

Winter_Rains · 17 April 2016 · Archived copy · Reddit

Hi there ladies. This is my first post here, though I've lurked here for awhile. I've known about TRP for about a year and am now trying hard to implement what I know into my relationship (I have phased in and out previously). I've come to you for advice on something I can't seem to fix myself. Sorry for the formatting as I am on mobile.

****How old are you and how familiar are you with RPW?** 29, I've lurked on the old subreddit for a few months off and on awhile back.

****What is your relationship status?** LTR for 9 years, engaged for a year now. Have lived together for the majority of our relationship.

****What is the problem?** (Don't badmouth your SO!) I am terribly unmotivated to accomplish things I need to get done when my SO is around.. And I know it's for childish reasons as I've come to realise recently. My mind thinks, "why should I be [cooking/cleaning/organising] if he's just sitting around?" If he's home from work before me, my brain turns to "well he can do [whatever] if he's already been here for how ever long, sitting around while I've worked longer."

Since I've become cognisant of this, I can see how toxic it is not only to our relationship, but my own mental health. I get aggravated and annoyed by him not picking up slack. I already suffer from mild depression and have a history of anxiety attacks, so I really don't need to be doing this to myself (or him, obviously. I'm tired of being the naggy "wife"). But some of these ways of thinking are so ingrained in me, I don't know what to say to myself to snap out of it.

****How have you contributed to the problem?** I am the problem :P

****How long has this been an issue?** Always. I'm a score keeper. Not sure how to let go of that.

****What have you done to resolve this problem?** I do as much as I can when he's still at work after I get home (quick clean, then do supper) but I'm totally thrown off if he's already there :(what is usually a positive experience (getting things ready for him before I see him) turns into an annoyance. Why? I can't shake my old ways of thinking..

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UPVOTES

Making and Canning Applesauce

StingrayVC · 11 April 2016 · Archived copy · Reddit

I thought it might be fun to begin including some DIY things here. I'm not a crafty person . . . at all. I try and for a couple of weeks I enjoy it, then I set it down to never pick it back up again (then I go to Pinterest and look longingly at the lovely things I could create if only I would take the time to learn the skill, but that is another story). But I do like making things that one would normally just go out and buy for themselves. There is something very satisfying about making something that you would normally just go pay for (and usually pay a high price for lower quality).

So, in this vein of thinking, I present [how to make your own applesauce](#). This is a no-sugar-added recipe and it is sweeter and richer than anything I've ever bought. For one day, it's quite a lot of work, but when you're finished it's completely worth it.

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UPVOTES

The Book of Household Management - Mrs. Isabella Beeton (1861)

HieronymusBoschClone · 11 April 2016 · Archived copy · Reddit

Hello RPWives,

Here is a very popular old book on household management I dug up on archive.org. According to Wikipedia, it was and immediate best seller sold two million of copies in the first few years of print. A character in Sir Arthur Conan Doyle's novels declared "Mrs Beeton must have been the finest housekeeper in the world, therefore Mr. Beeton must have been the happiest and most comfortable man." Well if *that* doesn't sell it on ya, then I don't know what would!

Although a couple chapters are wholly inapplicable these days, I'd say 90% of the book is usable (and 90% usability from *any* book is doing pretty well). The book is still in print today, although a cursory glance at Amazon's listing conclude it's either abridged, poorly bound, or both. Links to the audio book can be found [here](#) and the print book [here](#).

Table of Contents:

1. The Mistress
2. The Housekeeper
3. Arrangement And Economy Of The Kitchen
4. Introduction To Cookery
5. General Directions For Making Soups
6. Recipes
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28. General Observations On Creams, Jellies, Souffles, Omelets, And Sweet Dishes
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30. General Observations On Preserves, Confectionery, Ices, And Dessert Dishes
31. Recipes
32. General Observations On Milk, Butter, Cheese, And Eggs
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34. General Observations On Bread, Biscuits, And Cakes
35. Recipes
36. General Observations On Beverages
37. Recipes
38. Invalid Cookery
39. Recipes
40. Dinners And Dining
41. Domestic Servants
42. The Rearing And Management Of Children, And Diseases Of Infancy And Childhood
43. The Doctor
44. Legal Memoranda

Hopefully you can find it useful, or at least entertaining to listen to while working. :)

Warm Regards,

HieronymusBoschClone

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UPVOTES

12 Types of Humor and How it Affects Relationships

TempestTcup · 8 April 2016 · Archived copy · Reddit

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UPVOTES

Weekly Self-Reflection Thread: 04/03/2016

ffigurethisout · 4 April 2016 · Archived copy · Reddit

Hello ladies!

Let's spend some time keeping in check with ourselves.

Just to change it up, let's hear:

1. something good you did for your partner this week (or family or friend, if you're single)
2. a special moment (either in your relationship or in your life)
3. something that you aren't very proud of, but you know you can change with mindfulness

or just list out whatever you want! this space is all yours to use for your reflections. :) i just wanted to keep the vibe positive this week.

have an excellent start to your April!

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UPVOTES

Ten Traps That Trip Up The Trying-To-Be-Submissive Wife

Camille11325 · 3 April 2016 · Archived copy · Reddit

"Ten Traps That Trip Up The Trying-To-Be-Submissive Wife" is a short but well composed collection of what not to do in a relationship. New members and women who aren't sure exactly where to start can use this as a reference. The original site seems to be down so its a pinterest link (I definitely recommend creating boards about femininity and marriage if you use Pinterest). Please let me know what you think of the list! How are you incorporating the ideas into your life? What would you add, or perhaps change?

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UPVOTES

Heartbreak after Mother's Day

kittenupatree · 13 May 2019 · Archived copy · Reddit

Hi all you wonderful women. For any of you out there who have ever had a bittersweet Mother's Day, I need your support and advice. Our first daughter is almost 7 months old. I enjoyed last year when I was pregnant, delighting with other women the things I could look forward to as a new mother. But this year was different. I've been working weekends for the last few months, between the two of us we work 7 days a week until our nanny starts her first day, today actually. I was at the empty office logging my hours and I was homesick, trying to focus on what mattered on Mother's Day, my new daughter who is the love of my life. I left early and went home, I cried to my husband saying I couldn't focus at work and needed to be home, even confessed that I wanted to feel special. He told me I was the most special thing in our LO's life. And there've been other times he's told me I'm an amazing mother and it means the world to me. It's just when he told me he would be busy working "live" online at 3pm that it dawned on me that he may have not known it was Mother's Day. What I wasn't going to do was make him feel like garbage by reminding him, the second thing I couldn't do was attend his online event for fear my presence would bring out a Happy Mother's Day from the audience and embarrass him AND make him feel like garbage if he didn't honestly know. I don't hold it against him, he doesn't pay much attention to (holidays?), he's been working really hard lately, and I got to order pizza and spend the entire night with my daughter which was really all I wanted. I think what hurt though, was I had left a candle burning in the dining room. When my husband came to bed at 3am he scolded me, took a picture of it and everything. I sobbed. And that was it, I couldn't fall back asleep. I desperately want to feel special to the most amazing man in my life, and he might argue he doesn't need a holiday to do that, yet I feel lonely after a day like that, and rejected because of my carelessness. How do I gracefully step into today? The nanny will be here in 3 hours. Before then I'll make breakfast, take care of our LO, and wake my husband for work. I'll journal for a little bit. I try to pride myself in not setting expectations and honoring my desires, focusing on what matters and not so much how I feel. And because of that I don't often feel this kind of heartbreak, I'm fortunate.

I won't complain to him, but I know I won't be my chipper self at the breakfast table. What do I say? How do I honor my feelings without blaming or shaming him? I might just need some fresh perspective.

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UPVOTES

What age did you get married?

Heytheregeorgiegirl_ · 16 May 2019 · Archived copy · Reddit

What age did you get married (you and your husband) and what advice would you give to your newly married self?

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UPVOTES

Appreciate the Man

poleywoleywoley · 2 July 2019 · Archived copy · Reddit

An update on progress since my previous post!

https://www.reddit.com/r/RedPillWives/comments/bza4cc/feeling_a_lot_of_resentment_need_encouragement/

Things have improved. I've been congratulated this week by Mr Poley on 'not crowding the setter' (Yes he's read the book too)

The last two weeks I've been sending him my daily reflections on things he did the day before for which I am grateful. Spurred on by the concept of you cannot resent what you appreciate.

It has led to some very honest conversations and changes. He knows I've held him responsible for my anxiety due to having felt abandoned at the wheel and let down by him three very specific times when I've really needed him to come through. I've had to accept my own choices enabled him to do that and have blocked him fixing things before now.

But do you know what, I think we are getting somewhere.

1. He's stopped moaning on about the problem child at forest school and taken some decisive action to resolve the issue.
2. He's started coming home with a plan for the evening and implementing it
3. He's done food shops galore! He's not passed any of his jobs off onto me.
4. He's made a list of jobs that are long overdue round the house and he's started doing them.
5. He's had only one day off work in two weeks. He's helping out in their peak busy period as he will have the entire summer break off. He's actually apologised for leaving me to do the kids stuff solo both of the last weekends and reassured me that its just temporary. He knows I don't want to go back to being a married single mum (third final breakdown issue) He's letting me know he knows it's a concern and he's got me covered. I'm grateful! (Not sure how I'm going to manage this weekend without cloning myself though, but I will prevail!)
6. Despite working so much he is coming home and pitching in, not just flopping with his ps4 and refusing to lift a finger
7. He's taken over the worst part of the parenting day for me without being asked. He has seen it frustrating me and he's stepped in.
8. He's started footy again. He's been bad with carpal tunnel and trigger finger last 18 months and stopped MMA and footy due to the pain he was in. He's just been signed off from his final surgery though and was able to go back. That will help with his anger and energy levels! Its good to see him well enough to do that stuff again.
9. He's started giving me instructions! Last night he had a load of stuff he wanted to get done and he sent ME out to score weed. (*don't judge us! Its our life, we're not harming anyone and its strictly after kids bedtime*) Not done that for about 15 years. Felt quite exciting actually. He's tried to make me go before and I refused. Couldn't even see a reason not to go yesterday. He's just text me what to pick up tonight on the way home! Its nice not to have to think about it myself.
10. I am finding comfort in his arms again. When he's handling shit, I can get with him. I can lie in his arms and fall into his easy going, contented world where everything is always ok. The one I have resented him living in. Its a nice place. Can see why he likes it.

So there you go. I can surrender, I might even be able to respect the man in time.

{ Will I be able to respect myself? Different story entirely }

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UPVOTES

A girly version of that 'stop being a degenerate' meme

cambriabold · 10 November 2019 · Archived copy · Reddit

<https://i.redd.it/qryy8wnb2tx31.jpg>

loading...

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UPVOTES

How honest is too honest?

AnElaborateHoax · 8 December 2019 · Archived copy · Reddit

I've been into RPW for about 6 months now, though about a month into nun mode. This is a theoretical question, but I'd be happy to answer the obligatory advice questions if the mods feel it's necessary. 20F for reference.

My question is this: when you are dating a guy, how forthcoming should you be about your desires for the future? I'm working now, but I want to be a stay at home wife eventually. That said, I don't want to mislead a guy by saying I plan on a career in XYZ when my intentions are different. However, I don't want to scare anyone off by the admission of my real goals. I grew up quite traditional, so I'm not sure how realistic my expectations are .

Where I live, becoming a stay at home wife/mother right out of college is seen as a lazy/moneygrubbing kind of thing, even if someone is very productive and hardworking.

Do you have any experience with this? What should I say when people ask about my plans for the future?

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UPVOTES

Am I cold or is he selfish? (A bit NSFW)

JaneStuartMill · 8 January 2019 · Archived copy · Reddit

My husband's love language is physical touch. He likes to come over and kiss all over my head and neck and run his hands all over me. Sounds awesome right?

My side: The reality is far different, at least I think so. He'll do it whenever he wants to - when I'm making dinner, in the middle of a game with our son, about to drift off to sleep, etc. And it's not just a quick thing, he'll do it for 2-3 minutes at a time which doesn't sound like a lot but it's actually quite interruptive when you're doing something. Though I freely admit there's times I'm interrupted that I could let go of what I'm doing for a bit, this behavior has become a sour note and I just find it rude. It takes my attention away, he's a big guy so it's an actual physical impediment, and sometimes uncomfortable.

His side: He's expressing love, so what's the problem? He also says I should operate while he does it and see it as a fun perk. And if I can stop what I'm doing then I should and be loving back to him.

My side: He also often does things he knows I don't like such as being tickled or getting turned on. I know some women like being aroused even if it doesn't go anywhere but I find it absolutely infuriating (I often worry this is a big red flag that I'm a cold person). Most of the time he does it on accident, but often enough he does it on purpose just cause he thinks it would be fun to flick my nipple or do something ticklish.

His side: If I changed my attitude and wasn't cold I would find this fun. And I should let him do it anyway cause it's not that bad and he needs to be able to express love in his relationship.

My side: Your girlfriend before me hated this too. You do a similar thing to our son and he objects as well, so maybe it's you.

His side: Most of our friends and family think you aren't exactly a warm person, so maybe it's you. (He's right about their opinion of me)

We both agree that both of us haven't handled this well in various ways. He admits he's been inconsiderate before. I've snapped at him to 'go away' or 'get off me' several times, occasionally in front of our son. I feel guilt over setting a bad example about pushing away my husband, his father, and being impatient. Also I admit I don't make enough of an effort to provide him physical contact and tenderness otherwise.

So I want to know - Am I cold and need to work on changing my attitude toward these love bombs or is he selfish and needs to find a way to do something similar that is less irritating?

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UPVOTES

Is it possible to talk here about feelings about TRP, and what it implies philosophically?

Eosei · 16 September 2020 · Archived copy · Reddit

I don't mean to debate the core principles, but rather dig deeper in a heartfelt, honest manner. Human nature, love, differences between men and women and all that. I have this deep sadness about men and women not ever really being able to meet and would like to talk about it. The sorrow surfaces every now and then.

I don't know if anyone else cares or is up for it, I suppose it's not a very practical topic, so I'll just wait for responses before opening up more. Or maybe it's been done so many times and I just haven't stumbled upon it. If there are any relevant sources, please do share.

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UPVOTES

Full-time working Red Pill Wives & Moms, How do you keep going, doing it all and not resenting your husband?

HumectantMenace · 2 February 2020 · Archived copy · Reddit

Full-time working Red Pill Wives & Moms, How do you keep going, doing it all and not resenting your husband?

I discovered Red Pill about 4 years and one baby into my marriage. I am a full time working mother and wife and my career is dependent on our financial security & health insurance for the family. I am not so far removed from Red Pill Culture as my family and I are Christian and we celebrate Christian Marriage which holds traditional values. My whole marriage I knew there were unspoken gender roles & sub-conscious expectations of me because I am the wife. I fought this with tooth and nail. Finding excuses for myself, that his mother did not raise him better, that the patriarchal society we are in needs to change and men need to step it up. Well after a year or so of seeing that he literally cannot change no matter how nicely I ask him, how much I nag, etc. etc. I finally gave into submission. Ironically, that is when I came across Red Pill Women. RPW was like a breath of fresh air. To find a community of women who acknowledge our God given roles and have strategies to embrace them was very validating and encouraging, enabling me to keep pursuing my husband. I would say this has been going on for the last few months. My husband has never been calmer around me. He loves when I pamper him with sex, cooking, taking charge of keeping the house. Mind you, ALL of the same things I was doing BEFORE I found Red Pill Women, but the difference being, I have done all with little to no expectations of him, and that has been transformative.

Well after the high of finding RPW I am finding myself at a bit of a decline. The dust is settling and I am still unhappy. There are several things that unfortunately I feel powerless over, even though I know my husband needs me as his right-hand, and I am the best nurturer of the household. As I mentioned before, I am a full time working mother and wife and my career is dependent on our financial security & health insurance for the family. So this comes at a huge cost to being the best wife and mother to our family. Friday for example, I was so sick with the flu & still had to go into work. Meanwhile my daughter got sent home from daycare, my husband will not take off to care for her from his job, and I have done so many times to the point that my boss makes remarks about it. I had no option other than to bring her into my job on Friday so I wouldn't have to be excused for the day, meanwhile, I'm disgustingly sick from the flu to the point I threw up in my office. This is one extreme example, but the working while sick has happened many many times, but responsibilities still ensue and at the same time none of my own needs are being met. I cannot possibly keep up this lifestyle with no help on my end.

My question is, in my unique situation, what needs of my own can I expect my husband to meet for me? I really have a few none of them are selfish. I have communicated them to my husband, but as a husband he really needs my help and I have to gently remind him, but how many times do I do so before resenting him? One of my needs is that I need 6+ hours of alone time in the house: 1 x a month on a weekend day. I do this regularly and often for my husband by taking trips up to my mothers house with my baby and spending the night so that I can get help with my daughter and she can get time with her grandmother. I am pretty annoyed at the circumstances of everything and feel defeated knowing what my husbands needs and knowing I cannot provide that for him since I am stuck expending all of my energy all week into a job. Also knowing that I will never find rest for this. My husband is also a home body so in order for me to get a break away, I need to leave the house, which is stressful for me and lasts an hour or so. I gave him suggestions on leaving the house, like spending a day at his parents house which is less than 20 mins away from us, so he's not void out of options. For the record, knowing my husband, this is not worth a conversation about me being a stay at home mom. Those are plans for the future when we have more financial security. How do you keep going doing it all and not resenting your husband?

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UPVOTES

Stoicism

HappilyMrs · 21 October 2020 · Archived copy · Reddit

Had anyone read or learned much about stoicism? I started reading yesterday and listening to podcasts, and I wondered if any of you have any recommendations? Thank you

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UPVOTES

Hypothetical questions about cheating:conversations with my husband

anothergoodbook · 1 December 2020 · Archived copy · Reddit

We had an interesting conversation last night after watching a movie and I thought “hey, I bet this would be a cool discussion for here”.

The conversation was around something said by the main character in Gran Tarino. He’s making confession and says he kissed another woman but never told his wife.

My husband asked if me if I would have wanted to know if that happened. Like we are talking one kiss - not a full blown affair. My reasoning was if it was a stupid thing that you knew was wrong and it was just a kiss, I probably wouldn’t want to know. And if it happened, let’s say, 20 years ago - I really don’t want to know. That the entire point of telling would be to relieve the kisser’s guilt and make themselves feel better. But it would make me doubt the whole last 20 years. I’d rather just stay blissfully ignorant.

We also talked about cheating “more”. Like a full blown affair and how they develop. I said I think someone is extremely naive or stupid to just sort of “slip” into an affair (like not realizing how far into an affair until it’s “too late”).

I suppose that was two separate questions. Would you want to know if your SO kissed someone else 20 years later. Would it be a deal breaker? *And* how do you think affairs start? Is it gradual and subtle or are there signs that the person is willfully ignoring?

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UPVOTES

Feeling Down About Uneven Christmas Effort

princessrorcon · 16 December 2020 · Archived copy · Reddit

My bf (36) of three years is not super into to Christmas, or any holidays really. Giving gifts makes him anxious, he hate spending money, he doesn't get excited about things, etc. But I am super duper into Christmas. I work really hard on making the house look as beautiful as I can for the holiday, I always spend money on decorating etc. This year I bought him some really nice gifts, some great things for his stocking. Gifts for his family and mine. I spent tons of money, basically an entire paycheck, on really well thought out, high quality gifts. But I'm feeling a little pre-emptive disappointment. I know he hasn't gotten anything to put in my stocking. He doesn't care about upholding the traditions that matter to me (specific stocking items we do every year, etc.) And he's already reached the point where he doesn't want to spend any more money. I'm just feeling really sad that it's entirely on me to make Christmas happen, even so far as to stuff my own stocking. I know for sure that he's spent a fraction of the money I spent this year. But I also care way more than he does. I don't know exactly what kind of help I'm asking for, I just want to feel better about this.

Am I being childish for wanting a stocking? Or for wanting him to spend more money on me? I think he's just being sensible during a time we don't have a lot to spare.

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UPVOTES

How important IS vetting?

goldensurrender · 21 April 2020 · Archived copy · Reddit

Hey ladies, I just have a general question about vetting, and the importance of it. I have been reading and re-reading the Surrendered Wife in the past year and a half, as well as listening to Laura Doyle's podcasts. I just get confused because there's so much in her theories that makes it seem like nearly every marriage situation IS salvageable. She even came out to say that she now doesn't agree with the statements in her first book about not surrendering to men in specific situations, like for example addictions. I've read columns where she interviews women who have never even really respected their husbands from the beginning, and they most certainly didn't vet, BUT they applied the skills and they have transformed their marriages. It seems to me that here in this sub there's a lot of emphasis on proper vetting, and that if you don't do that you can't find a real captain and therefore you really can't or shouldn't submit. So, I'm just wondering if there's gray area with that? Doyle seems nearly totally convinced that any situation can be turned around. What do you all think?

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UPVOTES

Wives who were first-timers, how did you create excitement in the bedroom?

grahamcookiefart · 14 March 2021 · Archived copy · Reddit

Hi ladies,

I'll keep this short and get to the question - my husband is my first partner but I am not his. I can't shake off the feeling that I have little excitement to offer and whatever I do the thought hovers over my head that he's probably tried this before or a previous partner with more experience has definitely done this way better etc... I love doing things that are focused on him but sometimes after the deed is done I can't help but feel that this probably isn't the best head he's had for example. So my question in essence is, how did you "learn" new things? How did you make intimacy exciting when there's an experience gap between the both of you and did you ever have that feeling of inadequacy in this regard?

Of course communication is key and it depends on the partner, but I don't want him to stand in front of a board and give me a sex-ed lesson.. I'm quite shy about this and it would be very helpful if anyone has had a similar situation and could offer insights.

Thanks a lot!

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UPVOTES

Am I alone in my beliefs? Where do I go?

pure_prose · 30 March 2021 · Archived copy · Reddit

Hi everyone,

First, while I may sound like I am lost here, I come with respect for (if not always understanding of) your choices. I came here because I would like to get a fresh perspective from other women on some things I have been thinking about but have not been able to openly discuss in my own environment. I am struggling because I feel I know what I believe, but I cannot relate it to anyone or anything I know. I will explain what I mean and want to ask your community for advice. My main question: do my beliefs fit here? If not, where might they fit?

I will start by explaining a bit about me. To be honest and say that I do not feel very comfortable in this subreddit, and may be in the wrong place altogether. The reason for my discomfort is that I consider myself to be on the left and progressive side of the spectrum, out of a strong sense that we are all equal and deserve each other's and the state's support, and the freedom to live our lives as we wish. I am a postgraduate student in ecology and evolutionary biology, I live in a non-conservative environment, I am not religious, I am a firm believer of equal rights and opportunities between men and women, and on top of that I am bisexual.

My problem is this: I have recently 'discovered' an abundance of scientific literature on the topic of evolutionary psychology and male-female differences. There appears to be overwhelming evidence of biological and psychological differences between (the average) man and woman, as a consequence of Darwinian evolutionary processes. As a result of this, I have started to doubt my feminist beliefs. However, if I bring this topic up in my academic and social circle, it gets heavily criticised by most of my peers, mainly because there is no space within the academic discourse and feminism (as I have seen it around me) and these facts.

On top of this issue, I have recently become aware of my own submissive nature and my desire to serve and please a man and also to have and (co-)care for kids. In principle I have no issue aligning these feelings with my 'feminist' beliefs, but the combination of these two events has led me having to reconsider where I stand. This is it:

(Due to evolution), there are significant biological and psychological differences between the average man and the average woman. However, all men and women should have equal opportunities (so those who do not fit the average can live their life as they wish), but we should stop expecting equal opportunities to lead to equal results because men and women naturally have different talents and preferences. Society should appreciate 'feminine' professions (caring, teaching, homemaking) more, and should not shun women (or men) for choosing these professions. I believe we should be more open to the natural subservience of women and dominance of men in relationships and appreciate the beauty and effectiveness of this polarity more. Finally, while I believe in the equal value of men and women, I believe feminism as it is popular now could damage both women and men by not being open to these biological differences. I believe in caring for nature and our planet and believe acknowledging these differences could improve that as well.

I think I believe our society should be less focused on how we are supposedly all the same, and instead acknowledge and integrate our differences, for all our benefit. While personally, I am looking to live a natural life, in which I can both take up my natural role as a submissive wife, and develop my passion for ecology.

This post has become way too long (sorry!), but to return to my question: do these ideas fit into the RPW community? If not, do you maybe know where I might find like-minded women and men, or literature/a community I could explore? I would be very grateful.

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UPVOTES

How is everyone?

HappilyMrs · 16 April 2021 · Archived copy · Reddit

How has your week been?

What good things have happened, and what not so good things?

What are you looking forward to in the near future?

What are you currently watching/reading/listening to this month?

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UPVOTES

I have a housekeeping win to report!!

anothergoodbook · 10 June 2021 · Archived copy · Reddit

I've been really bad about laundry in the past. We have a basket in our room that my husband and I put dirty laundry. However he got really tired of having to clean laundry. He set his dirty clothes aside to wash. Of course he would forget until the last minute and be up until midnight doing laundry.

Fine - I reconciled it with thoughts like "he's a grown man he can do his own laundry".

But lately I've had a nagging guilt over laundry and housework in general. I didn't say anything, but I've been quietly raiding his dirty pile and washing it for him. This has been going on for about a month.

I have asked a few times if there was anything urgent he needed washed. So this time when I asked, he said they were in *our* basket because I've been doing such a great job of getting his stuff taken care of.

I told him last week that I know I've made a lot of promises to change the way I do things, but I've rarely (if ever) followed through. I told him I wouldn't make any promises but I wanted to show through my actions I'm changing. And that I understood if he was skeptical and didn't trust me. So as little as this sounds - it's sort of like he is trusting me to handle his laundry. And I'm very pleased because of what that means for how much I've changed!!

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UPVOTES

Hil*scary*ous: Tumblr Argument Generator

TempestTcup · 3 April 2016 · Archived copy · Reddit

<https://tumblr-argument-generator.lokaltog.net/>

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UPVOTES

What Men Want in a Relationship

Zombies_InTheSnow · 11 September 2017 · Archived copy · Reddit

<http://lauradoyle.org/blog/what-men-want-in-a-relationship/>

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UPVOTES

Financial Topics To Discuss Before Getting Married

santarosa2020 · 20 January 2022 · Archived copy · Reddit

I thought I'd make a short post of some of the financial topics my husband and I talked about before getting married. We were actually having a discussion about this with our son last night.

So the first thing we talked about was that he wanted me to stay home and raise our children. For us, we decided this would mean I would leave the workforce once I got pregnant. This will vary from couple to couple. My sister-in-law left work a year before having children and my cousin left work after having the baby. Each couple is going to have different opinions on this.

Next we talked about retirement. I had a 401k, but not an IRA. My husband set up an IRA for me and made yearly contributions to it part of the household expenses. It's important for a woman to have a retirement account in her name.

We talked about college and education expenses for our future children. How much would we pay and for which degrees (college, masters, doctorate, etc.)? Would we expect the children to work during college? What type of majors would be accepted? What if the children got bad grades? What if they wanted to attend a trade school or open a business?

Then we talked about home ownership. How long would we rent for? When and if we'd purchase a home. What type of home would be purchased? What if we wanted a bigger home? How much income would we want before we felt we could buy a bigger home?

We talked about the little stuff. Would we buy off brand items for household goods? Would we buy organic or regular produce? Would we get coffee at Starbucks? How often would we eat out? What type of vacations would we take?

We talked about what we'd do if there was a set back. What things would be cut if my husband lost his job? What type of life insurance would we purchase? What if I became disabled?

We discussed how we would give charitably. We had many talks about how we would help family members in need. What if an elderly parent needed to move in? What if a brother needed a loan? What if a cousin had a disabled child and needed money to support their family?

Even with all this talking, in over a decade of marriage we've still had unexpected situations come up. The talking helped though because we have a foundation for making financial choices and we have a general idea of where we each stand on these issues. I encourage other ladies who have just become engaged to have these talks with their future spouse too.

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UPVOTES

Non-Obvious Benefits to Staying at Home

oliveshoot · 29 March 2022 · Archived copy · Reddit

We aren't all stay-at-home mothers or wives here. But I thought you all might be the group most likely to have thought about these things. We might also be entering a poor economy, and most of these benefits have to do with the inevitability of a SAHM's or SAHW's financial state. What have you discovered is an unexpected gift of being a full-time homemaker?

Possible benefits:

- Simple pleasures are where you draw your fun. Contentment is higher. (A tidy room, a meal at the table, a walk in sunshine, a good used/library book, listening/dancing to music, etc.)
- Solidarity with a majority of society. (Wealthy people are sometimes rejected or misunderstood by others. Not that it's fair.)
- You are possibly friends with women who share your values, which helps you to be more content as well with living minimally.
- Less need to be dressed every single day in an expensive wardrobe that is new.
- Living low on the hog. Building a habit for a lifetime, and certainly if she becomes a widow. You can manage your finances.
- Less anxiety about losing your standard of living in case of sudden changes or emergencies.
- Feeling capable during times of scarcity. You likely have skills to stretch a dollar.
- Opportunity to build cooking skills on little money. Example: The French are regarded as a society who became adept at making cheaper food delicious because of necessity.
- Focusing on the simple pleasures of a man, the things he desires after he comes home tired after work, or when he's burned out from decades of a career with little recognition. (A good meal, affection from his woman, and a family who is glad to see him specifically come through the door.

The last one is what I have learned recently. What does a man want a majority of the time after working each day? It seems like they are simple things, and it's been that way for centuries. A wife and mother who is able to be relaxed, contented, happy, with minimal anxiety for the future, and decent with money is likely to bring a man happiness. But who benefits from this more? His woman.

I get that there are definite drawbacks to being at home. Potential stress about money, feeling down or bored, feeling insecure about what you do not have, pressure from society or family or even your spouse to earn money. Probably more. I do understand these cons.

But we do not need excess in order to be happy in the moment. Most of us want these things too, whether we are men or women. It just means that women can provide these simple pleasures at home that are sustainable for several decades or more.

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UPVOTES

When self-care feels like a chore

Alternative-You-9360 · 16 May 2022 · Archived copy · Reddit

I'm wondering how women prioritize self-care without feeling like it's a chore. Personally, anything more than basic hygiene feels like a ridiculous amount of effort. I'm lucky if I manage to put on makeup or even shave my legs once per week! I have definitely felt a stronger pull towards looking more put together, and I've always been drawn to a more feminine appearance, but it seems like whenever I try I give up because it's "too much work". Any advice or tips?

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UPVOTES

How can I say no and remain a surrendered wife?

llamaisveryupset · 25 December 2022 · Archived copy · Reddit

In the book, Laura says to say 'I can't'. When I say I can't one of these things tends to happen, not always but more often than not:

1. he doesn't buy it and gets irritated, ex: he asked why, I said I was tired, he said he was tired too.
2. if I say I can't because I'm scared, it would make me upset, etc etc. he says he'd be disappointed if we didn't make a good decision simply because of my 'feelings'

He tends to press on and try to figure out why I can't, and tries to convince me that I actually can, and if I'm not convinced, he gets irritated with me (won't talk with me, says something negative to me).

In these situations, I don't feel 'surrendered' at all but still feel like I end up having to put my foot down (to me, opposite of surrendered, at least the opposite feeling....instead of trusting, I feel I have to put a wall up to prevent my boundaries from getting crossed).

Does anyone have any idea about what I should do or where I'm going wrong?

context: I've always loved the idea of being submissive (I know that's not exactly the same as being 'surrendered', but I do mean 'submissive'), so last year I finally started basically just living the dream in my own way that felt authentic to me, and it changed my dynamic with my husband a lot. I read Laura's book even back then but kind of did my own thing. So anyway, I would basically never say no though, and I thought if I kept being submissive this issue would work itself out....that my husband would become more protective, and wouldn't want for me to do things that tired me out or upset me. but that time never came around. will it? or will I have to set boundaries? I don't really know.

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UPVOTES

I need to vent about my neighbor for a moment

anothergoodbook · 26 May 2021 · Archived copy · Reddit

This may or may not be the right place, but I'm just so flipping upset.

I'm white. Yes this is important later as my neighbor is an African American older woman.

She is so mean and nasty. I do not even know how to describe this. She has accused us of calling her the N-word (never ever happened). She told us that we threatened to shoot her (nope - she threatened to shoot our dog). If I'm outside while she is, she will shout nasty things at me - calling me white trash, saying my "nasty behind" doing so and so. My children are afraid to go outside because she says these things to them. Talking to her has not worked because once again she shouts these crazy accusations. She has on more than one occasion accused us of raising racist kids (because they are afraid of her it must be her skin color - that's what she's has said).

She constantly threatens to call the police on us for ridiculous things (getting water in her lawn, mowing our yard "wrong", kids playing in the yard, etc). She tells me that all the neighbors hate us for just existing. They place music on their porch 24/7 but just loud enough that only we can hear it.

I normally block it out, but being called nasty as I'm walking in the house this morning just nearly made me cry. I'm so frustrated by this awful person living next door that I can do nothing about.

I've gotten into one argument with her where admittedly I did say I thought she needed to see a doctor because she has a mental illness because there's just something wrong with her.

But seriously - I'm ready to move... but I don't want one singular person to force us out of our home. Anyway - thanks for reading :)

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UPVOTES

Lol, isn't this Laura Doyle's advice???

lookylolo · 9 March 2022 · Archived copy · Reddit

Crosspost "Toddler says "I can't" every time she's asked to do something." from /r/toddlers:

It's just getting incredibly frustrating. I know that it's really "I don't want to," but still I'm really annoyed by it.

Does anyone else's kid do this? Mine is about 3.5 years old, and I don't know if it's normal development or just that she's exceptionally annoying.

"Put your toys away."

"I can't."

"Let's go get ready for bed."

"I can't."

"Climb up into your car seat."

"I can't."

All day, every day.

Please tell me I'm not alone.

Posted by freunleven | 9 March 2022 | [Link](#)

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UPVOTES

Dealing with family and friends who do not agree with lifestyle

Choice-String-5691 · 21 January 2022 · Archived copy · Reddit

Hi ladies! I am glad I found this group. My husband and I are both 33 and have been married for almost 5 years. During the beginning of our relationship I worked but after we married I became a full time homemaker. This has come with great backlash from family and friends alike. If these women downing my lifestyle are feminist aren't they supposed to be supportive of whatever I want to do?

I am very frugal and low maintenance and actually have a remote part time job but at this point I don't want to even tell anyone about it after the years of "why doesn't she have a job?" My job has been all things homemaking and taking care of my husband not to mention taking care of myself because if I am happy then he is happy.

I try not to give any follow up when people ask what I do and I proudly respond that I am a homemaker. It is always followed by awkward silence and a blank stare on the askers face. Or jokes about "what is this the 1950s" or "well then what do you do all day"....UGH.

Any advice on how to handle this topic with others. Thanks!

Context

I came into the marriage debt free. We do not have children. No student loans, credit cards, and my car is paid off. My husband has a good job. We aren't wealthy but get by just fine. This was a mutual agreement to be traditional from the jump.

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UPVOTES

What advice would you give her

Specific_Sun67 · 24 April 2023 · Archived copy · Reddit

<https://i.redd.it/ubbnktffiyva1.jpg>

loading...

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UPVOTES

Alone in the house - what's acceptable to ask for

EfficientSuspect4891 · 17 May 2023 · Archived copy · Reddit

Hello everyone

Please forgive any etiquette mistakes, this is my first time posting & I mean no disrespect.

My husband travels a lot for work. I respect his job a lot & this isn't an issue for me but I was hoping I could get some opinions on what is acceptable to ask for regarding security while he's away.

Tonight he's away, and will be for four nights. Our security light at the front of the house is... malfunctioning? It's on when it shouldn't be, as in it's on when it's motion activated & there's no reason for it to be activated. No bin men, deliveries or callers.

I spoke to him tonight & he wasn't concerned, stating it was likely the neighbours' cats. I 100% logically agree but it's still freaking me out & I can't sleep.

I know he's away, and I know there's nothing he can do. I know it's probably just the cats. I'm still frightened though. As silly as it seems.

I don't want to discourage him from his work. I don't want him to feel guilty for being away. Right now though, there is a part of me that wishes he was here to make me feel safe.

So my question is - if you're in this position, what would you do? He has friends (married) that live close by, can I ask for their numbers? Or perhaps their wives' numbers? (I only have their social media.) Is there another alternative I'm overlooking?

I feel silly because I know it's nothing. We don't live in a high crime area. I feel scared though. How do I ask for a safety net without making him feel guilty for being away?

We don't have children. We have a dog but he's only a puppy right now. We're in the UK so guns are not an option.

Thank you all for reading this far.

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UPVOTES

Household chores and scheduling

LaneysWorld2 · 26 August 2018 · Archived copy · Reddit

I'd like to know how much time you usually spend on household chores and cooking, including gardening and other additional tasks :)

Is there more or less work to do on the weekend and do you have a schedule for your chores? If yes, how does it like like?

Do you share the chores with your husband or do them alone?

Thank you very much! :)

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UPVOTES

A refreshingly reasonable post on motherhood, from the NYT of all sources!

cxj · 16 August 2018 · Archived copy · Reddit

<https://www.nytimes.com/2018/08/10/well/rebranding-motherhood.html>

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UPVOTES

Perhaps off topic, but let's talk about... Mail order brides

Ok_Philosopher · 15 August 2018 · Archived copy · Reddit

I watch a lot of relationship-type shows as guilty pleasures: Bachelorette, Married at First Sight, and yep, mail order bride documentaries.

On the last one, what I notice is that on face, it's the bare, raw, exposed relationship dynamic that is somewhat upheld in the RP community--women (ones who place a higher than average premium on looks) exchange sex and their femininity for financial security and "a better life." But in spite of both genders adhering to these core tenets, these relationships are rarely satisfying and it seems they seldom work out.

And it makes me wonder... why? Why don't these relationships work out? I also observe that it's mostly the women who ultimately back out. Is it that the men who pursue this option tend to be bottom of the barrel? Or is there some type of glue that holds the average relationship together that's missing in these relationships (respect, a long period of dating, etc)?

I've heard it said that Eastern European women are more "desirable" a mate than many Western women. Do you agree or disagree with this?

I'm not positive where I'm going with this thread but I thought there were so many interesting relationship dynamics at play that were worthy of discussion here.

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UPVOTES

What are good presents for your husband when he is the sole provider?

19paril · 28 March 2018 · Archived copy · Reddit

Husband's birthday is next week and I'm not sure what to get him. Purchased things don't seem like a great idea, as it would essentially be me using his money.

We married last summer, and I stopped working then. At Christmas I didn't get him any major presents (which is what we had agreed), but instead cooked Christmas dinner with his whole family round. which I think made up for it.

So what are good presents for stay at home wives to buy their husbands?

His birthday is a weekday (so he'll be working) if it makes any difference.

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UPVOTES

Working wives, how do you find time for cooking, cleaning, laundry etc. alongside working full time?

Indiasag · 13 March 2018 · Archived copy · Reddit

My wife currently works part time, and we're wondering how plausible it is for a wife to work full time and also keep the household.

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UPVOTES

Update: Spending winters apart to escape the dreaded cold

acoustic_square · 19 January 2018 · Archived copy · Reddit

Thank you to everyone who provided advice on [my prior post](#)!

I only posted 9 days ago, but I'm already feeling so much better after implementing some of your ideas. I've started taking fish oil and vitamin D daily, and I bought a sun lamp (which I've only used once so far). I also planned a cross-country ski trip for next month, which I'm looking forward to. I'll mention another thing I've been doing, in case it's useful for anyone else: I've been forcing myself to go out after work, even if it's just to meet a friend for coffee or to go for a walk with my husband. My inclination is to hibernate and avoid the cold, but I think I actually feel better if I go out. Once I'm out I realize that yes, it's cold, but (at least right now) it's not *that* bad.

This is the first time in years when I haven't been preoccupied with convincing my husband to move somewhere warm, constantly deliberating over the spending-winters-apart idea, and frequently angry and/or depressed because I resent having to live in the Northeast. I still find the cold weather unpleasant, but I am finding it a lot easier to accept it. A huge thank you to everyone who shared advice.

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UPVOTES

Using Body Language To Strengthen Your Relationship

Camille11325 · 17 November 2017 · Archived copy · Reddit

In **Female Sexual Strategy** I outline the resources that women have at our disposal and give an overview of the way RPW information can be applied to maximum effect. As explained in that post, girl game, traditional dynamics, and good character are the foundations of our strategy whether we are married or somewhere along the road to marriage. This post will explore how body language can be used effectively in conjunction with these three categories.

A thorough grasp of how people communicate with their bodies will give you an edge by improving the quality of your interactions. When it comes to girl game, charisma is an essential component of seduction, even in non sexual contexts. Mastering body language helps you time your actions and expressions for maximum effect. In general, your relationship dynamic will improve if you can pick up on your man's subtle signals and adjust your behavior to meet his needs. And I feel like keeping the following information in mind (as well as general body language info) will lead to greater self awareness and patience, both directly related to good character.

Here's what you should remain aware of as much as possible: posture and bearing, body movement, gestures, facial expressions, eye movements, touch and personal space, voice (tone, pitch, and speed), and micro-expressions. Most of the time we process signals automatically and react instinctively. If you practice noticing what others are doing and being more intentional with your own body, pretty soon you won't have to actively think about all of those things at once.

Reading Your Man

There are a lot of avenues to explore when it comes to strategic use of body language, but I wanted to focus today on what to look out for in your man and actions you can realistically take on a daily basis. First, here are a few resources that break down simple and more complex ways of reading body language:

- [Here's a handy chart](#) that lists common facial signals for different emotional states.
- [This post explains at length](#) (but not too long!) how to read someone else.
- [A few signs of negative emotion to look out mapped onto a face.](#)
- [Quick overview of microexpressions](#) (held for 1/25th of a second) for some basic human emotions. Most people either process these automatically or miss them entirely but it's possible to spot these flickers of emotion if you look out for them.
- [A full series](#) focusing on different aspects of body language - 14 pages!
- [A 400 page in depth resource that reviews every aspect of interpreting body language!](#)

Before you approach or speak to your man, take note of his body language. This will only take a few seconds but it will give you so much useful information. Is he upset, stressed, angry, tired? Evaluate what you are about to say/do and approach in a way that doesn't bother him. For example if he looks stressed and tired, don't storm into his office ranting; if he is angry and closed off, don't try to force him into a lighthearted, insignificant conversation if you know he'll just get more frustrated. Watch his torso and feet - if they are pointed towards you he's most likely interested in what you have to say, if not wait until he's in a more receptive mood instead of forcing it.

Something to pay attention to while speaking to him: over control. This refers to super obvious attempts at friendly, non threatening body language in order to avoid being caught (in a lie, doing something wrong, etc). It could also manifest as clumsiness if they aren't as good at self control and try too hard. If your man seems exceptionally strained and unnatural, he may be up to something. Don't jump the gun and accuse him based on body language

alone, but do pay attention, especially if he has a history of deception or infidelity.

Be sure to figure out how your man specifically expresses his emotions. Some men are more reserved and serious, and seem upset when they aren't. Others may say they are fine but if you look closer, their body language tells another story. We don't discuss this as often on the sub but you should be able to pick up on when your man feels embarrassed and if possible help the situation. If you are embarrassing him, stop. If someone else has embarrassed him you have to be careful about when and how you interfere, but definitely make a point to understand when he feels this way and what it looks like.

Of course this information can also be used when he is feeling positive! When he's in a good mood, mirroring is a great way to keep that going. More on this later.

Body Language When Interacting With Your Man

Weakness vs. Femininity

When researching body language tactics, don't just try out every gesture or expression labeled as "submissive" under the assumption that this will make men want to protect and/or sleep with you. Legitimate displays of weakness can inspire feelings of aggression, disgust, pity, or contempt in men. They may feel an urge to crush the weakness and act harsher or even violent towards you. Or if they feel like you are beneath them they could ignore you and say cruel things. All of this is instinctual and subconscious of course; and it generally remains a subtle undercurrent beneath their words. The ultimate result though is that he will *not* be more attracted to you, and it may contribute to conflict!

What are the key differences between feminine body language and weak body language? Weakness looks like shrinking and hiding, avoiding violence or judgement. Placing a physical barrier between you and your man - crossing arms, holding a book or bag close - makes it seem as if you are protecting yourself and bracing for impact. Tensing up your body and making tiny movements is interpreted as an attempt to stay guarded and avoid being a target. But in doing so you might actually make yourself a target, depending on the situation. Creating distance between you and your man is also seen as an act rooted in weakness and fear.

In contrast, feminine body language is submissive in that it involves exposing yourself to your man. Being more open and vulnerable is central. So is subtly suggesting sex, highlighting your best assets, and making men feel at ease. More on this later. Insecurity can read as feminine or weak depending on the full context. Are you extra concerned because you want to please your man? (Preening) He can tell and it's attractive. Are you worried due to feelings of inferiority or fear? Not attractive. I think a core aspect of communicating feminine submission is indicating trust and having an inviting disposition. Inviting looks, comments, and of course physical touch (or at least implying that you'd like him to touch you).

Dominance Signals To Avoid

If there's one thing you don't want to do, it's challenge your man and appear as a threat. [This page](#) lists so many signals that convey dominance, it's definitely worth the read. Here are some indirect/subtle body language cues that you may not realise indicate disrespect and aggression:

- Making a point to stand or sit higher than him e.g. he is seating and you are standing when having a negative conversation.
- Invading his personal space or territory and using what he owns in a casual manner. This can even include "helpful" things like rearranging a desk.
- Touching and holding his upper body in a way that indicates of ownership. E.g. leading him around by the arms. Ordering him around in front of others.

- Interruptions.
- Hurrying. This can mean rushing him to get ready, walking too quickly so he has to follow you, or speaking too quickly.
- Avoiding eye contact - ignoring, not giving time of day, not pausing what you are doing to listen to what he has to say.
- Intense staring - find the middle ground!

Even if you aren't aware that you're doing this, he can definitely tell. Most men are very sensitive to signs of disrespect and will instinctively react to perceived challenges. If you are in the middle of an argument it is especially important to be mindful of your facial expressions, gestures, posture, etc. You can escalate a situation just by going from a neutral to a more hostile stance. Many situations can be diffused by following the principles outlined in this post, but when your man is especially angry and the conflict resolution techniques don't work, the least you can do is not make yourself a bigger threat!

Responding To His Displays Of Dominance

If you are with a masculine man (greater beta + all the alphas) then your man is going to use body language to convey his level of confidence, pride, aggression, sense of ownership, etc. When he does this, it is important to respond appropriately - and you likely already do 90% of the time. Obvious things to avoid: weakness signals, challenging signals. Sort of obvious but not as easy to catch is body language that is: closed off, disinterested, and impatient. You want him to know that he is the center of your world, even when you're actually busy or stressed you can adjust your demeanor so that you're not making your bad mood his problem.

If you are newer to RPW or if you have a low dominance threshold, you may be less comfortable with overt displays of dominance. Especially displays of ownership and aggression. If he is trying to communicate protection, lust, or even comfort around you: don't tense up, look terrified, or act awkward. As he advances, receive him - both literally and metaphorically. If you embrace appearing "owned" in public (in the traditional sense), you will definitely give your man a status boost!

Strategies You Can Use Every Day

The most common way to use body language is to reinforce what you're saying and doing. This occurs when your expressions, gestures, etc. and words are in line. So when you are with your man and you want to show that you care about him, doing things like leaning forward, slightly tilting your head, adopting a patient and open position, and everything else listed in the charts will communicate a consistent message. You can also use body language to complement your words. This happens when your body language adds more, different information. Timing is key here, a well executed glance or expression to punctuate a statement can make all the difference in the world. In combination, mastering the two approaches will improve your interactions with your man.

Most readers will be familiar with the concept of mirroring - copying what the other person is doing in order to make them feel comfortable and connected to you. When done properly this is an excellent way to build rapport. From what I read, men are more expressive with their bodies so when a woman mirrors her man, she should reduce the amount of facial expressions she makes and focus on what his body is doing. Following his lead when it comes to pacing is important as well. The speed at which you talk and move should be in sync with him. The same applies to tone, vocabulary, and inflection. Something more advanced but definitely effective - I have tried this personally - is breath matching. This is when you sync your breathing to his. It is hard to do when you're just talking, and I feel like it'd be too distracting to try that anyways. I've had success when laying down together. Breathing in unison is a really subtle way to enhance intimacy.

Finally a great way to put body language knowledge into action is to **use it to improve your mood and boost**

confidence. If you assume the stance, expressions, and breathing patterns for different emotions you will start to feel that new emotion. It's pretty awesome and a great way to turn things around instead of wallowing in a bad mood and dragging others down.

Thats it! Hope it was helpful. Would love to hear your thoughts and how you use body language to strengthen your relationship :)

Edit: clarification on what I mean about not showing *all* of your negative emotions to your man.

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UPVOTES

My husband is deeply miserable, and I've run out of strategies to help/deal with our situation.

sweetbreeding · 15 November 2017 · Archived copy · Reddit

Hello RPwives, I'm using a throwaway because my husband knows my account, and I don't want him to see this and feel worse.

How old are you and how familiar are you with RPW? I'm 26. I've been looking into RP theory for the last year or so, and found that viewing my relationship in these terms has really helped me overcome obstacles and be a better wife.

How long have you been together? Six years together, married for three.

Is your relationship long-distance? No, but it was for our second year together.

Do you have an active bedroom life? Yes.

What is the problem? (Don't badmouth your SO!) My husband is beyond miserable right now, I mean he is deeply sad, and it is starting to pull me right down with him.

The company he was working for went under, and he was left without a job. My husband is a smart, hireable man so even though it's been four weeks since he found out he was going to be out of work, he's had three interviews.

He says that he's regretting what he's chosen to do with his life and he feels like he'll never have a job he wants. He says he can't take any more of being unemployed. And he's also having nightmares.

At this point, I'm just trying to remain optimistic so I can keep my nose to the grindstone and keep us floating financially. But I feel like I'm going to burst apart. And I feel like I'm failing him as his support.

I forgot to add one of the most painful things: He's like, lethargic and doesn't want to return niceties like "I love you."

How have you contributed to the problem?

I honestly don't know. Perhaps I was babying him with my first strategy, which you'll read about below. But I've stopped that.

How long has this been an issue? Three weeks.

What have you done to resolve this problem?

I tried talking to him about how he's feeling, but that seemed to upset him, so I stopped.

I tried to just say supportive things when he brings up how sad he is, and he shuts them right down. I said, "things are going well, you've had three interviews," and he said, "no." Just no.

I tried to give up making him feel better and just let him sulk, and now he approaches me and goes out of his way to, as I view it, be upset at me. He's demanding I make decisions in this odd way. For example, moments ago he walked into the living room, looked at me, and said "when do you want me to make dinner?" But he won't accept "whenever you feel like it," as an answer, and also seems to get upset if I give him an answer... I don't know what he wants. There's one of these odd demands every day now.

I would appreciate any wisdom you ladies have to offer. Thank you!

EDIT: Thank you all so much for this great advice. I'm going through now to address each of you.

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UPVOTES

How to make our house our home?

JustScrollOnward · 9 November 2017 · Archived copy · Reddit

We bought our first home and are moving in this weekend! We will be living with the bare minimum (e.g. folding table in the kitchen and air mattress as a couch) until the movers arrive with our things after a week or so, and I'm anxious to make it feel like "ours" in the interim. I'm planning on cleaning it heavy duty right after we close, lighting candles to make it smell nice, stocking the pantry, and displaying the few pictures we have with us. Anything else you recommend doing?

Also, any words of wisdom in general with the purchase of our first home? We have moved a lot due to the military, so as a homemaker this is a dream come true, and I just can't wait to make it a place of joy for our family. :)

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UPVOTES

Checking In :)

StillTraveling · 22 September 2017 · Archived copy · Reddit

Hi Ladies! I was a little bit active on here about two years ago, I think? Or maybe it was only one year ago? Time flies, lol. Anyway, I want to just check in and report... my marriage is so much better since I was redpilled than I could have dreamed. This knowledge is truly for the long haul! Blessings to all and I hope to get more active again :)

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UPVOTES

Why Frumpy Makes You Grumpy

Camille11325 · 18 September 2017 · Archived copy · Reddit

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UPVOTES

Study Says Most Men Could Be Infertile By 2060

tintedlipbalm · 31 July 2017 · Archived copy · Reddit

This recent study analyzed the sperm count in men from North America, Europe, Australia and New Zealand and found it declined by 50-60% between 1973 and 2011.

The cause for this drop is unclear since male reproductive health isn't researched as much and is often overlooked when couples treat infertility. Low quality sperm is linked to further health problems down the road such as testicular cancer and metabolic issues.

Previously there had been a debate about whether sperm decline is even happening.

Further reading:

<https://www.theguardian.com/lifeandstyle/2017/jul/25/sperm-counts-among-western-men-have-halved-in-last-40-years-study>

<https://theconversation.com/huge-drop-in-mens-sperm-levels-confirmed-by-new-study-here-are-the-facts-81582>

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UPVOTES

Hygge Feeling During Summer

Irisandoleander · 6 July 2017 · Archived copy · Reddit

As many of you know I'm rather obsessed with a publication called Bella Grace.

This short piece was in it and I thought it would make for some fun conversation :)

10 Ways to keep that Hygge Feeling During Summer by Christen Hammons

It's so easy to think that hygge is only something for the fall or winter months, but you can keep that cozy feeling going long after the days lengthen and the temperatures spike. "What's Hygge?" some of you might be asking. It's the latest craze sweeping the States, but the people of Denmark have been practicing it for some time. Simply put, it means creating a nice, cozy, comfortable environment while enjoying the simple, good things in life with the special people you surround yourself with.

Thoughts of coziness instantly evoke images of throw blankets and fireplaces and staying indoors while it's blustery outside. Still, it's entirely possible - and quite easy - to add hygge to the summertime. A good tip is to switch out the word "cozy" for "comfortable."

Here are 10 ideas to get you started:

1. Go Camping with a group of friends
2. Host an outdoor dinner party under the stars
3. Head to the lake or beach and watch the sunset.
4. Buy a hammock or a nice lounge chair.
5. Create a living space in your backyard.
6. Adorn your home with fresh flowers.
7. Pick fresh summer fruit and make ice cream with it
8. Take a barefoot stroll through your wet lawn
9. Hang your laundry outdoors so it can dry in the warm summer air
10. Open up your windows, throw the curtains back, and allow the gentle breeze to fill your home.

SO! How do you keep the hygge feeling year round? What do you do in your home?

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UPVOTES

Your husband doesn't have to earn your respect - The Matt Walsh Blog

Irisandoleander · 13 June 2017 · Archived copy · Reddit

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UPVOTES

Can your man be honest with you?

PhantomDream09 · 8 May 2017 · Archived copy · Reddit

Today I had an **exchange** with another user that wanted to know if my SO's honesty with me (about my appearance) ever 'hurt' my feelings. The question did make me laugh, but I think it's also a really good question RPWi!

Can your man be honest with you about things *without* hurting your feelings or causing problems? Are there topics that he either ignores or skims over in an attempt to *avoid* causing problems? Are you honest with him? Have you ever hurt his feelings by being honest?

Some people think that it's kind to be gentle, or minimize obvious issues. I know that (generally speaking) women will lie to their friends about certain things so as to spare their feelings. One tactic that I have learned is that when a friend shares something *they* really like, or something that works well for *them* (but your own personal opinion is either "I don't like that") you can say: "That's perfect for you" or "that really works with your personal style."

Are you honest with friends and family? With your man? Is he honest with you? Have you learned from past experiences?

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UPVOTES

Household Labor Is Only Degrading When You Don't Do Your Own

Irisandoleander · 24 April 2017 · Archived copy · Reddit

Two pieces for you ladies today! First - Rachel Darnall wrote for the Federalist "[Household Labor Is Only Degrading When You Don't Do Your Own](#)"

Next, she responded to a comment on that piece with her next one "[Apparently I'm Stigmatizing Domestic Work by Not Being Ashamed to Do It](#)"

Found both to be great reads - let's hear your thoughts :)

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UPVOTES

Beautiful retro dresses on sale :)

le_petit_croissant · 10 April 2017 · Archived copy · Reddit

If you're like me and adore feminine 50s like dresses check out

<http://www.lindybop.co.uk/dresses-c1/swing-jive-dresses-c3> these puppies. Also, I believe shipping is only 7 dollars to the US right now. Super cute!

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UPVOTES

Feminists are 'triggered' because Wonder Woman shaves her armpits

PhantomDream09 · 19 March 2017 · Archived copy · Reddit

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UPVOTES

Preaching to the choir here! But yet another reason sex is so important to your man's health

WorksAtBank · 12 March 2017 · Archived copy · Reddit

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UPVOTES

10 ways to keep your marriage strong - The Sunny Side Up Blog

Irisandoleander · 7 March 2017 · Archived copy · Reddit

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UPVOTES

Husband keeping secrets, and I think I am at least partially responsible - is there anything I can do to fix this?

proprioceptor · 27 February 2017 · Archived copy · Reddit

At a couple of points in our relationship, I've asked my husband to stop using porn. On both occasions, he has said that he would. However, after each of these conversations (usually after a few months), I've caught him either using or with it left on his phone or computer. Most recently this happened a couple of nights ago.

To be fair to him - most of the warning signs that people talk about with porn use are not an issue for us. In other words, we still have a very active sex life. Performance on both parts have changed a little recently (I'm in my third trimester), so I can't say for certain if that has changed anything. As far as I can tell he hasn't spent any money on it, but he manages most of our finances so I might not be able to tell if he had. He's an awesome husband, but this is something I'm really struggling with.

When he looks at porn I get really jealous. I also really don't like the idea that he's taking steps to deceive me. I place a lot of trust in him, and I am trying my best to be super SAHM and available for sex as much as possible. Even when I'm having pregnancy-related trouble, I try to be available with BJs and I still try to do things related to a fetish that he has. So the thought that that isn't enough or that I'm driving him to this still really upsets me.

However, I think the way I've reacted in the past has probably caused him to feel compelled to hide it. It's brought me to tears in the past, and I've probably made him feel cornered and ashamed even though I didn't intend to.

So my question isn't "How do I get my husband to stop?", but "How can I change my behavior so that my husband doesn't feel the need to conceal things from me?" and "How can I keep myself from getting my feelings so hurt every time I catch him looking at porn?"

Thanks in advance! Edit: edits made for grammar and clarity

Update: thanks so much for your advice and suggestions! I'm definitely not going to bring this up with my husband again. I've also decided that it might be best to give him more privacy, so that I stop accidentally finding it. That way I can have a little more distance from the issue, and can give myself more time to deal with my own issues. Thanks again!

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UPVOTES

[X-Post /r/FeminineNotFeminist] HAES / Fat Acceptance

BellaScarletta · 23 February 2017 · Archived copy · Reddit

For those who may be unaware (I hope nobody), the Health-At-Every-Size (HAES) is an offshoot of the larger Fat Acceptance movement.

From the HAES Wikipedia page:

HAES advocates reject the idea that dieting with the goal of weight loss directly and controllably improves health. The benefits of lifestyle interventions such as nutritious eating and exercise are seen as evidence based, but their benefits are independent of any weight loss they may cause. At the same time, HAES advocates espouse that sustained, large-scale weight loss is difficult to the point of effective impossibility for the majority of people.

From the Fat Acceptance Wikipedia page (I was discouraged to learn that was a thing, though I'm not sure why I was surprised):

The fat acceptance movement (also known as the size acceptance, fat liberation, fat activism, fativism, or fat power movement) is a social movement seeking to change anti-fat bias in social attitudes. Areas of contention include the aesthetic, legal, and medical approaches to people whose bodies are fatter than the social norm.

Here are my primary criticisms of the "movement" (I use that term so, so loosely):

- Weight is undeniably linked to health, and cherry-picking scientific studies doesn't make it less so.
- Beauty isn't a *social construct* - humans, like **most** animals, find attractive what is genetically advantageous to pass along to offspring - this virtually always coincides with *healthy*. Weight, being an indicator of health, is a biological factor in regards to attraction - it isn't a standard invented and perpetuated by Cosmo or "the patriarchy".
- Being unhealthy, and subsequently unattractive, will not - and should not - make you happy.
- HAES does a disservice to its members via hostility toward discussions of *any* weight loss, and would much more be accurately named "Health At Only Large Sizes".

Focusing on those 4 points, I'll break down why this movement is doing a disservice to women (and their male counterparts) everywhere.

Weight is undeniably linked to health, and cherry-picking scientific studies doesn't make it less so.

Despite the proven health risks associated with obesity, we are still being offered preposterous cheap outs such as,

"So much of the public perception — even among scientists — depends on an a priori belief that higher weight is bad," Dr. Deb Burgard, a California psychologist and longtime stalwart of the HAES movement, told Medical Daily. "But assigning a moral judgement to people's bodies is itself bad for people's health." ([source](#))

Statements like these being spoonfed (with extra sugar) to ignorant masses are so, so harmful. No matter how you approach the situation, there is no way *judgment is putting anyone at a risk comparable to those such as heart disease, high blood pressure, stroke, diabetes, sleep apnea, reproductive issues, and more*. ([source](#)). The suggestion itself is ludicrous and offensive. Furthermore, this operates the supposition judgment is happening devoid of decision - it's not the appearance in a vacuum that is being judged, rather, it's the poor decision-making which lead to that

outcome.

How are we even debating these facts??

While there are exceptions (such as in the case of professional athletes), for the most part weight/BMI is a *great* indicator of health for the average person. I'll address this point further below.

Yes, health is more complicated than "this weight good; this weight bad" - but if you click just one link in this thread - make it **this one** and then try to tell me you can be healthy *and* morbidly obese.

Beauty isn't a *social construct* - humans, like *most* animals, find attractive what is genetically advantageous to pass along to offspring - this virtually always coincides with *healthy*. Weight, being an indicator of health, is a biological factor in regards to attraction - it isn't a standard invented and perpetuated by Cosmo or "the patriarchy".

This article makes a quick case for why thinness will always be more attractive, but in it are two points that I think are important to address:

"[...]doctors have known for many years that not everyone who is overweight is unhealthy. A person's overall fitness is more important to his or her health than numbers on the scale."

HAHA! We've proved it! *You CAN be healthy at every size!!!!* I actually don't disagree with the above bullet point. The problem is when people get that inch and take ten miles. Here are some examples of demographics that are healthy, despite being objectively overweight: American football players, weight lifters, or professional athletes, other professional athletes, and more professional athletes. *The average person is not a professional athlete, and their lifestyle is in absolutely no way comparable.* The article even goes on to address that, but people continue to cherry-pick what they please.

Second,

"At one point in our evolution, people who were heavier than average were prized as mates, clearly having access to food and resources."

HA! Thinness being attractive IS A SOCIAL CONSTRUCT! No. Wrong again. Yes, the above sentence is true...but "heavier than average" *never* meant morbidly obese - the obscene levels of obesity that are relatively commonplace now hardly even existed, and were damn near logistically impossible until recently. Again, the article goes on to refute this point. But it does make it easier to see where proponents of HAES and FA pick and choose what they care to hear and then spin it into their monstrosity of a social movement.

Also, I love /r/ELI5 and **this is a great thread** on the same subject.

To argue that society *should* see you as attractive regardless of your choices is failing of character, not a problem with society. It serves as a visual cue to those around you that you have other character flaws - including poor judgement, bad habits, an absence of self-control, and more.

Being unhealthy, and subsequently unattractive, will not - and should not - make you happy.

If the overweight *truly* believed or felt they are beautiful at their current size - **why do they routinely portray themselves as thinner?** Isn't that undermining their cause? Now, to be fair, I don't know that these women are proponents of HAES or FA - the article does *not* say that. However they are feminists, which are common proponents of attacking beauty "social constructs", unrealistic body expectations, and fighting body images created for male pleasure (...lol).

This **reddit post** responding to that article summarizes it well:

Because the reason they hate attractive women is because women are still petty about their looks. They are

aware that biologically their main currency is still their ability to attract a mate & successfully reproduce as a means to insure a steady supply of resources from that mate.

Because 100 years of contemporary civilization hasn't over written millions of years of evolved hard-wired psychology.

They are so insecure about it that they will not just attack actual women who are more sexually attractive than they are, they will attack fictional characters who are more attractive than they are.

Edit: When they have their own "sexy" cartoon avatars, it's literally their insecurity coming to play. They drag down women who are prettier to try to make themselves feel better, this is the same. They tear down fictional pretty women, so the fictional woman who portrays them can be the prettiest fictional woman. It's actually kind of sad.

And make no mistake, this is *not* unique to the gaming demographic being used as a case study. Is anyone familiar with Reddit user /u/ChristineHMcConnell?? She is *constantly* under fire for her beauty and talent, which is obviously a crime because it makes other women uncomfortable...../s

I think at the center of the debate, and the defensiveness, is a conflation of health, attractiveness, and other enjoyed social benefits versus "human worth". Being overweight *does not* make you worth less as a person, but realistically you will never enjoy the same opportunities afforded to healthy individuals. Those who are overweight, obese, or otherwise dissatisfied with their appearance suffer from a loss of enjoyed social benefits - this is a natural consequence - however, losing these benefits is then warped into being valued less as a human. This simply isn't true, but if you believed that, wouldn't you fight back as well? It's easy to vilify a society instead of holding yourself accountable for your success operating within it.

They say "beauty is on the inside" but that's just rhetoric used to coddle. Human worth and value *are* on the inside, but that's not the same as beauty. You can be a person of quality and value without being beautiful (and the reverse can also be true), but being perceived as 'not beautiful' doesn't feel good and of course it's a problem that should strive to be solved. However the answer is not remaining personally complacent and fighting nature itself (which will always be a losing cause) - instead, it's demonstrating self-love through your actions: a jog, a balanced diet - and hopefully, reaching an outcome that can bring you genuine joy and authentic fulfillment.

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UPVOTES

[Free Friday] What are your thoughts on these popular posts circulating around Facebook?

BellaScarletta · 3 February 2017 · Archived copy · Reddit

The first was a conservative "chain mail" type reaction to the Women's March, and the second is a liberal direct response to the first. Many of you have likely already seen them.

There are highly misleading if not downright false claims made throughout the second, yet it can be difficult to engage with leftist propoganda.

What are your thoughts on these two posts? How would you respond to someone who posted the second?

Conservative Post

You're NOT marching for me!

I am not a "disgrace to women" because I don't support the women's march. I do not feel I am a "second class citizen" because I am a woman. I do not feel my voice is "not heard" because I am a woman. I do not feel I am not provided opportunities in this life or in America because I am a woman. I do not feel that I "don't have control of my body or choices" because I am a woman. I do not feel like I am "not respected or undermined" because I am a woman.

I AM a woman.
I can make my own choices.
I can speak and be heard.
I can VOTE.
I can work if I want.
I control my body.
I can defend myself.
I can defend my family.

There is nothing stopping me to do anything in this world but MYSELF. I do not blame my circumstances or problems on anything other than my own choices or even that sometimes in life, we don't always get what we want. I take responsibility for myself.

I am a daughter, a sister, a friend. I am not held back in life but only by the walls I choose to not go over which is a personal choice. Quit blaming.

Take responsibility.

If you want to speak, do so. But do not expect for me, a woman, to take you seriously wearing a pink va-jay-jay hat on your head and screaming profanities and bashing men.

If you have beliefs, and speak to me in a kind matter, I will listen. But do not expect for me to change my beliefs to suit yours. Respect goes both ways.

If you want to impress me, especially in regards to women, then speak on the real injustices and tragedies that

affect women in foreign countries that do not that the opportunity or means to have their voices heard. Saudi Arabia, women can't drive, no rights and must always be covered. China and India, infanticide of baby girls.

Afghanistan, unequal education rights.

Democratic Republic of Congo, where rapes are brutal and women are left to die, or HIV infected and left to care for children alone.

Mali, where women can not escape the torture of genital mutilation. Pakistan, in tribal areas where women are gang raped to pay for men's crime.

Guatemala, the impoverished female underclass of Guatemala faces domestic violence, rape and the second-highest rate of HIV/AIDS after sub-Saharan Africa. An epidemic of gruesome unsolved murders has left hundreds of women dead, some of their bodies left with hate messages. And that's just a few examples.

So when women get together in AMERICA and whine they don't have equal rights and march in their clean clothes, after eating a hearty breakfast, and it's like a vacation away that they have paid for to get there... This WOMAN does not support it.

Liberal Response

You Are Not Equal. I'm Sorry.

A post is making rounds on social media, in response to the Women's March on Saturday, January 21, 2017. It starts with "I am not a "disgrace to women" because I don't support the women's march. I do not feel I am a "second class citizen" because I am a woman...."

This is my response to that post.

Say Thank You

Say thank you. Say thank you to the women who gave you a voice. Say thank you to the women who were arrested and imprisoned and beaten and gassed for you to have a voice. Say thank you to the women who refused to back down, to the women who fought tirelessly to give you a voice. Say thank you to the women who put their lives on hold, who —lucky for you — did not have "better things to do" than to march and protest and rally for your voice. So you don't feel like a "second class citizen." So you get to feel "equal."

Thank Susan B. Anthony and Alice Paul for your right to vote.

Thank Elizabeth Stanton for your right to work.

Thank Maud Wood Park for your prenatal care and your identity outside of your husband.

Thank Rose Schneiderman for your humane working conditions.

Thank Eleanor Roosevelt and Molly Dewson for your ability to work in politics and affect policy.

Thank Margaret Sanger for your legal birth control.

Thank Carol Downer for your reproductive healthcare rights.

Thank Margaret Fuller for your equal education.

Thank Ruth Bader Ginsburg, Shannon Turner, Gloria Steinem, Zelda Kingoff Nordlinger, Rosa Parks, Angela Davis, Malika Saada Saar, Wagatwe Wanjuki, Ida B. Wells, Malala Yousafzai. Thank your mother, your grandmother, your great-grandmother who did not have half of the rights you have now.

You can make your own choices, speak and be heard, vote, work, control your body, defend yourself, defend your family, because of the women who marched. You did nothing to earn those rights. You were born into those rights. You did nothing, but you reap the benefits of women, strong women, women who fought misogyny and pushed through patriarchy and fought for you. And you sit on your pedestal, a pedestal you are fortunate enough to have, and type. A keyboard warrior. A fighter for complacency. An acceptor of what you were given. A denier of facts. Wrapped up in your delusion of equality.

You are not equal. Even if you feel like you are. You still make less than a man for doing the same work. You make less as a CEO, as an athlete, as an actress, as a doctor. You make less in government, in the tech industry, in healthcare.

You still don't have full rights over your own body. Men are still debating over your uterus. Over your prenatal care. Over your choices.

You still have to pay taxes for your basic sanitary needs.

You still have to carry mace when walking alone at night. You still have to prove to the court why you were drunk on the night you were raped. You still have to justify your behavior when a man forces himself on you.

You still don't have paid (or even unpaid) maternity leave. You still have to go back to work while your body is broken. While you silently suffer from postpartum depression.

You still have to fight to breastfeed in public. You still have to prove to other women it's your right to do so. You still offend others with your breasts.

You are still objectified. You are still catcalled. You are still sexualized. You are still told you're too skinny or you're too fat. You're still told you're too old or too young. You're applauded when you "age gracefully." You're still told men age "better." You're still told to dress like a lady. You are still judged on your outfit instead of what's in your head. What brand bag you have still matters more than your college degree.

You are still being abused by your husband, by your boyfriend. You're still being murdered by your partners. Being beaten by your soulmate.

You are still worse off if you are a woman of color, a gay woman, a transgender woman. You are still harassed, belittled, dehumanized.

Your daughters are still told they are beautiful before they are told they are smart. Your daughters are still told to behave even though “boys will be boys.” Your daughters are still told boys pull hair or pinch them because they like them.

You are not equal. Your daughters are not equal. You are still systematically oppressed.

Estonia allows parents to take up to three years of leave, fully paid for the first 435 days. United States has no policy requiring maternity leave.

Singapore’s women feel safe walking alone at night. American women do not.

New Zealand’s women have the smallest gender gap in wages, at 5.6%. United States’ pay gap is 20%.

Iceland has the highest number of women CEOs, at 44%. United States is at 4.0%.

The United States ranks at 45 for women’s equality. Behind Rwanda, Cuba, Philippines, Jamaica.

But I get it. You don’t want to admit it. You don’t want to be a victim. You think feminism is a dirty word. You think it’s not classy to fight for equality. You hate the word pussy. Unless of course you use it to call a man who isn’t up to your standard of manhood. You know the type of man that “allows” “his” woman to do whatever she damn well pleases. I get it. You believe feminists are emotional, irrational, unreasonable. Why aren’t women just satisfied with their lives, right? You get what you get and you don’t get upset, right?

I get it. You want to feel empowered. You don’t want to believe you’re oppressed. Because that would mean you are indeed a “second-class citizen.” You don’t want to feel like one. I get it. But don’t worry. I will walk for you. I will walk for your daughter. And your daughter’s daughter. And maybe you will still believe the world did not change. You will believe you’ve always had the rights you have today. And that’s okay. Because women who actually care and support other women don’t care what you think about them. They care about their future and the future of the women who come after them.

Open your eyes. Open them wide. Because I’m here to tell you, along with millions of other women that you are not equal. Our equality is an illusion. A feel-good sleight of hand. A trick of the mind. I’m sorry to tell you, but you are not equal. And neither are your daughters.

But don’t worry. We will walk for you. We will fight for you. We will stand up for you. And one day you will actually be equal, instead of just feeling like you are.

So, what are your thoughts?

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UPVOTES

Are Women Being Raised to Fail?

Camille11325 · 28 January 2017 · Archived copy · Reddit

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UPVOTES

Inspired by a deleted post

Irisandoleander · 27 January 2017 · Archived copy · Reddit

First - to the woman that deleted [this post](#). I wish you had not, **it was a really good question**. This sub is known for tough love, and while our responses can be harsh many of us do want to help others form better relationships. We just need to get down to the nitty gritty sometimes to find the real meat of the issue.

For those that did not see the original - OP was asked by her husband to handle nutrition (Calories, Meal Planning, Diet) so he could lose weight without focusing on that portion of it. She seemed hesitant/nervous/unsure of how to do it.

So my question to the group is - Has your H ever delegated or asked something of you that you were uncomfortable with, and how did you handle it? Perhaps you don't have a specific but let's hear your thoughts.

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UPVOTES

On children and gender identity, and the impact of feminism

whistling_dixie · 19 January 2017 · Archived copy · Reddit

In today's culture, we're being force-fed these theories that gender is fluid, that there are more than two, that it cannot be assigned at birth, etc. While we know that there *are* only two genders and that they are not fluid, transgender individuals do exist. How you perceive that is up to you (and I will ask you to elaborate on your own thoughts later) however for the sake of this post, we're going to accept that it's a real thing.

There has recently been an alarming trend of parents allowing their children to transition as children, including taking hormones that will cause permanent changes to their young bodies - which is **dangerous**. As anyone who has spent time around a child for more than 5 minutes knows, children don't always know what they want. A little girl may want to be a boy one day but a mailbox the next. A young boy may really love wearing mommy's heels and carrying her purse, but he may have no real desire to be a woman - he's just emulating a person he loves, being too young to understand that mom and dad are different. All of that said, I would still say it's entirely possible for an actual transgender person to start knowing as a child that they were this way - however, the proper response is **not** to jump in and encourage it, but rather to seek professional help for your child in the form of a counselor who can help get to the root of the feelings.

Children have a special kind of **innocence that we are in danger of corrupting** by introducing adult concepts like sexuality at far too young an age. Think back to your own childhood; at what point do you recall starting to think of whether you were attracted to boys or girls? Did anyone talk to you about which one you should be attracted to, or start explaining homosexuality or other atypical kinds of relationships to you? I would imagine that it never happened unless you had an unhealthy childhood.

We know the stereotypical **#KillAllMen** feminist. It's no secret that these women hate men - **here's** a great example of just how selfish and hateful these kind of women can be. While I am sure many of these women would be appalled by the statistics of female babies aborted in India due to their gender, many wouldn't bat an eye at the equally abhorrent concept of aborting a son because you're a feminist.

My questions for you:

1. What are your thoughts on transgender children? Are they just innocent kids with active imaginations, or are they actually beginning to realize that they are a transgendered individual? What are your thoughts on being transgendered in general, do you think it's a real condition, mental illness, etc.?
2. We've had a noticeable uptick in the number of transgender children in the past decade-ish - is this as a result of feminist mothers pushing their children to be different/unique, or some sort of weird Munchausen-by-proxy syndrome where they want their child to be persecuted in the ways that they only perceived that they were?
3. Any other thoughts on this issue?

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UPVOTES

[FR] You can't pour from an empty cup

whistling_dixie · 13 January 2017 · Archived copy · Reddit

I just wanted to do a very quick post on the importance of self-care. A philosophy I live by is that one cannot pour from an empty cup; basically, you can't give of yourself when there's nothing to give.

I'm not going to go into all my negativity as of late - I've gone on about that enough. I'm taking steps to fix the problem though. One of those steps is to put more music into my life. I derive unexplainable joy from playing with an ensemble, and that's been missing for some time, save for a few pop-up gigs here and there to fill in for a small event. I reached out to a few local wind symphonies and concert bands about potentially finding a place for myself - I was offered one at a local 4-year college, so I jumped, not knowing what it would be like.

I had my first rehearsal and it was like breathing fresh air after being locked in stale air conditioning for years. Everyone was nice, the music was great, and it all clicked for me. I walked out into the ice cold air and I just felt total joy. I hurried home, came in, and tried not to vomit all over B about how amazing it was - I waited til he brought it up. :)

But, *my cup was finally full*. I've spent a long time trying to fill the hole with other hobbies, but nothing did the trick. I felt like the only real sources of happiness were B and a few other people in my life, and that felt horrible to me because I just wanted to be joyful while alone - depending on someone else for happiness is draining for all involved. Everything becomes much more tolerable when you're not running on fumes - even my job, which has been playing on my nerves, seemed not so bad today. All from a couple hours of making music with some other people who also love music.

Just make some time for yourself - don't be a martyr.

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UPVOTES

Show respect... even if you know the answer.

CoochQuarantine · 21 December 2016 · Archived copy · Reddit

Warning: long and seemingly disordered. Trust me it'll all make sense in the end.

So my bday is coming up (day before xmas) and what I USED to do was sit around and do nothing on my bday then go to my sisters house on xmas and see the kids. I never have made a big deal about it. No one is usually around anyways so my bday is just a great day to chill. My kid at her dads. My family usually travels. My sister hosts her in-laws and I am kinda selfish so I would avoid that and just relax on my bday.

Last year was the first year that I ever celebrated it. My SO took me out and we had a nice dinner. That was it. So this year I was thinking SWEET. We get to just chill and do nothing and it'll be great if he wants to take me out but... no biggie if he doesn't.

Then come to find out his mom is coming up on Friday. ummmm. ok. again no biggie. Still not gonna do anything much. Then my daughter says she is staying home for my bday. Ok. This is getting interesting. But fuck it. Surrounded by people who love me. YAY!

Then my dad drops the bomb on me. He is "flying out Christmas day so can we all get together on Christmas Eve?". My bday. Ok. Great. Well I'm down for it but not sure if my SO had anything planned. Here is where it gets relevant. I tell my dad "I will talk to my SO and will get back to you by tomorrow". Now my SO is looking at me like I'm crazy because he is just sitting on right next to me hearing the conversation.

Now, in my head there are several things happening. 1. I demonstrate to my dad that I am not the one in charge. There is a decision to be made and it isn't mine alone to make. 2. I demonstrate to my SO that I respect his time and opinion enough to consider what he has to say before making a decision. 3. That I even respect his opinion enough to influence MY birthday plans where normally I gets what I want because its ma birfdayyy!

So I tell my SO what my dad said and asked if we can go to my sisters. He just kissed me and said "it is your birthday so you pick. thank you for asking though". I KNEW HE WAS GONNA SAY THAT BUT IT DOESN'T FUCKING MATTER BECAUSE HIS OPINION & TIME MATTERS TO ME.

Now. If he had some reason he couldn't or didn't want to go we would have discussed it like adults. But I think I scored some major brownie points with my man by showing him how much I respect him. He would have gone along if I would have just told my dad yes. He doesn't get butthurt like that. But showing him respect definitely was a win in his eyes. As someone who is usually the events coordinator in a lot of arenas, this is hard for me to do.

Moral of the story: Even if you know the answer, showing respect will always strengthen a relationship. <3<3

It feels good to really make someone a part of your life rather than being an accessory.

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UPVOTES

Maybe It's Time To Redefine What It Means For Women To 'Have It All'

tintedlipbalm · 21 December 2016 · Archived copy · Reddit

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Why Are So Many Women Depressed?

Camille11325 · 20 December 2016 · Archived copy · Reddit

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UPVOTES

The fight that never was (also known as "I'm a dumbass")

CoochQuarantine · 6 December 2016 · Archived copy · Reddit

This happened to me on Sunday y'all.

I just wanna say thank you to /u/Sunhappy_DC for knocking some sense into me in my weekly reflections.

Turns out my hamster is on overdrive. I apologized to my SO for something I did on Sunday night and was ready to drop it when he drops this bomb on me... "What are you talking about?" I thought my SO didn't say goodnight to me. He did. I thought he was ignoring me. He just didn't have an answer to what I needed to know. I thought he was mad at me. Turns out he is just equally as frustrated about the situation as I am but is 100% resolved and committed to fixing it with me. He just kinda hugged me and said "girl, I'm not easily manipulated". I thought "oh yeah!!! I knew that". hahahha Derp.

So ladies. Here is my lesson for you.

Sometimes you need to play **Whack-A-Mole** with your hamster!!!

Letting things build up in your relationship is never a good idea. However, how can you tell if you are harboring resentments? How can you tell what is something worth discussing or letting go? So I've come up with some simple ways to do that.

Am I resentful?

- Do you find yourself consistently remembering something, even if there is nothing that should actually remind you of it directly?
- Do you find yourself bringing up topics to someone you trust even if it is to say "I'm ok with it"?
- Do you always say it to your SO as a "joke"?

Then you my dear, may be harboring a resentment.

Is it worth bringing up?

- Is the topic something that is a deal breaker?
- Is the topic life/death?
- Is the topic harming your relationship over the long term?

If you answered 'yes' to any of these questions, then you should bring it up. If you answered 'no' to them, then **STFU**.

Possible outcomes

Some of the possible outcomes are as follows.

- No resentments.. YAY
- Resentment but don't need to bring it up.. Bring it to us. Bring it to the IRC. Write about it. Write out all the things you would want to say but don't say them.
- Resentment but you do need to bring it up.. Bring it to us. Bring it to the IRC. Write about it. Write out all the things you would want to say and make sure that it is in a loving and respectful manner. Then speak to your SO about the problem. /u/maebol just had a great field report about bringing your captain your problem and not your solution.

Here is what I'm going to commit to do more.

1. Take care of myself when I'm hungry/angry/lonely/tired. They are not my SO's issue to deal with.
2. Make sure that I clarify things before I say that I am moving on... because that is where I get stuck (but what if he meant this or what did he mean by that?)
3. Work on not being a martyr.
4. Trusting my SO to handle shit.

In sum: This has been a great learning experience for me. I became complacent in a lot of the things i was doing and they snowballed fast. So learn from me and my mistakes :D

-CQ

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UPVOTES

FR: RPW and financial independence

hostwithmost · 3 December 2016 · Archived copy · Reddit

Frugality, discipline, foresight, health, motherhood and devotion to SO are all deeply correlated topics that make my life coherent. I'd love to share what works in my life and why I think that is. This is part self analysis and part suggestion should you need them.

Everyone's financial independence/retire early (FI/RE) journey starts out at different points. It's often hard but always simple, just like health (diet & fitness). The only thing to know is more currency in, less currency out. You can create a customized two pronged attack of increasing your income and decreasing your expenses. Below are some of mine.

Less currency out

Cooking, minimizing vices (alcohol, cigs, empty caloric food etc), less going out, no cash transactions (how will I track expenses and trends?!), no shopping challenges, NO impulse buys, second hand shopping, pregame restaurants and going out, coupons, sale tracking, grocery store point cards

More currency in

Diversify income when you can! All successful companies do this, there's no reason we, as individuals, shouldn't maximize our success in the economic landscape. Some I know of are:

Babysitting, catering gigs, Etsy, eBay, tutoring (\$\$!), helping property managers find reliable tenants (you can get a months rent for less than 10 hours of craigslist and tenant appointments), contract work in field of expertise (maven.co), fixing computers, taskrabbit, uber, lyft, dogwalking, Airbnb hosting, Turo (sharing your car in days you don't need it), yard work

Foresight & tricks I play on my brain

If and when I get the distinct need to spend coz my bank account looks phat, I route most of it to an investment account (or paid loans when I had them). Then for fun, I figure out how to stretch the little amount left to last longer than my autopilot mode. IMO, the need to acquire new things comes from lack of stimuli so I create a game for myself that aligns with my FI/RE goals.

Investment basics

- Apps -Mint (budgeting and #goal setting, great for seeing trends, bill reminders), Betterment (online investing tool that you choose % allocation for stocks, bonds etc), Coinbase (virtual currency), Robinhood (for calculated risk taking in companies you believe in)
- IRA & 401k (if traditionally employed, max these out for best tax benefit and late life cushioning), HSA (pre tax money you can spend for medical copays & deductible. Unlike FSA, your HSA money just rolls over. Be sure to check maintenance fee and thresholds for free account maintenance.)

Questions from u/BellaScarletta

- How did you first become aware of FI/RE and how did you educate yourself?

My lifestyle didn't inflate at all after college so I sat down with financial advisor, thought he was terrible so I went online and re-found Mr Money Mustache blog. It is funny how little I thought of his blog the first time and this time around it felt like the blog was written or me. The wormhole is deep and a lot of good discussions can be found in

FI/RE subreddit.

- What are some of the lessons, dos and don'ts, etc. that you would share with someone who may want to get started?

The lesson I am always learning is to be less rigid but don't forget why you started the journey.

For beginners - please get rid of loans. Just start investing and saying no to impulses. Learn about compound interest and make your money make money for you. Don't feel pressured socially to spend money. The friends that laughed at the beginning now ask me for advice. Less stuff = more happiness and it shows.

- What kinds of situations/circumstances might help or hurt your efforts?

Societal pressure helps and hurts. It was important for me to feel like other people were doing it too - podcasts, forums, books, friends.

- How did you decide on investing your money, and would you do it the same way again? Or is there anything you would do differently if you could go back?

I did traditional 401K, IRA and HSA (just the options available through employing company) in the beginning. I don't like that I cannot access that money till a certain age and laws might change on it. If I could go back, I would allocate more in stocks for high returns. My reasoning is I would have learned sooner of the highs and lows and started investing in a more educated way quicker. Its better to learn how to lose or how to ride a dip when its \$1000 invested vs more.

- (If it isn't too personal) How far toward your personal goals are you, and how long have you been working toward them?

My starting personal goal was to give myself a couple of years of freedom if I so chose. I have that. Been doing it for 5 years. I am more relaxed now (my SO is happier somewhere in the middle so I meet him there) but we both are very much into investing.

How I live the good life on a budget

Dinner parties, staycation, long walks and coffee, cooking, biking, nature exploration, library books, music, summer city festivals, local meet ups, camping, dayacation, fitness, spa days at home, meditation, local classes, amusement park, movies, friends (I'm a fan of single serving friends. I ask the big life questions that elude me, laugh, share life lessons and almost never stay in touch but I write about what they meant to me) Netflix, mindful mind alteration, Reddit.

How I vacation on a budget

- Use credit card miles and cheap airlines (Spirit, southwest, JetBlue, airchina, wowair). Set up alerts for low prices on Hopper and momondo. Be flexible in destinations and exact dates.
- Rent out my space on Airbnb when I am gone. Rent spaces on Airbnb with a market nearby (bring host a souvenir or chocolate, send thank you notes). I almost always cook my own food when I'm traveling in the states. It's usually not worth the hassle if I'm in a low COL country.
- I find planning extremely fun so I read about the places I'm going, study them on google maps, make destination list on my maps, talk to tourists and locals alike on forums. I'm still learning to forgive myself for not making all the planned destinations. I am happiest when I do only one planned thing a day, do some fun photography and roam the rest of the day.

On a deeply personal note - motherhood, RPW & SO

In the comment that spawned this post, I said that I started my FI/RE journey because I want to be a SAHM and I wanted to give myself the best chance to be there one day. Not too long ago, my life was in a disarray. I moved 3000 miles after ending a 5 year relationship to a city I knew no one in. As soon as I moved here the most horrible winter started, I had loans and a job I felt under qualified for. At my darkest, all I thought of was the life I wanted. I made my future family a promise to take care of them. I started living my life in preparation - with the same control and routine I suspect a mother would. I often read successful people are driven by their offsprings and though I have none at the moment, they inspire me anyway. I think having children as an excuse for mediocrity is the laziest excuse in the lazy people handbook. Then again, what do I know? Only that life is uncertain and I hope to learn new lessons as I grow. As difficult as this path of reformation and discipline has been, I also know I will never hold it over my children's heads. In giving my best, they have given me the grandest gift one can hope in this lifetime - my inspiration.

There needs to be a balance in even the best things in life. I know this lifestyle makes me rigid and anxious at times. Then sometimes out of nowhere even the simplest impulse wins and I lose foresight & I am hard on myself. I've found a partner who is patient and calm as a mountain. I have relaxed quiet a bit in all of these areas since our relationship started because I found my captain. I vetted with all RPW knowledge I naturally was inclined to and guidance from all the quality posts here. I fail/ed to submit at times but I keep/kept rereading and reapplying the same techniques (STFU, CTFO, GOFL, self care).

I didn't mean for it to be this long and I'm so nervous/excited to share. Happy weekend ladies!

All my love!

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The SMV Challenge

RPWives · 15 November 2016 · Archived copy · Reddit

Here's how /u/Sunhappy_DC described the challenge in the original post:

“For 7 days, make a point to dress your absolute best every day!! I'm talking to the NINES. Heels. Full face of makeup. Hair. Outfits that flatter and make you look stunning. Aim to be the hottest woman you can be everywhere you go at all times. Then report back and tell the sub 1) if you feel different, 2) if your SO or others treated you differently.”

Embrace the challenge to the best of your abilities and let us know what you plan to do in the comment section. Also if you have any tips and tricks that could help another woman with this challenge please share! Especially working women and mothers :)

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Gratituesday

jade_cat · 25 October 2016 · Archived copy · Reddit

Happy Tuesday everyone!

Name three things you are grateful for. At least one of them should be about your SO/husband (if applicable). :)

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UPVOTES

How not to be welcoming!

littleeggwyf · 21 October 2016 · Archived copy · Reddit

So, this is a field report and also a reminder to myself to maybe do better in future! I think I see what I did wrong, but would really welcome suggestions as well.

This post kind of sums up what I will try to remember next time:

https://www.reddit.com/r/RedPillWives/comments/4daxe2/the_stfu_method/

Yesterday was kind of a bad day - Hubs had to leave early for a work thing so I woke a bit earlier than i'd like, then I took my daughter to a toy shop to buy presents for her cousin and she was helpful for a 4yo, but it wasn't as quick as I'd like it. Then we went to my MIL's house for her regular playdate and MIL was kind of snappy, maybe because we were a little late or maybe because she didn't like the toy choices, I don't really know, normally we get on OK. I went home to get chores done, a little bit irritated but trying to keep focus.

I get home and one of the jobs I wanted to do was a little bit of painting of our rabbit hutch to save hubs a job. I'd asked which paint was right, and hubs had said it was safe for rabbits. I thought i'd check so I tipped the tub to read the side. In our kitchen. And the lid wasn't secure. About a cup of wood stain splashes all down the cupboard and fridge, and onto the new wood floor :(

So I spend over an hour or so cleaning this up, and am completely fed up. I do the painting, I change my clothes, I get the other chores done, and feel so rubbish I just flop onto the sofa in a grump, about 5pm. Shortly after which, Husband comes home early!

Normally he's home like 6:30-7, and I'd be overjoyed to have him home early (especially with daughter not back til 7), but today I am all the grumpiness and in my big hoodie and just having settled with the laptop on me. So I'm all, **"urg today sucked so bad"** and just unload on him and don't get up for a hug or anything, cos I kinda resented that trying to help him had made my day worse. He does the "uh huh, yes, ok, ah that sucks" listening thing whilst I vent and goes to get himself some food (he missed lunch because he was on trains or in meetings). He sits next to me and I grump for a bit then finally ask him how his day went.

It turns out his day went awesome, and he'd worked out some cool engineering-model-thingy, got lots of credit and even got me a gift from a *really* nice chocolate shop on the way back from head office to celebrate. If I'd not been crabby I would have got all the hugs and ace chocolates and his enthusiasm would have made me all loving and happy, and we'd have had time to ourselves as well. As it was, I did get some of that, but because I'd prioritised moaning it was a bit less than it could have been.

So yeah. Next time i have a crappy day I will try to put him first and see what happens and not vent straight away, because most of the stuff that bugged me wasn't important (and I should have asked if he wanted a drink or food, not sat there like a lump!)

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Love Is All You Need: Insights from a 70 Year Longitudinal Study

rpw111528 · 10 October 2016 · Archived copy · Reddit

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UPVOTES

Male-Female Friendships

BellaScarletta · 8 October 2016 · Archived copy · Reddit

This post in response to the development of an *FAQ* page. Enjoy.

A Case Against Male Friendships

We consistently advise against male friendships around these parts, and that can spark a lot of outrage (read: defensiveness).

But here are the facts about male-female friendships:

- A friendship based even *remotely* on a sexual agenda is not a friendship.
- Most female-male relationships cannot escape a sexual agenda, or the potential for one.
- The agenda of a friendship is the cumulative agenda of both parties. Just because you don't want to sleep with him, doesn't mean he doesn't want to sleep with you.
- If you are one of the *many* women who have said something similar to "I just get along better with men, women are so [fillintheblank]" - All other women are not the problem in this equation; the problem is you.
- Female friendships are difficult because they are *rewarding*. It's funny how it's harder to forge a connection when it's not based on sexual attraction (which mind you isn't even a real connection, just the sexual shadow of one).
- If you cannot foster a female friendship, what you are saying is "I don't know how to be friends with someone who isn't trying to fuck me." And I repeat: That isn't a friendship anyway.
- If you choose to engage in these friendships, no self-respecting man will tolerate such blatant disregard for placing yourself in sexually compromising situations, which disrespect him as your partner.
- It does not matter what *your* intentions are. If there are intentions (even if just his), it is a compromising situation. See bullets one and two and three.
- The kind of men who would foster a friendship based on some immeasurable chance you might consider thinking about *maybe* sleeping with them *some day* is a pathetic dog lusting after an unattainable bone - not a friend (aka Beta Orbiter). The Beta Orbiter is the male equivalent of the female Plate.
- We all like attention. Admit it, it's fine. Female-male friendships are usually based on the female desire for attention that requires the least amount of work. It doesn't take much for us to have our ego stroked and validated. Beta Orbiters provide that validation with no or little resource investment on the part of the female (again, the same as a Plate provides to a man).
- It's *easier* to earn 10% attention from ten different men than it is 100% from one, because the male investment necessary to earn each tier of attention is *exponential* and not linear. Going from 60% to 70% investment is much more difficult than 0%-10%.
- Piggybacking off above, if you don't have an SO, it's easy to get your 'fix' by racking up admirers in the form of "friends" (Beta Orbiters). Beta Orbiters then decrease the priority you will place on finding a partner because you are getting your 'attention fix' from them.
- Couple the above point with a round on the CC: Women can then outsource sex with AF, and use BB Orbiter as an emotional tampon and have most of their needs met in the most *unfulfilling* and *damaging* way.

- If you do have an SO, not only is it disrespectful to foster any relationship that is in *any way* sexual in nature (again, this is not just based of your interest/intentions, but also his) - but it also *devalues* the investment and attention your SO gives you because when it lacks you seek it elsewhere (even if it's something as 'innocent' as comments on social media and being told how pretty you are, or someone to text and tell about your day). Supply and demand - you are watering down the value of your man's supply by outsourcing with a low quality replacement.
 - Again, no self-respecting man will deal with this. So either you will lose your partner, or you have a low quality partner who has no other options - and if he has no other options, maybe you should ask why his idea of settling in his low quality option range was *you*.
 - All these points are based on the naivety of male-female friendships where the female ignores or rationalizes the fact the male wants to sleep with her. If you foster friendships with men that *you* are sexually attracted to, then you are beyond the help of this post.
-

There are very few exceptions and even then, I would never suggest seeking them out. But if they happen to happen, perhaps they can work:

- The male is a friend of the *relationship*, and you don't spend time with him alone.
 - You met the man through his partner, and there is sufficient respect between both females and both males. You also don't spend time with him alone.
 - You met in some other capacity that creates the prerequisite of mutual sexual disinterest, and usually also do not spend time with him alone.
-

Any questions? Male-female friendships, 99.99999% of the time **do not work**. Please feel free to submit further examples or elaborations below.

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RP Friendly Blog - The Modern Day 50s Housewife

QueenBee126 · 5 October 2016 · Archived copy · Reddit

Hello everyone! I have recently stumbled across this blog and I am in LOVE! And I had to share with you. :-)

[The Modern Day 50s Housewife](#)

If "Modern Day 50s Housewife" doesn't describe RPWives I don't know what does!

Here are some topics the blog covers:

- Old Fashioned parenting (some of which can be applied to RP, use your discretion obviously)
- Love & marriage advice (RP centered)
- Retro & feminine fashion looks
- HOUSE CLEANING SCHEDULES!!! (I know we all love those LOL)

Have a look around and post your favorite blogs below!

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UPVOTES

..."he is a creature of the feminists' own self-righteous making."

PhantomDream09 · 28 September 2016 · Archived copy · Reddit

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UPVOTES

***Repost* Saw this on MSN - nice to see this kind of article in the mainstream - "The Top Complaints Men Have About Marriage"**

aTweetingBird · 16 September 2016 · Archived copy · Reddit

Hey all!

I had this posted to the "old" subreddit last year, and /u/CoochQuarantine encouraged me to repost it here for you all! When I was working (I'm now a SAHP [stay-at-home-Preggo], soon to be SAHM!! Woohoo!), I would religiously browse MSN.com news and Yahoo news (bad habit! lol!). I was so thrilled to see this article on MSN, since this stuff is so foreign to mainstream, modern-day womyns. I really hope it reached a wide audience when it was posted! Please enjoy!

The Top Complaints Men Have About Marriage

Us RPW know these things already, but I love that this was on MSN. A lot more women could benefit from reading it.

Here's what the slideshow says:

"The nagging never stops"

You promise to stay with your hubby in sickness and in health, but nowhere in the wedding vows of most modern-day couples does it say they promise not to complain about each another from time to time. It's a natural urge. And while many complaints are individual to each couple, there are some that men seem to bring up over and over again. Moshe Ratson, a licensed marriage and family therapist based in Manhattan, and Lori Weinreich, a licensed clinical social worker and couples therapist, dish on what married guys most frequently vent about:

One of the more cringe-worthy stereotypes about married women is that they can be very, um, demanding of their husbands. But what you think of as a helpful (and obviously necessary) reminder, he might hear as straight-up criticism. "Men often feel that no matter what they do, it's never good enough," says Weinreich. "When they feel like they're being attacked, their basic instincts kick in: fight, flight, or freeze." To keep your husband from going all caveman on you, it's important to get to the deeper emotions underneath the anger that bubbles to the surface. So instead of saying, "You're not taking out the garbage often enough," try something more along the lines of, "I'm feeling so overwhelmed with work right now. I know it might not seem like a big deal, but it would really mean a lot to me if you could take care of the garbage on Tuesdays and Fridays so there's one less thing on my plate." And be sure he knows that you appreciate the effort he is putting in.

"And neither does the talking"

Whether the message is positive, negative or neutral, husbands often think their wives are simply saying (or texting or e-mailing) too much. "Men have a limited ability to listen and pay attention and stay focused on a particular subject, and it can be troubling to both the husband and the wife," says Ratson. The upshot: You feel like you aren't being heard, and he feels like he's being lectured. "It's a generalization, but women tend to be faster thinkers," says Weinreich. "If the husband doesn't respond quickly, it's not because he doesn't want to or is being mean. He's just processing the information differently." The fix? Weinreich recommends asking questions at the beginning of conversations to give him a chance to participate early on and letting your husband process what you say before jumping in with another comment.

"Our relationship is all about our kids"

Everything changes when little ones enter the picture. "Many women end up instinctively wanting to focus on and take care of the child," says Weinreich. "This can make men feel left out or like they're no longer important to their

wives." Of course, when kids are very young and require tons of attention, it's hard to find time for your relationship. But even little gestures help: Give your husband the first hug and kiss when you see him at the end of the day—before you reach out to your children or pets. And budget time to enjoy each other as a couple on a regular basis.

"We're not having enough sex"

Physical intimacy is an important part of any marriage, but men generally seem to want more of it than women. When your desires aren't aligned, it's important to think about giving rather than receiving. "Good couples are measured in the capacity to give what's difficult for them," says Ratson. In other words, keep your partner's perspective, wants, and needs in mind, and try to be compassionate—not judgmental—toward them. This doesn't mean you should cater to your husband's every whim (or vice-versa), but it does mean you should strive to find a happy middle ground. "There's no one right way for every couple," says Weinreich, but if having a goal to shoot for is helpful to you, you might consider getting intimate at least once a week—as long as both partners are interested and willing.

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UPVOTES

"we fought for the freedom to RISK rape!"

wingnut · 8 September 2016 · Archived copy · Reddit

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UPVOTES

Littleknownfacts Presents: How to Have a Long Distance Relationship. Step 1: Just say 'No'

Littleknownfacts · 24 August 2016 · Archived copy · Reddit

Disclaimer: If you are currently in a long distance relationship, this post is not about you. You're the exception. Don't worry, you'll be just fine.

Why LDRs Are So Appealing?

At first glance, I don't think anyone *wants* and LDR, but you meet a dashing gentleman on his way around the world, or an internet love connection and you rationalize away the distance, thinking he is definitely worth it. You get the social proof of being in a relationship, you get endless validation, and if he's with the armed forces, you're practically a saint by just not having sex with anyone else! But the truth is, you aren't actually *doing* anything. You aren't deferring to him, you are not caring for him, and you don't have to be sexually available to him except for maybe during a couple of phone calls a week. It's maximum relationship value for you while being a minimally positive experience for him.

Just Say 'No'

Many women here are under the misconception that during their LDR's their relationship is growing. In reality your relationship is holding at best, and deteriorating at worst. So if you've been in a relationship for only 6 months, and then been long distance for 6 months, you should not treat the relationship as if you've been together for a year, because your relationship has deteriorated to practically stranger. If you start an LDR from scratch, you don't even have anything to deteriorate from. That is not to say that two strangers coming together can't get to know each other again, and have a beautiful relationship from there, but only that it takes time to **build that trust** again.

The trouble is, dating is for vetting, and you cannot vet while in an LDR because it is easy for two people to be on their best behavior for short amounts of time. The prolonged cycle of meeting and parting and longing causes an extreme honeymoon effect leaving you with an unrealistic image of each other. Without any conflict you cannot grow together and you cannot find out if the other person is worth trusting. You are sitting on this shelf, wasting your time and pretty, for someone you may or may not be compatible with, and you cannot even start the process until you are together again. If RPW is about maximizing relationship potential, then you must avoid LDRs, unless you've been together long enough that your relationship can withstand that deterioration without reverting back to strangers.

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UPVOTES

Research-Based Wedding Vows; What do you think?

BellaScarletta · 19 August 2016 · Archived copy · Reddit

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UPVOTES

In one or two sentences, what is the best relationship advice you have received?

chairman_mau5 · 17 August 2016 · Archived copy · Reddit

My mother (married 36 years) always tells me when I'm getting worked up about one thing or another in my relationship, "Remember he's a man, and you're a woman. Embrace your God given differences and you'll have a happy relationship."

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UPVOTES

Submission as a Commodity

BellaScarletta · 9 August 2016 · Archived copy · Reddit

This is a quick post inspired by day dreams and random ponderings of my day. Many of us have grappled, either internally or interpersonally, with the claims that men don't care about your education or career or globetrotting escapades or similar. This is largely true.

"But my man *loves* that I'm a college graduate, he would never date an uneducated woman!"

No, perhaps not. This isn't to say that these traits aren't valued *at all*, and they will be by some men more than others, but they are either symptomatic of other positive traits you possess, or augment them. Ultimately a shrew with a Masters degree is, well, still a shrew.

We call it a sexual *marketplace*, and as is the case in any market: commodities are exchanged. Submission is the one I am honing in on in this post, but that's not to say there aren't many more (add in comments if you please!).

Everything you and your prospective partner brings to the table is a commodity. Men as providers, especially dominant men, will value bringing resources home to his family that engender their well-being and (ideally) advance them forward in society. This is something men are *proud* to do. I'm not saying a successful dynamic can't exist where the woman is the breadwinner, but by and large this is the commodity men want to *provide*, not seek. Whether your partner is a 6-figure earner or a blue collar worker, it's a rare situation he is not looking to put the pieces of survival together for himself and his woman and family.

"But we aren't all gold diggers here, and realistically we have a reasonable quality of life to maintain; you can't possibly be suggesting that it's feasible for every woman to not work, or that all men would want women to do that."

No, I'm not suggesting that at all. We live in a thing called the real world and cash may not rule everything, but unfortunately it rules an awful lot. There's also a lot to be said about the good a professional passion can bring you personally, which positive passion applied correctly will always trickle benefits into the relationship. What I am suggesting is to not conflate your *value* with your external successes, and fool yourself into thinking they are bartering pieces to secure a quality relationship. This line of thinking is where the mistake lies.

Commodities quality men *do* want is companionship: quality companionship. They want someone to make their day lighter and more enjoyable. They want a pleasant person to be around. They want someone who can care for them (*not* mother them). They want someone who can be understanding of how hard they work, and to be supportive. They want someone to show them they love them by doing and being what a quality and feminine partner can bring them.

They want someone who loves them, who respects them, who demonstrates that love *through* their respect. They want someone who can lift him to higher heights, rather than stepping on them to get there themselves. They want someone who would follow them into the dark with faith he would never do wrong by them. A faithful and loving follower and their greatest supporter. A submissive woman, this is one of the most precious commodities (and gifts) a woman can offer a man.

These are the commodities you can bring to the table that they *cannot* otherwise acquire by themselves. No matter how down and out a man can be, the poorest of the poor, the one you could never say "well he doesn't care if his woman doesn't work" because that simply isn't an economic option -- it is always on the table in some form of reality (whether it comes to pass or not) that he can acquire money or tangible resources. *He can never acquire a quality companion without a quality woman.* A masculine man can only be revered as such by the grace of a woman who truly looks to him as her rock and leader. This cannot be accomplished alone, and it cannot be accomplished by use of your degree or earning power either.

They don't care about your job or how much money you make. It's not important to them. Your deference and treatment offer what nothing else can.

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UPVOTES

How do you know if your standards are too high or low?

munchinggobbles · 30 July 2016 · Archived copy · Reddit

How do you know your not asking too much of a guy? We are all flawed in some way but is that an excuse to lower ones standards. I'm not talking crazy standards but the basic stuff like masculine, hard working, ambitious. Is my expectations based off my SMV. Higher SMV = more expectations. How do you know you're not settling? And how do you objectively get to know what your SMV is? Ask a friend or family member?

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UPVOTES

"Free Speech...unless you offend an actress from Ghostbusters" Media celebrates Milo's ban from Twitter.

PhantomDream09 · 20 July 2016 · Archived copy · Reddit

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UPVOTES

Everything is perfect except there's rarely sex

katsu_rpw · 13 July 2016 · Archived copy · Reddit

First off,

How old are you and how familiar are you with RPW? 26, and I've been here on and off for about a year on my main account, but I'm still learning by trial and error.

What is your relationship status? In a committed relationship.

What is the problem? (Don't badmouth your SO!) Concerned about the rarity of sex, and I'm wondering if this is my fault (and how to resolve it), or if it's something permanent that I need to understand better about my SO.

How have you contributed to the problem? Please see below, under "Ways in which I think it's my fault."

How long has this been an issue? Probably four months, but it was waning a bit before then. On the other hand, since I've been more cheerful around my BF, he has treated me incredibly well and proves that he cares for me.

What have you done to resolve this problem? I am doing my best to research how to initiate sex; what attracts a man; ... I have asked RPW Chat for advice, and they have helped. I try being more subtly flirty with him in looks, body gestures, my posture, how I wear my hair, how I respond to him. I am buying sexier underwear/lingerie. Also, see my opening paragraph below. This question is also why I'm here: I'm seeking advice. What *can*/should I do?

How long have you been together? Since November of 2014.

Is your relationship long-distance? No.

Do you have an active bedroom life? No. This is my issue.

I keep hamstering back and forth about this.

On one hand, I've been practicing being more smiley with him these last few months, and kissing him on the lips (as opposed to on the cheek). And whenever I can, I remain open to his stories with an active ear; and I try holding my tongue when my gut instinct is to correct or refine what he said (petty details, not important ones). I respect his space and I do what I can not to lash out. He has been WAAAY more "lovey" with me, regularly kissing me and hugging me, and he even smiles back at me. He's even sometimes the first to say "I love you." I'm convinced that everything our relationship is perfect—except there's virtually no sex. And what I'm hamstering about is whether the dead bedroom is my fault or whether it's any concern at all, in case it might be his preferred lifestyle.

Ways in which I think it's my fault:

- He has stated a couple of times that he wants to chase me; not me him. (Since I'm *the opposite* of a subtle person, it's difficult for me to drop hints or be subtly seductive.)
- I make myself too available to him at all times (I read articles that this turns men off).
- I probably don't dress or make myself up sexily enough.
- Seriously: I'm a ditz/klutz. I prove it time and time again that I'll forget what he said 2 minutes earlier. (I'm working on this, and it's *slowly improving*, but probably not fast enough.)

Some red flags that make my stomach sink:

- A couple of months after I moved in, he said I was different from what he originally thought. In a bad way.
- He has stated in the past that he doesn't feel a connection with me like he'd thought we had.
- Well, he doesn't want to get married, and I truly think it's for the best. I feel strongly about this, too. (We're both

26.) But my hamster goes from, "This is life as it would be if we were married" to, "He doesn't want to get married TO ME, but he would be willing to marry the right woman when she comes along."

- More often than not, after sex, he complains about something I did. I'm open to taking the blame here. It's usually something different. I'm always learning something new about what he doesn't like. Sometimes, the blame is simply on him feeling sick.
- Last but not least is a taboo topic. Between him and me. And it's something that I'm so hesitant to mention here (No, it's not rape... Okay, it's masturbation). He does it without me. No idea if he looks at porn. It's a topic to be kept off the table for as long as possible. This is the lifestyle I question whether or not it's normal.

Thanks for listening, RPW. Your input is greatly appreciated.

-kat

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UPVOTES

Insulting a Man while Cultivating Adoration

StephanieCitrus · 6 July 2016 · Archived copy · Reddit

How do you let your Man know he's gone too far?

There are plenty of things our Men do that we as feminine women, forgive instantly and take in stride.

We don't nag when he leaves his dishes at the table, **at least we don't in this house**, but what about when he says something hurtful and unconstructive to you?

Let him have it! Don't yell or scream, just blow off your steam by coming up with a creative insult. The more masculine and outlandish your insult, the more oddly flattered he'll be. Bonus: because of your immediate reaction, he will know exactly what he did wrong. Stewing and exploding later doesn't teach him any lessons, but immediately reacting does!

Don't:

- Demean his masculinity

ie: calling him a wimp, making fun of his penis, dredging up past mistakes, insulting his intelligence

- Scream or yell

this will kill his love for you, this is supposed to be fun, not a tantrum

- Whip the technique out too often

*Don't wear it out. This will greatly devalue the technique and it will lose the novelty. Only insult your man when he has done something to you personally. Not for little things that should be let go of, and **definitely** not for mistakes he makes at work*

Do:

- Use masculine words

ie: brute, bully, big man, bear,

- Exaggerate

ie: How could you be so nasty and mean to a pretty little thing like me?, I'm going to tell your Mama what a big bully you are!

- Combine this with other childlike behavior, but cute things, NOT tantrum-like

ie: Stomp a foot, toss your hair, start to walk away and look back at him to make sure he sees you're mad, cross your arms and refuse to look his way

I would love to hear some of your ideas for appropriate insults. When I started using this method, my husband was baffled for a second, then rushed to try and calm me down even chuckling and saying "you're so cute" under his breath.

Men want to please and protect a childlike woman, this is a valuable skill to master.

Comment your ideas below!

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UPVOTES

Keeping Score in Your a Relationship

[deleted] · 8 June 2016 · Archived copy · Reddit

[deleted]

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UPVOTES

Keep This In Mind

Camille11325 · 29 May 2016 · Archived copy · Reddit

I decided to make an entirely new post instead of responding to various people in the Female Social Matrix comment section because this is something that everyone needs to read. (I didn't anticipate being away all day yesterday so I will be commenting in that post later today.)

First some general thoughts:

- If you are responding to a post, you need to have read the post in its entirety. Everyone who submits to this subreddit is taking time out of their life to share something and engage in a discussion with the community. If you don't have enough time or energy to finish a post then save it for later and come back to it.
- Asking for further information is fine but don't expect other users to write up an annotated bibliography for you. Everyone here is an adult and you all should be capable of using google and finding resources on your own.
- Rudeness and disrespect are not tolerated on this subreddit, especially towards endorsed contributors and moderators. This rule can be found on the sidebar and the wiki has more information if it somehow isn't clear.

Now, the most important thing that everyone needs to understand:

AWALT! Including, and especially RPWs.

Women here love talking about all the ways that others are living life incorrectly, misinformed, stupid, mean, ugly, etc. and they embrace AWALT when it applies to feminists, sluts, fat people, and others. But we have had multiple threads on /r/RedPillWives where everyone in the comment section rejects a submission because it examines an uncomfortable truth that applies to them/hits too close to home.

Sure, people can be critical of themselves when they talk about ways to improve as a wife/girlfriend. Ultimately, those posts cast whoever is speaking in a positive light because while they are flawed, they know they are flawed, and they are doing something about it. Even if it is genuine it is still virtue signaling.

This subreddit is not an echo chamber and it is not a place where we can just pat ourselves on the back for being RP. There is a lot wrong in the west today, and we absolutely need to continue our discussions on the sexual market place and relationship dynamics. But we cannot limit this discussion to things that make us feel good.

There are 50000 other sites where you can read about meal planning, taking baths, date ideas, or shopping. Yes there is a place for all of that on RPW, but they are not the purpose of this subreddit.

Some things to keep in mind moving forward:

- **This is not a debate sub.** Many of us also post in /r/purplepilldebate, it is a great space filled with men and women of all pill affiliations.
- Evaluate your comments before you submit them. Be as objective as possible. Look out for potential sources of confusion, and make sure you are conversing in a tone appropriate for the interaction.
- If you speak to someone with a challenging or harsh tone and they respond strongly, don't put on an innocent victim act and ask why they are being mean to you. I've seen this happen enough times that I just had to say something, it's annoying.
- The content posted on this subreddit is meant for the subscribers on this subreddit. Don't feel any need to justify anything to hypothetical non RPWs who may be reading. And don't expect others to tailor their posts or comments so that they address anyone other than the target audience of this subreddit.

Okay that's it from me! Post any questions or thoughts in the comment section below.

Hope you all are having a great weekend <3

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UPVOTES

Uplifting and girly animes.

SuperSlavisWife · 27 May 2016 · Archived copy · Reddit

So, I've always been the tomboy and always loved anime since I first watched OnePiece (which I still follow eagerly, plus one husband watching with me and hopefully soon a baby too]. But girlier animes never fully appealed to me. They seemed too... simple, too cutesy, too nice. Even some seinen seemed simple when it had girlier characters.

I now know this was due to my cynical projections about feminine girls and women. So I've recently watched a few girlier animes and really found them enjoyable. They're like a ray of sunshine among the issues of everyday life and the constant stream of gore and action from my other viewing habits.

So far, there are three ones I would definitely recommend to other anime fans and nerdy girls, one seinen and two shoujo slice-of-lives.

1: Ah My Goddess!

A man accidentally calls a magic Goddess hotline and wishes to have one of the Goddesses living with him. As it is her duty to fulfill the wishes of mankind, she must leave. Issues ensue as she falls for him, he falls for her and their very separate cultures affect their ability to be together.

2: Lucky Star.

Pointless cuteness. Kind of funny most of the time. It follows some friends through high school as they attempt to navigate life and graduate. It's adorable.

3: Anne Happy.

Five incredibly unlucky girls become friends when they are placed in a "luck correction" class at an elite school. This one is ongoing, has no major plot, but is uplifting in its messages and nicely surreal.

There are some others which I watched ages ago but never liked as a kid. I may one day try and see if I can see them in a new light. FWIW, they're: Escaflowne, Sailor Moon and Card Captor Sakura.

To anyone who enjoys anime, cutesy things or just something in the background when working or relaxing: give those three a go.

To anyone with more anime suggestions: please offer them! It takes me forever but I do eventually get round to watching things. :p

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UPVOTES

Interesting advice from an elderly trans woman for today's young women

whistling_dixie · 26 May 2016 · Archived copy · Reddit

I don't usually read articles like this because I find them to be a little ridiculous and not usually worth the time, but this one was fairly interesting and worth it for this quote towards the end, when the interviewee was asked if she had any other advice for young women:

"Start living to be humble. That's difficult. My example for that is Norwood. It is such a great thing to be humble that none of us really appreciate it today. It is so nice to see somebody who is truly humble, not bragging all the time, not saying, 'What a great person I am.' I think women — young women — are spending too much time with selfies and things like that. "

Norwood was her husband, and it sounds like they had a great relationship from the little bit they delved into it in the interview. Regardless of your views on trans issues, I think this is a really great perspective on the fact that modern feminism is attempting to demean and destroy the traditional role of wives.

<http://www.refinery29.com/2016/05/109265/transgender-ww2-veteran-robina-asti-interview>

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UPVOTES

[homemaking] my tips for meal planning and prep for full time workers

happyhomedino · 14 May 2016 · Archived copy · Reddit

Me and my fiancé both work more than full time, but I still like us to have home cooked meals most of the time and recently we've been both trying to bring home cooked lunches to work as well. I'm from a family with a stay at home mom, so I never really had any good tips for how to manage meal planning, shopping, and meal prep with extremely limited time. My fiancé and I are in the process of saving for our wedding, retirement, and future home so we are also working with a limited budget. Here are some of my tips for managing it all, without getting stressed or letting it take too much time away from quality time. It took a lot of trial and error for me to get here!

For me personally, my meal planning comes almost exclusively from a couple blogs, Julia child, and sometimes pinterest. In general I've found googling recipes often leads me to websites with reviews I don't believe and recipes that aren't that great. It is much better for me to look at recipe blogs I know I trust (smitten kitchen and pioneer woman are two examples) and cook books I've had good success with in the past (Julia Child; joy of cooking; Jacques Pepin). I use pinterest to organize recipes into two categories: "tried and true" (recipes I've made before, that I know worked well and tasted great, and which were fiancé approved!) and new ideas (recipes I haven't tried yet). Each week I usually make 2-3 new recipes and the rest come from "tried and true".

Pinterest has revolutionized my food organization. When it comes time for meal planning, I scan through these two pinterest boards and pick what I'd like that week, keeping in mind our macro and micronutrient requirements, the weather, and our lifestyle for that week. For example, on days where my fiancé goes to the gym, I typically try to include more protein. I always include at least one vegetable with each meal, typically two or three, and I make sure there is a lot of fruit and vegetable variety across the week. If it is going to be hot that week, I skip slow cooker or long baking dishes in favor of fish or stir fry. Cold weeks are perfect for chili, pot pie, slow cooked meats and soups. To save money, I also take into account what fruits and vegetables are likely to be in season. If there are perishable ingredients left over from previous recipes, I try to include recipes that will use them up before they go bad. Lastly, I try to pick recipes that have some flexibility in type or cut of meat. That way I can pick whichever meats are on sale.

I have a THIRD pinterest board for "this week's food". I add all the recipes I plan to make that week to that board, and once I make them I delete them. This way I have a quick way to find the recipe I want, and a mobile reference on the go. I try to add the pins in the order I am planning to make them so I immediately know "what's for dinner" in the morning. This means I can often plan ahead and do some chopping in the AM, set up the slow cooker, or if I have down time during prepping tonight's dinner I will sometimes begin meal prep for next night. After a new dish is made and we've eaten it, I decide if I want to add the recipe to "tried and true" or if it's a dud. If there are modifications I would like to add to the recipe for next time, I add it in the text box when I save the pin. That way I keep track if I could have added more salt, or cooked at a higher temp, etc.

Once I am sure what I am making for the week, it is time to prep for the shopping! I go to the "this week's food" board, and open each of the recipes. I copy down the ingredients on a piece of paper. If two recipes require the same ingredient (say, chicken breasts) I update the volume. Once I have all the ingredients written down, I take out another piece of paper for my actual shopping list. On this piece of paper, I list the ingredients by grocery section, and in the order I would likely get them in. My sections are "Non-perishable", "bakery", "Fruit and veg", "Dairy and egg", "meat", and "Frozen". Within each category I write down all the items from my previous list, crossing them off the list as I go. This way I cannot forget anything, and it is naturally organized so that I can quickly get all the items in a single section at the store. Also this means the meat, dairy, and frozen foods will be grabbed last, so that they will stay coldest. After my list is complete, I usually will briefly check the cabinets to make sure I don't already have any of the ingredients!

Additional tips to save time:

Some foods don't need to be chopped fresh. For instance, I will often chop onion for 2-3 recipes at a time and just store in the fridge. Meats like baked chicken breasts can be used for multiple meals, so why not bake twice as much as you need and utilize the pre-cooked chicken for a tasty lunch, on salad, or in pasta! I try to arrange ingredients for the same recipe close to each other in the pantry and fridge, so I can grab everything at once without hunting. There are many recipes which require occasional stirring, waiting for things to boil, or roasting in the oven. I always use this time to clean up what I can, or to begin prep for the next day. For slow cooker recipes, they can often be assembled the night before and the entire crockpot insert can go in the fridge. In the AM, all you will have to do is turn it on and head out the door!

Making "boring" meals special:

A special desert or fancy cocktail pairing can really make a pretty unimaginative dinner feel more inspired. Some of my go-to, nearly no effort desserts include chopped and macerated fruit on ice cream or with fresh whipped cream, fresh baked cookies (make a big batch of dough and freeze scoops of it, throw scooped dough on a pan and bake!), or baked apples (if I'm already using the oven). For cocktails, my fiancé prefers gin or vodka. These naturally pair well with herbal, fruit, or citrus notes already included in your meal, so it's super simple to make a nice spritzer or Collins. Adding herbal notes to a cocktail (tarragon and grape fruit; basil and citrus; mint and berry) makes it taste less basic.

Using this system has really helped me put food on the table each night. I typically browse pinterest for recipes throughout the week, and it usually only takes me 10 minutes to pick what I'd like to make. It takes another 15 minutes to organize the ingredient list, and maybe 1 hr + driving to get everything from the store. Time dedicated to the meal prep depends, sometimes even less than 15 minutes of active work are required! Me and my fiancé get to eat together each night. I've really put in the effort to make that time as special as possible for both of us. As a result, he can't wait to come home and our limited time together in the evening really feels like quality time.

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UPVOTES

Smash it Down vs Acceptance

StingrayVC · 10 May 2016 · Archived copy · Reddit

A common theme for women accepting red pill truths is to try brushing away, smashing down, or otherwise ignoring the feelings that are causing problems. Hypergamy, the desire to shit test, wanting to talk out of insecurity, fear, the ever present hamster, etc. This causes problems because *these things never go away*. Sure, we can lessen their influence and in some cases make them very rare, but they never really go away.

Our desire to abolish these things, to get rid of them by pushing them down, makes sense. We are trying to stop these behaviors so why not ignore them instead because they aren't doing us any good. However, in my experience, pushing these things away might work in the short term, but long term they always come back and they always tend to come back with a vengeance. When this happens things tend to boil over and we fail, sometime spectacularly, at the things we were trying so hard to improve at.

Here is what I discovered. When these feelings pop up, whatever they may be. Do not push them away and do not ignore them. Rather, *feel* them. Allow yourself to feel what you are wanting to feel. That doesn't mean you have to react to that feeling, it just means accept what you are feeling because there are reasons those feelings are there. Those reasons might not be rational, but there are reasons regardless.

Those feelings are your reality and pushing them away allows you to not have to face that reality. What worked for me was just allowing myself to feel these things and then making myself face what is causing them. Pushing them down, I never had to face the root cause. I never had to face my irrationality *and* my rationality. It made things easier in the short term. In the long run, things would blow up.

Facing these things head on, accepting that you are feeling fear, anger, frustration, etc. will give you the time and the reason to mull these things over and figure out *why* you are feeling them. Not just the everyday hamster, but actually the reason why that things is running loose. It is very often not the reason we initially think it is.

Accepting what is going on in your head for what it is gives you the opportunity to face reality. This is a far more effective tool in ridding yourself of feelings you know you shouldn't have rather than just trying to smash these feelings away. They are there for a reason. Until you figure out what that reason is, you will never just push them away to get rid of them.

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UPVOTES

[Repost]: Decide to be Happy

StingrayVC · 6 May 2016 · Archived copy · Reddit

We say over and over again that our happiness is dependent on only ourselves. Even in difficult situations this is true. We have a choice on how to handle the things that come our way and how to deal with them. Happiness is a decision that we can make, even when times are hard.

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UPVOTES

Relationship Dynamics When Grieving

TheLadyPainter · 3 May 2016 · Archived copy · Reddit

My fiance and I have had a really bad month. Our relationship is fine, but our families have both had multiple deaths all within a couple weeks of each other. My aunt, and both of his grandmothers, passed away in April.

I haven't specifically looked for them, but I've not seen many posts about RP dynamics when grieving. There is no doubt that things change.

1 - Sex has all but stopped. Neither of us have initiated for three-ish weeks (before, it was 5-7 times/week). We've been a lot more physically affectionate, though. More cuddling, kissing, holding hands, just being physically close to each other.

2 - Certain home responsibilities are put to the side for more important things. We are usually adamant about having a clean kitchen every night, doing laundry once a week, vacuuming/sweeping regularly, etc. With all the craziness, however, some of these tasks have been put off. Family coming in from all over the country, being in and out of the hospital for a while, cooking for 3x more people than I usually do every night (inside & outside our home), the cleaning schedule is all sorts of wacky. Neither of us are miffed about it, there's no time.

3- Delicate balance of emotion vs. stability. Usually, he is the stable one. But he's understandably shaken and has had some moments where he broke down. In those moments, it is up to me to be his stability, swallow my own grief temporarily and hold him up. However, I've noticed that after these moments, it usually shifts back. He turns back into himself.

Some things stay the same. He's been amazing, planning all the services/managing funds... stepping up to the plate (his parents are in another country, so it's fallen to him.) I'm just stepping back and letting him. My responsibilities shifted from being his soft place to land, to being his and our family's soft place to land. I've been making sure that anyone who comes here is fed and people get what they need. Not just in our own home - but our extended home (grandpas, aunts, etc.)

This is the first time we've had to "lead" family - not just during a time of grief, but at all. I guess I'm just grateful that our dynamic seems to be working. The final funeral is tomorrow (Wednesday) and then family will be in the area until Sunday.

I apologize if this post is a little disorganized, my thoughts feel jumbled. My goal here is to open a discussion about grief. What is everyone else's experience with grief? How did it affect your relationship? Are there any specific things that you did that you want to share? Share your thoughts.

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UPVOTES

Simple Homemaking Hacks - SHH

OrganicSprout · 2 May 2016 · Archived copy · Reddit

Hello everyone!

I haven't seen one of these around here so I thought I'd start one up. I was doing laundry yesterday and had the tedious task of dealing with mass amount of dog/cat hair on my clothes. Where the dryer would normally take care of this, these clothes were hung up outside to dry. I ended up spending a couple of hours going over them with a lint brush (oh yay spring!).

I recall reading an online blog post about a 50s womans typical day. It was listed simply and one thing really stuck with me...

- When tidying up messes around the home, grab a laundry basket and go room to room gathering what doesn't belong and then putting all of the items back to their rightful place. I like this as it makes it seem simpler and easier to handle. Less tedious.

Please share any home keeping tips (LPT!) you have!

^^^And ^^if ^^anyone ^^knows ^^of ^^the ^^blog ^^post ^^I'm ^^talking ^^about ^^please ^^let ^^me ^^know!

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UPVOTES

All Because She Says "Yes" - Tales of a Mountain Mama

DemonDigits · 29 April 2016 · Archived copy · Reddit

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UPVOTES

Fast track to femininity: Why competing with men has left women out of touch with their feminine side

TempestTcup · 21 April 2016 · Archived copy · Reddit

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Some Comic Relief: Life For Feminists Is So Rough, Poor Babies :(

Suzanne_by_the_River · 13 April 2016 · Archived copy · Reddit

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UPVOTES

"It's not me. It really is you." - Little Article

SeasideJune · 12 April 2016 · Archived copy · Reddit

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UPVOTES

Feed the Good Stuff

little_red_ · 11 April 2016 · Archived copy · Reddit

Recently I came upon this blog, Stay Married, and this specific post on "[10 Ways to Feed the Good Stuff in your Marriage](#)". At the bottom of this post is a list to help you give applause to your relationship.

The article makes a few points that I find completely agreeable:

1. Remember your early days.

Dr. Gottman has found in his research that 94% of the time couples who put a positive spin on their marriage's history are likely to have a happy future as well. He says, "By focusing on your past, you can often detect embers of positive feelings." We've shared about this before, but when you choose to think about your favorite memories of your relationship and even talk with your spouse about them, your love for them naturally grows.

2. Speaking positively helps you think positively.

Our brains are tricky little organs. When we're frustrated about something, we naturally gravitate our thoughts on building that list of frustrations. Even if we never say it out loud, it's common to have an inner dialogue that gets stuck on this cycle and says to itself "And another thing..." However, the opposite is also true. If we focus on the good and positive things, our brains want to stay there and build upon it. So, finding something positive to say, or even a positive way to look at something irritating, can help you nurture that fondness.

3. What gets rewarded gets repeated.

I first heard this concept when it came to managing others at work. I now believe it to be true in many areas of life including friendships, parenting, and especially my marriage. Criticism is simply not motivating. Saying to my husband, "You NEVER take me out!" is not likely to encourage him to plan a date night. However, if I said, "I love spending time alone with you. When can we go out again?" I'm almost guaranteed to have a fun date in the near future. Expressing your needs in a way that communicates your fondness toward your partner is going to yield much greater results than simply complaining to them. Look for the things your spouse does that you appreciate and then acknowledge it right away. Whether verbally, or with a good, long kiss, you get to be creative in the way you "reward" your spouse and encourage within yourself those feelings of admiration.

So what are 10 ways you can feed the good stuff in your marriage? Share your thoughts below! ♡(●_●)♡

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UPVOTES

Men Don't Fight like Women: How to Avoid Physical Aggression in your Relationship

Sunhappy_DC · 11 April 2016 · Archived copy · Reddit

A few of us were talking in chat and I thought this would make a good post.

So, we talk about a lot about how women should treat men for relational harmony. Something we do not often talk about is how women don't understand a man's natural physical triggers. You see, while it's clear to women like us that men are aggressive beings with one another, whether through play like sport, or at work via interoffice competition, or with their women in terms of wanting to be the dominant one in the relationship -- this isn't clear to most ladies anymore.

The perfect example to me came from the **Ray Rice** scandal a few **years back**. SUMMARY: A professional FOOTBALL player was provoked by his girlfriend while they were both under the influence and so he clocked her in the face with the full might of his more than 250+ lbs body of muscle and she blacked out. We all saw the video replayed over and over and over on the news. I don't know what women in your communities said, but in my circles, women were DISGUSTED.

- "OMG how could he??"
- "Men shouldn't hit women!"
- "She didn't deserve that?" and the worst question of all...
- "What kind of man hits a woman like that?"

Now, before anyone says otherwise, **RPW does not condone violence. We don't think men hitting women is okay.** There are no shoulds being discussed here.

This is a very public and obviously extreme example. I am confident that most men do not want to hurt their women or deliberately black out their SOs via domestic violence. In fact, if you are following RPW, you would be fostering a relationship where your SO wants to protect you from harm, which is also a natural masculine trait. But let's be real here. Part of RPW is holding yourself accountable to your actions.

The reality is this: if you get in a man's face, provoke his naturally physically dominating emotions of anger, and brute force, he will respond as such.

Assume that all men, high or low dominance, are capable of this. Do not test the waters.

So what can we as ladies to do avoid scenarios like this?

- If you did something wrong, do not cast blame. Apologize. Immediately. And make a point to not do it again. Learn what pissed him off and remember it.
- **STFU**. This is super helpful sometimes and can immediately stop a small tiff to exploding into a heated argument.
- If your SO is upset, like visibly upset, especially about something you did, do not escalate the conflict to the point of yelling. Deescalate immediately. Diffuse the situation. Use a calm voice. Do not get emotional.
- Avoid **Shit Tests**. Do not use an argument to test a man. Ever. RPW doesn't advocate shit tests, but I'd say an argument is the last place to test a man's patience.
- Don't start throwing hands. NEVER GET PHYSICAL.
- Don't argue in public, thinking he won't snap just because there's an audience. I've seen this before and it's never pretty. It will upset him more.
- Keep a feminine mindset. A great way to diffuse a tense situation is keep balance in energies. If you start behaving in a masculine way, he will switch and behave in kind.

If there are any other tips, please feel free to add them in your comments.

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UPVOTES

How much do you tailor your appearance/dress to suit your spouse?

[deleted] · 10 April 2016 · Archived copy · Reddit

To what extent do you ladies change your appearance to fit your partner's tastes? At what point would you grow uncomfortable with a request?

I'm 5'2 and recently went from about 105lb to 115lbs. My husband claims he prefers me at this weight and said he didn't want me to lose those pounds. But I have a much harder time feeling sexy despite what he says. The slightest bit of bloat makes me feel uncomfortable, which wasn't an issue when I was thinner.

I'm not here to talk about the weight, but it does raise an interesting question. When you and your partner differ on your "look" what do you do? When is it acceptable to do that which makes you feel more sexual? Is it ok to maintain a weight or hairstyle which is less than ideal, so long as you can maintain his attraction?

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UPVOTES

Sacrifice vs. Deference - Are you happy, or are you pretending to be?

whistling_dixie · 9 April 2016 · Archived copy · Reddit

<http://www.relevantmagazine.com/life/relationships/marriage-isnt-about-your-happiness>

A newlywed friend of mine just posted this. I clicked into it thinking it would be an article about making your partner happy and not focusing on yourself, but it reads like something that a person would write when backed against the wall in an unhappy relationship.

The thing about happiness is that it should not be a sacrifice; with a sacrifice, you are taking away from your own happiness and causing yourself a hardship. Why should you be causing yourself misery by creating happiness for your partner?

The thing about deference (or as the author writes: sacrifice) is that it's meant to be kind, an act of good will and love. I have always interpreted the term "sacrifice" to mean something that causes a hardship.

When you sacrifice something, you are offering up a piece of yourself that you will suffer without, but ultimately and hopefully recover from. This is not good - it breeds resentment, and cultivates that give-and-take mentality that ultimately results in "you owe me, where's my share?" Giving should not hurt. It's an act of love - when you defer to your partner, you're saying "I love you, and I trust you." If that hurts, do you really mean what you're saying?

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UPVOTES

A Commentary on Common Toxic Behavior

SouthernPetite · 8 April 2016 · Archived copy · Reddit

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UPVOTES

Birthday Gift Ideas?

Suzanne_by_the_River · 6 April 2016 · Archived copy · Reddit

Hi! My guy's birthday is coming up soon and I need some ideas. What have been the most-appreciated gifts you all have come up with over the years? Any inspiration is appreciated.

He will be turning 25 and likes sports, classic cars, working out, unique pets like lizards, good food, etc...

He deserves the whole universe so it's hard coming up with something actually feasible :P

We've been together 4 years if that matters

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UPVOTES

The Epiphany Phase

Camille11325 · 5 April 2016 · Archived copy · Reddit

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UPVOTES

RPW Theme Song? <3

Suzanne_by_the_River · 3 April 2016 · Archived copy · Reddit

I've always enjoyed Carole King's music, and [this song in particular](#) could practically be a RPW theme song. Definitely describes how I feel about my man :)

Lyrics:

Wanting you the way I do

I only want to be with you

And I would go to the ends of the earth

'Cause, darling, to me that's what you're worth

If you're out on the road Feeling lonely and so cold All you have to do is call my name And I'll be there on the next train

I always wanted a real home with flowers on the window sill

But if you want to live in New York City, honey, you know I will

I never thought I could get satisfaction from just one man

But, if anyone could keep me happy, you're the one who can

And where you lead, I will follow Anywhere that you tell me to If you need, you need me to be with you I will follow where you lead

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UPVOTES

Mainstream feminism is the Munchhausen by proxy of ideologies.

SuperSlavisWife · 3 April 2016 · Archived copy · Reddit

Something I have noticed about mainstream feminism and mainstream feminists is that, even among those who are more reasonable or those passive followers who claim not to like the radicals, they love misery.

They just can't get enough of it. And they can't abide seeing someone doing something differently, or even the same way, who is happy.

The same feminists can complain that a happy housewife is abiding by a 1950s patriarchal structure that oppresses her and that a happy career woman is sleeping her way to the top. The same feminists can complain that a happy young mother is being hurt and oppressed and that a single woman happily sleeping with a number of men is being used by them. Whenever someone claims to be happy, feminism is here to say "No, you're not, you're just kidding yourself. REALLY you're sad and hurt and miserable."

The only women feminism seems to like? Sad women. If a woman is an unhappy housewife airing her dirty laundry then that's fine. If a career woman admits to sleeping her way to the top or complains about how hard it is and how lonely she is, then she's encouraged. If a young mother is stressed, overworked and doesn't really like her children, that is admirable. If a woman is sleeping around and having difficulty coming to terms with her feelings on it then she is lauded as some sort of heroine. When you're miserable, feminism is here to cuddle you, coddle you and tell you that it's all men's fault, or the patriarchy's fault if there isn't a man to directly blame. The unhappy housewife is oppressed by internalized misogyny and her husband. The career woman is oppressed by her male coworkers and the glass ceiling. The young mother is oppressed by her children and their father. The single woman is oppressed by these noncomittal men and her own internalized misogyny.

Mainstream feminism sets out looking for illness, makes it up or creates it when it fails to find it and presents itself as the cure to these ailments.

And in many ways this seeking can actually help. Looking for social illness when there is an illness can help. If someone is genuinely unhappy, why shouldn't they look for the cause? It has helped people overcome all forms of discrimination and has helped us craft a world where we are largely free to do as we please, largely without hurting other people. But when the illness is not there, it hurts. Because feminism can't exist without illness. It needs to be the source of a cure, or, when there is no cure, it needs to be the treatment itself. When the children are healthy, feminism needs to feed them rat poison and break their legs so it can heal them again. When the children can't be hurt, feminism needs to lock them indoors and tell them they are ill until it can poison them again.

Because if people, especially women, are happy, feminism can't do anything. So it must assume everyone is ill, convince everyone they are ill and its followers must make themselves ill so that feminism can keep on curing people.

And this is why we need to avoid this sort of thought pattern.

Feminism tries to make you ill or make you think you are ill insidiously.

It says you are being hurt if you're a happy housewife.

It says you are being oppressed if you're a working woman.

It says your male partners can't lay a finger on you even if you beat them black and blue.

It says that forcing you into sex and denying you sex are both just as violent.

When an unhappy feminist, even a normally rational mainstream feminist, or feminist-lite, questions your happiness, that is because they need to find an illness to cure. They want you to be ill.

But that isn't a healthy mentality. When you are continually dissatisfied, continually looking for the next best thing and continually looking for reasons not to be happy, you are guaranteed to be unhappy. No matter who you are, what you do, who you're with or where you're heading, if you are looking for oppression, unhappiness and the likes, it will find you.

By all means, if you are genuinely unhappy take a long hard look at yourself, your situation and ask why.

But if it isn't broken, don't break it just so you can fix it.

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UPVOTES

Dealing with infertility

la_scozzese · 28 January 2019 · Archived copy · Reddit

We've been trying to get pregnant for some time now and no luck. We've both had tests and it looks like he has some issues but they should hopefully be problems we can resolve. The problem is I'm struggling with the whole thing emotionally, and he's feeling guilty even though I've told him many many times that just because he has a minor medical issue it doesn't mean he's at fault.

It's really tough, I'm trying to vent to friends rather than put it on him (obviously have not told them about the medical problem!) but it's making both of us feel quite sad ☹️

Anyone here dealt with this?

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UPVOTES

I could use some perspective

DeepOrdinary · 13 March 2019 · Archived copy · Reddit

I'm 38 and have been married to my husband for 8 years. In general we are a pretty red pill, traditional couple. I work full time but then also do the house keeping, cooking, and most of the childcare. (No kids together, but we have three kids from previous relationships.)

Generally, my husband is pretty good. He treats me like a queen and goes out of his way to fix things. He is smart and has a great sense of integrity. I refuse to entertain the idea of divorce. I try by best to prop him up in life and that too generally works. He'd do basically anything to keep me happy.

Unless, that is, it falls under the umbrella of things he is not interested in. If the task falls there it never gets done even if he explicitly states it will. Examples of this are our bathroom and kitchen remodel-- there is massive structural damages to both of those places. He doesn't want to spend the money on a contractor, he says he'll do it himself. I don't nag him, but we are coming up on a decade of things not being done now. The single bathroom is a mess-- the walls are literally water-soaked and rotting. We have the money. I bring it up once every 6 months or so and he always says "oh yeah, we should start on that next month," but nothing happens.

Its driving me mad. Most things I try and let go but there are certain one's I'm having a really hard time with. What can I do? Help me find some peace to this.

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UPVOTES

What keeps you motivated to keep a clean home?

teaandtalk · 14 August 2019 · Archived copy · Reddit

What keeps you motivated to keep a clean home?

10 points • 21 comments • submitted 5 months ago by DeepWaterRose to r/homemaking

Hello Homemakers!

I'm Sophie, and I am a new femininity content creator.

I recently made a video about femininity and the home where I share some tip, which helps me to stay motivated to keep a nice home. This make me wonder what keeps you motivated to keep a clean home? Do you have any funny, silly or smart methods which makes you enjoy taking care of your home? I would love to know! <3

Here are my motivational tips for cleaning and taking care of your home from my video.

1. Get some nice gear to make it more enjoyable.
2. Keep your home more minimalistic (use the konmari-method).
3. Give your home and the things in it a personality – consider them a Being of their own.
4. Connect areas of your home with areas in your life (like magic).
 - A clean kitchen helps you eat healthier.
 - A well-organized closet helps you to always looks stylish.
 - Clean mirrors and windows will make you see thing more clearly / from a better perspective.
 - A clean bathroom helps you to let go of worry.
 - Clean and tidy counter tops give you a clear state of mind.
 - A clean hall way invites good things into your life.
 - A clean bed invites more love into your life.
 - A warm living room invites new friends into your life.
5. Watch/listen to interesting videos.
6. Find your style for your home (Colors, materials, elements).
7. Let plants live in your home and take good care of them.
8. Have flowers in your home as often as possible.
9. Have some nice smells in your home.
10. Have come décor which inspires you to be a better person.

Link to the video - <https://www.youtube.com/watch?v=fimCt8H1sGE>

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UPVOTES

I just met someone I am 99.9% sure I'm going to marry. What should I do and how should I be the best wife to him? He is amazing and I want our marriage to be authentic and loving from the jump.

Justskimthetopoff · 28 September 2020 · Archived copy · Reddit

I already have the captain / first mate mindset, and will be his wife above everything else. Just trying to see what I can do because this is different from anything else I ever thought I had. like he is my life, and I want him to know how much he means to me. What should I start doing now? I am so lucky. I will start reading (I basically skimmed) all the other books recommended here. He is a blessing, how can I be his blessing?

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UPVOTES

6 year LTR-should I stay?

redchoices · 22 October 2019 · Archived copy · Reddit

Hi everyone, I posted in the redpill women sub about 9 months ago and got some great advice. Unfortunately I'm still finding myself needing more help. I've spent the time since reading here and elsewhere. That post is in my history and could provide some background if by some miracle you want to read even more of my rambling! Basic Qs are at the bottom.

I have been with my boyfriend a long time, and lived together most of our relationship. We have always discussed wanting kids, wanting to live near my family, etc and have the same goals. Money is an issue because while he is successful, his job is a bit "slow burn" and there will be time before he is stable. I have supported him strongly through his career development. A year and a half ago I moved to a foreign country to keep doing so and sacrificed my own career for that. Lots of details on that in my last post, but I wanted to include it here too. In retrospect I shouldn't have moved with him before I was married, but what's done is done. 9 months ago I was tired of feeling like I'd sacrificed everything and still didn't have a timeline and felt like he was comfortable coasting. I talked with him on the advice I got previously and he was taken aback but understood and was on board. He said he hadn't proposed because he didn't feel like we were fully happy here. I said I understood and that was true but to me were already past that honeymoon point and dealing with the lows together is part of marriage and commitment. Me being unhappy was mostly because I felt like I was giving lots without getting that commitment. He agreed. We agreed to revisit it in august (our anniversary and the point we'd been here for a year). Over multiple future talks I thought he was indicating he was feeling ready. He told me he had family rings, and hinted he wanted it to be a surprise. I've been convinced he was going to propose multiple times over romantic vacations and family meet ups. In this time I've also been focused on trying to improve our communication and relationship. Therapy wasn't really an option in our language because of living in a foreign country, but we read the Love Languages book and discussed together and were working through 8 Dates which I think is fantastic. I thought we were on the same page. I also spent this time trying to be happier in this country. I trained and ran a marathon. I worked on having less anxiety. I fought for and got a raise at work. I've tried to complain less. August came and went with him not bringing it up, but I didn't want to nag and I know he's going through a ton at work.

I reached the end of my rope yesterday after a little tiff and I asked him again where his feelings were and he said almost exactly the same thing he said to me 9 months ago. He's happy but feels like there's problems and he's not REALLY happy, wants to propose when we are etc. I felt totally blindsided. I told him we've had multiple talks about commitment and our relationship and I've asked him repeatedly about his hopes and dreams and he's never brought up concerns. Then 15 mins later when I'm sobbing he says he "just hasn't gotten around to it". He just kept going back and forth and I am so confused and heartbroken. I told him I wanted someone who loved me fiercely, who was sure, and who would fight for me. I feel like a fool because I really thought we were on the same page. I told him I needed time to think about it and then this morning he said he thought all night about how he'd be lonely without me, but he still couldn't just tell me what he wants. He never came out and said please stay or I love you until I asked him why he hadn't. He said he hoped I would stay and figure this out with him and give him more time. I think 6 years is enough time. I understand that the passion has faded, which I think is natural, but maybe it's affecting him more. I think honestly if we'd been married I wouldn't be thinking twice, but now I feel I've fought so hard I won't even be sure any proposal would be genuine I'd just feel I pressured him into it. I love him, but I feel worn out and tired and like I can't give any more. I think he'd be a great dad and husband. We share dreams. I'm just not sure he's at where I'm at, and I don't know how to make this decision.

I'm sorry this is a big ramble. I'm probably incoherent. I wish I could turn back time and not come here, not leave my life behind for him, but I can't. I don't know if it's hypergamy or real that I'm thinking I want a partner who's sure and definite.

Basic questions: How old are you (and how old is your partner) and how familiar are you with RPW? 28/30 What is your relationship status? LTR of 6 years, cohabiting for 5 years What is the problem? (Don't badmouth your SO!)

see above, but essentially I'm at a breaking point where I need to decide to stay or go. How have you contributed to the problem? I haven't been as respectful as I ought to be all of the time, and I've let my unhappiness with the relationship affect our bedroom life. How long has this been an issue? Over a year, but come to a peak recently. Unsure honestly. What have you done to resolve this problem? Tried talking to him after feeling like I was at a breaking point. Tried to be happier/worked on myself.

If married or in a committed, monogamous relationship:

How long have you been together? 6 yrs Is your relationship long-distance? No Do you have an active bedroom life? Used to, but the passion fading is part of my issue. I still make an effort. The sex is present but very vanilla and not as frequent or exciting as it once was.

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UPVOTES

Celebrating those amazing women!

Earlnlove · 2 November 2019 · Archived copy · Reddit

This is the time to remember noteworthy people.

My great - grandmother raised my grandfather and his siblings in times of war, poverty and dire circumstances. She worked outside her home in a hard, physical job, she did not want a career, she wanted her family to survive. Her Husband was traumatized by his war contribution and imprisonment in one of the most horrendous American /Allied prison camps.

Yesterday they showed a documentation about the Krupps. I was blown away by the strong women who made their Husbands success possible by providing the home, an air of calm and raising the children. There were also some smart decisions made by them that influenced their Husbands/Sons success directly.

which women inspire you? Who does deserve special mention for their deeds?

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UPVOTES

Housewives/SAHMs and domestic tasks

LaneysWorld2 · 11 December 2019 · Archived copy · Reddit

So this is kind of a repost of an older thread but I'd love to hear new opinions on this topic, it is directed at married or soon-to-be married women or girlfriends who are currently staying at home.

Are the housework, cooking and raising of the children solely your job as a housewife and SAHM/SAHW? How did you and your husband/boyfriend come to this decision and how do you schedule your domestic tasks? How many hours are usually spend on housework, cooking and your additional obligations?

Did you make this choice to give your man the chance to provide for you? Were you raised this way and did you have any role models? Does religion play into this as well?

Thank you!

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UPVOTES

Scared to have kids?

lucidangevin · 11 January 2020 · Archived copy · Reddit

Since I was a child I've had the dream of getting married and starting a family. However, in the last 5 years I've spent a lot of time looking after other people's children, and I think it might have scared me off!

I worked at a preschool, and I also worked as a live-in nanny for two years, taking care of a toddler and later on a baby for 10 hours a day, five days a week. And that's just the beginning.

Thinking of having kids just makes me shudder now, where it used to be this beautiful dream. Sometimes I feel like it requires a certain amount of naivety to have kids. If all women spent as much time taking care of children as I did, many might avoid it. Any advice on how to cope with these feelings? I still want marriage and a family, but it doesn't look as rosy as it used to.

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UPVOTES

Traditional Woman's Path to Heroism

tintedlipbalm · 20 May 2019 · Archived copy · Reddit

<https://www.youtube.com/watch?v=2LTr-MGrvm0>

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UPVOTES

Celibate Marriage Advice

LadyPenguin17 · 23 January 2019 · Archived copy · Reddit

I second guessed myself a lot on putting this up here to ask for advice as I do not want to shame my husband or anything like that but I am seriously looking for some assistance in our love life. Ever since we started dating, sexual attraction and sexual acts were never something major between us, I'd given him oral a few times before we got married and a handful of times since, but that's about the extent of our entire sexual relationship. He used to say he just doesn't have that much interest in sex or that he has so many other things to think about he just doesn't have the focus for it. I'd accepted these as I had never wanted to push him or hurt him in any way. One day though I did try getting frisky with him and after a while he just says he can't do it, and then he started crying because we haven't been able to have sex, because even if he feels the desire he can't perform. I feel an immense amount of guilt, as if my focus on sex has brought him such great amounts of pain and it's killing me inside. I don't want to make this about me though, I wanna know how to help him, what I can do for him. I've suggested doctors, or talking to his father but he just shrugs off those ideas and I try so hard to not distress him about it. I think I've even subconsciously doubled down on how often I compliment him to try and make him feel better, to let him know I love him whether we have sex or not, but I still want to help him. I want to do whatever I can to make everything better for him. Please, if anyone has any advice at all, I'm all ears.

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UPVOTES

Suggestions for setting up “surrendered wife” support group?

babylonianprincess · 16 October 2020 · Archived copy · Reddit

RedPillWives, I come humbled and in awe at the strength and wisdom I see here. Something rare in many female circles but it's refreshing to see theres another side to our feminine power and its this empowering energy that society has long put pressures on us to kill and conform.

I am very early in my journey. I came to RPWives after my husband invited me to join RPWomen. I entered a vault. Down the rabbit hole and Alice has never been tricked by the mad hatter again you can say. I claimed my NATURAL feminine power back and its helped me restore the power dynamics in my marriage.

I saw my husband's invite “in” as an initiation and plea for help. He needed my support on this journey. The captain's ship wasn't going to sail alone to the destination he needed to get to. I saw all the potential in him from day 1 but lacked some skills and commitment myself.

Enter Laura Doyle's Book Surrendered Wife. He put it on my Kindle. He put it on my iphone. He put the book on my nightstand. He send the audio and I think even tried to induce a lucid dream where I may just “miraculously” hear Laura Doyle's voice like an angel from the heavens, or the gods reaching out commanding the soul to pick up the book. Lol okay, we got the hint honey.

So I've been doing the work myself and daily logging my journey. Im surrendering and relinquishing power and he's stepping easier into his frame full SIGMA. Im taking it one day at a time. Managing myself not telling him how to BE. And its been a few months. Hard work!

But now I am at a very difficult situation. Finding myself very isolated already and transitioning through this. Lockdown is not best time to make “new friends”. More limitations.

So my question to you all is ... along the journey I am being approached by women of my own “tribe” asking for help and as an interpreter trying to pass Laura Doyle's teachings how can I start a support group just for these women in my community?

Understanding the full method, psychology behind it and insights from others who've also succeeded at it gives me an advantage but also a responsibility to ethically guide them towards The Surrendered Wife.

I know there should be basic “rules” and would love to have all suggestions thrown in to best implement them and safeguard group. I respect Doyle's approach and feel due to language barriers some minorities very rare small sheltered groups... those women suffer twice due to lack of information and education. Even having access to a book is RARE. :(

So you have them willing and ready to dive into the book but with guidance.

I need DOs & DONTs. Crucial things in terms of support that it's lead according only to her methods. I am nobody. Its the book thats turned my life around. And thats the focus!

Thank you all...

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UPVOTES

Dad's thought on marriage

blushingoleander · 29 September 2020 · Archived copy · Reddit

"When you are young you stay together because you can't afford not to, then when you can, you've been through so much you don't want to split up"

My parents were very young and grew and built together. The current stats favor later marriage (for long term viability). *Some* red pill thought is that the man should be established and the woman young.

Do you think there a 'best practice' for when to marry?

This comment from dad has always stuck in my head. I don't know if he's right or wrong but I'm hoping it serves as an interesting jumping off point for discussion.

Thoughts, feelings...?

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UPVOTES

What are your favorites subreddits?

acgs1995 · 6 January 2021 · Archived copy · Reddit

I want to explore some new communities. What is your recommendation?

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UPVOTES

One week, one goal

HappilyMrs · 22 October 2020 · Archived copy · Reddit

I wanted to make a suggestion for having a one week one goal check in. I was thinking I would set myself one thing in my relationship to improve on for a week, and then see what happens in a week. Would anyone else be up for that?

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UPVOTES

How do you stay on top of your groceries?

s3arching4rmwithin08 · 10 December 2020 · Archived copy · Reddit

As the woman of the house, how do you manage or keep track of your food inventory? When do you go grocery shopping? Do you spend the same amount of money each time you go to the grocery store? Do you buy the same groceries? How do you keep yourself organized?

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UPVOTES

Did any of you become a housewife or SAHM because of the pandemic?

livinglifeinpink · 21 November 2020 · Archived copy · Reddit

As horrible as this current pandemic is, I also believe it is a chance for many women to reevaluate the idea of being a housewife or SAHM.

I'm not just talking about having to quit your job, I think the time we had/have to spend home together with our families is a great chance to see what really matters in life. A friend of mine recently decided to become a full-time housewife and she has been quite happy with her decision so far.

Are there any other women here who had to or wanted to make the same decision? How well is it progressing so far and do you enjoy it? Do you plan on going back to work one day?

I hope all of you stay well and healthy, God bless you!

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UPVOTES

OYS Update

Lightandlush · 4 June 2021 · Archived copy · Reddit

Hi ladies, I was too busy to post my OYS on Monday, but I finally had time/mental clarity to write it tonight. I would rather share my thoughts now while they are fresh/current rather than wait until next week! Also- if you just want an update on my first post "Married Red Pill" about sending my husband the link to [r/marriedredpill](https://www.reddit.com/r/marriedredpill), just read the "Relationship" portion towards the end of this novel I ended up writing lol.

OYS 4: Me: 27, Husband:33, Married 4 years, 2 daughters- 6mo and 3yo. SAHM

Social: Still going well! I had a mom friend with her kids over for a playdate and it was a lot of fun! I have a few other people I should reach out too this week to schedule a get together, but I feel like Ive been swamped.

Housekeeping: I was motivated this last week to sort the kids toys. OMG, how do I have so many toys for 2 small children??? I have given away so many stuffed animals and we still have like 30 in the house haha. I was able to put together 3 trash bags full of toys to give away and it felt great. I love getting rid of clutter. My house is small and its so much easier to keep everything organized when I just own less. On another note, can someone please tell me how to keep up with laundry? Its impossible! Im always like 3 loads behind.

Kids: I have let the house get a little messy these last 2 weeks so I could spend more time with the kids. Its been nice. We have been going to the park, playing outside, building with blocks, reading books, doing so much imaginative/pretend play/ dancing etc. Ive really been having so much fun with my girls. They help to make me a "goddess of fun and light" when I slow down and just enjoy doing fun things with them :). Im lucky that my husband doesn't mind when the housekeeping slips a bit. He likes a clean house just like I do. But we also both value quality time with our children as well. And he is understanding that I can't do everything perfectly all the time. In fact, we had a conversation about how I can't keep up with him. He likes that I can't keep up with him. For us it kind of reinforces his leadership.

Owning My Desires- Something I have been working on for over 6 months now is "owning my desires". I realized how often I qualify my desires so I don't feel selfish. I realize how often I use words such as "kind of" to feel out" if the other person is receptive to my desire. For example:

- 1. "I kind of feel like pizza for dinner"... qualifying with "kind of" to see if my husband might want pizza too
- 2. "Im kind of cold"... to see if the other person wants the heater on in the car. But qualified with "kind of" so I can still say that im fine if not.
- 3. "Maybe we should go get coffee sometime"... using "sometime" and "maybe" so I won't really get a rejection of the offer from a friend

I know I could say things like more directly instead like this:

- 1. I really want pizza for dinner
- 2. I really cold! Can I turn on the heater?
- 3. I'd love to talk to you more soon! Are you free to get coffee this weekend? Maybe our husbands can watch our kids for an hour or so :)

Its like this awkward hinting around about my desire but being purposefully vague so I protect myself from feeling selfish or rejected. I am going to work on this.

Relationship- My husband has changed so much since learning about MRP it's really astounding. In my last OYS, I shared that my husband wants me to continue to shit test as I normally would, and if it starts to spiral, we have a conversation about it. I "stay on my paper" in these conversations as best as I can. I tell him how I am feeling and why. He listens and we move on. (He does not really get defensive at all anymore!) Ive noticed that these

conversations are becoming unnecessary because often times he already knows what happened and my explaining is becoming redundant. That's a really positive sign to me! He is learning a lot from the million books/MRP posts he has read in the last month. And he is recognizing that when he is inconsistent/ wavering/ indecisive etc, it makes me lose confidence and his leadership and my reaction is to shit test even more.

Also, my husband and I are still enjoying discussing red pill since we are both so familiar with it now. It is everywhere. Once you know, you can see it in the relationships of everyone around you, in TV shows and movies and songs. It's fun to be able to discuss it with my husband!

Sex- OMG we have had amazing sex multiple times the last few weeks. I am rarely one to sacrifice my beauty sleep, but we have stayed up until at least 1am like 4 nights over the last 2 weeks. We have been exploring new things sexually too.

And, I feel like I have had a first taste of his "frame". The first glimpse to who he is intrinsically and authentically. Like, I knew things about him: that he was a hard-worker, and adventurous and kind, and he prioritized family, fun, and achievement. But he has always been such a people-pleaser/ peace-maker. And I think that's part of the reason why I felt like he wasn't leading our relationship. Because ultimately he just wanted to please me/make me happy in our relationship.

BUT, I feel like I am starting to see his authenticity coming through in his actions and interactions with me. I can tell he is thinking less (sometimes) and doing things that come naturally to him (sometimes). And when he does, OMG it's such a turn on and the sex is freaking amazing. 🙄

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UPVOTES

Can't be it all

HappilyMrs · 28 May 2021 · Archived copy · Reddit

((As I was replying to [u/Lightandlush](#) , I ended up going off on a little musing, and I want to share it here, just to see if it resonates with anyone else too))

The modern pressures of women needing to be everything and do everything is exhausting!

Raise the kids, have a well-paid career, be a happy wife, look beautiful but dont make too much effort because he should love you just as you are but you should still have make-up artist style skills and an ass like the Kardashians but dieting is betraying other women. You should not need a man at all, but need him enough to keep him or just have several FWB because you have needs too, and you get yours!. Be tolerant of your man's failings but also mock them with your girlfriends and call him a man-child. Have strong friendships but not as strong as with your husband though he wont ever understand you like they do babes. Have a social life that isn't just the kids but also is the kids and a million cool after-school activities that you can't afford. Be rich but also don't own anything fancy because that's showing off, or be poor but dont feel like you want more because that's just being envious. Cook well but fit it around a 40 hour a week job and having grown up in a house where your mum worked and you never had it modelled for you. Breastfeed but dont let your kids become clingy but also dont show your boobs at all when you do, they're attracting men which is good and also bad and your body is totally your own to do what you want with, unless it's not slaving for an employer for shitty wages. Use daycare but dont let it affect the time you should be spending with them. Maintain your childlike joy but also be a strong independent woman. Support your husband when he's low but he should just manage it alone because you won't do his emotional labour, but make sure he does yours. Run a tight ship in your home, but also dont take on the mental load! Argh!

Why must we be equal-and-the-same, rather than equal-but-different?

I dont want to be a man. I have never, ever wanted to. I want to be at peace in myself. That means me doing the things I naturally get happiness from, being free to homemake and love the simple things, nurture and create and dance and sing and learn and laugh.

I want to feel and welcome the emotional tides ebb and flow. I don't want to be firm and stoic all the time. I want to squeal with excitement when I see a cute cat that wants to be fussed, or cry at the sheer awe of being on a plane and seeing the clouds like a bird does. I want to be moved by movies, and books, and the stories of people around me. I want delight at the kiss of my child, to bathe my face in the moonlight, to walk barefoot on grass or sand and feel that connection with mother earth.

I want to be cherished. I want to bring a smile to the face of my child. I want to bring out the protection and adoration of my husband when he sees me light up at telling him a funny story of my day, or when I laugh at myself. I want to feel his strength and peace when I feel small as can be within his arms. I want to be treasured, to inspire wonder.

I don't want to be both the rock and the ocean. No-one can manage to be both all the time. Something will have to give eventually, the stone will get worn down by the waves, or the water will get trapped in a rock pool. Eventually, neither will be at its best.

I don't want that. I want the freedom to live in the femininity my soul has. But the modern world says no, your soul is wrong, you've been conditioned, you've internalised misogyny and hatred of women! But how can I have when I love the facets and flow of being a woman?

I'm not telling any other woman how she should act, or any man how he should counterpart that. I'm not telling anyone their soul is wrong or their relationship is wrong. I'm not telling women they must submit to a man. People are free to follow their hearts and souls. I simply ask that I am still allowed to follow mine, in a world that says I must have it all, whether I want it all or not.

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UPVOTES

Would you share him?

HappilyMrs · 3 August 2021 · Archived copy · Reddit

Following on from [u/lightandlush](#) 's post about morality and fidelity, I wanted to have a quick straw poll.

Imagine you are married to a HVM (we'll assume handsome, lifts, 6ft+, at least 6 inches, 6 figure salary, has ambitions and is fully engaged in life, good dad). He decides that to fulfil his life, he wants to start having sex with other women. It won't take resources from you or lose time with your children.

Are you accepting that he is a man with options and strong desires to do this, or is this a hard nope?

The argument is that as he is so high value, your hypergamy will override your thoughts of what is acceptable and you'll stay because you cannot do better than him.

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Spooky
PhantomDream09 · 27 October 2017 · Archived copy · Reddit

<https://imgur.com/f5kDvHc>

17 | **HAPPY MOTHER'S DAY <3333333333**
UPVOTES **RPWives** · 14 May 2017 · Archived copy · Reddit

[/r/RedPillWives/comments/6b4vlz/happy_mothers_day_3333333333/](/r/RedPillWives/comments/6b4vlz/happy_mothers_day_3333333333/)

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UPVOTES

[Guide] An Introduction To Kibbe - An Amazing Body Typing And Personal Style System!

Camille11325 · 14 April 2017 · Archived copy · Reddit

This post is all about the body typing and personal style system created in the 80s by David Kibbe, referred to as “Kibbe” by those who use it. It is easily my favorite wardrobe planning subject and I hope I can get everyone here excited about it as well :D

I’ll be explaining how the system works and how to figure out someone’s type (including your own!). In future posts I will discuss how each type dresses, and I’ll also share interesting links; I want to give everyone a chance to digest and discuss this information before adding even more. At the end there are links to the official Kibbe quiz, please read the entirety of this post before you take it! I’m hoping that people learn about the system itself instead of only looking at information that pertains to them, that way we can discuss it throughout the community :)

I wrote awhile ago about [matching your clothing to your appearance](#). The Kibbe system categorizes women based on their physical features and then prescribes each group different outfits, colors, and accessories. He also describes different the personalities and “essences” of each type. I think it is fascinating how closely appearance correlates with personality, but I chose to have this post center on the physical aspect just to keep the length semi-reasonable. We can totally talk about the essences in a different post, or in the comments!

So many modern style systems require you to type yourself based on what is wrong with you (or different) and then all advice is geared towards making you average and like everyone else. Kibbe stresses harmony, not perfection. Other systems only consider your tastes, without teaching you what is flattering for your body. Kibbe starts with your appearance and then you have freedom within your category (aka Kibbegory in the wardrobe planning community lol).

There are 12 distinct Kibbe Types each falling somewhere along two axes: “Yin” vs “Yang” and “Contrast” vs “Blended”. The face is especially important when assessing your type. 98% of the time the size, ratios, proportions, and general impression of your facial features match the size, ratios, proportions, and general impression of your body. The clothing recommended will always share the same properties as the women in each group.

Yin And Yang

The terms “yin” and “yang” can be found all over the wardrobe planning community and that is largely due to Kibbe’s influence (of course he wasn’t the first, more on this subject in a different post!). To understand their use in style discussions we must first look at their actual definitions; [this link](#) is a very informative overview for those who are unfamiliar with the concept. When we apply this to physical features:

- “Yin” can be short, soft, smooth, small, round, delicate, tapered, fair, or feminine.
- “Yang” can be tall, sharp, angular, large, broad, harsh, exotic, distinct, square, or masculine.

Every attribute falls somewhere along the yin and yang spectrum. But we must be thoughtful when assessing our traits. The same feature can have both yin and yang properties. For example large eyes are yin but they could be closely spaced, which is yang. Fleshy arms are yin but they could be longer than average, which is yang. We are all combinations of both!

Please keep in mind as we discuss Kibbe both in this thread and throughout the sub that there is no hierarchy to the types, no ideal or best category. You can be beautiful in any type **or ugly in any type**. It’s all about your natural features and how well you choose to present yourself. This isn’t a platitude, I have included tons of photos in this post that show the variety and beauty to be found in all Kibbe types. Please don’t get hung up on wanting to be

mostly “yin” or feeling like your type is boring!

Contrast vs Blended

The other dimension we look at is how consistent your features are and the impression you leave. A person with high contrast has a mix of features - both yin and yang - and their appearance can feel more high energy or even startling. A blended woman has even features and she seems more solid, soothing, and sometimes boring. Everyone falls somewhere on the spectrum and again, there is no “ideal”. Being exactly “even” is not the goal nor can you change this aspect of your appearance (short of surgery). This concept is probably a bit hard to imagine but there are picture examples coming!

A Note On Kibbe And Celebrity Examples

For every type Kibbe lists a number of celebrities from before the 1980s, many having their heyday between 1930 and 1960. This choice makes sense because at that time stars had a more consistent image. Today celebrities wear plenty of outfits just because they are paid to, or for sheer spectacle. There is also pressure for famous women to reinvent their image to stay relevant, and many of these women adopt personas that aren't necessarily reflective of their true selves or Kibbe Type. It is possible to type modern celebrities and so in addition to sharing some of the classic stars I'll also include photos of women you may be more familiar with.

Kibbe Types - An Overview

There are 5 Kibbe families: Dramatics, Naturals, Gamines, Classics, and Romantics. Each family has its own subtype(s), distinct Kibbe Types that share the properties of the main type with a little more yin or a little more yang. It is not possible to be more than one type of halfway in between two types.

If you find yourself gravitating to one type even though it isn't remotely like you, consider that you may be conflating the personality and style with the Kibbe type. Often these go hand in hand but it is not a requirement to have the exact same personality as all others within the type. For example if you are a Soft Gamine and really connect with the sexual aura of Soft Dramatics, that just means that your personal style should be sexy, *not* that you are an SD. This will make more sense as you read I just wanted to preface this section to limit the amount of confusion! Another note, the illustrations linked for each type are from the original Kibbe book, just thought it'd be a fun addition :)

Dramatics

- **Dramatics** (D) are “extreme yang”. In a nutshell they are: sleek, angular, tall, and distinct. **Joan Crawford** is an excellent example. She has strong facial features and **a rectangular shape to her body**. Other women who exemplify Kibbe's Dramatic: **Greta Garbo**, **Lauren Bacall**, **Katharine Hepburn**, **Faye Dunaway**, **Jamie Lee Curtis**,. Two words to describe these women at their best: chiseled and majestic.
- **Soft Dramatics** (SD) are “bold Yang with a pronounced Yin undercurrent.” The SD bone structure is large and angular, but it is softened by a fleshy body type and full facial features. **Sophia Loren** (slightly NSFW) is the best example of a Soft Dramatic; the mix of angles and curves present throughout her body create an imposing and stunning visual. More examples: **Barbra Streisand**, **Ava Gardner**, **Kim Cattrall**. In two words SDs are bold and sensual.

Naturals

- **Naturals** are yang as well but while Ds are sharp and angular, Ns are broad and more balanced. N women are characterized by their straight and slightly muscular body type; and their slightly wide facial features that tend to be blunt-edged. Kibbe actually got rid of this category and has advised Ns to choose one of the two sub categories but I (and many others in the wardrobe planning community) disagree with this. N women are distinct in that

they are softly Yang - there is a freshness to them that isn't as structured or as sweet as the two subtypes. **Jane Fonda** is a Natural. Look at how effortless she looks in this photo. If we study her a bit we can see that she has horizontal lines and a bluntness to her shape, which contrasts greatly with the severity of the Dramatics. She also has a lightness to her, she doesn't require a lot to really shine. Other examples of Ns: **Ali MacGraw**, **Christie Brinkley**. I've seen Ns described as "down to earth" and "the girl next door" and I think it's fitting!

- **Flamboyant Naturals** (FN) are "strong Yang with blunt edges ". **Farrah Fawcett** is a great example of an FN! She is clearly more yang than the Ns but she still feels more horizontal, blunter, and lighter than the Ds! More examples: **Princess Diana**, **Linda Evans**. FNs are "free spirits" and "boldly unconstructed".
- **Soft Naturals** (SN) are "Soft Yang with a Yin undercurrent". They are also halfway between "contrast" and "blended". Like SDs they are basically angular in bone structure, although this is softened by a fleshy body type and full facial features. But like Ns, they are more horizontal, blunt/broad, and lighter in impression, than women in the D family. [Goldie Hawn] (<https://s-media-cache-ak0.pinimg.com/originals/10/ae/cc/10aecb1eaaa1a9619d50af5db096c24.jpg>) and **Molly Ringwald** are SNs. It was hard to find full body photos that show their SN-ness. Posing and shapewear really alter the frame! But their facial features point to the yin/yang ratios of their entire bodies. There is a softness that separates them from the other Ns that Kibbe labels "fresh and feminine".

If you can't tell any of these types apart at this point don't worry, I have a lot of examples comparing people side by side after I finish the overview. :)

Gamines

- **Gamines** (G) are high contrast. They have equal parts yin and yang and feel the most vibrant of all the types. Often they are Yin in size (petite), Yin in facial features (full and rounded), but Yang in body type (straight and narrow) and in bone structure (sharp and narrow). Like Ns, Kibbe wants Gs to relabel themselves as one of the subtypes, but again, many disagree with this decision. **Mia Farrow** is an excellent example of a Gamine! More examples: **Coco Chanel** and **Paulette Goddard**. Many G women have large foreheads like Paulette (yang), with the rest of their features a bit closer together than the norm (a mix of yin and yang since the features themselves are large), and small chins (yin). The face alone illustrates how Gs are "natural contradictions".
- **Flamboyant Gamines** are still a combination of opposites but they have a strong Dramatic undercurrent. While the FG description Kibbe gives is very wild, many women are FGs that don't have as crazy of a sense of fashion. **Audrey Hepburn** is an FG, but people are quick to type her as something else because she doesn't fit the wild mold. But look at her face - she is clearly part of the Gamine family. The sharpness (yang) of some of her features only underscores the lushness (yin) of others. Another example: **Tina Turner** - it might be harder to tell due to ethnic differences but she is definitely a combination of opposites with a strong yang undercurrent. **Liza Minnelli** is also an FG!
- **Soft Gamines** are a combination of opposites with extra Yin. They are Yin in size (petite) and shape (curvy flesh, rounded features), and slightly Yang in bone structure (angular). **Judy Garland** is an SG. Even though there is a Yin undercurrent, she still looks very animated. More examples: **Bette Davis**, **Betty White**, and **Linda Rondstadt**. On Pinterest for some reason a lot of people have conflated SG with twee, overly childlike fashion. It's a weird trend so don't let it color your opinion of the type. SGs are described by Kibbe as youthful, but also sassy!

Classics

- **Classics** (C) are the most "blended" of all the types - they are an even mix of Yin and Yang. Their bone structure is symmetrical and their features are balanced. **Grace Kelly** is the epitome of this type. Most features fall squarely between yin and yang but even if there is a feature that is slightly more to one side, there are an

equal amount of features that fall to the other side. More examples: **Catherine Deneuve**, **Diane Sawyer**, and **Ginger Rogers**. Even without knowing it, a lot of women today consider “Classic” the ideal and many style systems try to get you to look more like a Classic, which makes sense because Classics have “average” features. Kibbe describes them as refined and understated - I agree!

- **Dramatic Classics** are Balanced, with a Yang influence. DCs are symmetrical with slightly angular edges (bone structure and features). In a nutshell these women are tailored and chic. **Jackie O** is a Dramatic Classic - balanced in many of her traits but you can sense the yang undercurrent. Other examples: **Polly Bergen**, **Maria Shriver** and **Phylicia Rashad**.
- **Soft Classics** (SC) are balanced with a yin influence; they are symmetrical with slightly rounded edges (soft body type and features). Like all Classics, SCs are refined and understated, but there is an additional softness and grace. Kibbe's main examples is **Olivia de Havilland**. It may be hard to believe but **Meryl Streep** is an SC. I think her makeup enhances the yang present in her bone structure. In some **less made up pictures of her in her youth** you can see the softness **another example, final photo**.

Romantics

- **Romantics** are extreme, soft yin. R bodies are soft and voluptuous, and while they have delicate bone structure, they often feel wide. **Marilyn Monroe** is the best example of a Romantic. **Elizabeth Taylor** is also an R! Kibbe describes these women as “enchanting, sweet, and radiant”.
- **Theatrical Romantics** are soft yin with a slight yang undercurrent. TRs have delicate bone structure, soft body types, and full facial features. The slight Yang undercurrent comes from the sharpness in TR bone structure. **Vivien Leigh** is Kibbe's example of a TR woman. Other examples: **Ann- Margret** and **Heddy Lamar**. According to Kibbe, TRs are a combination of “arresting magnetism and feminine delicacy”.

To help understand each type I have some charts and graphs that show how they relate to one another!

- **Here are modern examples for each Kibbe type**, all right next to each other! (Edit: I only just noticed this but Michelle is included as a DC when she is actually a D!)
- **This handy table** shows the yin/yang ratio of each type.
- **This graph** shows where each type falls on the two spectrums. The x axis is yang (left) vs yin (right). The y axis is high contrast (top) vs blended (bottom). Ignore the red dot, the creator of this chart pinpointed where she fell.
- **This image** illustrates the body types of the 5 Kibbe families. It is NSFW!
- **This is a fun image** that takes iconic women and puts them in order by height, which is representative of the average heights of each Kibbe type.

Differentiating Between SubTypes

- **Dramatic vs Soft Dramatic**. D women have the most yang so their features will be more robust than SD. **SDs also have a sultrier feel**, whereas D women give off a more regal impression.
- **Naturals**. FN women are the tallest out of all the Kibbe types **and have stronger jawlines**. SNs are square like the entire N family but **their features are smaller**.
- **Gamines** all feel very “pointy”. To me, Gs are diamonds, FGs are triangular, and SGs are teardrops. If that metaphor makes sense.

- **Classics.** Cs are like ancient Greek sculptures, **DCs have longer and more angular faces making them feel slightly more severe**, SCs have fuller cheeks and lips as well as an overall softness.
- **Romantics.** The easiest way to differentiate between TR and Rs is the figure. Romantics have **hourglass** frames, while TRs have **slim hourglass figures**. These are both extreme examples to highlight the differences, not all Rs are going to have Kim K's curves, and not all TRs will have the curves of that woman (although every romantic will have hyper feminine ratios!).

Differentiating Between Different Kibbe Families

Now let's take a look at types that are often confused for one another!

- **Theatrical Romantic vs Soft Dramatic.** SDs are larger and the angles are sharper. While both have hourglass frames, the TR's curves are softer. Some other differences to point out: TR shoulders are narrower and rounder, SD jawlines are more square, TR arms are shorter, and SD looks more mature. Both types are innately sexier than other Kibbe types but SD is more aggressively sexy.
- **Dramatic vs Flamboyant Natural** Tilda Swinton is a Dramatic and Cate Blanchett is a Flamboyant Natural. Tilda's features are sharper and straighter. Cate's features are a bit more rounded and horizontal. Cate has more yin and so her cheeks and lips are fuller; **FNs often feel more robust than Ds**.
- **Soft Natural vs Soft Classic.** It's actually really hard to find photos comparisons SNs and SCs. Scarlett is an SN and Laura Linney is SC. SCs are more symmetrical and fleshy whereas SNs seem more angular and muscular (but still soft).
- **Dramatic vs Dramatic Classic.** Ds are more angular and less fleshy especially when it comes to the cheeks. DCs feel more balanced due to their even mix of yin and yang.
- **Soft Classic vs Theatrical Romantic** TRs are less blended and look more sexual than SCs due to the slight yang undercurrent that gives a sharpness to their delicate bone structure.

Different Types Side By Side

- A lot of people mistakenly type Audrey Hepburn as a Classic because she is synonymous with "classic" style. But **compare her to Grace Kelly** and you can see how she is an FG!
- **SG vs TR** - now in this image it has Selma as an R, she is actually a TR. Regardless, the SG woman has a more striking and lively appearance than the TRs. Her features are "pointier" and you can see the yang influence. While this woman is undoubtedly feminine, her jawline is the most angular out of the three women and her features are the most robust.
- **FN vs SC** I thought this was really cool!
- **C vs R.** R women have fuller features due to the extreme yin present.
- **SG vs G vs FG**
- **One of my fav images ever** - from left to right we have a Soft Gamine, Theatrical Romantic, and Dramatic. All gorgeous, all feminine, but wow what a difference!
- Elle Macpherson (Kibbe Dramatic Classic) & Uma Thurman (Kibbe Soft Dramatic)
- **SC vs FN**
- **Joan Crawford (D), Norma Shearer (SC) and Rosalind Russell (D)**

Kibbe Types And Ethnicity

Everyone can fit into a Kibbe type, regardless of racial background! Most of the examples that are available are of white women but that doesn't mean that the system is exclusive. Compare Sofia Vergara, Salma Hayek, Jessica Alba and Jennifer Lopez - so different!

Asian women tend to be more petite, so the overall impression is more important than literal heights when making an assessment. For example, **Lucy Liu** is a Dramatic, but she is only 5'2! This isn't a bending of the rules or anything - Lana Turner is a Dramatic and she is 5'3 - it's just that the average height for dramatics is not the best metric to use specifically for Asian women.

Black women can also be found in all Kibbe types. I shared a few above but here are more confirmed types: **Kerry Washington** is a Theatrical Romantic, **Beyonce** is a Romantic, and **Michelle Obama** is a Flamboyant Natural.

Taking The Kibbe Test

The official Kibbe test can be found in his book or online. I've seen a few automated tests that **assign points to each answer and then tally up the points to give your final category**. Those are designed so that more points = more yin and different ranges correspond to different Kibbe types. I dislike these tests because each feature is weighted equally, so having full cheeks is as important as having an hourglass figure. And look at the chart, it's not going to produce accurate results! There is a 1 point difference between Soft Gamine and Soft Classic when the types are so opposite (contrast vs blended!), and only two points between SD and DC...

If you take the tests I'm going to link, you actually get to write down your answers and see how your features relate to each other. The written tests allows for variety within the types. If you're a romantic but happen to have a fuller nose, you're not going to be put into a different category just because the nose size altered your total score. Please keep in mind that if you are significantly overweight you're going to seem more "yin" but that isn't accurate. Don't take the test if your weight changes how you look significantly! Another note - if you're over 50 you might have more "yang" just due to the natural aging process, think about how you were between 20 and 40 when taking the test!

Here is part one of the Kibbe test, and **here is part two**. They have images that show examples for every option but definitely look at a mirror as you take this!! Feel free to research your type but know that I have another in depth post that synthesizes and simplifies a lot of the tips and guidelines that are written across blogs and forums (plus more links and images!)

Thanks for reading! Let's discuss results as well as the system in general within the comments :)

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UPVOTES

Find your eye shape to learn how to do your makeup properly

SouthernPetite · 15 November 2016 · Archived copy · Reddit

<http://robertjonesbeautyacademy.com/eye-shape-finder-2/>

17

UPVOTES

Maintaining a clean home

SecretFeminine · 21 September 2021 · Archived copy · Reddit

Like many people, I have little kids. I have invested a lot of time and money into decluttering and organizing. My home is generally very clean and organized. We have no junk drawers. This is not accomplished on my own steam. I pay someone to help me because I feel so helpless against the wave of childhood chaos.

I feel like I have done everything that is commonly recommended. I do toy rotation, we are minimalist, everything has a place, the expectation is to put one toy back before taking out another. All that being said, when I am by myself with the kids and need to take a call, I feel like the house always devolves into chaos. Toys are everywhere despite toy rotation, pillows are everywhere because they've decided to do a pillow pit, clothes are everywhere because everyone is naked and they've changed their clothes 10x.

Does anyone maintain an orderly home with children by themselves? What are your secrets?

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UPVOTES

How should a feminine girlfriend act?

MsGeeksAlot · 10 November 2021 · Archived copy · Reddit

Good morning ladies, I'd really appreciate some advice, and I think there might be some young women in my situation who are wondering the same thing.

Background: I am now in a committed relationship. I'm young(20) Cameroonian/Swedish although not mix raced, fully African by blood, he is greek, older(25) and has recently taken his Master in accounting and doing his internships. He is very clear about what he wants with me, he's very masculine and traditional in his beliefs. Meaning that he wants to be the breadwinner and head of our future household. Yet still makes it clear that he wants me to be my own person. Meaning to study and work in the future if I'd like. I'm about to start my bachelors in Hr, and plan on getting some work experience when I'm done, but I do want to be a stay at home mother, with some projects on the side when the time comes.

The question:

I've grown through the advice on staying feminine, working on and caring for myself etc. And this relationship was truly heaven sent into my lap. Now I'd like to know what to do in this in between situation as a girlfriend, and not a wife. I don't want to give too much before time.

Oh, we're sexually active, exclusively with each other, it just happened there was no holding back after a couple months. We've been together 6 months now.

Some info on what he does in our relationship: He already tries his best to take care of me, pays for all outings together, hotels when I visit him (we're long distance at the moment, we weren't in the beginning), he asks if I need help with any bills or If I'd just like something new. Oh and he's introduced me to everyone important in his life.

Thanks for taking a moment of your time to reading my lengthy message, and thanks in advance for any advice you have for me and others like me.

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UPVOTES

Staying Together for the Kids

safeashore1992 · 13 February 2022 · Archived copy · Reddit

Is anyone else here in a relationship where they are staying together for the kids? It might be an unpopular choice nowadays when most people would say to leave and pursue your own happiness. I firmly believe in staying together so that the children can have an intact home and I can't stand the thought of making my children unhappy by breaking up their family. I had a tumultuous relationship with my husband (infidelity on his part) but things got much better and we reconciled. He did just about everything right since our reconciliation. Still just not feeling passionate about him or the relationship. Actively missing and fantasizing about an old lover that I can never be with. I do not want to leave my husband, or cheat on him, it's just thoughts. I had a better relationship with the first lover, we lost our virginity together, we conceived a child together and it didn't survive. I am not in contact with him, I still feel a bond with him, I want to work things out with my husband. Is there anyone else in a similar situation who would like to share wisdom and coping strategies?

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UPVOTES

What are the most important characteristics you vet for when dating for marriage?

Spacechicken1998 · 2 March 2022 · Archived copy · Reddit

The title explains it essentially, I'm curious what advice you could give me on my search for an assertive and trad man :).

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UPVOTES

Husband giving neutral/negative remarks when I dress up

LadySandcastle · 29 April 2022 · Archived copy · Reddit

So I've started putting more effort into my glow up recently. In particular I've started wearing my dresses almost everyday (as opposed to a t-shirt and shorts), wearing nice perfume and doing my makeup even when I'm at home (natural looks). I started wearing nicer shoes and pantyhose too.

He always comments something like 'why are you dressed so fancy?' Or 'Baby we are just going to the grocery store'. I want to look and feel my best though, I thought he'd be more excited about my more feminine outfits but he sounds almost annoyed by it sometimes (he's probably not, he comes off that way a lot too but he's definitely not more excited lol).

Did anyone else's husband react this way? I'm wondering if he just needs time to get used to the new polished style.

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UPVOTES

ASKRPW: Husband and I view purpose of marriage differently. How can I reconcile myself to this?

BrightLanternGirl · 30 November 2022 · Archived copy · Reddit

- **How old are you (and how old is your partner) and how familiar are you with RPW?**

My husband and I are both 31. I am new to RPW.

- **What is your relationship status?**

Married

- **What is the problem? (Don't badmouth your SO!)**

My husband and I view the purpose of our marriage very differently. We have a generally happy, traditional marriage. We have four young children and will likely have one more and then be done. We're at a good place in life and have had no major stressors in our marriage though we dated for several years before and had a lengthy breakup before getting back together which still causes some resentment from both of us from time to time. To cut to the chase, we had a conversation a few days ago where my husband kindly and clearly laid things out for me. He feels that our marriage is primarily for the practical purposes of raising a family, he considers me a great friend and partner, and our sex is good but that he feels I create problems for myself by being overly attached to romantic ideals of love that are not realistic. Romantic/passionate love is something he considers a foolish, youthful trait that he has outgrown and would encourage me to do that same. It seems to me that the purpose of our relationship is as a practical fulfillment of roles to him and to me it has been motivated by romantic feelings. I have often been surprised that he seemed disinterested in me and dispassionate because it was not always so. I don't feel entitled to him having these feelings for me, I should clarify. The core of my issue is what do I do with myself now that I've accepted that he doesn't? I made a lot of choices in my life with the aim of pleasing my husband that I would in no way have made if I had understood that while he loves me, it is in a way I would characterize as more familial and less passionate or romantic. I'm committed to making the marriage work and he says he's happy but ever since realizing how he felt I have been hiding a deep despair and loss of motivation that has made my daily functioning difficult. The way this difference manifests in our life and creates conflict is that I still want to go on dates and spend time with him and have strong romantic feelings for him, but he is happiest with me when I am keeping the kids busy and giving him lots of space for alone time. I know this may come off as me reading too much into the situation, but he has told me explicitly that he does not find me that interesting anymore and that he prefers time alone to work on his hobbies and interests and that couples time is something of a chore that he does because it keeps me contented and better functioning in my role.

TL;DR: I'm still really into my husband in a butterflies-in-the-stomach kind of way and he's not that into me. The future looks pretty bleak, and I don't know how to move forward.

- **How have you contributed to the problem?**

Failure to understand my husband's views and motivations. I feel I've been working towards an impossible goal. I've built my life around the idea that my husband loved me in the same way that I love him and when things in life inevitably contradicted that viewpoint, I would just focus on trying to change or better myself to get a different result...but I've obviously failed at it. I either didn't understand men in general, or didn't understand my husband specifically, or both. I was ignorant. I've also contributed to the problem by making poor decisions. If I had never left him when we were dating years ago it is entirely possible, he would value me more now. That's a long and complicated story but we were young, there was no infidelity, but both had brief marriages and divorces in the time we were apart. I think I made a mistake in thinking that because he proposed to me, and we married and are

seemingly happy that we were on the same page emotionally. I can accept responsibility, but I don't know what I can do about it going forward. He told me I was "An ordinary woman, with an ordinary blend of virtues and vices, and that doesn't merit a passionate response." which would seem to indicate that I should just find a way to be more interesting and illicit that passionate response, but I can't see the way to do so at this stage of my life.

- **How long has this been an issue?**

A long time but I've only recently grasped it. I've been in denial for years.

- **What have you done to resolve this problem?**

In practice I've just accepted it and gone on with business as usual. When he laid things out for me, I told him I understood and that while it obviously wasn't what I had expected I would respect his needs. I've been less emotive and have stopped trying to arrange date nights for us which has yielded a good response. I've been keeping myself busy which isn't hard with four kids, school, and a part-time job. I take the kids out more often, so he's not as overwhelmed by the chaos of four kids and can have some more peace at home. I try to fit in time for my own hobbies and interests but I'm finding it difficult while dealing with such young kids.

- **How long have you been together?**

11 years cumulatively

- **Is your relationship long-distance?**

No

- **Do you have an active bedroom life?**

It varies. Currently 4-5x/week but has been as low as 2-3x/month at points in the past.

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UPVOTES

I need an attitude adjustment, help!!

anothergoodbook · 11 April 2021 · Archived copy · Reddit

I'm being petty, irritable, and I can feel the bitchiness under the surface. And I need to switch gears.

Here's what's happening: I was supposed to go visit my sister after a cancelled trip due to covid. My husband realized he couldn't taste anything - got a covid test (positive) and my trip is cancelled. That's the first thing.

Here's where I'm feeling annoyed. He doesn't have any symptoms except not tasting and he feels tired. He slept all day yesterday (we have 4 kids so I'm left with all of that). THAT line isn't what's irritating me (before you think I'm terribly selfish that my husband has covid and I'm uncaring). I was sick for 2 weeks. Fever, exhaustion, trouble breathing - 2 negative covid tests later I still was having to manage a house of 4 kids by myself while he still worked. And when I would mention I wasn't feeling good - he didn't want to hear about it.

So now I feel like I'm seething and angry on several levels. And like I said there's lots of bitchiness just under the surface. We are going to here dealing with this for 10 days (or whatever the quarantine is) and I'm already crawling up the walls.

Anyway - partly I need to vent. And partly I need some input. Thanks :)

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UPVOTES

The Dating Scene...

VladNook · 7 March 2021 · Archived copy · Reddit

Is making me shake my head! I'm laughing a bit as I write this and somewhat rather surprised at the same time. I'm on a dating app and I literally just got deleted mid conversation by the guy (unmatched) because I said I don't believe in sex until commitment.

Context: He asked about past relationships and dating experiences and I told him a dealbreaker for me would be anxious guys who don't take initiative. Just can't be actually bothered with them and he asked me to explain. I used an example of someone I went on a single date with who wanted to check on the parking duration of his car and he got anxious, I mean the heart rate was high in his Apple Watch because he got scared there might be a ticket. Then he asked me to explain further and I mentioned this date was so paranoid/fearful he would not consider a committed relationship with a person, calling each other in an official way boyfriend and girlfriend, unless they've been 'seeing each other' for at least six months and have been sleeping together.

I was like 'nope I'm not doing that because commitment matters to me', seriously these attachment-scared people.

Now/Last Night: So I told this and the guy was like what??? How would you know if you're sexually compatible? I reply: Well if you are deciding to be a person's girlfriend/boyfriend, surely you're attracted to them? Physically? You want to be intimate? Him: Yes but how can you be sure? I reply: You've at least kissed/hugged this person, surely you'd want to be able to share intimacy.

Then suddenly the conversation is gone. Deleted from my matches.

Look I'm not that bothered though it's honestly surprising in a funny way that it was the reason? What's happening to people nowadays and the dating scene. It's like..you're a pariah for wanting commitment and a proper way to approach a relationship that is emotionally responsible. My two best friends have their partners and had sex before commitment and sometimes they do tell me to 'be open to it' (not in a forceful way) but the idea is just so *wrong* to me. I don't know what does everyone think?

Anyone been in this position?

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UPVOTES

Submitting to sex

DescriptionGlass1058 · 11 June 2023 · Archived copy · Reddit

Hello, I am trying to be more submissive to my husband (married 13 yrs) to help strengthen our relationship. One area where i am struggling is with sex. I don't really have much of a sex drive, have never orgasmed even masturbating, but I would agree to sex more than I do if he would just kind of take charge and I could participate but not lead. As of now we have sex 2x week and I just get so stressed trying to come up with an answer to "what do you feel like?" (I am not that creative!) and it feels uncomfortable for me kind of make something up- he wants me to be the kind of person who is like ooh I want to try this, or touch me here- etc. he's always asking, did you get off? (I always try to deflect for that q- I will say that felt great, oh wow, that was amazing, etc.) What turns you on? Do you want this or that? What do you feel like tonight? He also likes to go down on me which I don't like the feeling of but try to go along with sometimes. I will try to ask him what he is excited about but he flips it back to me. I just wish he could accept that I have a lower drive but am happy to be intimate but just struggle to put on an act. I feel like it would be very hurtful to be completely honest with him, but also I don't know now how to be more adventurous or passionate. I know he wants sex a lot more and I just find myself saying no for the above reasons.

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UPVOTES

Struggling with dating a high value man.

LostPlant · 1 February 2024 · Archived copy · Reddit

I (23F) have been with my boyfriend (34M) for about 2 1/2 years. I would say overall we work really well together and we have the same goals of settling down and having a family. We have lived together for most of our relationship and have a dog and a couple cats! We both also like to have fun and let loose, and I would say we're (for the most part) sexually compatible.

I am new to RPW (like today lol) and the RP methodology in general, my boyfriend is the one who first introduced me to everything. I did not classify myself as a feminist before I met him, but I also did not entirely fit in with "traditional" values either.

The problem is basically my internal fight between wanting to be traditional for my boyfriend, but also wanting to protect myself. The longer we've been together the more I can see myself settling into the homemaker role, but I'm scared to give up my dreams and my autonomy.

I am currently in university to which involves a practicum. I am absolutely loving my practicum's, the work itself, and I think I'd find the job truly fulfilling! In addition to being in school full time and my practicum, I also have a part-time job which takes up my evenings for most of the week.

I want to pursue this career, not only because I think I would love it, but also because it would provide me with skills I could fall back on should my relationship fail.

My boyfriend is in a highly prestigious career, and within the next 10 years it's likely he would need someone with a flexible schedule who can take care of the home, hypothetical children, and other miscellaneous tasks. He already has quite a busy schedule between his job, the gym, his side business, and his personal goals (he's trying to read 5 books a month this year).

At the moment, I am truly struggling with trying to satisfy his expectations. I'd say the house chores at the moment are split 60/40 with him taking the heavier load. He has a high sex drive, and during the week I am so overwhelmed and exhausted I'm usually not in the mood.

We had a chat about our sex life about 9 months ago about how it was not frequent enough for him. Since then I have been tracking every time we're intimate so I can get a sense of when I need to initiate sex so he can feel satisfied. Recently, he has stated that the sex isn't spontaneous enough and there's no buildup throughout the day to get him excited. (I'm having trouble here truly getting into the right headspace to solve this problem).

He has voiced a few times during conversations that when I start my career and/or we have children, he expects me to pick up a lot more slack as he would not be able to. I am worried that when that happens, I will feel exactly as I do now: exhausted and worthless.

I am spread so thin at the moment. Between school, my practicum, studying, my job, the dog, keeping up with the house, my health (haven't been to the gym since August), and trying to keep my libido up, I just feel like I can't do anything well enough. Like I'm not putting enough effort into anything.

I've talked to my boyfriend about this before and he reassured me that I'm doing fine, he loves me, and he doesn't expect me to be perfect. But I just know that his fantasy is the hot wife who can do it all. In a couple years I'm sure he could find a woman like that, given his lifestyle. With my current dreams I doubt I could ever fulfill his the way he wants.

He has such high standards and expectations for himself and everyone around him, and everyday I feel less and less capable of meeting them.

What can I do besides giving up my dreams? Is there anyone here who has gone through something similar?

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UPVOTES

I (21F) have too many male friends and it's a problem for my (21m) bf.

IndicationReal8195 · 8 April 2024 · Archived copy · Reddit

Hello, so for context, me and my bf have been together for over one year, we've travelled to many different countries, have lived together etc. We've grown together through all the trials and tribulations our relationship has held. But i'm finding it a struggle to find female friends, I want to have woman friends who are around me, preferably live close to me or if not I don't mind having a friendship online. It's just been hard as I get along with men and have male friends primarily. Obviously this makes my man very uncomfortable and he's compromised on me speaking to some of them, on the condition I do not hangout with them, without him, which is understandable. It's not something he's happy about, but he understands, such good women these days are rare. But I want to make the effort to have female friends, it's super hard.. as some of the women I know are either super left wing or straight up the clubbing, partying type. I had to cut out a lot of women in my life that weren't good for me too, that I knew for years. So i'm having a clean break and want female friends. I don't want to make my partner anymore comfortable and have female friends. I've tried bumble bff but the types of women I meet on there are not traditional or they try to convince me to go clubbing. I'm on a healthy lifestyle and clubbing, partying is not something i'm comfortable with doing and I always consult with my partner if it's okay, obviously not. What's your advice ladies?

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UPVOTES

I'm overwhelmed by the change of becoming a SAHM

mishkaforest235 · 1 August 2024 · Archived copy · Reddit

I didn't realise that having a baby, now toddler, would also mean I am now responsible for the household budget, entire household management, managing my husband's health, and caring for my toddler screen-free(husband's request).

I don't understand how I'm supposed to care for my toddler screen free and manage all of the above as well as look pretty/youthful/well-dressed and be an accommodating gracious host while doing it.

All of my husband's friends and colleagues wives/partners are using a lot of screen time to maintain their tidy homes, well groomed appearance and prep husband's dinner/breakfast and work lunch.

I feel like a failure at it all. I think something has to give somewhere. I can only think that we should get a cleaner and then I can focus solely on my toddler and husband rather than the house too?

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UPVOTES

Why do you do everything on your own?

riverofflowers · 1 August 2024 · Archived copy · Reddit

Hello ladies - I'm new to this community and I hope you don't think my question is coming from the wrong place, but so many posts have me asking myself, why do so many of you do everything on your own?

Some context - I'm not from America and initially I thought this lifestyle was closest to how I grew up back home. My mother stayed with us and my father worked. However the expectation was that she "oversees" household management, childcare, and everyone's health, wellbeing and social activities. She was in charge of the household budget (had a separate one for herself) and was free to outsource anything that made sense within it. When she felt burn out or both my parents decided that something was "out of scope" he either found a way to make more money or stepped up to support with the task itself. Sacrifices to make ends meet were not only made by her.

I understand that outsourcing things like cleaning or cooking are much much more expensive in America, my husband and I are not rich by any means. But it sounds like a lot of your husbands just tell you "No, there's no money" or "those are the tasks of a wife" and leave you with raw hands and broken backs. Cooking, meal prepping, laundry, shopping, budgeting, cleaning, tidying up, childcare, school and activity pick-ups, health management, social management and so much more... I have a hard time imagining how EVERYTHING outside of a job can be carried by one person without sacrificing your mental health and personal time.

If he can't provide properly (yet, hopefully), is it out of the question for you to expect more activity from him outside of his job? As I understand it, a husband's role is to primarily bring peace to his family - it is deeper than working hard at his job and making all the money.

Maybe there is a fundamental thought process I'm missing here, I sincerely welcome you to share your thoughts. Again I mean no harm by asking this, just hoping to gain a deeper understanding.

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UPVOTES

Whenever I say I like something....

anothergoodbook · 22 August 2024 · Archived copy · Reddit

This is more out of curiosity. I know I can't change my husband and I'm not trying to "diagnose" him. But this is a pattern I've noticed. I mentioned it to him once but he vehemently denied he was doing it on purpose.

Anytime I say I like something, he stops doing it. We were having twice a month breakfast dates. For like almost a year. It developed naturally and one weeks it was just like "we are going today, right?" And it was just our thing.

I texted him one day (trying to be sweet and vulnerable) and just say "I really like our Saturday morning dates. I like spending that time with you". Next time I asked "hey are we going to breakfast tomorrow?" His response was "nope" no explanation or anything. I was very heavy into following Laura Doyle's advice and just didn't really push or say anything. Then he started either going to work or planning breakfasts with our pastor. When I asked him he gave me a ton of excuses like he just didn't think it was a big deal. He sometimes had to work, etc.

Recently we'd be in bed and because of my cpap I tend to lay facing away from him. He started spooning me regularly. Just putting his arm around me. I happened to mention one night how safe it made me feel and I loved his arm around me... yup he hasn't anymore. I thought maybe he was tired of being the one to initiate that so I started taking a minute before getting comfortable to cuddle him. But when I go back to my spot it's a huge gap between us again.

I've noticed if I thank him for things he gets resentful and will put it back on me. I've been taking care of my mom and I'll say "thanks for making dinner I appreciate you handling all of that for me". He won't say anything but later on it'll be like, "see I handled all this you even said I did". Or "I had to make dinner this many times". And he'll be very distant for like a week.

He blames me and says the problems I cause in our early marriage are coming back and I don't like the consequences but it's my fault (reap what you sow). Early marriage was me being messy, tired frequently so made excuses to not do certain things (like cleaning mostly), overspent out planned budget, ate unhealthy so gained weight.

I guess I just don't understand the way he behaves and it makes me hesitant to ever be open with him.

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UPVOTES

The little things

LaneysWorld2 · 25 January 2019 · Archived copy · Reddit

What are some small things or gestures you do for your SO to show him how much you care and how much you value him? And how do you come up with new and surprising ideas you know he will appreciate?

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UPVOTES

What's the best RP advice you've been given?

femme_ferret · 6 November 2018 · Archived copy · Reddit

What piece of RP advice most rocked your world for the better and has helped you the most?

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UPVOTES

What I learned from my friend who was the other woman.

Queen_BW · 10 October 2018 · Archived copy · Reddit

4 years ago I started working at my family's business and met one of the waitresses, Anna. Anna's life hasn't been easy. She grew up poor, the 6th of 9 siblings. Her dad insisted she wasn't his so he made a huge difference between her and the other children. She had to start working picking vegetables when she was 7, she dropped out in middle school bc her brothers said that she didn't need schooling since she was a girl and would get married and supported by her future husband and then she was kicked out at 15 when she got pregnant, product of rape. So yeah, kind of a hard life.

I've never seen Anna in a bad mood. She is always smiling, talking to everyone. She is extremely hard working and loyal and we became close – not like best friends but we would talk about personal stuff. She used to talk a lot about a friend of her, Daniel. Daniel was a married guy 10 years older than her and she insisted they were just friends. One day she asked me what did I thought about dating married guys. I told her that it isn't something I would do but to each their own. She then confessed to me that she and Daniel have been in a relationship for 4 years. It was the typical cheating guy scenario: His wife was a bitch, she just wanted her money, their daughter was sick so he couldn't leave, like textbook cheating guy. I told anna that she just needed to be aware that he wasn't going to leave his wife and that if she was ok with it then keep on going but if she wanted something more he wasn't the guy for her. However, she was deeply in love with this guy.

I met Daniel bc he is a contractor and I needed some work done in my house. He wasn't anything like what I was expecting. He was very cool and when making small talk he mentioned that he was very in love with Anna but that his family was one of those "married for life" type of families and he didn't want to hurt his parents (they are in his 80s) nor his daughter.

Daniel usually works outside the city we live in and only comes during the weekends and would only see Anna one day a week. She told me that when they saw each other, he was her king. She would do anything for him, cook for him and have sex all day. She never asked about his family, she focused on him having a relaxing day for him a week. When she talked about him it was as if she was talking about Brad Pitt. Even her voice would sound sweeter than usual. One day I asked her why she did all of that for him if he wouldn't be official with her and she told me that it was because she loved him so much that she wanted him to feel special, at least if it was only once a week.

Last year she started feeling like she needed a serious relationship and she knew she could never have it with him. She broke up with him and a couple weeks later a costumer of the restaurant asked her out (rich and handsome Canadian guy, I must say). He was head over heels for her and she seemed happy with him too. However, Daniel found out and went insane. He would call me to ask for her, he would go to my house and leave gifts for her because she wasn't answering his calls. One day he showed up at my house and I had a chat with him. He told me that the issues with his wife were true, that they didn't love each other anymore but that his greatest fear was hurting his parents and his daughter. He told me how his wife said that she couldn't stand him anymore but that she would never be a divorced woman. I told him that if he truly loved Anna that he would let her be happy with someone else and that if he planned on leaving his wife he had to do it for him and take time to heal from their divorce, not jumping from one house to another.

Two months later Anna's boyfriend went to Canada for a while and Daniel called her and told her that he was already living on his own. He had left his wife and had his own apartment. They met for coffee and he told her that he should have done it earlier, that he wanted to be with her. Anna broke up with the Canadian and Daniel moved in with her a couple months later.

You have no idea how happy they are now. Talking to him he told me that no one has ever made him feel like she does. She even goes to work with him and learned how to cut tiles and stuff and helps him out. She makes herself hats made with newspaper to make him laugh while they work. His wife never even asked him about work, he would get home and she would complain about everything. Anna quit her job with us last month. Daniel got a

contract to build several homes in another city and she is going to be working with him full time.

Their story made me think a lot about how people behave in relationships. I've been the selfish complaining partner instead of being the one my partner wants to go home to relax. I understood that love is about making the other person feel special, not about how they make you feel. I know most of their behaviors aren't RP, but I think that some of them are. I think this is a perfect example of the shrew wife/easy going mistress. Guys don't necessarily cheat because they are horny, they also cheat because they don't feel welcome at their own home. I don't know if Daniel talked to his wife or tried anything to fix their relationship before cheating on her, but his story made me understand how a relationship needs to be worked on every single day. How is it to put on an effort to make your man feel like he matters. For my next relationship, i want to be an Anna.

16

UPVOTES

Taking care of your appearance at home

LaneysWorld2 · 4 October 2018 · Archived copy · Reddit

I'm always a little sad whenever I see pictures of couples sitting on their couch in sweatpants, old shirts and messy hair. I believe a woman who wants to be high value can't just neglect her appearance just because she's at home with her man and 'nobody sees me anyway'.

Your man sees you! If you dress up and look beautiful for anyone it's him! Not the strangers you encounter outside of your home!

Of course he will appreciate it and think of you as a high value woman when you take the time to take care of your appearance, do your hair, put on a little make up and make sure you are dressed nicely, don't have a bad breath and wear his favorite fragrance.

Another part of this is wearing 'household clothes' to protect your appearance. When I'm at my fiance's place and I'm cooking or doing chores I wear a cute apron that not just protects my clothes and appearance but I also know he enjoys seeing me in them. He didn't like it when I put my hair in a bun so now I wear kerchiefs to protect my hair and look extra cute. I wear gloves to make sure my hands stay soft and don't get rough from the cleaning agent. Those are simple ways to look cute and take care of your appearance at the same time.

There is so much value in keeping up your appearance around him, no matter where you are. What's your opinion on this? And do you also wear aprons or specific clothes for household tasks?

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UPVOTES

Joyful Homemaking

whitcris · 1 October 2018 · Archived copy · Reddit

Would anyone mind sharing their favorite resources that discuss joyful homemaking? I really enjoy the [Homesong blog](#) and the way the author finds joy in the process of making a home. I also found [Home Comforts](#) by Cheryl Mendelson to be a fantastic book both from a practical standpoint and because of her positive attitude toward making a home. Any other great resources??

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UPVOTES

Weddings - worth the cost?

i_have_a_semicolon · 30 August 2018 · Archived copy · Reddit

Hi all. we are planning to book a venue , and have scoured our options. And we are ready to pull the trigger. We don't really have a budget for the wedding perse, but all in (venue + photos + etc etc) probably would amount to almost 40k which is insane yet still affordable to us, especially since it won't all be due in one fell swoop all at once. We are certainly looking forward to the party. We aren't too worried about the cost. He and I are both excited. But a part of me is still anxious. I don't want to misplace my priorities, have this crazy great wedding and have our marriage fall into dispair shortly after. I just am looking for some encouragement that you can have both an expensive wedding + an amazing marriage and there's no old wives tale about even if you're not spending beyond your means, if you spend more than X dollars on your wedding it's over ☹️

I suppose I just find myself second guessing if this is the right choice. I hope it will be. I think it will be. And fiance is 100% on the same page. So why am I so fearful? Why do I think that sacrificing this tradition would make our marriage more strong? Is it possible to strengthen the bond with your future husband throughout the process of wedding planning? We have been great so far. Just choosing the venue has been fun, but I'm worried it's a false sense since we haven't committed to anything yet! But that's about to change so naturally I'm nervous. What do you ladies think?

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UPVOTES

Career driven women making the SAHW leap?

carrotriver · 15 July 2018 · Archived copy · Reddit

Personal stories and words of advice and wisdom welcome, please.

I'm 29 and my fiance (BF of 6 years) is 32. I've always been super career driven (I'm a Marriage and Family Therapist) and recently landed my dream job.

Fiance told me my "dream job" is too emotionally draining and ruins our relationship because I don't have as much time for him and I let the home slip into "clutter" which leads to arguing, etc. Long story short, he told me to quit my job and be a SAHW by the end of the month or he is calling off the wedding.

The truth is, being a SAHW sounds appealing, but giving up a career I've worked so hard for (and am damn good at) is terrifying. Quitting my job is also terrifying because my boss is a hardcore feminist and will flip out on me.

Moral support, please.

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UPVOTES

Red Flag Parfum

jack_hammarred · 1 July 2018 · Archived copy · Reddit

<https://www.youtube.com/watch?v=HKk91x0Yg7Q>

loading...

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UPVOTES

For the SAH wives and moms.. side hustles?

Toomanyusernames23 · 14 June 2018 · Archived copy · Reddit

I am going to be staying at home for the first two years of our daughter's life, but I still like to have some money that I have personally earned. Mostly for gift giving. Feels hollow to give my husband a gift I bought him with money he earned. I like to earn money to buy the Christmas presents for my own family. What are ways outside of having a traditional job that you have used to earn money??

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UPVOTES

Being Woman

whitebunny87 · 8 June 2018 · Archived copy · Reddit

I'd like to share a blog post that I came across a couple of years ago, written by the wonderful /u/StingrayVC.

Being Woman

In her post, Stingray sums up what is for me the true heart of the 'Red Pill' for women. To understand our female nature, and to work *with* this, rather than against it. There is no shame in being feminine, despite what feminism, or the media, or some men might tell us. I really recommend that you go in and read the post in its entirety, think about it, and then read it again :)

We are women and we have a female nature. This nature is inherently different from male nature and gives us our own strengths and our own weaknesses. This nature, this being woman, is not inherently bad nor is it inherently good. It simply is. These are our rules and it is our sonnet to write. Trying to break these rules means playing at being men and we fail at this. We make poor men, but we have the opportunity to make excellent women.

...

When we first find articles deriding what women have become today, it is very easy to get down on oneself, to start seeing women as terribly flawed and today, this is true. We've been learning for decades now to try to be men and, of course, we are failing miserably at it. But . . . when we learn and we try to be women, when we stay within the rules of the sonnet, we can become excellent. To hate this, to hate these rules and to find them oppressive, weak, degrading, etc is to hate what women are. It is to hate what we were born with and to deny our very selves. This is what feminism has taught us to do. To the very thing that makes us women. What I want to tell you is that being woman is not a terrible thing.

...

To be woman, is not evil. It is what we choose to do with our nature that will show what kind of person we are.

She quotes John C. Wright's Transhuman and Subhuman:

Femininity requires not the sudden and angry bravery of war and combat, but the slow and loving and patient bravery of rearing children and dealing with childish menfolk... The female spirit is wise rather than cunning, deep in understanding rather than adroit in deductive logic, gentle and supportive rather than boastful and self-aggrandizing. The strong feminine character is solid in faith in all things.

- How do you feel about this description of femininity?
- How do you feel about Stingray's views on womanhood? Do they ring true to you?
- Do you feel that the superficial aspects of femininity (eg looks and submissiveness) are more accepted or celebrated than the deeper and more psychological aspects femininity (eg emotionality and compassion)?
- Do you feel that any parts of society embrace femininity in its entirety?
- Do you feel that you embrace your own femininity?

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UPVOTES

A Clean, 'Living' Home: Why Neat Is Good, But Not Immaculate

ThatStepfordGal · 19 January 2018 · Archived copy · Reddit

[Original Post Here](#)

Due to the holidays, I have spent more time at home since schools are closed, which is where I do my outside work. In the meantime, I have had plenty of time to do some inside work (my housework) and even some serious general cleaning chores I've been putting off for a while.

I think this time at home has definitely caused me to focus more intensely on the cleanliness of my home. This made me think about how clean my home really was and with some guests coming in and out during the holiday season, what do the guests think of my house? Do they think it is as clean (or even as dirty) as I think it is?

Do they see the small areas and bits I may have forgotten?

Like small stains on the floor (I have a love-hate relationship with our white tile floor that gleams but is SO hard to maintain and needs constant mopping) or a developing layer of dust, maybe even a misplaced item. What do they think of that?

I discussed this with some friends and even my father, who is the main judge of the overall quality of our home as the family patriarch. He told me something that very much struck a chord within me- for a man who doesn't really clean, he has some good knowledge about it.

"A house can be clean, but it needs to be alive."

While I can clean the house all I like, making sure it's spotless, there's no point if it looks so immaculate that it seems uninhabited.

I know the importance of a warm home, yet the key emphasis is the word 'warm'. Warm means cozy and comfortable, while being lovely to look at. Though of course, warm also means it has a welcoming atmosphere and reflects the emotional warmth and closeness of the family that lives within it. I believe my father meant that sometimes a misplaced item, even say a couch with throw pillows askew doesn't label the house a mess.

It labels the house as 'living'. People are constantly moving around in it and spending time there since they can and they love being there with family.

With all the emphasis I put on homemaking and the importance of taking time for housework, it is also vital for me to leave some allowance for our house to 'live', to show signs of both the bustle and fun, everyday memories of its family members. With that in mind, I can proudly say my house is a 'living' home.

Everyday I see my father and sibling relaxing after work and school on the couch or the bean bags, watching or talking or even playing together. Smiling, laughing and sometimes even playing jokes on each other. Taking naps or reading magazines, complaining about the heat of the Australian summer (while I happily bask in it). Fighting over the standing fan.

While my house is clean, I'm even more glad *it provides comfort and refuge for the family that brings it life.*

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UPVOTES

Need advice: SO angry and unfulfilled + accidental pregnancy

llaym · 25 December 2017 · Archived copy · Reddit

Hello everyone

I really need advice as to how to bring my marriage to a happy place and to wipe away all the anger that my SO has builded up towards me these past few months.

How old are you and how familiar are you with RPW? 37 years old. I've been following on the sideline for the past two years.

What is your relationship status? Committed relationship for 14 years, living together for 13 years. We have two children.

What is the problem? (Don't badmouth your SO!) I accidentally got pregnant about four months ago. We had one very unlikely "episode". A few weeks after I felt nauseous and took a test that quickly turned positive. My initial reaction was pure joy but then I ran through all kinds of mixed emotions because this was not planned and I knew SO wouldn't share my initial feeling. SO seemed happy when he first saw the test. However, it soon became clear that he wanted me to have an abortion. I knew that I had to do it, so I talked to my doctor and scheduled an appointment at the gyno. But I just couldn't do it... I was absolutely terrified, terrified of disappointing my SO, of harming my body, of not being able to live with the regret for the rest of my life. Fast forward to now: i'm still pregnant and I actually thought everything was working out fine. We agreed that if we were going to keep the baby I must have the full genetic workout, check to that and I must do everything in my power to spoil him sexually, major fail on that on my part. Tonight (when we were going to tell the kids) SO said "you tell them, it's your project", it became clear to me that everything is certainly not right. Since a week ago, when SO told his best friend, I have sensed an increased anger towards me and the baby. We have talked names previously, but since last week something has changed. I'm afraid that his friend taunted him and might have ignited his fear that I got pregnant on purpose against his wish (I did not). At the same time, I fully understand his anger and I wish I could make it different and take it away. I really don't know what to do anymore. I feel as if his anger is growing and I'm afraid his anger will destroy all the love that's left. He said tonight that he does not want the baby and that the ball is in my court now.

How have you contributed to the problem? I didn't get an abortion that he wanted me to. I'm afraid he'll never forgive me for not going through with the abortion. Also, he said that he might change his mind about having the baby if I became his sexual dream girl. Clearly, I have failed in this aspect well.

How long has this been an issue? For the past four months.

What have you done to resolve this problem? I have struggled to talk to him about the pregnancy, I definitely could have done a lot better here. I have tried apply STFU at all times, let him sleep in in all the weekends, no nagging whatsoever, private parts kisses every day, very regular Brazilian waxes (which he loves), incorporating more sounds in the lovemaking (a request from him previously); I am really really struggling to live up to his sexual dream girl fantasy, when I ask what I'm lacking he tells me I'm defensive. I know I should do more, but I'm at a loss, What should and could I do?

How long have you been together? 14 years.

Is your relationship long-distance? No.

Do you have an active bedroom life? Yes

Please also include any other information that is relevant in your post. 3 years ago my SO swallowed the red pill. I struggled with his transformation proces at first but have accepted it and things settled down after one and a half years after his first discovery. But he has never been satisfied with my sexual performance ever since. It has been a constant issue since. He is not satisfied with me and sometimes I doubt that he loves me.

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UPVOTES

The Fastest Way To Push A Man Away

Camille11325 · 3 December 2017 · Archived copy · Reddit

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UPVOTES

2017 Christmas Decorations at the White House

Zombies_InTheSnow · 28 November 2017 · Archived copy · Reddit

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UPVOTES

Y'all! You guuuuuuuuuuuuys! A breakthrough!

mrsmacbow · 13 October 2017 · Archived copy · Reddit

Hey, everyone! I have been reading rp stuff for a long while now, probably more than a year. I have always agreed with the tenants, but had no idea how to implement them into our lives. This is kind of long, so please bear with me.

This whole shebang begins years ago. As a kid, I was always anxious, looking for someone to be the captain in my house, but my parents had an on again off again relationship, and we moved all the time. I had absolutely no stability, there was no routine, nothing sound or solid. I was miserable. I started having issues with pretty severe anxiety when I was about 6.

When I got married almost 8 years ago, that way of life followed me into my marriage. I had some pretty severe issues, extreme anxiety and I was just out of control. I thought that since I was finally out of my family of origin's home, things would get better. Nope. My husband had his own issues stemming from severe abuse in his childhood and adolescence. He was so beaten down by his stepfather, that he was (correctly) of the opinion that he never wanted to be like him. Unfortunately, for him that meant never taking charge of anything, and always deferring to me, and trying to keep the peace, because I was hot headed and had a short temper, just like his step father. His self esteem was at rock bottom because his family reminded him of any weaknesses all the time. In short, we were a hot mess. So, of course, we add children to the mix, thinking it'll fix everything.

We struggle through the next several years, because we do love each other and divorce is not an option because of our beliefs. I shit test (without even knowing what that was) and he lets me run roughshod all over him. I am still just looking for stability. So is he. I ask him to help hold me accountable on certain things, and when he does, I blow up (shit test) and then get upset when he backs down, but I don't really blame him because he has no idea how to have a normal, healthy relationship either.

Enter the red pill. I stumble across it one day online, and it's like the sun has emerged from behind the clouds. It is the natural order of things, handed down from above. So, I immediately try to take charge again and demand he do these things. As you can probably guess, that goes over like a lead balloon. But I'm desperate. I want to see my husband take pride in the wonderful man I know he is, I'm still looking for that stability, so I back down and start read everything I can. I find reddit and rpw. I start to internalize things. I read The Surrendered Wife. I make more changes to myself.

But considering how badly my husband's first introduction to the red pill goes, I'm hesitant to bring it up again to him. And again, he has no desire to become an abusive macho man, so he's very very picky about what he accepts. And on the surface to him, trp looks a little too heavy handed to him. So I wait. And, like I said, I work on myself. And I wait some more.

But this morning I reached a breaking point. Our eldest daughter is six and in the past year has started to show all the same signs of anxiety like me. I thought, well, I guess it's genetic. My mother has bipolar disorder, I have severe anxiety, it sucks, but it looks like my daughter is going to have the same fight. It was like watching a miniature me. She tries to take control of every situation because she feels so insecure. She asks for reassurance over and over. She does a six year old version of shit testing, looking for those boundaries. This morning my husband was going to set the kids up with a movie before he left so I could shower. I told him that I wanted them to stay upstairs and play so I could hear them. He immediately tells me that our oldest is going to be upset because he told her one thing and I was requesting another. He almost sounded scared of her reaction. She is running our household, because we aren't taking charge. It hit me like a ton of bricks. This same pattern is just going to continue unless we get ourselves together and stop it. She will have a miserable life unless we fix this now. I wasn't going to have that for my child. Something just clicked. So as my husband was on the way to work, I called him and basically said that our kids were going to grow up as miserable as we were if we didn't do something. He asked me what I thought would work and I brought up rp principles again, and this time he accepted them. I told him that I was so miserable trying to be in control. I told him what shit tests were, and that that was what our daughter was doing, and he was

like, "It's just like what you do." I was so glad that he came to that conclusion. I told him about the captain/first mate dynamic and that I didn't want a tyrant, but we needed leadership or we were going to crash and drown. It finally got through to him. I told him I could find some resources for him to read if he wants and just left it at that, but he was definitely interested.

Sometimes it takes a different approach to get the job done. I finally feel like I won't have to search for that stability anymore. I know it won't be perfect immediately, but this is a huge change from how our lives have always been.

Anyway, if you're still reading this book, thank you. I will update when possible. And thank all of you for the things you've written here!

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UPVOTES

Daddy in delivery?

phantasmagnolia · 6 September 2017 · Archived copy · Reddit

The current FNF discussion on effortless appearance made me curious about this. Where do you all stand regarding having your man in the room as you give birth?

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UPVOTES

Do it anyway: A verse on practicing good deeds

sekoiasan · 24 July 2017 · Archived copy · Reddit

I thought I'd share my favorite spiritual verse on traits of integrity.

People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

-this version is credited to Mother Teresa

[Link to 2 versions](#)

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UPVOTES

"Getting Married Is Not An Accomplishment" - Let's Discuss!

Camille11325 · 14 July 2017 · Archived copy · Reddit

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UPVOTES

'My wife was jealous of the love I had for our daughter'

Irisandoleander · 3 June 2017 · Archived copy · Reddit

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UPVOTES

Update! And what I learned from buying a home together. Also, LONG.

whistling_dixie · 20 April 2017 · Archived copy · Reddit

Hi ladies, it's been a while. I chose to take a step back from things for a while a few months ago to focus on real life and what goes along with it. There's been a lot to focus on; we're getting down to the very, very near timeframe of when we're going to elope (sometime before the end of May, but with two weeks notice prior - a surprise is the plan, even for me!), my great-grandmother turned 100 at the end of February and there was a lot of family drama involving her finances with that (still dealing with that mess), my aunt apparently received an anonymous phone call from someone in the US that my cousin (who moved to the US and got married 15 years ago) is being abused by her husband so she's flying halfway around the world to get here in the next week to try and inject herself into whatever is going on there (I have no clue), B's sister had a baby on Valentine's Day (yay!), my little sister got engaged (double yay!), I've been working at my new job in a new career field and really enjoying it (woo hoo!) for the most part (working closely with women again is tricky) and ...we bought a new house!

So, that house thing. It's been a process. I can't recall if there are any realtors here, but it is currently a sellers' market. Houses in our price range for the size we want are being snapped up *within 3 hours* of being listed. I'm still astounded that anyone has the time to sit there and watch for them, let alone see them, make a decision, and get an offer submitted in that time frame. Mind-blowing!

Anyway - this whole process started prior to our vacation in mid-March (oh, that happened too - we went to Amsterdam and Paris - I've got A LOT to say on that, but that's not really a good subject for a RPW post so if you have questions, feel free to just ask or PM me) because a foreclosure that we had been eyeing for several months had just dropped in price. We went to see it about 4 days prior to leaving - we would have seen it sooner, but the first two agents we contacted stiffed us. The third agent (who has remained our agent, and is a peach) gave us a lot of valuable information and our plan was to submit an offer upon returning from vacation. Wouldn't you know it, someone swooped in with a cash offer on our first day of vacation - after the property had been on the market for almost one full year. This should have been a sign of what was to come, but we did not realize just how deep the Dixie Family Bad Luck Streak (real thing, I swear to you) was running at this point.

Fast forward to last week - we have now, at this point, submitted four offers on four different homes that we really wanted. Four offers, well contemplated, and submitted as quickly as humanly possible - we were unable to buy any of these four homes due to other buyers submitting their similar offer slightly before, being able to close faster (curse you VA loans!), or just other extremely unfortunate events. We even saw one house that B really loved, but I ultimately told him I had a strongly bad feeling about - turns out, the house had a really bad history including suicide, and he decided to drop it from consideration shortly before an investor swooped in to buy it. Following the loss of the 4th house, our agent stated "I don't know what it is with you guys, but any time you get interested in a place, someone else wants it - no matter how long it's been out there." This is fairly typical of things that happen in the Dixie family, so I'm used to it, but she did ask if I was willing to view a few dusty listings she had in hopes of drumming up buyers. :)

So - now, at this point, we're at the lessons learned; the things I have learned from this process.

Lesson #1: I was not emotionally prepared for this at all - part of the home buying process for me was to evaluate the home for raising our family, and envisioning myself in it. Losing a place I had put that kind of thought into, it smarted. But not only that - the art of compromise became so much more important. B is admittedly *extremely* picky in this process. He actually shot down a beautiful home because he did not like the drop-off at the edge of the driveway - it's the small things that bother him, whereas I can gloss over those things if everything else is worth it. In addition to this, I involved emotion far too much with the entire process. See lessons 2 and 3.

Lesson #2: He expected to have the upper hand at all aspects of the process. It makes sense that he would, because that's how he plays everything else in life. He's always five steps ahead. However, in this market, we're not at an

advantage unless we wanted to buy well above our desired price point. There is no calling of bluffs, because there is always someone waiting in the wings to snap up what you're not willing to fight for. We lost two homes due to this. I became extremely discouraged by this, because it appeared to me at first (emotional) glance that he did not care about the ultimate goal - which is to find a bigger home that meets his requirements for raising a family. I, unfortunately, lashed out. We fought more during this process than I think we have ever fought in the entirety of our relationship altogether. However, it was entirely my fault because I kept disrespecting the decisions he made and saying things I shouldn't have. Ultimately I remembered to STFU, but remembering sooner would have been MUCH more preferable.

Lesson #3: If you put someone in charge, you're disrespecting them greatly by trying to take it back. B knows he is in charge and that his say is final. My thoughts and opinions are always welcome and weighed, but his say goes. I, at several times in this process, attempted to usurp that final say through emotional outbursts. I'm embarrassed by it actually, but extremely grateful that his level head prevailed. There was an argument where I tried to push. Had I persisted and pushed and he caved, there actually is the potential that we would have had to shell out another \$15k out of our own pockets and be sitting on a mortgage that I wouldn't be totally comfortable with. Again, knowing when to STFU could have avoided these issues.

Ultimately, this process revealed a side of me that I did not know. I don't like that side, but I need to understand it in order to fix it. So, I'm working on that. But I also revisited a lot of fundamentals that I absolutely discarded during this course due to being excessively emotionally attached to the process.

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UPVOTES

Why climate change will cause the resurgence of dragons.

TempestTcup · 1 April 2017 · Archived copy · Reddit

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UPVOTES

The Reality is Patriarchy

PhantomDream09 · 10 March 2017 · Archived copy · Reddit

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UPVOTES

Resources

allhailthebitch · 3 March 2017 · Archived copy · Reddit

I am totally in love with this community, and I think it would be great if we could share some of our favorite resources! Comment below your favorite places to look for advice/ ideas for things like cleaning, cooking, crafts, religion, etc. whether it's a website or a book or whatever, I'd love to see it all :)

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UPVOTES

Looking for advice in making my life better and my relationship stronger

helpmerpw · 15 February 2017 · Archived copy · Reddit

I've been in a relationship for about a year with the man I plan on marrying. We live together. We've talked about marriage and our future and he says I'm the only one for him.

I struggle with depression and anxiety. And yes, I am in treatment. But lately my anxiety has been out of control. I've been having feelings of insecurity in my relationship. I've convinced myself that he's cheating. Or that he doesn't actually want to be with me at all. That he's only with me because it's convenient. But mostly, the cheating thing has been tearing me up.

When I learned about RP, I really identified with it. (The non gross/misogynistic parts.) I consider myself to be an ambitious, goal oriented person, but I've never felt the need to have a big important career. I want a marriage. And a family. I strongly believe I'd be happiest being a homemaker. I've also always felt that I have a submissive nature, and I'm much happier when I'm with someone who is confident will make decisions for us. This is what led me to this sub.

I guess I have probably a million questions, but my main one is, is there a way for me as a woman to use Red Pill "game" in order to better my relationship and my own life without my boyfriend knowing? He would probably think RedPill is disgusting and I'd rather not try to explain it.

Here are the problems I'm currently dealing with:

- Depression/Anxiety (This has caused a severe lack of motivation/happiness in my life. Also weight gain. I'm *not* overweight but I'm definitely out of shape and lacking the hot bod I used to have.
- Crippling insecurity. This probably relates to the anxiety, but it is causing me to have irrational thoughts. I've recently convinced myself that he is cheating on me/no longer wants to be with me. And I'm ashamed to admit that I have snooped on his internet history and facebook. I haven't found anything incriminating. He does look at photos of girls he's not friends with which made me feel a little weird, but he doesn't even look at porn so I guess I should feel good about that. (Honestly, I'd be totally fine with porn as long as he's open about it. It's the secret looking at other girls that makes my stomach turn.)
- Lack of sex drive. We have sex on a regular basis. But that's because I force myself to do it. And we don't do anything kinky or fun. It's vanilla. He says it's what he wants, but I have a feeling he has secret kinks he's too afraid to tell me.
- He's not affectionate as I want him to be. He says he doesn't crave affection, but he provides it to me because he knows I like it. Is this a problem? I don't want it to feel like a chore for him.
- I'm needy/insecure. This is the toughest one. I constantly am asking him if he loves me and why. CONSTANTLY. Like, multiple times a day. I know it's probably exhausting for him but I honestly don't know how to just shut up.

How can I use red pill to strengthen my relationship? Where do I even begin?

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UPVOTES

Lessons in Love from a Couple Who've Been Together for 60 Years

philomexa · 14 February 2017 · Archived copy · Reddit

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UPVOTES

Husband feels "powerless to say no" to me

melbautoast · 12 February 2017 · Archived copy · Reddit

How old are you and how familiar are you with RPW? 32, pretty familiar, was raised with traditional values What is your relationship status? Married for 10 years What is the problem? (Don't badmouth your SO!) My husband said he feels powerless to say no to me. Now I'm not sure how to ask him things. Seems to shut down communication. How have you contributed to the problem? I have suspected that he felt this way all along but I majorly contributed to it last year. I had a friend who was taking advantage of me and he wanted to step in and correct that. I repeatedly asked him not to and told him I would deal with it myself. I did attempt to deal with it but it was too little too late. I was dealing with major post partum issues and was not myself (I don't say this to excuse my behavior but to explain why he felt the need to step in. I was not it my right mind and made bad decisions.) How long has this been an issue? Probably our entire marriage but he never came out and said it until last week. What have you done to resolve this problem? I have done nothing so far. I continue to ask his opinion, permission, advice as if he never said anything. If married or in a committed, monogamous relationship: How long have you been together? 11 1/2 years Is your relationship long-distance? no Do you have an active bedroom life? Yes!

My husband said this to me the other night and I'm struggling with it. I'm not overbearing and I am respectful of his advice and opinions. I now don't know how to go to him and ask for things and trust his answer. For example, he does the finances, how can I ask if there is wiggle room in the grocery budget if he can't tell me there isn't? Should I just avoid that conversation all together?

My husband is an alcoholic and he told me he feels powerless to say no during a conversation about his drinking. In those conversations I know that he is looking to blame his drinking on anyone but himself and speaking from a place of deep shame. I'm tempted to act like I never heard him say it but that doesn't feel particularly respectful to me. Any ideas?

Edited to answer the questions.

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A Surefire Way to Motivate Yourself to Clean • No Place Like Home

Irisandoleander · 9 February 2017 · Archived copy · Reddit

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UPVOTES

Simple Questions - February 04, 2017

AutoModerator · 4 February 2017 · Archived copy · Reddit

Hello Ladies:

Ask any question that doesn't require its own post! Subreddit **rules** still apply but the range of acceptable subjects is wider. Anyone can ask, and anyone can answer! Be sure to check for new comments periodically :)

- RPWi's mod team

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UPVOTES

Turn Ons + Turn Offs

RPWives · 18 January 2017 · Archived copy · Reddit

What traits do you just love in a man? What sends you running far away? Let's discuss! Feel free to share images, videos, and have fun :)

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How to make feminism great again by Christina Hoff Sommers (AKA Based Mom)

Irisandoleander · 5 December 2016 · Archived copy · Reddit

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UPVOTES

Unpopular Opinions Part Deux: ELECTRIC BOOGALOO

whistling_dixie · 15 November 2016 · Archived copy · Reddit

/u/PhantomDream09 suggested that we have another one, and I had SUCH a fantastic time with the last one that I wanted to get the ball rolling.

Credit to /u/madscientistlove for the original! Ladies, post your unpopular opinions!

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The Virulent Hatred of Femininity

Camille11325 · 31 October 2016 · Archived copy · Reddit

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"20 years later, it turns out Dan Quayle was right about Murphy Brown and unmarried moms"

PhantomDream09 · 9 October 2016 · Archived copy · Reddit

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The dating pool in your 30's

rebeccabrixton · 7 October 2016 · Archived copy · Reddit

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UPVOTES

Littleknownfacts Presents: The Female Dual Mating Strategy

Littleknownfacts · 5 October 2016 · Archived copy · Reddit

A woman's mating strategy is twofold, we seek physical attraction in addition to status and resources. These are loosely associated with alpha and beta traits. Alpha traits build up physical attraction and sexual tension while beta traits are for building up comfort. Resources and status help us live comfortably and allow us to bond better with our mate in stability. The most attractive man, would have plenty of both positive alpha and beta traits. **Both alpha and beta traits contribute to the overall attractiveness or unattractiveness of a man.** Though some women will find themselves attracted to commonly considered negative traits of both alphas and betas.

The Dual Mating Strategy

Lots of people, particularly men, fail to realize that female sexual strategy is more than just sexual attraction. It's not a case of wanting someone for just for sex, and then making the conscious decision to go for resources instead. It's a subconscious search for both simultaneously. Both positive alpha and beta traits will trigger the same kind of attraction in women - the "I want to spend more time with this person" trigger. Whether or not that time then turns into sex is dependent on the man. Women rarely get into relationships with people they aren't attracted to at all (such as gold digging relationships). When you hear about a dead bedroom situation, it's more often the case that the attraction derived from social status and resources have faded over time, just like sexual attraction fades over time (unless of course, both partners make an effort to keep it alive).

Thoughts on Beta

When it comes to how this relates to alpha and beta traits, it seems that beta gets a bad rap. People see him as the unsuccessful nerd, the pencil pusher, or the incel. Some people go so far as to say that women cannot be attracted to beta traits, and that women only want betas for their resources. What they don't realize is that there is a wide range of men between captain of the football team and the nerd, that would qualify as successful betas, or as we call them around here the Greater Beta. And the traits that make them successful in that hierarchy, are the beta traits. Because beta traits work within the established system, betas build and climb society. Alpha traits work outside the system or create their own system where they need to. Both tools are needed to build an ideal man. For women the resources and status that betas provide can be as sexy as a six pack. It's social proof, it's a display of ability and skill. It doesn't need to be physically attractive to be sexy to women.

Alpha Fux / Beta Bucks Sexual Strategy

Alpha Fux / Beta Bucks (also referred to simply as AFBB) is the uncoupling of female sexual strategy where a woman believes she can make up for a lack of either alpha or beta traits with an excess in the other. Usually this happens when women go for too much alpha at first, because they believe they can provide their own resources and status through their careers. However, when they eventually get burned (or two or three times), they naturally go for the polar opposite, the too far beta. It's not unheard of though, for women to settle for the too far beta first, thinking that physical attraction is vanity, only to later get that *'oh I settled down too soon'* feeling and fuck the poolboy.

Beta Orbiters

Beta Orbiters are men who, well, orbit women in hopes of sexual access. They offer up all of the best beta bits to women they aren't in relationships with, while completely lacking the alpha traits needed in order to really be noticed as a potential partner. Which allows those women to then chase the excess alphas without ever realizing they are missing a vital part of their relationship, leading to an even greater divide in AFBB. At the same time, the more beta orbiters a woman has, the more likely she will delay the **epiphany phase** out of a false sense of security, which means the further down the beta hole she will have to go when she finally does reach that point in her life. Just another reason it is a bad idea to keep close guy friends.

For more information about positive and negative alpha and beta traits, check out this post about **male archetypes**.

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Stop Arguing With Your SO

jade_cat · 29 September 2016 · Archived copy · Reddit

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UPVOTES

Shave your face!

anitapk · 27 September 2016 · Archived copy · Reddit

Yes, you read right. You are on RPW and I am telling you to grab the shaving cream and a razor and to put yourself in front of a mirror.

Go and look at that peachy fuzz on your cheek a, forehead and chin. If you have dark hair you may probably have little mustache over your lip that you probably used to painfully wax off like me.

A year ago I think I read a post here that changed my life completely; it explained that cutting your hair does not make it grow darker and harder, it is just an illusion!

The people who report this experience all shaved during puberty and got a full bush of hair after that, not because of some magical hair growing property of the razor but because of puberty. Hair would've grown on arms, legs, mustache and intimate parts regardless.

Asian women have been doing it forever and shaving your face will make your make up last longer and personally it makes me look younger, with a more even tone of skin.

If you don't like using razors you can use electric shavers which work nicely too.

You will not regret it!

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8 ways to celebrate your relationship everyday!

TempestTcup · 20 September 2016 · Archived copy · Reddit

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UPVOTES

Some interesting marriage advice from /r/AskMen

whitebunny87 · 15 September 2016 · Archived copy · Reddit

I came across [this post](#) through /r/bestof, where marriage counsellor /u/LuTuFu drops some of his marriage/vetting for marriage advice. A lot of it's very in line with what we preach over here.

I highly recommend reading his post in full, but for a quick summary of his points:

- Your parents' marriage and upbringing will influence how you behave in a marriage. A broken home breeds children who are likely to struggle in their own relationships.
- Once you're married, your marriage is your priority. Not your kids, your job or your hobbies.
- Talk with kindness.
- You're better off marrying someone from a similar culture and class.
- Make sure your practical goals line up re: children, working arrangements, money.
- Stop thinking in terms of "mine" and "yours". A marriage is a union, in all senses.
- Keeping the love in a marriage is something to consciously work for. I love this quote from him: "'We just fell out of love' is one of the most common phrases I hear in couples struggling, and the sad thing is, its one of the easiest traps to avoid." Make an effort.
- Your spouse takes priority over everyone else. If you need to choose between family, friends and your husband, he *always* comes first.
- Date with a purpose. Vet your partner and look for red flags. These are the things that will damage your marriage later on.

I just love how he frames a happy marriage as something to work at and cultivate. It is not enough to just fall in love with your partner. Falling in love is easy! Keeping that love and growing a strong partnership is something you need to choose to do, and to work at every day.

What are your thoughts on his advice and warnings? Is it in line with your beliefs? His post is directed at men, but do you think it is appropriate advice for both sides of a marriage?

For those of us who love a bit of drama (guilty!), check out [this comment](#) where he recommends some reading. Some of the books hint that, gasp, men and women are different and want different things out of life, and reddit goes ahead to collectively lose. their. minds.

Holy shit no, no no NO. Wild at Heart and Captivating are awful destructive books do not read them. They fucking ruin women's self esteem and perpetuate terrible gender stereotypes.

Warning: Sexist religious drivel ahead! Read both wild at heart and captivating as a teenager. Met the Etheridges. They are slimy people akin to multi level marketing scammers. These books reenforce harmful gender stereotypes. i.e. Men want to prove them selves and accomplish things while women want to be pretty and desired.

Has anyone read [Wild at Heart](#) or [Captivating](#)? Maybe one for a future bookclub!

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UPVOTES

How to provide a soft place to land after work, if he gets home first?

sweetxsour · 30 August 2016 · Archived copy · Reddit

Hi ladies,

Just wondering if anyone else has an SO who gets home from work before you do - and if so, any tips and tricks you have for still giving him the feeling that he has returned home to that "soft place"?

My boyfriend tends to get home an hour or two before me. The (rare) nights when I am home before him and am able to freshen myself and the flat up before he gets back, and I come and greet him at the door, he is visibly more happy and relaxed. But unfortunately that won't be possible due to our jobs...! For background, both of us work relatively 'stress-free' office / professional jobs so it's not like one of us are physically more tired than the other etc.

Curious to hear how you ladies handle this!

Thanks so much xxxx

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RPW Pregnancy and Motherhood Survey Results

Kittenkajira · 29 August 2016 · Archived copy · Reddit

We had 123 responses to the survey! Thank you to all who completed it, and to all who have offered to write - you'll be contacted soon!

[Here](#) is an album with most of the results.

Some of the responses to questions without graphs:

- **Age of children:** These were all over the map! We have quite a few women with infants and toddlers, some with school-aged children, and some with teenagers and preteens.
- **Do you experience moodiness noticeable by those around you when pregnant?** The majority of respondents either did not have moodiness, or did but it was manageable and did not affect their relationship overmuch. Being tired, uncomfortable, or hungry seem to be the common reasons for moodiness. Some did have moodiness that affected their relationship, and some mentioned depression.
- **Exercise during pregnancy.** This one had a variety of answers. The majority of women exercised during some part of their pregnancy. Some only in early pregnancy, and some only in the later months. Many did not exercise at all due to body pains or nausea, or because they didn't regularly exercise prior to pregnancy. Many who exercised mentioned walking or prenatal exercise classes.
- **Did you have to adjust your spending after having children?** Most said yes, they did have to adjust spending. Some who said no explained they were already good at managing money and/or frugal living prior to having children, so it wasn't as much of an adjustment.
- **Do you control television usage to insure age-appropriate viewing occurs?** Most said they did to some extent. Many mentioned using Netflix, Amazon, and Hulu rather than cable as easier ways to ensure children are viewing appropriate shows and movies. Screening programs prior to watching with children or viewing things as a family can help. A couple of respondents avoid Disney programs – I'm curious to learn more about this! Some stated their husbands are more lax with TV viewing.

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How did you meet your significant other?

FlowersAndPetals · 24 August 2016 · Archived copy · Reddit

I met my significant other at a comic book store because we were both interested in Magic The Gathering and Batman. Kind of strange, I am aware.

Give me a quick or long story about how you met your significant other.

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Returning to Red: Hello again, update, and thanks

delores_rose · 26 July 2016 · Archived copy · Reddit

Hi, ladies! I had become fairly active on the former sub and was going through a bit of a depression when the switch happened so I haven't posted much here. I am glad to be back, and am nearing the end of monk mode, thanks you all the information you women have shared I feel I am 100% ready to make better decisions about my future suitors!

With 30 days left, I am focusing on the physical stuff because the internal work really took a toll on me, but it was so worth it! I plan on working out everyday instead of only 3-4 times a week, as well as giving up my daily Pepsi. I count calories and generally eat veggies and lean meat, but the bubbly caffeine fix always had power over me. I'm also working on cleaning out my closet and beauty products. I had a personal color analysis and image archotyping done and it really helped me see that I was not expressing my beauty to the maximum impact. I love getting dressed now and look forward to donating my items to a local women's shelter since they are nice clothes, just not the best for me. Hopefully, another woman will enjoy wearing them!

I wanted to say thank you ladies for all the insight and encouragement and for holding women accountable for their actions and their own happiness instead of blaming men for everything. And thanks for all the book recommendations, Surrendered Single goes with me everywhere!

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A heartwarming relationship story... the importance of tapping into the 'wife' and not just 'mom'

crimsonswitch · 15 July 2016 · Archived copy · Reddit

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UPVOTES

Advice/thoughts on signing a prenuptial agreement

[deleted] · 14 July 2016 · Archived copy · Reddit

Thanks for all the great advice and support! I edited the body out because I'm paranoid about being recognized but you all have given me a lot of sound advice :)

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UPVOTES

Skincare + Anti Aging Megathread

RPWives · 13 July 2016 · Archived copy · Reddit

Share tips and tricks, product reviews, your AM and PM routines, your fav resources, and/or ask skincare related questions! Also don't forget to [vote for the best posts of June](#), follow us on Twitter ([@RedPillWives](#)), and follow us on [Pinterest](#) :D

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Why Are Feminist Women So Fucking Pathetic?

Camille11325 · 25 June 2016 · Archived copy · Reddit

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UPVOTES

Two Week Positivity Challenge

Sunhappy_DC · 18 June 2016 · Archived copy · Reddit

Hey ladies!!

I'm challenging myself to being a GOFL (Goddess of Fun and Light) for the next two weeks, not just for my boyfriend but in life in general. I've been super stressed out lately and have been more anxious and stressful than usual. Not cool. No one wants to be (or be around) a person who does nothing but stress and whine and freak out over whatever.

So I'm going to simplify and attempt to be positive person (no matter what) for 14 solid days, starting June 19.

The Positivity Challenge means:

- No nagging.
- No complaining.
- No gossip or backhanded comments.
- Be yielding to your SO at all times.
- Make a point to look and act your best every day for 14 days.

If anyone else wants to join or has more suggestions on how to add to my challenge, please comment! I hope to report out to the sub on June 24 and then July 1.

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UPVOTES

Monk Mode and RPW

Camille11325 · 16 June 2016 · Archived copy · Reddit

Monk Mode And RPW

If you look up the term “monk mode” you will find hundreds of guides and discussions on various websites. Many women who are new to RPW assume that these posts are applicable to their own lives, and that since the red pill is “about self improvement”, they should embrace monk mode and spend a lot of time working on themselves. This misconception is very prevalent, so this post will clarify what the RPW position is on the matter.

The most important thing to understand is that “the red pill” is **not** about “self improvement”. While there are several facets of RP, the fundamental concepts that unite each subsection are an awareness of reality and an understanding that actions have consequences. When it comes to relationships, red pill thought is centred around the true natures of men and women, and how to obtain what you want from the opposite sex. Manosphere blogs and forums may give self improvement advice, however improvement for the sake of improvement is not the point.

Making changes in your life for the better is only relevant to RP when it is related to increasing your SMV or RMV. So to be clear, **RPW is not about self improvement**, it is about female sexual strategy, which encompasses everything involved in entering and maintaining a harmonious relationship.

Now while men have multiple RP strategies (platespinning, LTR/Marriage, MGTOW), there is only one RPW strategy, and that is securing permanent commitment from the best man possible. There is no such thing as a WGTOW. And there is no way to be an RPW without pursuing the singular female strategy. You **must** be actively attempting to obtain a relationship, improve your relationship, or maintain your relationship. Monk mode should only be used in extreme circumstances, so that a woman can prepare herself for the dating process.

Why is it important that women have a monk mode period?

Having your ducks in a row will allow you to position yourself as best as possible, so that you can attract a great man. You will have fewer things to worry about as you date, allowing you to focus on and enjoy finding the right guy. You want to be able to enhance someone else’s life and be an asset, instead of being a burden or an embarrassment.

Monk mode is not for everyone.

The only women who should enter into this enhanced period of dedication to self improvement are:

- **Women with an SMV below 5.** Anyone who is overweight and/or looks terrible should sort themselves out prior to dating.
- **Women with an RMV below 5.** Some reasons your RMV will be below 5 - crippling mental health issues, severe personality problems, alpha widow status, drug addiction, etc.

Of course people still date and marry if they are below 5 in either categories, so if you are fine with how you are and don’t want to change then don’t. RP is descriptive not prescriptive, but if you come to RPW for advice you’ll be told to fix yourself before you try to date. When you are below 5, your options are very limited, and the men are of lower value. If you work on everything that is fixable, you increase the pool of men who will find you worth committing to.

What does monk mode consist of?

While in monk mode you may need to lose weight, seek professional help, move, get a new job, detox, buy a new

wardrobe, have plastic surgery, get a new hairstyle, practise patience, get over a guy, read RPW, and/or get disciplined. Monk mode is not a time for wallowing in misery or not actively advancing towards your goals. It is also not a time where you can sleep around or busy yourself with self improvement that is completely unrelated to sexual strategy.

How long should monk mode last?

It can be anywhere from 2 weeks to 6 months, depending on what you have to do to get to a 5 in both SMV and RMV. And you need to be consistently a 5, one day of feeling improved is not enough.

Priorities are extremely important in monk mode. Once you figure out what needs to change, decide on your goals, make a plan, and stick to the plan. If your SMV is below 5, **this will show you where to concentrate your efforts**. If both your SMV and RMV are below 5, start with whatever is the most crucial (make an advice post if you'd like some guidance!).

After the monk mode period is over, you are now ready to date. You can continue to work on SMV and RMV as you meet and **vet men**. In fact, the best way to increase RMV is by interacting with romantic interests. You can read "Psychological Femininity" and be as sweet as possible to friends and family but that is **not** the same as interacting with and respecting a man. There is no substitute for that dynamic.

Thanks for reading! I am interested in hearing your thoughts on female monk mode, and do share any tips you may have for those currently in monk mode. Women who are in monk mode can also ask questions!

P.S. Alternate names for "monk mode" are fine. If anyone can think of a good one, leave it in the comments! "Nun mode" is not an option :)

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sketchy theory of body autonomy and dead bedrooms; bear with me.

philomexa · 13 June 2016 · Archived copy · Reddit

This idea has no factual basis or supporting research, just an idea that popped in my head while reading a sad /r/AskReddit thread.

How prevalent were dead bedrooms before the feminist revolution? I have no idea. But I *do* have this idea that there were fewer of them before the idea of body autonomy was cemented in our collective consciousness.

Before feminist championed for "my body my choice" and things of that nature, I think it was collectively assumed that women would submit their bodies to their husbands. And sure, the body autonomy rallying cry probably arose from higher instances of legit marital rape.

Like, before women decided their bodies were their own, they were expected to submit to their husbands in the bedroom. On one hand less dead bedrooms, but on the other hand, more instances of martial rape.

So then women decided their bodies are their own, ok, great, I don't *really* have a problem with that idea. But it seems that body autonomy is such a pervasive, deeply rooted idea, that women of today can't even fathom 'taking one for the team'.

Somehow we've reached a point where women feel like its perfectly normal and natural to be in a relationship with a man (and receive the benefits of his faithfulness) while refusing to give their bodies to him. And to suggest otherwise is damn near heresy, regressive, and misogynistic.

I've had a few conversations about this with 'modern women' (IRL friends, randos on reddit, etc), and always, they assume I'm advocating martial rape. No, I'm advocating sleeping with your freaking husband/LTR because ostensibly you like him, and want to express this affection in a manner he understands.

But its like I'm speaking pro-rape Klingon to them.

I think I'm preaching to the choir, but the gist of my 'thesis' is that dead bedrooms didn't really exist before feminism collectively decided we don't owe men anything anymore, because some women were raped by their husbands. This idea has penetrated our collective consciousness so deep that today women feel completely justified killing their martial beds ("I just don't want sex anymore, and if he loved me he'd understand that"), and men are clueless as to what they are entitled to in *their* marital beds ("I couldn't possibly initiate when she's not turned on, cause then it would be rape!").

Sorry if this is scatter brained; at work, had an idea, decided to share it with a group of people who wouldn't automatically call me a rape apologist or whatever.

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UPVOTES

Class and Dating: How much of a factor does it play in your relationship?

Sunhappy_DC · 12 June 2016 · Archived copy · Reddit

Hello thar ladies!!

I was thinking about class and social status this morning while sipping my coffee in bed today (you know, typical Sunday afternoon! XD) and I am curious of the extent that class factors into dating -- specifically for women who subscribe to RP thought.

Background on me, I grew up in an economically lower- to moderate-income household (**prole**) but with parents that had UMC/MC West African values, so heavy emphasis on gender roles, higher education, white collar work or STEM, and keeping public appearances. This dichotomy has been tough to navigate, as I often felt like I didn't fit in anywhere growing up, but I have learned to accept it and my upbringing has its benefits. This has also factored into my dating somewhat, but now that's I'm RPW, a lot of that has come back to the surface. For this post, I'm talking both social and economic classes.

I have found that in the past, when dating guys who were UMC or UC by Western standards, I was always super uncomfortable. They would do things and expect things that were completely foreign to me:

- Going to expensive restaurants and sampling the ENTIRE damn menu and have a bill north of \$500.
- Wanting their gf/date to be dressed to the 9s at all times as the lowest amount of effort.
- Table manners I've never seen before. What the hell is a salad fork and why can't I use it to eat my rice?
- Concepts like hosting multitudes of guests on a regular basis outside holidays.
- Spending \$100 for basic clothing items like t-shirts as the standard.
- They buy whatever they want in cash and are virtually never in debt. They magically have thousands in savings without effort from inheritances.

Regardless of how kind or sweet I was, these rules mattered, and being unable to live by them meant I could never really fit in. Since those experiences, I'd decided to date guys who were more working class. Less earnings, more prole values, but still hardworking, masculine guys. I have found that this is way more to my liking.

- Care much less about outward appearance, just be attractive overall.
- Similar spending habits and expectations. Dates are more about time spent together vs activities.
- Dates are expected to be affordable before anything else. (\$20-100 usually max) Since being in a relationship, we don't even really "date" in that sense anymore.

My current boyfriend comes from a similar socioeconomic background and while dating him, I felt relaxed and I didn't have to think about our classes at odds. I care less about how we're perceived in public because we "match", if that makes sense. I have much less anxiety about my "role" in the relationship because I know what to expect. I feel comfortable in my own skin and beauty and it shows.

In general, I believe that when women are looking for partners and vetting them, they are considering more than just the person but how their potential relationship will be perceived. Why? Because ultimately we ladies think in communal terms and if our partner is perceived to be high value, then we by extension increase in our own value. When it comes to class, a marriage to your partner can ultimately graduate you to a higher class structure or demote you to a lower one. So class is always present in our vetting process, even if we don't necessarily actively consider it.

I wanted to know other ladies' thoughts and ideas on class and dating. How did it factor into your relationship or marriage, if at all. Do you think it matters as much today as it did in previous generations?

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UPVOTES

Self Care Is So Important :)

Camille11325 · 6 June 2016 · Archived copy · Reddit

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UPVOTES

BBQ/potluck season is upon us

Irisandoleander · 27 May 2016 · Archived copy · Reddit

With this weekend kicking off summer (In the US it's Memorial Day weekend) what is your go-to recipe for bbqs and cook outs when you take a dish to pass.

For me - [spring quinoa salad with honey lemon vinaigrette](#) is my go to. I don't always make it with the bacon because we have lots of vegetarian friends.

Hope everyone has a wonderful, and safe, weekend!

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UPVOTES

Daily mindfulness rituals

blushinglilly · 26 May 2016 · Archived copy · Reddit

Hello everyone,

I was wondering if any of you have some daily rituals that you do to remind you to be mindful of your principles and commitment to your marriage?

If you do, how do they help you and what do they make you feel?

My current ritual that I'm trying to establish came about my accident. I've had some horrible dry skin on my hands and it was particularly sore around my jewellery. To solve it I've taken to slipping my rings off at night and keeping them in a box by my bedside.

Every morning when I put my rings back on, I take a little moment to recommit myself to my family and to being a better wife and person.

Does anyone else have anything they do like that?

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UPVOTES

Brag About Your SO!!!

RPWives · 16 May 2016 · Archived copy · Reddit

Share anything and everything that makes you laugh, smile, and thank your lucky stars that you found such an amazing man.

Have fun, and spill the goods!

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UPVOTES

Examples of Red Pill Wives and Red Pill Husbands in Media

starista · 11 May 2016 · Archived copy · Reddit

Hey there!

A conversation I had in IRC last night with /u/eliza_schyuler made me wonder what characters that you have read about, watched a movie/film about who seem to exemplify red pill theory. Some good role models are always helpful, especially to those of us who were raised in blue pill households.

Some thoughts from books--

Sand dan Glokta from Joe Abercombie's books Gregory House from House Roose Bolton (and many others) from A Song of Ice and Fire Catelyn Stark (same as book above) Huck from Scandal

Who else?!

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UPVOTES

How to Overcome Analysis Paralysis (with the help of your SO)

CoochQuarantine · 10 May 2016 · Archived copy · Reddit

I found [this](#) article when looking for more information on analysis paralysis that I posted about in a comment regarding deferring a decision to my SO. Sometimes I have a lot on my plate. I tend to overextend myself and with all the decisions I have to make I can get bogged down with [analysis paralysis](#) (AP). Nothing gets done and I am all the more frustrated.

One of the basic tenets of RPWi is to defer to your SO. That is just how it is. He is your captain and you rely on him to steer the ship. Another facet of RPWi that we have discussed is about bringing him your problem and not your solution. How do these two tenets intermingle is something you can use to overcome AP. I have done it and have only had great results so I will give a couple of examples on different outcomes.

Not listening straight away.

I'm going to talk about the time I didn't listen to my man. The time when I missed seeing my grandmother alive for the last time. She had just had a heart attack and was doing much better. Between my sister and myself we kept going back and forth as to whether or not we should go see her. She is in another country and buying tickets next day would have hurt me considerable. She was doing better. However, something told me to go. So I kept going back and forth and back and forth. Delayed 2 days I asked my SO what he thinks I should do. He said "Money is just money, your grandma is your grandma. One of those won't be around forever." I should have just bought the ticket right then and there. But I waited another 2 days til I finally bought a ticket for the following day. On my way to go see her, she passed away while I was en route. It is so heartbreaking to think about what I'd done. However, this example is more to highlight that I should have trusted him to be the pragmatic man I know he is. I couldn't get over my own issues to just do what was right. I regret it whole heartedly. He couldn't have known that she was going to pass away. However, even if I would have gone and she would have recuperated, I know that I wouldn't have regretted going at all. Like he said money is just money at the end of the day. It comes and goes.

Listening right away

I don't bring my man all my problems. I got 99 of them and not being able to make a decision ain't one of them. However, there are times where there are just so many factors at play that I can get into a cycle of yes/no/yes/no/yes/no and THAT is when I bring my man into the process. It can be as little as should I go to yoga after working for 10 hours and not having slept properly the night before or as big as I have an issue with my contractor so what should I do. Every single time I have gone to him I have had a positive outcome. Don't get me wrong. I am not saying that every single suggestion that my SO has made has been right. What I am saying is that it was either right **or** it got me out of that cycle and in a position to be able to make a decision on my own moving forward. So even if he is wrong, you learn a lesson and you are then able to move forward. It is win/win.

So in terms of the article at the beginning of this post.

1. Set a 'drop dead' date This is the point when you take your problem to your man. That is your drop dead date. You take it to him it is because you have resolved to have him resolve your problem. PERIOD.

2. Get a sanity Check This is you asking your man about your problem. Frame the problem with as much information as you have. Give him details you think are relevant and answer any questions that he has. Be succinct. Do not hand over your hamster to him in a verbal diarrhea fashion. That isn't what this is about. It isn't a bitch fest. It is a math problem at this point.

3. Curb your curiosity Don't give him more alternatives. Do not give him solutions. Do not force feed him other routes. You just present the problem. The end.

4. Recognize that the moons will never align This is a big one. Be confident that your man has your best interest

at heart (obviously if you have chosen a good captain). Not all answers will be perfect but they will always create a sense of accomplishment for him and resolution for you. That creates harmony within the relationship. As I said before, even if he is wrong, you will go through the motions and realize that YOU might have made that decision too. You will learn a lesson and be a better person in the end anyways because you can then take the steps to fix it afterwards. That will not require that yes/no/yes/no cycle anymore.

5. Stair step your decisions Once your man has told you what you should do... **DO IT.** Do it then. Do it now. Do it ASAP. Do not hesitate. You will get stuck in AP yet again if you let the hamster loose. So there should be no stair stepping. You should just move along. As the article says:

In the military, it doesn't matter in which direction you choose to move when under a mortar attack, just so long as you move.

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UPVOTES

My journey to becoming vulnerable and of higher value to my SO (2 of 2)

marmar80 · 3 May 2016 · Archived copy · Reddit

Friday: Today he asked me to lunch and we walked over to the subway near our work. I made sure I grabbed his arm and snuggled up since I didn't bring a coat. It's nice to feel protected. Once we were home I told him I wanted to watch a movie. This is where I messed up when I stated what I thought was a pure desire and it surely wasn't complete. I wanted to watch a movie but I wanted to watch it alone and I didn't specify that. So after I put the baby down I headed up to my bedroom and he came up also. I then told him I was tired and changed my mind about the movie. It had him confused but he quickly realized I hadn't said "with you". I was tired from the week and wanted to recharge in solitude, but didn't convey that when I stated what I wanted. He left and went downstairs. He mentioned that he understands my need for down time and he would try to honor that. Instead of rationalizing my behavior I chose to put on sexy nighties anyway and went downstairs to apologize and thank him for understanding. And of course show off my outfit. He quickly put our boys to bed (they were outside when this happened) and was up to see me. AND I said YES! Yes, I will love you the way you need to be loved. I will show you through my actions that I love you. I will live up to our marriage vows.

Saturday: I was up with the baby a lot of the night so I was particularly tired (I value my sleep). He worked out and I watched our kiddos and made them lunch while he went out and shopped for a birthday party we would be attending later. While at the birthday party my SO perceived that I was acting "available". I was holding our baby, attending to my other children's needs, sitting and talking to a neighbor, but also observing others around me. I did comment that one of the male guests was really tall (also observing that his girlfriend/wife was really tall but not saying anything). After this comment he observed that this person was then watching me, and honestly I had no clue. He said I needed to be more self-aware about the way I am perceived. This one, honestly has me confused because I was literally unaware that I was sending signals. When he mentioned this I had no clue who he was talking about until he mentioned his height later in our conversation. I want to make sure I am being perceived as loyal to my SO and more attentive to him and his needs while in public.

Sunday: Today is a day where we relax at home and prepare for the next week. I usually handle my laundry duties and cook food for the week and just enjoy the kiddo's. I made a real attempt to be in the moment and be affectionate and open. I want to make sure that I am doing things that make my SO life better, so I decided to iron his work clothes. In the beginning of the relationship I would occasionally iron his clothes, but he told me I sucked at ironing. So instead of working to get better at the task I just quit. I don't like to be criticized because then I wouldn't be perfect, therefore I quit. I'm a quitter and passive within our romantic relationship. I have always expected him to do nice things for me but haven't actively returned the favor. I'm a taker and was giving in the ways that satisfied my needs, not his. He pursued me during the afternoon and we had sexy time!

Monday: Our family is complete (also have a genetic mutation where hormonal birth control is not recommended) and we do not want more children. I was tracking my ovulation with an app on my phone however my last period was weird because I had an IUD put in that didn't stay in place. Well I woke up and realized in the shower that I may be ovulating and we had sexy time the day before. I am not well connected to my feelings thus I am not well connected to my body. I started worrying about this immediately. I tell him that I am freaking out that we may have just conceived. He said we would handle it, and suggested we get plan b (I know for some this would not be an option but for us it was). He also told me that I need to schedule surgery to have my tubes tied (we have had many discussions about this and I had already told him I was willing to do this since no other birth control would work). I realize I had been putting off making the appointment because of my fears, but it was not constructive to our romantic relationship. He was comforting and made me feel like everything would be okay and I felt secure and safe with him taking the lead. This is becoming more natural! He also wanted me to get more familiar with my body since I obviously am quite disconnected.

Thank you all for giving me the gift of compassion. I have already learned so much by doing this one activity and I

may do another one in the future.

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UPVOTES

Cedar Cove on the Hallmark Channel

delores_rose · 1 May 2016 · Archived copy · Reddit

Does anyone here watch this show? It's also on Netflix and Amazon prime. I'm in the middle of the second season and enjoying it so far. It is based of a series of books (which I have not read), so I don't know how much it deviates from the original storyline.

Anyway, there is a married couple named Bob and Peggy. They seem to have a captain & first mate relationship. Bob is masculine but affectionate and caring towards his wife. He is also a recovering alcoholic and war vet, who is a sponsor for others. Peggy is attractive, sweet, dresses very feminine even though she is a 50+ woman. She seems to have a bit of that childlike quality to her, yet is perfectly capable of managing a bed and breakfast as well as volunteering in the community.

The main character on the show is Olivia, played by Andie McDowell. Olivia is a judge and often makes unconventional rulings that end up saving a young couple's marriage. She has had tragedy in her life and is currently divorced. However, she still is open to finding love. She is feminine but does not allow men to break promises to her and holds fast to her boundaries, even if she really loves the man who lied to her. I don't want to give too much away and I am not caught up to the current season but so far I am really enjoying this show. It's pleasant to watch like your typical Hallmark stuff, but with enough interesting things happening to keep it from being too "cheesy". If you have seen it (or read the books) I would love to hear your thoughts!

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UPVOTES

FR--Creating A Soft Place To Land Practicum 1

m0llywobbles · 30 April 2016 · Archived copy · Reddit

TL;DR--During a period of high stress for my husband, I committed to improving my homemaking skills based on [this post](#) and [\[this post\]](#)

(https://www.reddit.com/r/RedPillWives/comments/4gg4yu/home_environment_a_soft_place_to_land/) by [/u/eliza_schuyler](#). It went well. I have improvements to make.

Background

I am a 24 y/o woman married to a 25 y/o man, although our religious wedding ceremony is set for October 1st of this year. I'm currently a homemaker pursuing opening a doula business (just got my first down payment last night!) and he works in the IT industry for a local hospital system. We have 3 cats and a chinchilla, no children.

The Four Principles of Home Environment

1. Clean

Even a quick tidy as you get home from work will make the home a nicer place in which to live. If you are visiting his home, a simple act like doing the dishes will not go unnoticed.

Cleaning and housekeeping responsibilities fall on me almost 100% since that's my part of maintaining our life. He's a fairly laid back person when it comes to the cleanliness of things, and by his own admission is the type of person to let this build up to a catastrophic level and then do a single mass cleaning. Although I strongly prefer a clean environment, there are areas that I tend to slack on. This was the focus of my efforts this week as I think that the other principles follow more naturally when the pressure of basic housework is off.

Wins This Week

- Laundry--washed, dried, folded, *and* put away. I spent about a week organizing our clothing early this spring, and now everything has a home. When things are put away where they belong, it's much easier to find the things that he asks me for without feeling frustrated. It's also streamlined our mornings. I get up with his alarm with him and get his breakfast and lunch together and lay out his work clothes, and then sit in the bathroom with him while he showers and gets ready for the day. Having laundry completely together has increased our morning time together and made me less cranky about waking up.
- Dishes--We have a dishwasher, but I strongly prefer washing things by hand. For awhile I had gotten in the habit of getting *most* dishes done and leaving myself about half a sinkful that still needed to be done the next day. I've cut down on this problem by putting in my earbuds and finishing the task to completion--since my music is attached to me, I have no reason to go back to my laptop to change the song and get distracted by the Internet.
- Bathroom--I've started doing a quick wipedown of surfaces and a quick sweep every time I shower. This has dramatically improved the overall comfort level in my bathroom and eliminates the hot spots before they become gross.
- Recycling--DH tends to drink a lot of energy drinks/bottled tea, and we inevitably accumulate a ton of returnables and cardboard. I've started taking recycling down every day when I go to check the mail, and I've started washing/sorting our returnables to put that money back into the savings account.

Improvements To Make

- Clutter--we have a lot of hot spots in our house and an abundance of things that need permanent homes. Throughout the next 2 week I plan on downsizing and reorganizing the areas that often get ignored

- Cupboards--straight up just need to be cleaned out

2. Comfortable

- I have picked my top 3 pet peeves and stopped saying anything about them to him and instead began taking care of the problem myself. This includes recycling accumulating near his desk, clothes left in the bathroom, and towels left on the floor. I am cheerful about fetching drinks, providing snacks, running errands, and generally smoothing over day-to-day necessities.

Improvements to Make

- I'd like to improve on the hominess feeling in my house, focusing on areas that could be more convenient and appealing for my husband.

3. Organized

- I have always been a fan of having a planner, so I've been maintaining that consistently. I also recently organized our dressers. My next big organizational project is our kitchen cabinets.

4. Undemanding

- I have made it a point to accept any errands he asks me to run cheerfully and without negotiation; this is often a point of frustration for both of us as we share a vehicle and provide transportation to his best friend.
- I have been proactive in managing our relationship with his parents, including scheduling the get-togethers and intercepting social phone calls from his Dad (who often gets lonely at his 2nd job) during DH's downtime.
- I have also taken over the "small chores" that get under my skin--taking his lunch bag out of his work bag, clearing and rinsing dishes, etc.

Demeanor

- My main priority in this field has been getting myself healthy. My emotional health/pleasantness to be around is often pretty shaky--I get hangry, I get PMSy, etc. I've added a food-based daily prenatal and a magnesium supplement to my daily routine, and I've noticed my sugar cravings have decreased. So far this month I am 8 dpo and I haven't noticed the severity of my usual PMS symptoms, but I'm giving it at least 3 cycles before I make a solid assessment.

His Needs

1. Food

- I have been focusing my meal planning efforts on things that bring him particular joy and using the most out of everything we get. A special victory this week is his request of corned beef hash for breakfast--I'm going to make myself some crock pot oatmeal and serve him eggs, toast, and corned beef hash in bed. Should be pleasant!

Sex

- We've started a new charting method that should open up more intercourse days for us. Because his libido has been lower thanks to stress, I have been addressing this need with cuddles/affection as he requests them (especially at bedtime), low-pressure compliments/attention. We did have intercourse today, initiated by me. I probably won't initiate again for at least a few days but am open to his advances if they arise.

A Listening Ear

- I need to focus more on letting him vent and providing sympathy rather than solutions. When he's frustrated or angry, it's hard to step back, but I know that he is capable of handling his own situations.

Time To Himself

My partner has been requesting alone-together time, where we both work on personal projects near each other. Although it's less than ideal in location for me, I have been completely giving to this request and the extra time together has been super nice.

The Payoff

- This week he complimented me on the house several times, something that rarely happens because it's not as much of a priority as it is for him.
- This week he has thanked me for my sweetness and supportiveness several times out of the blue, accompanied by some of my favorite kinds of affection--I'm practically glowing in the approval.
- This week he has told me that the work stress is worth it to come home to me.
- He has also been paying more attention to my needs without me bringing them up--encouraging me to focus on the projects I have running, going to bed at a reasonable time, asking for extra reading time (which has always been important to me), etc. Overall I feel significantly more connected to him than I have in recent history.

Thanks for reading if you've read this far; I may or may not continue to post updates in a similar format.

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UPVOTES

Communication Theory 101

[deleted] · 29 April 2016 · Archived copy · Reddit

[deleted]

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UPVOTES

RPW Film Club: "Crazy, Stupid, Love"

PhantomDream09 · 25 April 2016 · Archived copy · Reddit

/u/BeautifulSpaceCadet recommended this [movie](#), and I'm interested to see what everyone thought about it.

Here are some links about the film from [IMDB](#) and [Wikipedia](#).

You can watch this film on Netflix if you have not seen it already. You can also rent it on [Amazon](#).

I found this [article written by Dr. Nerdlove](#). I will also link a [review written by Roger Ebert](#).

1. Did you like the movie?
2. Favorite parts/quotes?
3. What did the movie get right?
4. What did the movie get wrong?
5. Any thoughts, insights, or commentary you want to share?
6. Do you agree or disagree with the review by Ebert?
7. What did you think about the Dr. Nerdlove article?

Everyone should be aware that this thread **will contain movie spoilers** - so if you haven't watched it yet, read the comments at your own risk.

Have fun everyone! :0)

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UPVOTES

Guide to Healthy Eating Habits

Suzanne_by_the_River · 20 April 2016 · Archived copy · Reddit

Since practicing self-care, upholding healthy habits, and maintaining an attractive figure are all key aspects to living a RPW lifestyle, I'd like to share an article with some insightful tips on the "prudent dieting" part of a healthy lifestyle.

This [blog post](#) gives a very thorough, insightful, and in-depth analysis of why unhealthy overeating habits are formed and how to avoid falling prey to them.

The author of the blog post gave a fantastic [overview](#) in the fitness subreddit, so I'm going to copy some of that information over here. Full credit goes to /u/pianoelias, thank you!

****So, here it is.**** When most people are asked why they eat, the answer is simple: "hunger." We definitely do eat because we're hungry, but there are a million other factors that can cause us to eat more (or less) without realizing. Who we're with, where we are, what time it is, what we're eating off of, and where the food is all have a major impact on our eating habits. By understanding the things that make us eat, we can adjust our lifestyles to effortlessly eat more or less. This Guide is split into two parts. *****Part One***** covers the common elements of our environment that cause us to over or undereat. You'll learn why you don't just eat when you're hungry, and begin to identify the deeply ingrained food habits that govern your behavior. *****Part Two***** tackles the most common eating struggles we face as mindless eaters. You'll learn how to control portion size, how to control snacking, how to eat out less, and what to do when you eat out. In part one, we'll discuss some common elements of our environment that contribute to eating. Namely: * Social eating * Time-based eating * Clean-plate eating * Dish size * Accessibility of food In part two, the author provides 14 ways to manage the 3 major aspects of eating: Portion size, snacking, and eating out. Portion size: * Use smaller dishes/utensils * Keep serving dishes away from the table * Get a new plate for each serving * Slow down * Be mindful (sometimes) Snacking: * Hide your snacks * Never eat from the bag * Use a cookie counter * Swap, don't stop * Understand your snacking Eating out: * Meal prep * Get better at cooking * Track the cost of eating out * Portion control You'll notice that most of these tips seem geared towards people trying to lose weight. In each the author also give tips for those trying to gain, but the tips are basically the same: do the opposite of the tactics you would use to lose weight.

Let me know what you think! What are your own tips and tricks for maintaining healthy eating habits? Which of these points you agree or disagree with?

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UPVOTES

[Oldie but Goodie] 13 Ways to Keep Your Husband Happy

TempestTcup · 18 April 2016 · Archived copy · Reddit

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UPVOTES

Simple Questions

Camille11325 · 18 April 2016 · Archived copy · Reddit

Ask any question that doesn't require its own post! **Subreddit rules** still apply but the range of acceptable subjects is wider. Anyone can ask, and anyone can answer! Be sure to check for new comments periodically :)

P.S. Next Monday we discuss the film Crazy, Stupid, Love together as a sub so be sure to watch it if you haven't already!

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UPVOTES

What joint financial assets do you and your SO have? When and how did you decide the right time was to join assets?

irun247 · 18 April 2016 · Archived copy · Reddit

My boyfriend and I have no joint assets yet but in the future we want to buy a house together whether we are married at that point or not. We both would contribute financially to it.

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UPVOTES

Day planner recommendations?

SkylarWyte · 17 April 2016 · Archived copy · Reddit

Hi Ladies! I find that I can get a lot more done around the house when I plan my days like I would for work or school. I like to have a physical planner, where I can write down things I need to accomplish, then cross them out as I move along. I know there are plenty of utilitarian books out there [like these](#) that will get the job done, but I'm wondering if anyone has found something a little more cute or fun?

Thanks!

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UPVOTES

Let's Share Fun Quizzes and Tests!

Camille11325 · 16 April 2016 · Archived copy · Reddit

Happy Saturday! Share any awesome or interesting quizzes that can help us get to know ourselves and each other better! This isn't limited to classic personality tests, and feel free to discuss anything related in the comments, you don't just have to post your results.

To get us started, [here](#) is a personality test about how you take personality tests!

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UPVOTES

The Pinnacle of a Composed Woman

HieronymusBoschClone · 16 April 2016 · Archived copy · Reddit

Hello RPWives,

I was watching Chopped, a competition on Food Network where the goal is to produce a series of dishes based on specific ingredients, and I saw something incredibly remarkable. There was this woman who migrated to the US after suffering under two wars in Georgia. She was never arrogant, always smiled, worked extremely hard, and made foodstuffs reminiscent of her heritage. And she *whipped* the competition with as much grace as I've ever seen a woman do. Contrast her to your average empowered woman running on a sea of false hope or that arrogant schmuck she beat out on the last round.

If you have Netflix, watch the episode "Liver and Learn". Otherwise, Google is your friend. There is so much women can learn from her example.

Best,

HieronymusBoschClone

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UPVOTES

Reminding VS Nagging

BeautifulSpaceCadet · 12 April 2016 · Archived copy · Reddit

What is the difference between 'reminding' and 'nagging'?

If you allow your hamster to answer that question, you're going to have a bad time. But that also doesn't mean *all* reminding is nagging, and sometimes reminding is important; we're all only human after all, and your SO doesn't want you to allow him to drop a ball that could have been prevented.

Whether inside your relationship, outside, or likely even your parents..we've all heard an exasperated "*Well why didn't you remind me???*" -- I know I've said it.

I've found a pretty simple way to troubleshoot what your SO *wants* to be reminded to do versus what you *want* him to be doing. And believe me...it's simple.

If he has completely forgotten, and you remind him now, what will his response be?

- "Oh shoot! Thank you, I completely forgot"; *if he is relieved, then you're reminding.*
- "Oh shoot, yeah I'll get to that"; *if he is worn down, then you're nagging.*

If he completely forgets, and you don't remind him at all -- will the consequences negatively impact him?

- There is a deadline on something that either him or your family really placed a priority on; *if you miss it and he will be disappointed or have more on his plate to catch up, then you're reminding.*
- He doesn't notice; *if he can go the rest of the year (or his life) without ever realizing he forgot this thing, then you're nagging.*

If you're not sure

- I go with a simple one time reminder that sounds like "hey babe, what's the plan with x? Is that something that needs to be taken care of?" If he seems receptive to needing or wanting to do it, I'll just ask directly "ok, do you want me to remind you about this again just in case?" If he agrees, then I ask "alright maybe in a day or 2?" Or whatever makes sense for the situation. That way I know precisely what he wants.

Please note the answer to reminding and him *wanting* to be reminded is never "well it's important to me so he wants it too!" Shut ya hamster up, girl.

Hope that is marginally helpful when deciding what's helpful vs harassing (:

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UPVOTES

Hobbies, Crafts, and Recipes Megathread

PhantomDream09 · 11 April 2016 · Archived copy · Reddit

Share photos and updates of whatever you've made or are currently working on! Art, jewelry, quilting, new favorite dinner recipe, cards, clothing - anything that you've been making time to create. :0)

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UPVOTES

What do you ladies wear for lounge/nightwear?

LauraXVII · 10 April 2016 · Archived copy · Reddit

Let me paint you a picture.... Yesterday I came home from a long drive, got in, and immediately tied my hair up and changed into my comfy clothes of choice: giant chavvy tracksuit bottoms that are covered in paint and a Top Gun hoody. After bumbling around for a while I caught sight of myself in a mirror. I've never really given my comfy clothes much thought before because in my head they were for comfort, not for looking nice. On a scale of 1 to sexy, if I'm being generous I was somewhere around **Donald Trump**. When bedtime rolled around, I changed into my Winnie the Pooh age 10-11 pyjamas. Hm.

So, now that I've acknowledged that my wardrobe is being let down by my lounge/nightwear, what do you ladies wear around the house and to bed? Thank you!!

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UPVOTES

Applied example of the “Captain-First Mate” dynamic : Dancing

jade_cat · 8 April 2016 · Archived copy · Reddit

When we were preparing our wedding, my husband (then fiancé) and I started taking dance lessons for the traditional first dance. These classes have been an eye-opener about how the “Captain-First Mate” dynamic is the most harmonious in my opinion.

Relevant information : My husband never took any dance classes before. I have taken social dancing classes with my mother, my aunt and one of my female friends when I was much younger, and I was doing the man (lead) part.

During the lessons, my husband would have a tendency to not lead properly, due to him being a beginner (although he is quite talented and grasps things quickly), therefore I would become quite insecure and not too sure about which moves he wanted to do. When he seemed confused, I would tend to step up and take the lead (even when doing the woman steps). Needless to say, it would end up with him being surprised and both of us doing mixed up steps, and eventually we would step on each other's feet. It usually ended up in laughter though.

On the other hand, when the teacher would show us some new steps, he would take me as his partner and show my husband what to do. When dancing with him, I could definitely *feel* his confidence, and I knew I could let him lead me. He would manage to make me do dance moves I had never done before just because he was properly leading.

As the lessons progressed, my husband gained confidence in himself and started leading more confidently. I felt much more secure and managed to let him lead, and our dancing was much better.

At the end of the lessons, I realized how similar dancing is to the Captain-First Mate dynamic. In dancing, when the man leads with confidence and the woman lets herself be led and trusts her man completely, the dance is harmonious. However, if both partners try to lead, it does the same as when two people hold the car's steering wheel, and if the man doesn't lead confidently enough and the woman tries to take the lead, it will also end quite badly (imagine trying to do **these** moves without a proper lead and follow...)

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UPVOTES

[Homemaking] Sewing A Button Image

[deleted] · 8 April 2016 · Archived copy · Reddit

[deleted]

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UPVOTES

My Husband and his Ex

missredpill · 4 April 2016 · Archived copy · Reddit

How old are you and how familiar are you with RPW? N/A. Married almost 1 year.

What is your relationship status? Married

What is the problem? (Don't badmouth your SO!)

My SO is extremely emotional and has always wanted kids. He knocked up his ex when he was in his early 20s and she had an abortion because she didn't want kids. He left the relationship and hasn't spoken to her since. This was about 5-6 years ago? Recently he's been having nightmares about her/feeling heavily depressed, and I encouraged him to contact her to alleviate his depression. He said no. About 1-2 weeks later, I was pissed at him for some reason and feeling insecure (I have a long history of insecurity from all my relationships - stems from trust issues with my parents) and I snooped in his email. I recovered a deleted email and I found an email from him to her. It had no mention of me and he mentioned that he would never love anyone the way he loved her again. I was super pissed, confronted him and he admitted that he sent the email. He also told me to be careful as I didn't know what was going on in his head when he wrote it, it was completely emotional and he has no intention of getting back with her. After a long talk, I said okay so why don't you continue emailing her then? He said no. Because now it would not be authentic, and he would feel like I would be monitoring the situation.

Fast forward a few weeks, his depression is gone (Long story. I changed his diet). And I am getting tingles something is up. My husband reactivated his facebook about a month ago and changed his profile picture from our wedding picture to a picture of him when we were upset with each other. I have a suspicion that he is messaging her on facebook and talking to her there even though they are not friends on facebook. I think he still very guilty about the abortion and their relationship. He wants to make sure she is okay I think because she clearly has been alpha widowed (He found her blog that's a series of emotional rants about relationships).

My question is, should I confront him? Or STFU and let him do his thing and suck it up. I'm concerned that he will develop feelings for her again or meet with her... Our relationship is happy right now and we rarely get into arguments. The last major one was when I checked his email and saw the email.

How have you contributed to the problem?

I didn't let him talk to his ex via email the first time.

How long has this been an issue?

1-2 months.

What have you done to resolve this problem?

I am trying to not gain access into his facebook and be a nosy bitch. Let him talk to his ex if he needs to and give him his space.

If married or in a committed, monogamous relationship:

How long have you been together? Married almost a year. Together for a year +. Monogamous.

Is your relationship long-distance? No

Do you have an active bedroom life? Yes!

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UPVOTES

Finances in marriage

LaneysWorld2 · 13 April 2019 · Archived copy · Reddit

This post is specifically addressed to housewives/SAHMs who don't have a job.

How are you managing the financial sharing in your marriage? Do you get a monthly budget of money to spend or are you able to take as much as you need whenever you buy something?

Does he often treat you to special gifts or dates? How do you react and return the favor so he knows you appreciate it?

Have there ever been problems or arguments regarding this topic and why does your current method work well?

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UPVOTES

Any experiences on hypergamy as a virgin?

leinlin · 28 September 2019 · Archived copy · Reddit

I want to marry a provider and live as a kept woman. I'm 21, intelligent and good looking and working on becoming more feminine and desirable.

Out of different reasons I'm a virgin. I don't intent to change that before my marriage which I'd like to have around the age of 25.

I'm not at all worried about being bad in bed, to be blunt and honest. I'm sensual already and have a good feeling for my body. I'm confident, curious and sexually openminded. Also willing to accommodate.

Although I'm optimistic I'm sometimes afraid a modern day man won't "take the risk". Especially if he's affluent and/or not religious. But I don't want to pressure myself into adapting to society's norm just out of fear.

So I'd love to hear any experiences of women who have done what I want to do and waited till marriage. Especially if they did so with an affluent husband or a husband who wasn't extraordinarily religious. As only religious men are being portrayed as being willing to do the wait.

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UPVOTES

Why does our culture encourage women to view sex as meaningless?

strawberry_apple · 24 October 2019 · Archived copy · Reddit

Why does our culture encourage women to slut it up, particularly during their 20s? I see so many posts on r/relationships that indicate women are unhappy with casual sex and hate being a FWB. Yet the vast majority of responses to these posts are something along the lines of "it's okay to have meaningless sex! It's just an arbitrary societal pressure to be monogamous!" Which... Is bs. If anything there is a ton of pressure to participate in hookup culture.

Anyway, why? To what end? Why are women encouraged to do this?

16

UPVOTES

Thoughts?

CultistHeadpiece · 7 November 2019 · Archived copy · Reddit

<https://i.redd.it/7xl5u8gwp5x31.png>

loading...

16

UPVOTES

Advice for finding a non-leftist therapist for husband

FuckReddit8567 · 6 December 2019 · Archived copy · Reddit

Hi everyone, I'm hopeful that someone here will have some advice. My husband and I live in Connecticut, and as we both have "classical liberal"/conservative-leaning values, sometimes living in this area of the country it's easy to feel like the odd ones out. He told me today he's thinking about trying to find a new therapist, since his is fairly left-leaning and it can make it hard to have a productive conversation because they both just have such different world views and values. Anyone have advice about locating a therapist like this? It's obviously kind of a crapshoot, especially because the mental health field so attracts people on the left. Hope this makes sense, and thanks for any advice.

16

UPVOTES

A Woman's Role: Homemaking 101

turnipthebunbun · 4 August 2018 · Archived copy · Reddit

<https://youtu.be/AVNDR636wqA>

loading...

16

UPVOTES

Books for understanding the core of the traditional woman and the spirituality of being a woman?

happy_petite_spartan · 23 December 2020 · Archived copy · Reddit

I want to read a book that makes me feel empowered by embracing the maternal, nurturing and the internal yielding I feel towards my partner who I truly adore and who makes me feel very loved and cared for. I am empowered by the modern day rhetoric of being independent and I feel I have achieved that but I feel a bit spiritually empty.

I want to fulfil my role better in the more traditional senses but I feel lost and I want to understand it better. The origin of what the traditional female gender role etc. It's important to my identity. Please suggest any books I can read or point me to any resources!

Thank you.

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UPVOTES

New Mother Needing Advice On Coping

Fayve27 · 16 May 2020 · Archived copy · Reddit

Hi Red Pill Wives! I'm really in need of some advice in this very trying time of my life. Well, I don't know if I need advice, a slap in the face, a shoulder to cry on, or just to commiserate - I guess I just need some context. My husband and I have been married for a year and a half and we have a 7.5 month old son. I'm really struggling with the transition from purely homemaker to include being a stay-at-home-mom. My husband works a great job and we have always been in agreement that our ideal situation would have me staying at home looking after our children.

I feel like I'm currently not meeting my own expectations or my husband's expectations of what I should be doing at this point. The first few months were absolutely survival, we both knew that going into it, but now that we've found more of a routine with the baby I'm struggling even more now that there's more expectations of me. The idea that there's zero "time off" from motherhood is really eating at me in a way I hadn't anticipated.

I end up feeling slightly resentful and come off as ungrateful to my husband when his job "ends" and he gets a break in the evenings. He frequently works on things at home (he'll VPN onto work and check things during some evenings and on weekends) so it's not that he only works during the day and lounges for the rest. However, I get up and cover anything that our son needs between bedtime (around 7pm) and I'll get up anywhere between 6-8am and look after him for his first wake-window. Neither of us are morning people, so I find myself envying my husband who gets to stay in bed until 9 or 10. Partially for the sleep, but partially because he gets the opportunity to stay up late to enjoy his hobbies where I feel pressure to get to bed early so I'm not absolutely dead for a 6am wakeup.

We counter this problem once in a while by my husband taking the first wake-up. I'll get up and feed our son and he'll get up and spend an hour or two with him so I can get back to bed. This is usually a great treat but it's not feasible for him to do it super often and I feel a lot of guilt asking him to get up earlier on a work day or after I know he's been up late.

A lot of things I previously enjoyed as a homemaker (cleaning, cooking, general errands) don't bring me joy in the same way now that it's a juggling act with a baby. Even though I really enjoy making food for my husband, I get frustrated and anxious about getting groceries or meal planning and frequently ask if we can get take-out instead, which in turn makes me feel like I'm doing a bad job. I try and stay on top of the laundry and dishes pretty well, but the overall state of our house is not something I'm proud of.

My husband is an absolutely awesome dad and he's so willing to be involved and help when he can around his work schedule. I honestly love being a mom too, it's just been really hard that I don't feel like I get to be anything but a mom anymore. I'm half and half breastfeeding and pumping (about 4x each per day). If the baby isn't up, I'm usually hooked up to my breastpump, cooking/doing dishes, or doing laundry. I get a couple hours in the evening where I can take part in my hobbies, but by that point I'm usually so exhausted that I crash and get to bed as soon as possible. Any energy for physical intimacy with my husband is almost a distant memory at this point.

Anyways all of this aside I just feel like there's a normal amount of adjustment to being a new parent, but I feel like I'm on the verge of just not coping whatsoever. I'm having multiple breakdowns a month and I feel like I'm putting a lot of extra burden on my husband. Is it just going to be hard until baby is X months/years old? I feel some added pressure since my husband is facing a possible big promotion where his workload will increase drastically and he won't be able to help as much as he is now. We also want more kids eventually, but I'm barely hanging on with one as it is.

My husband was speaking to an older work colleague over the phone the other day and they were discussing a conference that was moving to online. They have evening discussions and my husband said that he'd try and be present once our baby was down for the night. The colleague was surprised that I wouldn't be able to handle doing that by myself and asked what I would be doing if he was having to travel and be at conferences in person. That's been eating at me for a little bit ever since it came up. The last couple of times my husband had to travel for work, my parents came to stay with me to help out (we're in the US and they're in Canada, so they've had to cancel all

pending travel for the time being).

For those of you that have kids, do you have any tips on how to cope with the big life change? Did I just miss the boat on maternal selflessness that other women figured out before they had kids?

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UPVOTES

How to remain confident as you get older

Cherry-lemonade · 23 January 2021 · Archived copy · Reddit

I'm turning 30 this year and it's really getting me down. I'm so sad to see my 20s go. I want to grow old gracefully but feeling attractive is very important to me so it's hard not to feel depressed about it. I guess I'm just wondering how you stay confident when you know your value is decreasing?

16

UPVOTES

Tv shows for kids with good role models

Turbulent_Ad6877 · 25 February 2021 · Archived copy · Reddit

I'm looking for some toddler/kid shows that have good masculine role models for boys.

A lot of boy toddler shows have weak masculine characters or basically gender neutral ones (I.e. Mickey Mouse).

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UPVOTES

My husband doesn't earn "enough" money and I'm kind of freaking out about it.

[norfleetspycho](#) · 10 March 2021 · Archived copy · Reddit

I'm 26 and he's 27. We've been together 5 years, married for 1.

We are both college educated with no debt (his parents paid for his degree and I paid my debt off). We share one car. We rent a very small one-bedroom apartment. We each earn about \$40-45k/yr, depending on overtime (his base hourly rate is slightly higher than mine, but I work more hours than he does). After taxes, health insurance, savings, and other non negotiables, our combined household "take-home" income is about \$58k. We like, but don't love, our jobs. We live in an area with a modest but rapidly rising cost of living. Moving away for a lower cost of living is not an option.

We have a good and comfortable life right now. We save money, don't travel, eat out twice a month, don't buy anything full price, not because we financially need to, but because we want to buy a house to raise kids in. We want to become a single-income household so I can stay home and homeschool our kids (which is his idea and is very important to him).

Our timeline for trying to have kids has been "when we own a home and can afford to live on one income or, as a fail safe, when I'm 30." I feel like we are rapidly approaching our drop-dead TTC date with no moves toward being able to live on one income in sight....

The trouble is that he seems to have no interest in earning any more money than he's making right now and I'm not really sure how we're supposed to raise a family and maintain a house on half of our current income. I'm actively trying to find realistic ways I can earn money as a SAHM and it's somewhat panning out but will obviously never reach the level of my (or his) office job. His attitude towards it is mostly "I think it'll work out." Ok. Except it's objectively not working out.

I have actively tried to avoid talking about it. Read, re-read (and re-re-read) all of Laura Doyle's books. No, I don't complain. I try not to talk about it. I know what my root fear is – we're not going to have enough money to do anything other than literally survive, we're not going to be able to have kids or to pay for their healthcare or buy them shoes. I've told him I'm worried and he just says "I like our life now and I think it'll work out." I tell him that I wish I felt like we were *doing something* to financially prepare for the future and he looks at me like I'm crazy. "We're saving up money to buy a house," he says, as though owning the fixer-upper home we'll end up being able to afford isn't going to dramatically increase our financial risk?

Some of this is probably influenced by the fact that our friends who became doctors or lawyers or engineers are starting to earn doctor/lawyer/engineer money, comparison being the thief of joy and all. But I keep looking at the numbers and I don't think I'm being unreasonable to think that we can't raise a family on \$45k/yr gross when we're currently living on more than that as a childless young couple renting an apartment, and I don't think I'm unreasonable to be worrying about it when we're closer to our 30s than we are to the next US presidential election.

I guess I just don't know where to start or what to do. "My husband doesn't earn enough money and doesn't want to earn more" feels like a bad mindset, but "I'm going to pay pediatrician bills for 3 kids while netting \$25k/year" also seems kind of foolish. I feel so blindsided because I did totally think we were on the same page about our financial goals and I felt like he had a growth plan and now I just don't know where that went or what to do. :(

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UPVOTES

Advice for juggling ambitious desires and feminine desires

TranslatedSky · 29 April 2021 · Archived copy · Reddit

I read some theory in RPW that everyone has more masculine/feminine energy in them. Masculine energy is defined as being more purpose driven, whereas feminine is being more concerned with relationships.

Despite having worked very hard to attain feminine qualities (I made a list in one of my posts), by nature I am very logical and left-brained. I have tried looking at ancient archetypes such as The Sage — the Greek goddess Athena for example was one such example that proves women can be logical and still feminine.

However, I still feel insecure, because I'm extremely ambitious when it comes to knowledge and learning, to the point it takes up a lot of my energy and time. I'm definitely more purpose driven, and am the kind of person who would enjoy the challenge of starting my own STEM-related business. At work, I'm also commanding and aggressive where assertion about ideas that make sense is needed — and I enjoy it.

Meanwhile, my life outside of work is relaxed and feminine. I hang out with mostly close girlfriends, work on my fitness, host dinners with family and volunteer with children. But I'm still very logical, ambitious and left-brained. I don't see myself ever giving up my dreams to support a man's unless our purposes align, because I find great fulfilment in working. If I'm being honest with myself, the desire to have children and raise them right is great, but I am not confident that I will be a good mother because my mind is always on my purpose.

Because of this drive inside me, sometimes I feel defective as a woman.

I wonder if it's possible for me to lead a purpose driven life in the daytime and come home and be a nurturer when I come home. Both sides are me. It feels tiring to live with these opposing energies inside me because they are like night and day. There's like no frame of reference.

Edit: It may be worth mentioning that I've tried to play the support role to two ambitious partners before, putting my dreams on hold, and both of them ended up treating me badly.

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UPVOTES

I feel lazy for choosing to be a SAH wife with no kids.

3littlepigz · 14 June 2021 · Archived copy · Reddit

Hi. First time poster here so not sure if this is the appropriate place. Some background, me: 42 him: 46 no kids 3 dogs. Long story short.. I worked in a case management capacity for the government for a very long time and got emotionally and mentally burnt out. I was having breakdowns weekly from the stress. He makes decent money and as long as we are careful with our spending (not scrimping but not blowing money unnecessarily either) we are comfortable without my income. I had wanted to leave the workforce for a while and used every dime I made to pay my personal debt off so i was not a burden when I pulled the trigger, as well as saving a decent amount. I recently left my job with his support but I am still struggling with feeling like I am not contributing. I don't have kids and I feel like I am just lazy. I clean the house every day, cook and bake, tend to the massive perennial garden we have. And I still feel like I am not doing enough. I have worked since I was 15 which included time in the military. Is there something wrong with me? Or am I just adjusting. Thanks

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UPVOTES

Just a little insight to the women who struggle with the idea of staying at home vs being a career women.

Tyla_re · 8 July 2021 · Archived copy · Reddit

I've been looking through posts for a little bit now and I love this sub. However I do notice this idea that if a women who is afraid or nervous to start the homemaker role it's always seen as "well you don't seem like you hate working you hate your current job." I've gotten this comment too but I'd like to offer some input from a social anthropological level to this.

I grew up in a very democratic home (idk how I became the opposite) and with 2 parents who worked no less than 50 hours a week. Mom included in that. We were all taught to work. Work. Work. Never mind the fact that mom was miserable, we were raised by our "baby sitting grandma" (an family friends mom) and the parent kid relationship has ALWAYS been strained. I was nearly forced to go to college despite my best efforts to suggest other wise and when I was 17 I was told I needed to work along side this. I don't necessarily HATE work sure. My job I just quit was lovely and flexible but I didn't find my value and strength in it and often times held on to it for 6 years bc I feared judgements rather than it fed something in me.

My husband, very conservative traditional man who often expressed his want for me to stay home and worked hard and never went to college, really had to convince me that this was doable, that we were safe and stable and that my meaningless, financially dry job was not helping anything. We bought a house and a car without ever considering my pay bc it wouldn't help in the slightest but being raise in the house I was felt like just staying home wasn't contributing when in reality I wasn't contributing and actually contributing less by going in to work. The house was destroyed and we both were sinking under the pile of house worker, we were strained in intimacy and even though I think this could work for a lot of women it wasn't really what I wanted and didn't have a good example of what SAHW or SAHM looked like.

All of that said this is a huge cultural barrier some of us have to go through. I didn't HATE my job but I didn't love it. I didn't want it or even need it. I just felt like I had to do it. It's not that some of us who are afraid to make the change don't want to do it or even hate the current job it's just a BIG change and one that often comes with a LOT of stigma these days of female STEM, female career, working mom culture.

Hyper independence and the threat of divorce and a back up plan is constantly instilled in women these days and "I don't need no man" attitude. That's not saying it's not true right even SAHW are independent and they DONT "need" their husband or bf but the issue doesn't always lie with "I want to work" it lies with "culture tells me I need to work to be valuable." It's a reaction we often see in an overcorrection culture from past history. We went through women's right fights to give women the CHOICE and the RIGHT to pick that path... to ALLOW us to choose to be house wives or working women, not to force one or the other down the throat of women. So if you too are struggling with this internal battle know that the brave women who fought for the right to go to school and college and have a career didn't intend for today's feminism to force that as your only option. It was meant to give you the freedom of choice. Please trust your wants and needs and if that's staying at home or going to work STAND YOUR GROUND in that choice to anyone who tells you the choice you made was "wrong" bc it's not. Career women are amazing and strong and so are the ones who embrace the traditional role of house wife. It's just different not right or wrong.

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UPVOTES

RPW/RPGF Soft Skills: Other than being an all around Domestic Goddess, what are some small things, overlooked things or “soft skills” you think more women should learn or utilize?

-sunshyne- · 30 July 2021 · Archived copy · Reddit

[/r/RedPillWives/comments/ourylp/rpwrpgf_soft_skills_other_than_being_an_all/](/r/RedPillWives/comments/ourylp/rpwrpgf_soft_skills_other_than_being_an_all/)

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UPVOTES

Husband extremely stressed and tired from work. How can I help him?

acgs1995 · 16 August 2021 · Archived copy · Reddit

My husband got a nice job in January. He is climbing the corporate ladder, but the stress is killing him.

He is even beginning to dislike going to mass because he feels he is losing time.

He works from 8am to 10pm monday-friday and he works on the weekends too.

I already cook, clean, take care of the house. But this is not being enough. He is always tired and tense. Our intimate life is suffering because he is always on edge.

How can I help him, besides offering massages, being positive? I feel impotent... I feel I'm not being a good wife.

Any advice?

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UPVOTES

My boyfriend set profiles up for BOTH of us on this calendar/shopping app! My knees are weak 🤔

jack_hammarred · 19 May 2018 · Archived copy · Reddit

<https://appadvice.com/app/famcal-shared-family-calendar/1098999871>

16

UPVOTES

When People Ask You What You See In Him

jules_didlio · 28 August 2017 · Archived copy · Reddit

<https://memegator.com/2017/08/27/1130/>

16

UPVOTES

High demand job is stressing me out, and I am having hard time being light to my husband

CurlsandWaves_ · 21 September 2021 · Archived copy · Reddit

Hi ladies, I've been following RPW for a while now and feel like a lot of my success in my marriage is due to RPW.

But I've recently come into hard times now because of my high stressful job. It has taken a lot of light away from me, and has made me somewhat anxious.

My husband, has a job he doesn't like. My husband is also on the emotional end and counts a lot on me for his happiness.

I am struggling here because I feel like I can never let my emotions be. If I feel sad or angry or just overwhelmed, I have to put on a good face, or else he also gets sad, and angry, and overwhelmed.

I am trying to be my husbands light, but after years of focusing on being my husbands light, I am just having a hard time trying to be my own light.

Any recommendations appreciated

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UPVOTES

Dynamics

SaturnIndigo · 27 March 2022 · Archived copy · Reddit

My husband works a regular 40 hour week from home .

I homeschool my kids and run my special needs son to therapy 3x a week. I also run a full time business from home.

I do 95+ % of everything. Housework, cooking etc. We have spoken many times and even made schedules about him being a little more helpful such as taking care of dinner twice a week, doing dishes twice a week and throwing a new load in the washer (and transferring what's in the washer to dryer , then folding what was in the dryer and I take care of the rest) 3x a week. It never happened/happens. I'm trying not to project my frustrations and I do NOT want to be naggy. We've been together 10 years and I spent 8 of them constantly asking him for help and it became the basis of all conversations and essentially the resent built on both sides . I don't want to get back there. I've recently hired a cleaner to come bi weekly but I'm still having trouble keeping up with everything .

What is acceptable to expect of him? When I'm not asking for help or expecting it , things are peaceful. Sometimes I wonder if I should just make peace with him not doing anything around the house so I don't feel resentful.

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UPVOTES

First trimester and exhaustion

smolchipmunk · 7 April 2022 · Archived copy · Reddit

Dear Ladies,

I could really use your advice. I'm a SAHW and my husband and I have a 4 month old puppy – a very energetic Golden Retriever. I figured out a schedule for us and I've been putting him in the kennel for an enforced nap every 2 hours for an hour or two. I used to always spend that time on cleaning or cooking/baking and it had worked great, especially since cooking and baking are also my forms of self care and a big hobby.

The thing is... we've recently found out I was pregnant! Which is great great news (prayers for our baby to remain healthy will be appreciated!) But I'm absolutely exhausted. I could sleep all day and when I'm not asleep I feel nauseous and I get tired terribly fast. All of that is new to me cause I've always been very active and in a great shape. I also feel like I can't find motivation to do anything cause I feel so bad all the time. Now anytime I put the puppy for a nap I feel like I have to take a nap as well.

I don't neglect the house and there's always a fresh meal in the fridge or on the table but I'm not as good as I was with cleaning (like vacuuming or washing the dishes immediately after cooking) which makes me feel guilty.

Does any of you Ladies have any advice how to deal with that or could share your experiences with the first trimester? I'll appreciate it greatly.

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UPVOTES

Books about emotional awareness and inner femininity?

ThatStepfordGal · 12 June 2022 · Archived copy · Reddit

Hi ladies! I've been in a heartfelt journey understanding my femininity beyond the physical and mental practice to something more emotional.

I've realised in recent years I may have very feminine appearances, manners and whatnot but I struggle with vulnerability and earnest communication...this is something I'll expand upon in my blog eventually, but I feel there's more learning to do...

I've read: Fascinating Womanhood/series, Attached, Daring Greatly - does anyone have further suggestions? Not books about feminine attitude exactly but the mentality and emotional depth, especially in navigating relationships (all kinds) and communication, wholeheartedness. Thank you ☆☆☆

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UPVOTES

The Good Wife Weekly Challenge

AutoModerator · 22 July 2022 · Archived copy · Reddit

Every Friday we will ask the community to suggest a weekly relationship or personal improvement challenge. This should be something small that can be accomplished in a week that will make your relationship just a little bit better.

Anyone can suggest challenges below. You are then encouraged to pick what you think would be best for you and your relationship this week and make it a goal. Then on Monday, a "report back" post will pop up. You have until next Friday to give us the update on how your challenge went. And hey, if it's bigger than a comment - feel free to write a field report!

A few suggestions to get everyone started:

- Make a point to tell your partner what you appreciate about him this week. Make it real and genuine.
- Dress a cut above normal for a week.
- Go for the full 50's housewife routine when he gets home. Fix your hair and make up, meet him at the door with a kiss and space and have dinner ready to go when he's ready to eat.

The goal of these challenges should be to try things you might not normally do and observe how they help impact your relationship. You can suggest a challenge that you want to try or that you already do but think will help others. Let's all work together to make our relationships more fulfilling.

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UPVOTES

Secret Redditting Technique

blushingoleander · 6 August 2022 · Archived copy · Reddit

Most people use apps to Reddit. This doesn't help with that.

And if you use the redesign (does anyone use the redesign?) you are out of luck.

But if you want to see everything that is going on on a sub, you can add "comments" to the end of the URL on the web browser. For Example: <https://www.reddit.com/r/RedPillWives/comments/>

This shows you everything that is being said in all the different threads. I was gifted this information by a wise woman (PhantomDream09) in the way way back times. It's useful for moderating but it's also helpful with all the automatic posts that we have set up. You can see what is going on without going into every new post individually.

This has been a public service announcement.

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UPVOTES

From a man, just a thanks for giving hope all my hard work could materialize into a future loving wife it can be tremendously hard to see it

Environmental-Use808 · 19 December 2022 · Archived copy · Reddit

[/r/RedPillWives/comments/zq080m/from_a_man_just_a_thanks_for_giving_hope_all_my/](/r/RedPillWives/comments/zq080m/from_a_man_just_a_thanks_for_giving_hope_all_my/)

16

UPVOTES

Is it bad to contact a man I had ghosted years ago?

[deleted] · 4 February 2021 · Archived copy · Reddit

[deleted]

16

UPVOTES

How to know when it's the right time to come out of nun mode?

[deleted] · 25 September 2020 · Archived copy · Reddit

[deleted]

16

UPVOTES

Two women who can't cook are gonna shove bread into a bird's butt and we're gonna die. (Do I through a Boulgogi Coup on Christmas?)

IWTTYAS · 23 December 2023 · Archived copy · Reddit

I need some help. Do I bring Boulgogi to Christmas?

EDIT - THROW. I'm thinking of throwing a Boulgogi Coup

I don't know where else to ask and think some of you can add some thoughts.

My MIL and SIL are special.

I have been with my DH for 18 years. His family dosen't Turkey or Ham on Christmas. They do something THEY call Boulgogi. It is NOT. It's rice and raw meat strips they chuck straight into the pot with water. They boil the strips in the water until the rice is blown and then dump soy sauce into it until it's brown.

I can make Boulgogi. I make Boulgogi at home for us every few months. I had a neighbor who taught me to cook some Korean dishes.

I have never said a word, offered to help, stepped in, corrected, or even touched their Faux-gogi while they're cooking. I also have a cast iron gut so I choke it down every year. Whatever. I'm a guest. I'm not saying anything.

Every year is the What should I bring? question. Every year I'm told to bring something that goes with Boulgogi. I've suggested things and no matter what I say the answer is the same "oh - whatever you want to be bothered to make"

I've done eggrolls. "Why did you bring those - no one in this family eats egg rolls"

I brought Kimchee "What on earth is that? Oh - that's that rotten cabbage crap!" I also had cucumber Kimchee and the response was "Rotten cucumbers! Even better!"

I've done rice paper puffs with the little ones. "OH! That's how they make styrofoam"

This has happened for 18 years.

Today the call comes "We are starting Christmas at Noon on Monday. Oh - and SURPRISE! We're doing a Turkey with stuffing!"

HOUSTON - WE HAVE A PROBLEM - RED ALERT - ALL HANDS ON DECK!

The first Thanksgiving I attended we ate Pizza. They eat pizza on thanksgiving because a Turkey is too hard to make. I make a Turkey every couple months because why not? And told them that. They have voluntold me yearly that I bring Turkey to Thanksgiving. I never bring a whole turkey. I bring it already carved. It's always a hit and I often get the "he married you for your Turkey" line (which I find sweet.)

My SIL and MIL can not cook. They do not own a meat thermometer. I have seen them undercook pounded chicken breast on a gas BBQ grill (which I really did NOT think was possible) If something comes in a can they use the entire contents of the can. Green beans? Why drain em! There's salt in that water. The water gives it flavour.

Monday I'm going to be walking into a food inspectors nightmare. I listened to the voice mail twice. She said a Turkey with Stuffing.

Y'all, two women who can't cook are gonna shove bread cubes into a bird's butt and we're gonna die.

The 40 year tradition has ended. It's Turkey time. I have packed an emergency meat thermometer. I did buy a couple packs of cookies that they mentioned I could bring for Dessert. I also have 2 boxes of Stove Top to replace the goo I know I'm going to have to unspackle from the inside of a sketchy temped bird.

Here is where I need your help. I am hinging my hope on these words

Tell your wife she can bring whatever she wants. If she can, we need a couple packs of cookies for the kids!

I want to bring Boulgogi. Just a small crock and my rice cooker I want to play the "just so we can say the tradition has been uninterrupted for 41 years if we go back to it next year" card with some condiments (think a jar of kimchee, some sprouts, spicy mayo, etc)

I'm really doing this for anyone who isn't a fan of whatever will happen during the "great Turkey Experiment of 2024" I want a back up plan.

I brought this up to my DH and he said he loved the idea. I want to make enough for a few adults and any kiddos who's parents are not a fan of under cooked poultry. He wants me to make a Boulgogi BackUp.

My MIL and SIL are going to be awful people no matter what I do - If I bring Boulgogi in any quantity they are going to throw a fit.

If I don't we might end up with bagged salad, brown and serve rolls out of the bag, and half frozen pies. (They're cooked! It says so on the box. Heating the apple pie in the oven is OPTIONAL. You can put it in the microwave if you need to.)

I will be also be tasked with fixing whatever they did, if possible, regardless.

(I sound awful, I know. I am not "better than" them and I'm not trying to say I am. I just have a skill set that's been more refined than theirs.)

If I call my MIL to run this by her for approval she will say yes then she's going to turn this into a "Your wife just called to tell me that I can't cook" thing and DH is likely to tell her "She's right"

There will be fall out if people like my version of Boulgogi but I really don't care. I want food that's safe to eat.

Which option to I pick? Do I lean in hard on the "but it's tradition" excuse and bring it? If so, where is the line where I can say it was made "just to continue the tradition" vs 'I brought a back up meal"

For argument's sake 12 people over 16 plus 3 under 5.

Help? Good idea? Bad idea? Don't do it?

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UPVOTES

The Boulgogi Coup has been cancelled because my SIL just rolled MILs truck.

IWTTYAS · 24 December 2023 · Archived copy · Reddit

She's fine. She is at a great hospital. She broke a couple bones. The truck is of course totalled. I'm waiting for the next update. DH just asked me "so, do you think we can vacpac and freeze all that marinating meat?" For all you reading this - It sounds a LOT worse than it is. This is par for the course for her. She is on probation for a DUI and this is not her first "probation violation" That being said....

deep breath

Yep. My strong "I don't need no man and am not sure who my baby daddies really are" SIL (who is currently on probation for a DUI) just stopped what I think would have been an epically hilarious petty but positive revenge Christmas.

For all of you who were waiting to see what happened? I am just as disappointed as you.

I'm going to go pour myself a rum and coke and..... appreciate this Karmic intervention.

Any one know how long you can keep boulgogi in it's marinade in the freezer? I'm not opposed to trying again next year! ;)

Merry Christmas y'all

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UPVOTES

Help He yells a lot and slams doors

Ok_Handle2589 · 23 February 2024 · Archived copy · Reddit

Help, he yells when he is mad... I don't like this.. I am F, 31, he is M 38. I am black and he is white.. we live in a great neighbourhood ... I earn more and try my best to be a red pill wife... Recently got my hands on the empowered wife book and I am trying it but he yells when I ask any question. Today, I said " Why are you not getting ready for work " as it was 8am and he was sitting at the table.. He replied Oh i am Working from home today to which I replied "why you didn't tell me and when did you find out", He began to scream about why he hates questions and why i want to know what he is doing and I am home now.. he has apologised but this is a cycle.. What do i do

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UPVOTES

WEEKLY OYS - April 18th 2024

ChamomileMist · 18 April 2024 · Archived copy · Reddit

The woman is at the heart of the home. Let us pray that we women realize the reason for our existence: to love and be loved and through this love become instruments of peace in the world. - Mother Teresa

Today, we RPWives gather to recognize the power we have over ourselves, our lives, and our families. We have an ability to bring beauty and joy to our homes like no other, and there is no better time to honor what we bring to the table. We acknowledge that the worst moments of a relationship often took two to tango and that the best moments deserve to be celebrated. We are determined to uncover what we can differently to improve our communication until fights are fizzling out before they occur and our empathy and understanding for each other blossoms.

Ladies, it starts today. It starts here. Own your stuff.

[Blank form](#) | [Form explanation](#) | [OYS Rules](#)

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UPVOTES

SAHM to-do list once kids are older?

JoyfullMommy006 · 10 September 2024 · Archived copy · Reddit

Husband asked me to get some outside opinions so we can compare and adapt what we're thinking. I'm a sahm whose kids are getting older but not flown the nest yet.

6 kids, ages

25M (not living at home)

19F (working and traveling on her own dime)

18M (working full time)

16F (10th grade in public school)

13F (homeschool with virtual school)

11F (homeschool with virtual school)

On average, what does your responsibilities list (to-do list, chore list, however you refer to it) look like? How do you and your husband split things up between the two of you, assuming it's just a normal week? Husband works 50-ish hours a week outside the home.

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UPVOTES

What is ONE thing you did in 2024 that improved your marriage? Can be anything, bi or small!

ashtaytay · 3 January 2025 · Archived copy · Reddit

[/r/RedPillWives/comments/1ht01o7/what_is_one_thing_you_did_in_2024_that_improved/](/r/RedPillWives/comments/1ht01o7/what_is_one_thing_you_did_in_2024_that_improved/)

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UPVOTES

I (24F) found out the guy I'm dating (28M) has a severe ED, what should I do?

gfssaagiiyt · 18 April 2025 · Archived copy · Reddit

I feel really down about this. I met this wonderful guy and he literally checks so many boxes for me, I've been so happy with seeing him.

A couple of weeks ago, we finally tried to have sex, but not really because he couldn't get hard. He revealed to me that he has a severe ED, one that can't be treated with any medications (its a medical condition). He told me that he is scheduled to have a pump installed to simulate an erection soon.

I am so conflicted. I really like this person, but at this age I would love to have sex with my partner :(I am so sad about the situation. Does anyone else have any experience with this? What should I do? I feel terrible for him, I know it must be so difficult but at the same time, I feel confused about how to move forward.

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UPVOTES

Literally NO sex drive

Rocksytay · 2 November 2018 · Archived copy · Reddit

I'm not sure if this is the place but since you guys are a sexual strategy sub and I've been lurking here for a while, I'm seeking some help. Pretty straight to the point- I have no sex drive for my husband.

I don't want to have sex with him but I wish I did. He is attractive, kind, loves my body and wants to have sex with me but I just don't. We still have sex but I'm not into it AT ALL. I really wish I could be.

It's messing with me because I know we need to have sex, I love him and I wish I wanted to and yet it's also hard because it's such an intimate thing to do when you do want to. It's so intrusive and it is so hard to fake being "into it" when you're not.

I need advice! Do you have any? I keep praying and trying but it's not really improved. In fact, it's gotten worse I feel.

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UPVOTES

In need of advice from wives and moms

littleshroom · 14 October 2018 · Archived copy · Reddit

Hello, everybody!

I am in a bit difficult situation right now and would love to get some advice.

Together 8 years, married 2. We have a toddler and are expecting another in March. I am a SAHM, my husband is the sole provider. We really wanted to start our family early, so we became parents at 24.

It has been a challenging change from our previous lifestyle and the adaptation to it is still happening. We are very introverted people who really need alone time. As you can imagine, with kids it's pretty much go-go-go from the morning till night.

I did my best to make sure evenings are just for chilling out and weekends are free, by doing housework and cooking as best I can. With a toddler who just doesn't need sleep, ever, I sometimes was really on the verge. Sleep deprivation really is a method of torture, you know! I even joked to my husband that I don't whine about lack of sleep. I collect witnesses, so that when our little dude is 18 I could sue him in the Hague Human rights court.

It's gotten easier lately, but here comes the big problem.. We decided to have another and now I am 18 weeks pregnant. I have a very difficult pregnancy. I am in pain every day, and spent the first three months on strict bed rest. Now I'm on modified bed rest. Toddler had to begin daycare because I just couldn't manage.

Past month he has been sick on and off, so I haven't been able to rest and with a sick child.. You can imagine. Husband being at work, I struggled a lot. Even though I try to get just the basics done (food and laundry), by the end of the day I can't walk, I have to crawl as a method of moving myself. I'm in a lot of pain and it's coming from someone with stage 4 endometriosis and who has had a med free birth.

I'm not really asking about how to manage the situation (we're trying everything right now to make it easier for me until husband comes home, and weekends he is the primary parent while I sit on the sofa). The issue is - how to deal with this stress?

We've had so many more stupid little fights because when in pain, I can't think clearly. And husband is also tired and stressed, he is actively working for a raise, doing all the shopping, managing everything regarding household and toddler, because I haven't left the house for weeks now due to pain.

I know this will pass, because our first pregnancy went the same way. But still, how to survive up until March when the baby will be born and not get into a cycle of fighting every day? We love each other, but we get almost no time for the two of us, the finances are a bit tight now (we just bought another apartment and reno took out more than expected) and our relatives live far away. Also, we have very high standards of parenting that we chose to do, with limited screen time, with lots of activities and healthy foods that take quite a bit of time to prepare. It's not an iPad and cheerios sort of thing for us.

Any advice would be greatly appreciated.

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UPVOTES

How much advice do you give to friends IRL?

okayestwifey · 11 October 2018 · Archived copy · Reddit

Since implementing RP concepts in my marriage (and seeing AMAZING results btw!) I've noticed more and more that I've started holding my tongue when it comes to friends talking about their own marital problems. Once in a while, I'll give some advice sandwiched between "This is just how I do it, this works for ME but" and to be honest, 90% of the time they follow the advice and it works great.

But, for example, today a friend told me she is getting a divorce. She went on to say several things that made me want to go, "Wow, ok! Maybe try changing this before getting divorced?" It just all sounded so fixable! But I'm extremely hesitant before offering RP advice IRL, even things like "You absolutely should not be kicking your husband out of the bed in favor of your 3 year old." Does anyone else struggle with this, and how do you handle it?

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UPVOTES

How to dress

somedayimight · 8 October 2018 · Archived copy · Reddit

I'm reading the book "for women only". I'm not sure how RPW feel about it, but so far I've found it helpful.

I just finished the chapter about how extremely visual men are and it's making me reconsider how I dress. I'm a stay at home mom in decent shape (5'6" and 135 lbs). I'd like to lose 10 pounds or so but I don't feel bad about how I look. My typical every day outfit is yoga pants and a t-shirt, maybe minimal makeup. I want to dress up for my husband more, but it often feels pointless when the only places I go are the grocery store and the park. And it's also important that I'll be able to get down on the floor and play so dresses only work if the skirt is pretty full.

I also don't want to look too sexy. I want him to notice me as I move around the house but I don't want to draw the attention of strangers when I'm out.

How do men feel about what their wives wear? Should I just aim to look better all the time? I'm trying to find the balance of feminine and practical. But now I'm thinking about the women he works with who wear heels and pencil skirts and makeup every day (like I used to) and I want to be comparable to that. I don't know.

Please advise!

Thanks

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UPVOTES

I want to feel pride among other women for my needs!

kindaprettyugly · 17 August 2018 · Archived copy · Reddit

I want to be a wife and a Mom! Naturally I will pursue any career path necessary to be sure that I am a financial rock if my husband were to ever experience career difficulty, but I want to sacrifice for my man.

I feel I've encountered a lot of flak from my single female friends. I have sacrificed a lot to keep the relationship I have with my fellow strong and I encounter strong criticism every step of the way.

I use sweet words, encouragement, humor, loyalty, and a non-judgemental affect whenever I speak with him.

Why do I do this? Because he is a tough man in the world. I LIKE that he is a tough man in the world, out there, making money, kicking ass!!! For who?

FOR ME! So I enjoy validating his hard work. I enjoy being his moral compass. I enjoy rewarding him for his wonderful, manly undertakings with adoration and blow jobs, and I enjoy being his disappointed friend when he does something awful.

Really, I do love knowing that I am always working on myself so I do not *need* him, but I love that he is always so determined to please me.

Why? Because I am determined to please him!

But my friends frustrate me so much.

"Why do you do so much for him, what does he do for you!?"

"Why are you always sacrificing for him, what does he sacrifice for you?"

Why am I sacrificing for him, oh good friend who has had 6 relationships in the time I've had one? Well, because I respect him!

Because I decided he was worth my time, since we clicked on many issues and because spending time with him makes me feel special, protected, safe and happy! I admire his analytical point of view and I admire his dedication to his body! I trust his ambition enough to know that he'll take care of us, and he trusts my self-determination enough to know that I will do my best to contribute financially and work toward building us beautiful babies.

"What does he sacrifice for me?"

NOTHING!!!!!! And thank the Lord, for I'd have it no other way!

We are partners...not sacrificial lambs. I require nothing from him but his time, his conversation, and whatever reciprocal love that I have earned.

My gal pals seem to think that I am a sell out in some way.

Honestly...love, a relationship, and a family are important to me. I feel shy telling people that because they seem to think I have sold out on the concept of "empowered womanhood!"

I think, though, that empowered womanhood encompasses the choice to take on highly feminine roles.

I like to be the sweet princess my man turns to! I like to love him and support him. It FEELS great when we cuddle at night, and when we feel safety and trust in each other.

I wish people didn't think I was some kind of sell out or pushover for being sweet to my guy.

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UPVOTES

IRC chat - would you use it?

whitebunny87 · 14 August 2018 · Archived copy · Reddit

Hi ladies. Just wondering what your feelings are about opening up an IRC chat room for the sub. I haven't made one before, but happy to look into it if there's interest.

Has anyone used the Reddit chat feature? Is it any good?

While I'm polling you all, could you mention whether you visit our sub using the new or the old reddit layout?

Anything else you want to raise about the nature of the sub in general?

Thanks xx

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UPVOTES

Update on Cleaning With My Demons

flamin_mamie · 11 August 2018 · Archived copy · Reddit

I wish to thank everyone for the helpful suggestions I received for my previous post. I have been trying them out and reframing my attitude towards cleaning. Where it used to be considered drudgery at which I was doomed to fail, now every item I pick up is an opportunity to give a gift of a nicer home, and feel better about my husband's high regard for me. At first, bouts of cleaning inspired by the suggestions felt productive, but it was hard to see a difference in the area I cleaned because even after cleaning, there was still too much mess remaining. But I'm happy to say, in all the major areas of my house, I have cut it down to where it is getting noticeably cleaner. Maintaining is easier than digging us out. I also donated a box of clothes to friends of mine who do an open closet free shopping event for women whose circumstances don't allow them to buy new clothes. It was all items I had held onto for years because they seemed to be more dressy than functional, and they were so nice and unworn that I kept trying to offer them to friends and family.

Since my post, my husband's mother has been in the hospital a lot, and he is having a very hard time with it. He really needs our home to be a place of rest and rejuvenation rather than reminders of how much work we have to do, and I've made progress towards that.

Last night, I finally felt I'd pulled myself together enough to start Flylady's zone routine. As indicated, I set my timer to 15 minutes and by the end of that, so much got done that all I had left to do was the floor, so I kept going until everything looked great. I cleared a table that had had piles on it for weeks, and I'm sitting at it now because it's so inviting!

When I came home from work, there was a post-it note on the table from my husband. (We work different shifts and barely see each other all week). It said, "I love you flamin_mamie. Everything is so nice. I want more time with you. Love, Husband."

This makes me so motivated to keep going. Thank you so much!!

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UPVOTES

How do you recognize/celebrate career achievements?

synthjw · 6 August 2018 · Archived copy · Reddit

I guess I'm initially looking at this from more of a homemaking perspective than a relationship one, but all answers/ideas are welcome!!! Do you guys do anything special/fun to celebrate when your man accomplishes something major in his career?

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UPVOTES

'I hide my salary from my boyfriend' - BBC Three

littleeggwyf · 8 July 2018 · Archived copy · Reddit

https://www.bbc.co.uk/bbcthree/article/4dc55256-ee89-4431-ace6-4c302f5af628?ns_campaign=bbc-three&ns_channel=social&ns_source=twitter&ns_linkname=bbcthree

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UPVOTES

Dare To Be Domestic: Traditional Living & Part-time Work

ThatStepfordGal · 4 July 2018 · Archived copy · Reddit

Now that you've decided to dedicate some time at home and you may not have a reason to stay at home full time yet, depending on your family's needs, you may be thinking – how do I help earn, then?

While men are the breadwinners and providers of the family, there is nothing wrong with Domestic Women who have the time to supplement their income and help. With modern technology nowadays, (unless you and your family/partner prefer and can have you stay at home full-time) there isn't enough housework to take a full week if you don't have little ones to look after. So of course, you want to take up your spare time in earning to help the family.

What options do you have?

Basically:

1. Work From Home Positions 2. Part-time Outside Work 3. Small Business

I myself have work in two of these categories, as a house-daughter who stays at home part time to look after my initial family.

1. Work From Home Positions

Hourly: Work from home positions usually require working through the internet or on the phone. I have been through quite a few of these myself, some work for you and others don't. Just like being at a physical workplace, the employer's personality matters. I have been in positions where my mine was very strictly monitored, even my computer! That was just very restricting for me. I have also worked on the telephone as an adviser and you do get all sorts of customers that can be quite rude and pleasant, you get a variety. For me, this does not work since I have to sit and wait for the calls for a set amount of time. Since it only worked via landline (and not mobile), I couldn't get up and do other things in the meantime, so I felt like I was wasting my time since I was waiting most of my shift and I couldn't move, basically.

Commission: Right now, I am working as a consultant/customer service for a shop and I get client emails and queries, I get compensated per email and that works for me time-wise. While I don't get anything per hour, my queries are increasing and I can stop and work in between my chores and then go back to them once I've taken care of a query.

Here are some Work From Home positions to look for:

- Teaching/Tutoring Online
- Editing (If you have an academic background)
- Writing (Contributing to papers/magazines or writing your own book)
- IT/Software (If you are tech-savvy)
- Customer Service (Easier to get into)
- Admin (Receptionist, for those who have the experience)

2. Part-time Outside Work

This is a little easier to get into. Due to economic effects on businesses, many shops and companies do hire part-time. You can also look out for businesses that just need part-time work, usually small, independent businesses that are owned by family. I have been working part-time for an educational business for years now and I have really enjoyed it, I have it at a set day of the week and that's been stable.

Here are some Part-time Outside Work positions to look for:

- Teaching/Tutoring
- Babysitting/Au Pair (Look online or through apps aimed specifically at this)
- Shops/Retail
- Libraries (As assistants or presenters)
- Cleaner (Through apps or a cleaning franchise business)

3. *Small Business*

This is an area I am only beginning with and I recommend that Domestic Women do their research seriously and talk to other business owners they may know before funding and starting their own business. As always recommended, start small with just one idea and have a mentor. Each idea will have a different approach due to its nature/category and starting a small business will differ for every person. There is so much misleading advice out there from entrepreneurs, books and brochures, you don't really know which is true!

Here are some sources to get you started:

- Plan & Start (Australian Government)
- [Home Business Ideas](#) (Entrepreneur)

A great source for all the above, part-time work ideas, business ideas is this site, [Stay At Home Mum](#).

There is stigma attached to working part-time since society still considers paid employment as the only type of work (though they applaud volunteers!) but remember, combined with your housework, it *is* full-time work- just two different types of work. Two types of income; money and time. **You can set your own definitions for that regardless of what others say.**

Working part-time definitely can help your family and each Domestic Woman would have a different part-time work schedule or even a schedule that has many types of part-time work. Being the Domestic Woman of the household means your work is more *flexible* than the breadwinner's in order to accommodate your household and family's needs and anything that may arise.

Once you've figured out that lovely combination (I myself work 2-3 days a week outside, 1 half day at home while also studying), it can be truly suitable and refreshing!

One thing I really enjoy about being a Domestic Woman and working part-time is I'm never doing the same thing all the time, *having different roles and tasks always makes me feel mentally challenged* since I am constantly put on the spot and switching mindsets for work. Even better, it benefits my family and I can save!

With a bit of **searching, creativity** and manipulating your schedule- *you can do it too.*

[Original Post](#)

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UPVOTES

Question

luck_bealady · 28 June 2018 · Archived copy · Reddit

I had no idea this subreddit existed, and already love it! My husband and I have been married for almost 5 years, and we finally have our first child on the way. I work full-time as a RN and my husband works part-time(trying to get promoted) in IT at the local university. His parents divorced when he was 16, and had(and still have) a very unhealthy relationship. My parents are southern/religious/Republicans, and yet my mother is "in charge" of my parents relationship and my dad lets her.

So with all that I would say most of the time my husband and I are equal partners, but I live in fear of becoming dominant like my mother. My husband isn't very take charge. So how can I encourage my husband to be the headship of our family? Thanks!

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UPVOTES

A big thank you to this sub!

Pommedeterry · 11 June 2018 · Archived copy · Reddit

I've been a subscriber (and lurker) for a few months. I've incorporated much of the lessons I've learned here in my relationship, most notably what I learned from reading "The Proper Care and Feeding of Husbands."

To my surprise I'm actually beginning to see positive changes! Things aren't perfect of course, I'm still learning, but it is way better than before and more so by the day.

Best of all, I no longer feel like I am doomed to become my mother (an ultra domineering hyper-aggressive bully who made the entire family miserable and my father alternate between completely checked out and raging beast). I no longer fear letting the man I love be a man I be a woman, because I now know what it really means and the joy it can bring. I no longer fear having children. I finally have some tools to create a marriage and family that operates in relative peace and harmony.

I know this all probably sounds cheesy, but I really cannot thank you ladies enough!

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UPVOTES

Short term daughter

NebulousASK · 30 April 2018 · Archived copy · Reddit

I mostly lurk and read here, so apologies if the post is inappropriate. I wanted to ask a group that acknowledges boys and girls are different.

We have 3 boys. My sister recently had a baby by c-section several weeks premature, so we have taken their 4-year-old girl for a few weeks while the baby grows in the NICU and the mom heals from surgery.

Can anyone provide some basic advice on modifying my approach to be a better Dad to this girl while we have her? I watched her along with my boys over the weekend. Other than wanting more lap time, the main difference I noticed is when I used my scolding voice (stern, not loud) on her and my son when they had a disagreement, she broke down crying *immediately*. I feel a bit out of my element.

Wife says I'm doing fine. She and the girl bonded immediately, and now there's nail polish and weird hair bows. Good for them.

Still, it's important to me to do well with the kids who call me Dad (something she started doing immediately and my sister and her husband have always supported when she visits). Any ideas, any experiences to share?

Feel free to direct me to a better place to ask. Thanks.

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UPVOTES

Substitutions for Profanity- How Do You Speak Attractively?

jack_hammarred · 23 March 2018 · Archived copy · Reddit

I've been focusing on cleansing myself of unattractive behavioral qualities lately. I'm trying to make fewer lewd jokes, and am trying to cuss less... though I like to work in profanity the way an artist would work in oils or watercolors.

They say profanity is actually good for a person. I'd like the effect of using profanity for myself, without the crass impact using actual profanity has. What do you substitute cuss words with? What other speaking habits do you have, or would you like to have, in order to present yourself as the graceful woman you are?

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UPVOTES

Great Post On "Emotional Labor", Female Anxiety, And Gender Differences

Camille11325 · 8 March 2018 · Archived copy · Reddit

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UPVOTES

28 Days Of Romance Challenge 2018

Camille11325 · 29 January 2018 · Archived copy · Reddit

28 Days Of Romance For Women In Serious Relationships

The purpose of the “28 Days of Romance” challenge is to bring you closer to your man! RPW is all about harmonious relationships and romance is an essential part of maintaining harmony. Since February is known for being all about love we thought it would be fun to have a month long challenge that encourages you to take action to strengthen your marriage (or **serious** LTR). The idea is to do at least 1 romantic thing per day that is above and beyond what you normally do. This can mean big gestures or small moments, whatever brings you closer as a couple. Each week has a theme and we will have a post where you check in every Wednesday and give updates!

Note: This challenge is not meant as a remedy for failing relationships. It is something fun for people who have a great dynamic already, or maybe they have some minor issues that these steps would correct. The assumption is that things with your man are already pretty great and you want to keep that going or make them even better.

Overview Of Each Weekly Theme:

Thursday Feb 1, 2017: Fun!

Focus on spontaneity and new experiences. If you are in a rut, make him see you in a new light. Shake off the stress and enjoy each other. Be a goddess of fun and light!

Thursday February 8th 2017: Support!

We often talk about being a soft place to land but it's also important to be his cheerleader and his advocate. This week focus on ways you can celebrate who he is and really make him feel admired. Boost his ego both publicly and privately, and make it clear that you are always going to be there for him.

Thursday February 15th 2017: Passion!

You've been a GOFL, you've been a companion, and your relationship has new energy. Channel this energy by focusing on physical pleasure and intense emotions. Make him fall for you all over again. Be enthusiastic, dynamic, and insatiable in the bedroom. Take risks and surprise him, you may even surprise yourself!

Thursday February 22nd 2017: Intimacy!

After a month full of heightened romance you and your man will feel closer than ever. During the final week be sure to cement this and do something every day to strengthen your bond. Be tender, deep, and vulnerable.

Each Thursday we will have a post that focuses on the theme of the week. You will be able to share ideas and give updates on what you're doing and how your man is responding. On March 1st we will have a big check in thread where we can reflect on the romance challenges.

If you have any questions please let us know in the comments! Feel free to brainstorm in advance some possible activities that fit within any of the themes :)

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UPVOTES

Dinner Party Planning 102 - Menu Planning

RosePeonyWisteria · 2 January 2018 · Archived copy · Reddit

Following up on this post: https://www.reddit.com/r/RedPillWives/comments/7mog1a/dinner_party_planning_101/

Hello all,

Continuing from my Dinner Party 101 post, here's what life has taught me about menu planning.

I go through five stages of planning and preparing a menu for an event, and I'm feeling alliterative so forgive the Ps:

- Pondering
- Planning
- Purchasing
- Preparing
- Plating

PONDERING

This is the brainstorming phase. You've got your vision for an event, and now you get to go wild dreaming of what to serve and how to serve it. Pinterest, foodgawker, and the blogosphere are your best friends here. Don't worry about budget, skills, or other logistics, just tune into your vision for the event.

Then, take your epic vision and fit it into your time, budget, and skill-level constraints. If you're struggling with this, go back to your vision for the event and really distill it to the essential qualities of the meal: is it a certain cuisine, a certain main dish, a certain style of serving, etc? Then apply those qualities to your constraints.

PLANNING

This is the pragmatic phase. You already have a realistic vision, so now you have to plan how to make that vision a reality.

Figure out how much food you need overall. I rely on diy wedding self catering guides and scale them up or down depending on the event:

https://myweddingreceptionideas.com/self_catering_calculating_wedding_reception_food.asp and don't forget drinks: <https://www.evite.com/pages/party/drink-calculator> Know that wedding calculators err on the side of too much food, but not by much.

You have to figure out if you'd rather have leftovers or have whip up an extra dish out of your pantry at the last second if you run out of food. Personally, I over budget for parties of six or more and under budget for anything smaller because I know my pantry and fridge are well stocked enough for me to add a salad, soup, or quick side to bulk up the meal if it's for six or fewer people.

If you're on a budget, you can stretch scant ingredients by serving a soup course or several cheaper sides alongside a smaller amount of a main dish. Some foods, like pasta or cheap cuts of meat, can be made to seem fancy with the right preparations even though they're budget friendly. Do your research, and add filler dishes to your menu as needed! r/eatcheapandhealthy gets lots of questions about making budget dishes for groups, potlucks, etc.

Now it's time to make lists!

First, write out your menu course by course. Then, make a list of all the ingredients and quantities you will need as well as special equipment, like immersion blender or waffle iron. Then, cross reference that list with what's already in your kitchen and pantry. Voila, now you have your food shopping list!

Second, diagram or write out how you want to serve the food. Then, make a list of all the servingware, dishware, linens, etc that you will need to do so. Cross reference that list with what you already own. Voila, now you have

your supplies shopping list!

Third, write out a timeline for preparing each item on your menu and use that to figure out what you need to cook and how early you can get it done. Be mindful of your other commitments as well as your refrigerator/freezer space because you still have to go to work and cook dinner ;-). Now you have your timeline.

You should end this phase with five lists:

- Menu
- Grocery list
- Table setting diagram or list
- Supplies list
- Timeline

Some also find it helpful to make a master list of all the recipes so they have everything in one place.

PURCHASING

This is where you buy everything, but very rarely will it be helpful to buy all at once. You want to plan your purchasing timeline in advance for a few reasons. 1) Purchasing of supplies and kitchen equipment can be spread out over a long period of time in order to lessen the strain on your budget. 2) Some things keep well, like wine, and can be purchased early on to reduce stress or take advantage of sales. 3) Some ingredients taste better fresh and shouldn't be bought more than a week in advance. 4) Some dishes, especially baked goods and soups, can be prepared well in advance and frozen, so it's beneficial to purchase the ingredients even if they're not shelf stable, if you plan to freeze the final product.

PREPARING

Remember that timeline you made a few steps ago? Now you get to put it into action by preparing your menu. Follow it to a tee!

Prep multi use ingredients together, for example if you're chopping onions for more than one recipe, you can chop them all at once to save time and effort, just remember to keep track of amounts and style of chopping (diced vs sliced, etc).

Pay attention to food safety best practices and be sure that you are resting, cooking, heating, chopping, and washing things properly to prevent food borne illness.

If you will be reheating things on the day if, consider under cooking them (ex not quite al dente pasta) so that they are at the right texture when you serve them, because the reheating process further cooks things and can render them burnt, mushy, tough, dry, etc if not done well.

If you are working with fresh ingredients, like for a salad, prepare them as close to the time of serving as possible. For a salad or similar, I encourage you to prepare and store each component separately and combine just before serving so that the ingredients do not get soggy or disintegrate.

PLATING

You're ready to serve! Everything is assembled and at the right temperature, so now it's time to plate and present it.

We eat with our eyes too, so keep things neat, clean, and uniform where appropriate. For example, instead of piling cookies in a bowl, arrange them on a plate so that they're in overlapping concentric circles, like a cookie platter you'd buy from the bakery; instead of serving lox or lunchmeats in their package, roll each slice into a tube and stack them or arrange on a plate.

Garnish! Microgreens, avocado, kraut, spices, fresh herbs, sauces, reductions, glazes, slices of fruit, a dollop of herbed butter, decorative chocolate, powdered sugar, just do it! Google food styling or look through cookbooks to

see how the pros do it and figure out your personal style. Personally, I love the overabundant colorful platters of Yotam Ottolenghi displayed at different heights to create a 3D tablescape, so I've slowly amassed my own collection of large platters to serve in that style.

Smooth the food. Sounds weird but seriously, if you're plating a thick soup or a dip, do it carefully and use the back of a spoon to smooth the edges and create a little dip at the center for a garnish. This is sometimes called the hummus swoosh but works with anything that has a similar consistency:

<https://www.bonappetit.com/story/how-to-master-hummus-swoosh>

Clean the plates, using a paper towel or clean dishcloth, wipe around the outside of serving platters and just generally tidy up the overall look of the serving dish so that there's no untidy specks of sauce or smears of oil or stray chunks.

Arrange the platters wherever they'll be, whether it's passed hors d'ouvres or family style or buffet or individual plates and serve!

SAMPLE MENUS FROM REAL LIFE

Brunch Party for 6 (I also wrote up my lists for this as a sample for you all. I'm naturally disorganized and my lists are forever a little messy due to that, but the info is all there: <https://imgur.com/a/qg95Q>)

Starters:

- Coffee/tea
- Mini cinnamon roles (store-bought)

Meal:

- Plain waffles
- Brownie waffles
- Spinach frittata
- Chopped salad
- Waffle toppings (syrup, butter, fruit compote, whipped cream)
- Lox (optional)

Dessert:

- Fruit salad

Drinks:

- Coffee/tea
- Orange and apple juice

Sangria Tasting with Light Tapas* for 6

*we're accommodating both seafood and nightshade allergy so there's no tomato, pepper, eggplant, shrimp, etc so the tapas aren't quite traditional.

Tapas:

- tortilla espanola (potato, egg dish-- nightshade allergy person CAN eat potatoes)
- Potato wedges with garlic aioli
- Marinated olives
- Artichoke and olive tapenade

- Good bread
- Fennel and orange salad
- Lemon and parsley marinated chicken skewers

Dessert:

- Chocolate cake

Drinks:

- Two white sangrias
- Two red sangrias
- One cider-based sangria
- One virgin sangria

Two Hour Champagne & Dessert Party for 50*

*though not a traditional dinner party, I chose to include this because it talks about calculating the amount of food.

- Statement cake
- Truffles (vegan, gluten free)
- Mini brownies (dairy free)
- Pudding shooters
- Champagne jellies (vegan, gluten free)
- Smores on a stick (optional vegan, gluten free)
- Cinnamon pinwheels (store bought)

Based on the time of day and type of event, online calculators recommended I prepare 3-5 "bites" of food per person which works out to 150-250 bites.

The cake has about 10 bites meaning that I'd need roughly 25-40 of each additional item to have enough for all my guests.

It's safe to budget 2 drinks for the first hour and 1 drink for each additional hour per guest. For a two hour event, that's 3 drinks per guest, which works out to 150 drinks. A bottle of wine or champagne has 4 servings, so we would need approximately 38 bottles of wine or champagne to be safe. **KNOW YOUR GUESTS.** We have more lightweights and abstainers than heavy drinkers so for our guests it was safer to estimate 1.5 drinks for the two hours, which works out to 75 drinks or 18 bottles.

Church Dinner for 20-40*

*Note that the recipes are very simple and easy to prepare in bulk and/or prepare most elements ahead of time, scaling up or down as needed

Starters:

- Home baked bread
- Cabbage slaw
- Potato salad
- Green salad
- Corn and pepper salad
- Store bought dips

Soup:

- Slowcooker butternut squash soup

Main:

- Baked chicken thighs with garlic, capers, and olives, garnished with parsley
- Roasted vegetables

Dessert:

- Spruced up brownies (box mix brownies with add ins like peanut butter swirls or espresso powder)
- Instant coffee & tea

Drinks:

- Iced tea
- Wine
- Water

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UPVOTES

Dressing for your man and not for other women

StepfordInTexas · 21 October 2017 · Archived copy · Reddit

I had kind of an epiphany this week and wanted to discuss with like minded women. I realized that so much of my dressing was to please other women, and not to please myself or my husband. I've completely re-evaluated my wardrobe and have begun a massive edit of my style. I feel so much better about myself in well fitting, dare I say sexy, clothing. I'm not talking about trashy club wear, but I'm specifically talking about clothing that shows off my womanly assets. My hourglass shape, breasts, and curvy backside. We've been force fed this narrative of fitting in, and "classic" clothing that's nothing more than dressing like a man. And it doesn't make me feel good. What are y'all's thoughts on dressing sexier/more feminine? Any clothing stores that cater to this style? I've found a website (Venus dot com) that I think fits the bill, but I'm looking for options.

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UPVOTES

Opposite-sex friends as backup mates + other reads

phantasmagnolia · 19 October 2017 · Archived copy · Reddit

I want to share some of my recent reads. The first is about why women stray, and includes suggestions that men and women keep opposite-sex friends as back-up mates. The second is on how extreme rituals strengthen bonds between people. The third describes some poses and mannerisms women often have in ads, and the fourth is an article showing a preference of the sex of a child and certain qualities and conditions of the parents. They're not news but interesting and may be fun to talk about?

1. Keeping opposite-sex friends as backup mates:

According to the mate-switching hypothesis, scanning for alternative mates remains activated even among those in happy relationships. Sometimes that tracking occurs at low levels when newly available mates appear or when a potential mate's attraction or interest increases. Sometimes it gets activated at high levels, as when a woman becomes increasingly dissatisfied with her regular mate and wants out of the relationship.

The back-up mate hypothesis contends that even people experiencing relatively high relationship satisfaction benefit from cultivating back-up mates because nothing in life or love comes with a guarantee. Our **studies** on this, led by the psychologist Joshua Duntley at the Richard Stockton College of New Jersey, find that both women and men report cultivating back-up mates – potential replacements for their current mate should their relationships implode. On average, both sexes list having roughly three potential back-up mates. People also report that they would be upset if their back-up mate became seriously involved romantically with someone else. Interestingly, women are more likely than men to report that they would be upset if their back-up entered a long-term relationship or fell in love with someone else. Women more than men report that they would actively try to prevent their back-ups from marrying someone else.

The high number of back-ups was surprising to me, but I do find it true to real life. I was also shocked that the women admitted to being upset if their male friend back-ups entered relationships.

2. How Extreme Rituals Forge Intense Bonds:

Dancing, jumping, chanting and even suffering as part of a crowd awakens our most primitive social instincts, producing that transcendent feeling of losing oneself into the group that Durkheim called 'effervescence'.

Collective arousal + shared identity result in alignment of emotional states and are especially conducive of community and bonding. Synchronous movement is known to boost social cohesion, and rowers moving in synchronicity had higher levels of endorphins.

I think people in all types of relations naturally play up aligning views and values, but this underlines the benefits from going out of the comfort zone together. If not as intense as walking on fire like in the text, then at least ice bucket challenge type things. Let's discuss this idea + suggestions!

3. Goffman's portrayal of femininity in ads:

I didn't share this for the intro, but it's still interesting to read about feminine presentations, mood and engagement cues.

4. Stress Gives You Daughters, Sons Make You Liberal:

A growing literature shows that stressful events like natural disasters and political upheavals also affect sex ratios, even in humans. Florencia Torche, for example, found that exposure to an earthquake in Chile during the third month of pregnancy led to a reduction in the number of males born. [...] And, in perhaps the most troubling study, Amar Hamoudi and Jenna Nobles found that high conflict marriages lead to the birth of more girls. Cortisol, a stress hormone, is the likely culprit in the above studies; though if stress causes pregnant mothers to neglect eating, glucose could still be the operant pathway.

[...] sons, not daughters, made parents (of both sexes) more liberal and more likely to vote Democratic. Curiously, while daughters made parents more Republican, they also made them more pro-choice. When we dug deeper, we found that the only issues on which the gender of offspring affected parental opinion were related to sexuality. [...] And while daughters caused parents to adopt more conservative views toward sexuality, they paradoxically made them more pro-choice.

The article also mentions that having sons make the marriage last longer on average, but having adolescent sons make dads the least happy.

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UPVOTES

Stop Being So Afraid

Camille11325 · 26 August 2017 · Archived copy · Reddit
